

# Southern Conference Indoor Track & Field Record Book



*Through 2023-24 season*

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## MEN'S INDOOR CHAMPIONSHIP RECORDS

Event	Mark	Conversion	Athlete	Year
60m dash	6.73		Ernest Wiggins, Appalachian State	2004
			O'Rell Fisher, Wofford	2024
200m dash	21.13		Delevantie Brown, ETSU	1995
400m dash	46.97		Brunson Miller, The Citadel	2012
800m run	1:49.77		José Peñalver, Samford	2021
Mile run	3:59.75		Cameron Ponder, Furman	2022
3,000m run	8:02.87		Carson Williams, Furman	2022
5,000m run	13:54.58		Dylan Schubert, Furman	2023
60m hurdles	7.79		Titus Moore, Samford	2023
Long jump	7.66m	(25-1.75)	Marcus Lynch, VMI	2001
Triple jump	16.11m	(52-10.25)	Warren Posey, Appalachian State	1988
High jump	2.21m	(7-3.0)	Darius Purcell, Appalachian State	2012
Shot put	17.19m	(56-0.50)	Cosmo Tocci, The Citadel	1980
Pole vault	5.45m	(17-10.50)	Michael Seaman, Samford	2012
35-lb. weight	21.99m	(72-2.0)	Ben Johnson, ETSU	2018
4x400-meter relay	3:14.40		Western Carolina (Derrick High, Irving Hunter, Tim Vaught, Joe Hyman)	2000
Distance medley relay	9:47.80		ETSU (J.C. Caudell, Greg Davis, Ben Turpin, Adrian Leek)	1979

## MEN'S NCAA CHAMPIONS

Year	Site	Event	Mark	Name, school
1970	Detroit, Mich.	Mile run	4:03.1	Hal Michael, William & Mary
1974	Detroit, Mich.	880-yard run	1:52.2	Reggie Clark, William & Mary

# MEN'S TEAM CHAMPIONS

Year	Site	Champion	Year	Site	Champion
1930	Chapel Hill, N.C.	Washington & Lee	1990	Lexington, Va.	Appalachian State
1931	Chapel Hill, N.C.	North Carolina	1991	Johnson City, Tenn.	VMI
1932	Chapel Hill, N.C.	North Carolina	1992	Johnson City, Tenn.	Appalachian State
1933	Chapel Hill, N.C.	Duke	1993	Lexington, Va.	VMI
1934	Chapel Hill, N.C.	North Carolina	1994	Johnson City, Tenn.	Appalachian State
1935	Chapel Hill, N.C.	North Carolina	1995	Johnson City, Tenn.	Appalachian State
1936	Chapel Hill, N.C.	Duke	1996	Lexington, Va.	VMI
1937	Chapel Hill, N.C.	North Carolina	1997	Johnson City, Tenn.	Marshall
1938	Chapel Hill, N.C.	Duke	1998	Johnson City, Tenn.	ETSU
1939	Chapel Hill, N.C.	North Carolina	1999	Johnson City, Tenn.	Western Carolina
1940	Chapel Hill, N.C.	North Carolina	2000	Lexington, Va.	Appalachian State
1941	Chapel Hill, N.C.	North Carolina	2001	Johnson City, Tenn.	VMI
1942	Chapel Hill, N.C.	North Carolina	2002	Johnson City, Tenn.	Appalachian State
1943 - 1948		NO MEET	2003	Johnson City, Tenn.	Appalachian State
1949	Chapel Hill, N.C.	North Carolina	2004	Johnson City, Tenn.	Western Carolina
1950	Chapel Hill, N.C.	North Carolina	2005	Johnson City, Tenn.	Appalachian State
1951	Chapel Hill, N.C.	North Carolina	2006	Clemson, S.C.	Western Carolina
1952	Chapel Hill, N.C.	North Carolina	2007	Clemson, S.C.	Appalachian State
1953	Chapel Hill, N.C.	Duke	2008	Clemson, S.C.	Western Carolina
1954	Lexington, Va.	VMI	2009	Clemson, S.C.	Appalachian State
1955	Lexington, Va.	VMI	2010	Clemson, S.C.	Appalachian State
1956	Lexington, Va.	Virginia Tech	2011	Clemson, S.C.	Appalachian State
1957	Lexington, Va.	William & Mary	2012	Birmingham, Ala.	Western Carolina
1958	Lexington, Va.	VMI	2013	Winston-Salem, N.C.	Appalachian State
1959	Lexington, Va.	VMI	2014	Winston-Salem, N.C.	Western Carolina
1960	Lexington, Va.	VMI	2015	Birmingham, Ala.	Western Carolina
1961	Lexington, Va.	Furman	2016	Birmingham, Ala.	Western Carolina
1962	Lexington, Va.	Furman	2017	Johnson City, Tenn.	Western Carolina
1963	Lexington, Va.	Furman	2018	Lexington, Va.	Western Carolina
1964	Lexington, Va.	VMI	2019	Lexington, Va.	Western Carolina
		West Virginia	2020	Lexington, Va.	Samford
1965	Lexington, Va.	VMI	2021	Lexington, Va.	Samford
1966	Lexington, Va.	William & Mary	2022	Lexington, Va.	Samford
1967	Lexington, Va.	William & Mary	2023	Lexington, Va.	Samford
1968	Lexington, Va.	William & Mary	2024	Lexington, Va.	Samford
1969	Lexington, Va.	William & Mary			
1970	Lexington, Va.	William & Mary			
1971	Lexington, Va.	William & Mary			
1972	Lexington, Va.	William & Mary			
1973	Lexington, Va.	William & Mary			
1974	Lexington, Va.	William & Mary			
1975	Lexington, Va.	William & Mary			
1976	Lexington, Va.	Furman			
1977	Lexington, Va.	East Carolina			
1978	Lexington, Va.	VMI			
1979	Lexington, Va.	VMI			
1980	Lexington, Va.	ETSU			
1981	Lexington, Va.	VMI			
1982	Johnson City, Tenn.	VMI			
1983	Lexington, Va.	VMI			
1984	Johnson City, Tenn.	Appalachian State			
1985	Lexington, Va.	Appalachian State			
1986	Lexington, Va.	Appalachian State			
1987	Johnson City, Tenn.	Appalachian State			
1988	Johnson City, Tenn.	Appalachian State			
1989	Johnson City, Tenn.	Appalachian State			

## Total team titles

Team	Titles
Appalachian State	19
VMI	16
North Carolina	13
Western Carolina	11
William & Mary	11
Samford	5
Duke	4
Furman	4
ETSU	2
East Carolina	1
Marshall	1
Virginia Tech	1
Washington & Lee	1
West Virginia	1

# MEN'S INDIVIDUAL SUPERLATIVES

## Coach of the Year

1975	John Randolph, William & Mary
1976	Wade Williams, VMI
1978	Bob Pollock, Appalachian State
1979	Wade Williams, VMI
1980	Dave Walker, ETSU
1981	Dave Walker, ETSU
1982	Bob Pollock, Appalachian State
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	Dave Walker, ETSU
1991	Mike Bozeman, VMI
1992	Al Fereshetian, Appalachian State
1993	Mike Bozeman, VMI
1994	Danny Williamson, Western Carolina
1995	Al Fereshetian, Appalachian State
1996	Jeff Small, Marshall
1997	Jeff Small, Marshall
1998	Milan Donley, ETSU
1999	Danny Williamson, Western Carolina
2000	John Weaver, Appalachian State
2001	Mike Bozeman, VMI
2002	John Weaver, Appalachian State
2003	John Weaver, Appalachian State
2004	Danny Williamson, Western Carolina
2005	Danny Williamson, Western Carolina
2006	Danny Williamson, Western Carolina
2007	John Weaver, Appalachian State
2008	Danny Williamson, Western Carolina
2009	Jody Huddleston, The Citadel
2010	Rod Tiffin, Samford
	Danny Williamson, Western Carolina
2011	John Weaver, Appalachian State
2012	Danny Williamson, Western Carolina
2013	Rod Tiffin, Samford
2014	Danny Williamson, Western Carolina
2015	Danny Williamson, Western Carolina
2016	Danny Williamson, Western Carolina
2017	Cale McDaniel, Western Carolina
2018	Cale McDaniel, Western Carolina
2019	Jesse Norman, Western Carolina
2020	Rod Tiffin, Samford
2021	Rod Tiffin, Samford
2022	Rod Tiffin, Samford
2023	Rod Tiffin, Samford
2024	Rod Tiffin, Samford

## Heath Whittle Award (Most Outstanding Athlete)

1970	Charles Strode, William & Mary
1971	Hal Michael, William & Mary
1973	Bill Dimitrouleas, Furman
1974	Mac Collins, William & Mary
1975	Carter Suggs, East Carolina
1976	Malcolm Grimes, VMI
1978	Rex Wiggins, VMI
1979	Adrian Leek, ETSU
1980	Jody Weatherwax, VMI
1981	Adrian Leek, ETSU
1982	Robbie Mosley, Appalachian State
1983	Dennis Stark, ETSU
1984	Jon Conneely, ETSU
	Sylvester Davis, VMI
1985	Dan Monahan, VMI
1986	Marshall Pitts, Appalachian State

1987	Michael Hanks, Appalachian State
1988	Greg Hatchett, VMI
1989	Leigh Hawkins, Appalachian State
1990	James Hynes, ETSU
1991	Frank Allen, Appalachian State
1992	Seamus Power, ETSU
1993	Shawn Miller, Western Carolina
1994	Seamus Power, ETSU
1995	Delevantie Brown, ETSU
1996	Delevantie Brown, ETSU
1997	Declan Fahy, ETSU
1998	Darius Jackson, VMI
1999	Nic Crider, Chattanooga
2000	Nic Crider, Chattanooga
2001	Marcus Lynch, VMI
2008	Manteo Mitchell, Western Carolina
2009	Manteo Mitchell, Western Carolina
2010	Cordell Livingston, Western Carolina
2011	Cordell Livingston, Western Carolina
2012	Bo Ackerson-Gilroy, Samford
2013	Brandon Hairston, Western Carolina
2014	Brandon Bassett, Samford
2015	Tripp Hurt, Furman
2016	Jamie Brown, Western Carolina
2017	Patrick Taylor, ETSU
2018	Marquis Barnes, Samford
2019	Trini Feggett, Western Carolina
2020	Matt Cahoon, Samford
	Emmanuel Tait, Samford
2021	Matt Cahoon, Samford
	Ty Kimberlin, Samford
2022	Jordin Poindexter, VMI
2023	Keyandre Midgett, VMI
2024	Cagan Campbell, Samford

## Most Outstanding Track Performer

2002	Caleb Bailey, Western Carolina
2003	Bradley Yewer, ETSU
2004	Steven Kocsis, Chattanooga
	Bradley Yewer, ETSU
2005	Steven Kocsis, Chattanooga
2006	Zeb Johnson, Western Carolina
2007	Adam Van Nortwick, Appalachian State
2008	Manteo Mitchell, Western Carolina
2009	Manteo Mitchell, Western Carolina
2010	Cameron Bean, Samford
2011	Chris Moen, Appalachian State
2012	Brunson Miller, The Citadel
2013	Brandon Hairston, Western Carolina
2014	Jamaal Brantley, The Citadel
2015	Tripp Hurt, Furman
2016	Arsène Guillourel, Samford
2017	Ryan Adams, Furman
2018	Emmanuel Tait, Samford
2019	Ryan Adams, Furman
2020	Emmanuel Tait, Samford
2021	Evan Brooks, Samford
2022	Jordin Poindexter, VMI
2023	Cagan Campbell, Samford
2024	Cagan Campbell, Samford

## Most Outstanding Field Performer

2002	Kevin Solomon, VMI
2003	Holt McPherson, Appalachian State
	Anthony Greer, Appalachian State
2004	Bob Smith, Appalachian State
2005	Anthony Greer, Appalachian State

2006	Mark Sturgis, Appalachian State
2007	Wes Kiser, Appalachian State
2008	Joel Gaddy, Appalachian State
2009	Matt Evans, Western Carolina
2010	Matt Evans, Western Carolina
2011	Malcolm Styers, Appalachian State
2012	Bo Ackerson-Gilroy, Samford
2013	Steven Bastien, Samford
2014	Jared Johnson, Western Carolina
2015	Jared Johnson, Western Carolina
2016	Jordan White, VMI
2017	Nathan Rivera, ETSU
2018	Marquis Barnes, Samford
2019	Ben Johnson, ETSU
2020	Matt Cahoon, Samford
2021	Matt Cahoon, Samford
2022	Javell Brown, Western Carolina
2023	Keyandre Midgett, VMI
2024	Keyandre Midgett, VMI

## Freshman of the Year

1992	Jason Dalton, Appalachian State
1993	Tobe Taylor, Chattanooga
1994	Dainon Sidney, ETSU
1995	Seth Peoples, Appalachian State
1996	Zach Whitmarsh, ETSU
1997	Randy Moss, Marshall
1998	Evan Hawkins, ETSU
1999	Jeremy Carter, Western Carolina
2000	Derrick High, Western Carolina
2001	J.B. Rosson, VMI
2002	Milton Bolton, Western Carolina
2003	John Robertson, Western Carolina
2004	James Gregory, Western Carolina
2005	Shane Estes, ETSU
2006	Josh Cox, Appalachian State
2007	Dominique Young, Western Carolina
2008	Drew Tucker, Western Carolina
2009	Dennis Moore, The Citadel
2010	Cordell Livingston, Western Carolina
2011	Jamal Tiller, Appalachian State
2012	Abraham Faison, Western Carolina
2013	Steven Bastien, Samford
2014	Josh McSwain, Western Carolina
2015	Brenden Caldwell, Western Carolina
2016	Jamie Brown, Western Carolina
2017	Emmanuel Tait, Samford
2018	Karon Delince, ETSU
2019	Trini Feggett, Western Carolina
2020	Evan Brooks, Samford
2021	Keyandre Midgett, VMI
2022	Justin Hayes, Western Carolina
2023	Dohnavon Hunt, Western Carolina
2024	Rafe Clendenin, VMI

## Pinnacle Award (highest GPA on championship team)

2017	Miles Greer, Western Carolina
2018	Dakota Wright, Western Carolina
2019	Dakota Wright, Western Carolina
2020	Hunter Poole, Samford
2021	Jeb Jones, Samford
2022	Harrison Siegel, Samford
2023	Jeb Jones, Samford
2024	Ethan Womack, Samford

# MEN'S SOUTHERN CONFERENCE HONORS

## Athletes of the Week

<b>2001</b>		<b>2010</b>		<b>2015</b>	
Jan. 17	Evan Hawkins, ETSU	Dec. 10	Benny Davis, WCU (Track)	Jan. 21	Brandon Hazouri, SAM (Track)
Jan. 24	Ryan Kendall, UTC		Alex Dollard, WCU (Field)		Keyth Fightmaster, SAM (Field)
Jan. 31	Marcus Lynch, VMI	Jan. 14	Josey Weaver, WCU (Track)	Jan. 28	Troy Reeder, FUR (Track)
Feb. 7	John Chisholm, VMI		Malcolm Styers, APP (Field)		Tray Oates, SAM (Field)
Feb. 14	Caleb Bailey, WCU	Jan. 21	Alex Taylor, APP (Track)	Feb. 5	Henry Kiedy, WCU (Track)
			Darius Purcell, APP (Field)		Jared Johnson, WCU (Field)
<b>2002</b>		Jan. 28	Dominique Young, WCU (Track)	Feb. 12	Avery Martin, VMI (Track)
Jan. 16	Darus Cofield, WCU		Michael Seaman, SAM (Field)		Quincy Martin, VMI (Field)
Jan. 23	Ernest Wiggins, APP	Feb. 4	Tom Divinnie, DAV (Track)	Feb. 18	Troy Reeder, FUR (Track)
Jan. 30	Dan Gibson, DAV		Darius Purcell, APP (Field)		Javion Lee, SAM (Field)
Feb. 6	Jason Green, APP	Feb. 11	Joey Thompson, UNCG (Track)	Feb. 25	Julian Jackson, VMI (Track)
Feb. 13	Ryan Kendall, UTC		Patrick Wells, SAM (Field)		Jordan White, VMI (Field)
Feb. 20	Bob Smith, APP	Feb. 18	Patrick Morgan, APP (Track)		
			Kevin Hardy, CIT (Field)	<b>2016</b>	
<b>2003</b>		Feb. 25	Bud Galloway, APP (Track)	Jan. 20	Brandon Hazouri, SAM (Track)
Jan. 29	Caleb Bailey, WCU		Michael Seaman, SAM (Field)		Jamie Brown, WCU (Field)
Feb. 5	Caleb Bailey, WCU			Jan. 27	No nominees (Track)
					No nominees (Field)
<b>2004</b>		<b>2011</b>		Feb. 3	Brandon Hazouri, SAM (Track)
Jan. 21	Bob Smith, APP	Jan. 26	Cordell Livingston, WCU (Track)		Jared Johnson, WCU (Field)
Jan. 28	John Yarbrough, UTC		Kyle Kirby, SAM (Field)	Feb. 10	Matt Moore, ETSU (Track)
Feb. 4	Steven Kocsis, UTC	Feb. 2	Brunson Miller, CIT (Track)		Jordan White, VMI (Field)
Feb. 11	James Rainer, ETSU		Jerod Gardner, APP (Field)	Feb. 17	Ryan Adams, FUR (Track)
Feb. 18	Ernest Wiggins, APP	Feb. 9	Brunson Miller, CIT (Track)		Tray Oates, SAM (Field)
Feb. 25	Dan Queen, APP		Michael Seaman, SAM (Field)	Feb. 24	Brandon Hazouri, SAM (Track)
		Feb. 16	Chris Moen, APP (Track)		Joel Hoisington, VMI (Field)
			Darius Purcell, APP (Field)		
<b>2005</b>		Feb. 23	Alex Richter, SAM (Track)		
Jan. 19	Zach DiBois, CIT		Owen Wagoner, SAM (Field)	<b>2017</b>	
Jan. 26	Anthony Greer, APP	March 2	Chris Moen, APP (Track)	Jan. 19	None (Track)
Feb. 2	Steven Kocsis, UTC		Malcolm Styers, APP (Field)		Scott Peretin, WCU (Field)
Feb. 9	Chris Martin, APP			Jan. 25	Emmanuel Tait, SAM (Track)
Feb. 16	Steven Kocsis, UTC	<b>2012</b>			Jay Vines, SAM (Field)
Feb. 23	Bryan Burney, APP	Jan. 19	Stanley Broaden, APP (Track)	Feb. 1	Greg Henderson, VMI (Track)
			Michael Seaman, SAM (Field)		Tray Oates, SAM (Field)
<b>2006</b>		Jan. 25	Paul Chelimo, UNCG (Track)	Feb. 8	Matt Moore, ETSU (Track)
Jan. 18	Zach DiBois, CIT		Kyle Kirby, SAM (Field)		Tray Oates, SAM (Field)
Jan. 25	Mark Sturgis, APP	Feb. 1	Lucas Cotter, UTC (Track)	Feb. 15	Malik Diggs, CIT (Track)
Feb. 1	Ian Mayne, UTC		Jared Stalling, APP (Field)		Ben Johnson, ETSU (Field)
Feb. 8	Zeb Johnson, WCU	Feb. 7	Paul Chelimo, UNCG (Track)	Feb. 22	Ryan Adams, FUR (Track)
Feb. 15	Ian Mayne, UTC		Quintin Turner, CIT (Field)		Derrick Freeland, CIT (Field)
		Feb. 15	Brunson Miller, CIT (Track)		
			Owen Wagoner, SAM (Field)	<b>2018</b>	
<b>2007</b>		<b>2013</b>		Jan. 17	Dakota Lamont, WCU (Track)
Jan. 18	Tom Divinnie, DAV	Jan. 24	Nathan Hendershot, SAM (Track)		Tray Oates, SAM (Field)
Jan. 23	Michael Mentz, UTC		Tyler Kemp, SAM (Field)	Jan. 24	Arsène Guillorel, SAM (Track)
Jan. 31	Zeb Johnson, WCU	Jan. 30	Brandon Hairston, WCU (Track)		Keyth Fightmaster, SAM (Field)
Feb. 7	Manteo Mitchell, WCU		Geno Porter, CIT (Field)	Jan. 31	Dakota Lamont, WCU (Track)
	Adam Van Nortwick, APP	Feb. 6	Demetrios Pagonis, DAV (Track)		Ben Johnson, ETSU (Field)
Feb. 14	Douglas Noreen, DAV		Ryan Cook, SAM (Field)	Feb. 7	Aaron Templeton, FUR (Track)
		Feb. 13	Paul Katam, UNCG (Track)		Ben Johnson, ETSU (Field)
<b>2008</b>			Jamal Tiller, APP (Field)	Feb. 14	Frank Lara, FUR (Track)
Jan. 23	Ricky Harris, APP	Feb. 20	Stanley Broaden, APP (Track)		Tray Oates, SAM (Field)
Jan. 31	Alex Hoyt, DAV		Cole Finch, APP (Field)	Feb. 21	Malik Diggs, CIT (Track)
Feb. 7	Josh Houser, APP	Feb. 27	Brandon Hairston, WCU (Track)		Tray Oates, SAM (Field)
	Michael Mentz, UTC		Steven Bastien, SAM (Field)		
Feb. 14	Michael Wilson, APP	<b>2014</b>		<b>2019</b>	
Feb. 21	Manteo Mitchell, WCU	Jan. 22	Adam Jones, SAM (Track)	Jan. 17	Ben Varghese, ETSU (Track)
Feb. 26	Joel Gaddy, APP		Brandon Bassett, SAM (Field)		Longinus Nnodim, WOF (Field)
		Jan. 29	Jamaal Brantley, CIT (Track)	Jan. 23	Owen Bailey, SAM (Track)
<b>2009</b>			David Johnson, WCU (Field)		Ben Johnson, ETSU (Field)
Jan. 21	Manteo Mitchell, WCU (Track)	Feb. 5	Brandon Hazouri, SAM (Track)	Jan. 30	Chace Washington-Saunders, WCU (Track)
	Ryan Twiford, APP (Field)		No selection (Field)		Trini Feggett, WCU (Field)
Jan. 29	Patrick Morgan, FUR (Track)		Tripp Hurt, FUR (Track)	Feb. 6	Ben Varghese, ETSU (Track)
	Matt Boruff, APP (Field)	Feb. 12	Sidney Jordan, SAM (Field)		Conrad Heinrich, WOF (Field)
Feb. 5	Joey Thompson, UNCG (Track)		Tanner Hinkle, FUR, (Track)	Feb. 13	Frank Lara, FUR (Track)
	Mark Sturgis, APP (Field)	Feb. 19	Geno Porter, CIT (Field)		Ben Johnson, ETSU (Field)
Feb. 12	Chris Berry, UTC (Track)		Jamaal Brantley, CIT (Track)	Feb. 20	Johnnie Walker, VMI (Track)
	Patrick Morgan, FUR (Track)	Feb. 26	Matt Layne, APP (Field)		Sam Blumer, CIT (Field)
	Malcolm Styers, APP (Field)				
Feb. 19	Thad Sieracki, DAV (Track)				
	Patrick Wells, SAM (Field)				
Feb. 26	Blaise Carie, SAM (Track)				
	Kevin Hardy, CIT (Field)				

# MEN'S SOUTHERN CONFERENCE HONORS

## Athletes of the Week

**2020**  
 Jan. 16 Emmanuel Tait, SAM (Track)  
 Matt Cahoon, SAM (Field)  
 Jan. 22 Ryan Adams, FUR (Track)  
 Justin Stuckey, SAM (Field)  
 Jan. 29 Ryan Adams, FUR (Track)  
 Charles Cooley, WCU (Field)  
 Feb. 5 Titus Moore, SAM (Track)  
 Matt Cahoon, SAM (Field)  
 Feb. 12 Aaron Wier, FUR (Track)  
 Sam Blumer, CIT (Field)  
 Feb. 19 Titus Moore, SAM (Track)  
 Matt Cahoon, SAM (Field)  
 Feb. 26 Jordin Poindexter, VMI (Track)  
 Sam Blumer, CIT (Field)

**2021**  
 Jan. 27 Cameron Ponder, FUR (Track)  
 Jed Sisco, SAM (Field)  
 Feb. 3 Johnnie Walker, VMI (Track)  
 Tanner Henry, WOF (Field)  
 Feb. 10 José Peñalver, SAM (Track)  
 Justin Stuckey, SAM (Field)  
 Feb. 17 José Peñalver, SAM (Track)  
 Justin Stuckey, SAM (Field)  
 Feb. 24 Cameron Ponder, FUR (Track)  
 No selection (Field)

**2022**  
 Jan. 19 Evan Guzman, ETSU (Track)  
 Seth Wolfe, SAM (Field)  
 Jan. 26 Ben Garner, SAM (Track)  
 Ty Kimberlin, SAM (Field)  
 Feb. 2 Cameron Ponder, FUR (Track)  
 Ryan Eldridge, WCU (Field)  
 Feb. 9 Cameron Ponder, FUR (Track)  
 Jed Sisco, SAM (Field)  
 Feb. 16 Carson Williams, FUR (Track)  
 Justin Stuckey, SAM (Field)  
 Feb. 23 Cameron Ponder, FUR (Track)  
 Stephen Kraeling, CIT (Field)

**2023**  
 Jan. 18 Phelani Maduwa, ETSU (Track)  
 Keyandre Midgett, VMI (Field)  
 Jan. 25 Matthew Smith, FUR (Track)  
 Ty Kimberlin, SAM (Field)  
 Feb. 1 Matthew Smith, FUR (Track)  
 Keyandre Midgett, VMI (Field)  
 Feb. 8 Carson Williams, FUR (Track)  
 Noah Straley, WCU (Field)  
 Feb. 15 Carson Williams, FUR (Track)  
 Jed Sisco, SAM (Field)  
 Feb. 22 Joe Thoma, UNCG (Track)  
 Stephen Kraeling, CIT (Field)

**2024**  
 Jan. 17 CJ McFerrin, WCU (Track)  
 Brenden Vanderpool, SAM (Field)  
 Jan. 24 Carson Williams, FUR (Track)  
 Samuel Werner, SAM (Field)  
 Jan. 31 Cameron Ponder, FUR (Track)  
 Rafe Clendenin, VMI (Field)  
 Feb. 7 Liam McBride, VMI (Track)  
 Isaiah Blount, VMI (Field)  
 Feb. 14 Cameron Ponder, FUR (Track)  
 Brenden Vanderpool, SAM (Field)  
 Feb. 21 Bradlee Jones, CIT (Track)  
 No Nominations (Field)

### Repeat selections

#### Seven times

Tray Oates, SAM, 2015-18  
 Cameron Ponder, FUR 2021-22,  
 2024

#### Five times

Brandon Hazouri, SAM, 2014-16  
 Ben Johnson, ETSU, 2017-19  
 Cameron Ponder, FUR, 2021-22

#### Four times

Michael Seaman, SAM, 2010-12  
 Ryan Adams, FUR, 2016-17, '20  
 Justin Stuckey, SAM, 2020-22

#### Three times

Caleb Bailey, WCU, 2001, '03  
 Steven Kocsis, UTC, 2004-05  
 Manteo Mitchell, WCU, 2007-09  
 Malcolm Styers, APP, 2009-11  
 Patrick Morgan, FUR, 2009/APP, '10  
 Darius Purcell, APP, 2010-11  
 Brunson Miller, CIT, 2011-12  
 Matt Cahoon, SAM, 2020

Sam Blumer, CIT, 2019-20  
 Carson Williams, FUR, 2022-23  
 Jed Sisco, SAM, 2021-23

#### Two times

Ryan Kendall, UTC, 2001-02  
 Bob Smith, APP, 2002, '04  
 Ernest Wiggins, APP, 2002, '04  
 Zach DiBois, CIT, 2005-06  
 Ian Mayne, UTC, 2006  
 Zeb Johnson, WCU, 2006-07  
 Michael Mentz, UTC, 2007-08  
 Mark Sturgis, APP, 2006, '09  
 Tom Divinnie, DAV, 2007-10  
 Joey Thompson, UNCG, 2009-10  
 Patrick Wells, SAM, 2009-10  
 Kevin Hardy, CIT, 2009-10  
 Chris Moen, APP, 2011  
 Kyle Kirby, SAM, 2011-12  
 Paul Chelimo, UNCG, 2012  
 Owen Wagoner, SAM, 2011-12  
 Stanley Broaden, APP, 2012-13  
 Brandon Hairston, WCU, 2013

Geno Porter, CIT, 2013-14  
 Jamaal Brantley, CIT, 2014  
 Troy Reeder, FUR, 2015  
 Jared Johnson, WCU, 2015-16  
 Jordan White, VMI, 2015-16  
 Keyth Fightmaster, SAM, 2015, '18  
 Dakota Lamont, WCU, 2018  
 Malik Diggs, CIT, 2017-18  
 Ben Varghese, ETSU, 2019  
 Frank Lara, FUR, 2018-19  
 Emmanuel Tait, SAM, 2017, '20  
 Titus Moore, SAM, 2020  
 Johnnie Walker, VMI, 2019, '21  
 José Peñalver, SAM, 2021  
 Ty Kimberlin, SAM, 2022-23  
 Matthew Smith FUR, 2023  
 Keyandre Midgett, VMI 2023  
 Stephen Kraeling, CIT 2022-23  
 Brenden Vanderpool, SAM, 2024

# MEN'S SOUTHERN CONFERENCE HONORS

## Athletes of the Month

<b>2008</b>	
January	Dominique Young, WCU
<b>2009</b>	
January	Manteo Mitchell, WCU (Track) Mark Sturgis, APP (Field)
February	Patrick Morgan, FUR (Track) Mark Sturgis, APP (Field)
<b>2010</b>	
January	Tom Divinnie, DAV (Track) Malcolm Styers, APP (Field)
<b>2011</b>	
January	Brunson Miller, CIT (Track) Kyle Kirby, SAM (Field)
February	Chris Moen, APP (Track) Malcolm Styers, APP (Field)
<b>2012</b>	
January	Paul Chelimo, UNCG (Track)
February	Michael Seaman, SAM (Field)
<b>2013</b>	
January	Paul Katam, UNCG (Track) Jared Stalling, APP (Field)
February	Brandon Hairston, WCU (Track) Steven Bastien, SAM (Field)
<b>2014</b>	
January	Brandon Hazouri, SAM (Track) Brandon Bassett, SAM (Field)
February	Jamaal Brantley, CIT (Track) Jared Johnson, WCU (Field)
<b>2015</b>	
January	Troy Reeder, FUR (Track) Javion Lee, SAM (Field)
February	Tripp Hurt, FUR (Track) Jared Johnson, WCU (Field)
<b>2016</b>	
January	Brandon Hazouri, SAM (Track) Jamie Brown, WCU (Field)
February	Arsène Guillorel, SAM (Track) Jordan White, VMI (Field)
<b>2017</b>	
January	Greg Henderson, VMI (Track) Tray Oates, SAM (Field)
February	Emmanuel Tait, SAM (Track) Nathan Rivera, ETSU (Field)
<b>2018</b>	
January	Arsène Guillorel, SAM (Track) Tray Oates, SAM (Field)
February	Emmanuel Tait, SAM (Track) Tray Oates, SAM (Field)
<b>2019</b>	
January	Ben Varghese, ETSU (Track) Ben Johnson, ETSU (Field)
February	Ben Varghese, ETSU (Track) Ben Johnson, ETSU (Field)
<b>2020</b>	
January	Ryan Adams, FUR (Track) Matt Cahoon, SAM (Field)
February	Titus Moore, SAM (Track) Matt Cahoon, SAM (Field)

<b>2021</b>	
January	Cameron Ponder, FUR (Track) Jed Sisco, SAM (Field)
February	Cameron Ponder, FUR (Track) Justin Stuckey, SAM (Field)
<b>2022</b>	
January	Cameron Ponder, FUR (Track) Seth Wolfe, SAM (Field)
February	Cameron Ponder, FUR (Track) Justin Stuckey, SAM (Field)
<b>2023</b>	
January	Matthew Smith, FUR (Track) Ty Kimberlin, SAM (Field)
February	Carson Williams, FUR (Track) Stephen Kraeling, CIT (Field)
<b>2024</b>	
January	Carson Williams, FUR (Track) Keyandre Midgett, VMI (Field)
February	Carson Williams, FUR (Track) No Nominees (Field)

### Repeat selections

#### Four times

Cameron Ponder, FUR, 2021-22

#### Three times

Tray Oates, SAM, 2017-18

Carson Williams, VMI, 2023-2024

#### Two times

Mark Sturgis, APP, 2009

Malcolm Styers, APP, 2010-11

Jared Johnson, WCU, 2014-15

Brandon Hazouri, SAM, 2014, '16

Arsène Guillorel, SAM, 2016, '18

Emmanuel Tait, SAM, 2017-18

Ben Varghese, ETSU, 2019

Ben Johnson, ETSU, 2019

Matt Cahoon, SAM, 2020

Justin Stuckey, SAM, 2021-22

# MEN'S CHAMPIONSHIP MEET RESULTS

<b>1930</b>	Washington & Lee 29 North Carolina 27 Maryland 13 Georgia Tech 13	William & Mary 5 South Carolina 3 North Carolina State 1 Virginia Tech .5	William & Mary 3 Washington & Lee 1	Richmond 2 Davidson 0 West Virginia 0
<b>1931</b>	North Carolina 37 Washington & Lee 19 Alabama 16 Duke 10 Georgia 10 Louisiana State 9 Tulane 8 Auburn 5 North Carolina State 5 Virginia 4 Georgia Tech 3 Clemson 3 Virginia Tech 2 South Carolina 1	<b>1938</b> Duke 40 North Carolina 38 Maryland 23 Virginia Tech 8 Davidson 8 Washington & Lee 7 VMI 5 Richmond 2 William & Mary 1	<b>1951</b> North Carolina 54 Duke 39 Maryland 26 North Carolina State 7 VMI 4 Virginia Tech 2	<b>1960</b> VMI 69 The Citadel 28 William & Mary 19 Furman 11.5 Richmond 7.5 Virginia Tech 5 West Virginia 2 Davidson 1
<b>1932</b>	North Carolina 25 Louisiana State 22 Georgia 19 Virginia 18 Duke 15 Tulane 10 Virginia Tech 8 Mississippi 5 North Carolina State 3 Georgia Tech 2 Washington & Lee 2 Kentucky 1 South Carolina 1	<b>1939</b> North Carolina 52 Maryland 30 Duke 25.5 Washington & Lee 8 South Carolina 7 VMI 5 William & Mary 2.5 Wake Forest 1 Davidson .5 Virginia Tech .5	<b>1952</b> Maryland 37.5 Duke 31.5 North Carolina 20 VMI 19 Virginia Tech 13 North Carolina State 10 Richmond 2	<b>1961</b> Furman 42 VMI 40 The Citadel 27.5 William & Mary 13.5 West Virginia 8.5 Richmond 5 Virginia Tech 4 Davidson 2.5
<b>1933</b>	Duke 42 Virginia 34 North Carolina 23 Washington & Lee 11 Virginia Tech 7 VMI 7 Maryland 5 North Carolina State 3 South Carolina 1	<b>1940</b> North Carolina 55 Maryland 29 Duke 24 Washington & Lee 16 Richmond 4 South Carolina 3 William & Mary 1	<b>1953</b> Duke 35 North Carolina 28 Maryland 19 VMI 16 Virginia Tech 14 North Carolina State 9 Richmond 5 West Virginia 4 Davidson 2 South Carolina 1.5 William & Mary .5	<b>1962</b> Furman 66.5 The Citadel 38.5 VMI 28.5 Virginia Tech 25 William & Mary 19.5 West Virginia 10.5 Davidson 6.5
<b>1934</b>	Duke 42 Virginia 34 North Carolina 23 Washington & Lee 11 Virginia Tech 7 VMI 7 Maryland 5 North Carolina State 3 South Carolina 1	<b>1941</b> North Carolina 40 Duke 38 Maryland 16 William & Mary 7 VMI 6 Davidson 6 Virginia Tech 4 Clemson 4 Washington & Lee 4 North Carolina State 3 Wake Forest 2 Richmond 1	<b>1954</b> VMI 69 Virginia Tech 53 West Virginia 33 Washington & Lee 19 The Citadel 14 Richmond 9 Davidson 4	<b>1963</b> Furman 62 VMI 41 William & Mary 22 Virginia Tech 21 The Citadel 18 Davidson 15.5 West Virginia 9.5 Richmond 5
<b>1935</b>	North Carolina 44.5 Duke 27 Maryland 24 Virginia 17 Washington & Lee 10 Virginia Tech 6.5 VMI 1	<b>1942</b> North Carolina 54 Duke 22 Maryland 16 Richmond 8.5 Davidson 8 VMI 7.5 Clemson 7 Virginia Tech 5 South Carolina 2 North Carolina State 1	<b>1955</b> VMI 67 Virginia 52 West Virginia 44 Richmond 22 The Citadel 13 Davidson 9 Washington & Lee 6	<b>1964</b> VMI 44 West Virginia 44 Furman 32 William & Mary 26 Virginia Tech 20 The Citadel 16 Davidson 10 Richmond 5
<b>1936</b>	Duke 48 North Carolina 31 Maryland 20.5 Virginia 19 Virginia Tech 6.5 Washington & Lee 3 North Carolina State 2 South Carolina 2	<b>1943-48 - No meet</b>	<b>1956</b> Virginia Tech 82 VMI 47 Washington & Lee 43 West Virginia 27 The Citadel 16 Davidson 15	<b>1965</b> VMI 64.3 West Virginia 37.5 Furman 34 William & Mary 24.5 Richmond 14 Virginia Tech 7.67 Davidson 7 The Citadel 6
<b>1937</b>	North Carolina 45.5 Duke 30 Maryland 22 Washington & Lee 10 VMI 8 Richmond 7	<b>1949</b> North Carolina 52 Maryland 33 Duke 25 Virginia Tech 9 South Carolina 4 North Carolina State 3 VMI 3 Wake Forest 2 Davidson 1	<b>1957</b> William & Mary 39.5 Virginia Tech 30.5 VMI 30.5 Richmond 16.5 Davidson 8 West Virginia 7 Washington & Lee 0	<b>1966</b> William & Mary 57 Furman 48 VMI 35 West Virginia 26.5 The Citadel 23 Richmond 18 East Carolina 2.5 Davidson 0
		<b>1950</b> North Carolina 60 Maryland 38.5 Duke 13 Virginia Tech 7.5 VMI 6 North Carolina State 3	<b>1958</b> VMI 48.5 William & Mary 39.5 Virginia Tech 16 Richmond 12 West Virginia 7 The Citadel 7 Furman 2 Davidson 0 Washington & Lee 0	<b>1967</b> William & Mary 75 VMI 49 Richmond 37 Furman 20 West Virginia 10 East Carolina 9 The Citadel 6 Davidson 4
			<b>1959</b> VMI 47 William & Mary 29.5 Furman 21 The Citadel 16.5 Virginia Tech 16	



# MEN'S CHAMPIONSHIP MEET RESULTS

<b>1968</b>	William & Mary	94.5	<b>1977</b>	East Carolina	67	<b>1985</b>	Appalachian State	212	Appalachian State	79	
	VMI	33		William & Mary	66		VMI	101	Western Carolina	59	
	Richmond	29.5		VMI	58.33		Western Carolina	96	Chattanooga	57	
	East Carolina	27		Furman	33		ETSU	65	Marshall	46	
	Furman	19		Appalachian State	25.5		Marshall	34	The Citadel	16	
	West Virginia	14		Marshall	19.83		The Citadel	29	Davidson	0	
	The Citadel	7		Western Carolina	10.33		Davidson	12			
	Davidson	0		The Citadel	7		Furman	8	<b>1994</b>	Appalachian State	105
<b>1969</b>	William & Mary	114	<b>1978</b>	VMI	105	<b>1986</b>	Appalachian State	180.33	Western Carolina	98	
	East Carolina	42		Appalachian State	52		VMI	158.67	ETSU	88	
	Furman	37		Furman	39		Marshall	81	VMI	79	
	VMI	27		The Citadel	30.5		ETSU	73	Marshall	65	
	The Citadel	23		Marshall	29		Western Carolina	32	Chattanooga	54	
	Richmond	7		Western Carolina	16.5		The Citadel	15	The Citadel	7	
	Davidson	5		Davidson	6		Furman	13	<b>1995</b>	Appalachian State	136
<b>1970</b>	William & Mary	106	<b>1979</b>	VMI	173	<b>1987</b>	Appalachian State	147.5	ETSU	92	
	Furman	48		ETSU	161		VMI	126.5	VMI	89	
	East Carolina	47		Appalachian State	90		Marshall	43	Chattanooga	66	
	VMI	22		Marshall	55		The Citadel	32	Marshall	55	
	The Citadel	15		The Citadel	36		Western Carolina	26	Western Carolina	47	
	Richmond	15		Furman	28		ETSU	25	The Citadel	9	
	Davidson	3		Western Carolina	9		Furman	23	Davidson	0	
<b>1971</b>	William & Mary	94		Chattanooga	4	<b>1988</b>	Chattanooga	10	<b>1996</b>	VMI	126
	East Carolina	55		Davidson	1		Davidson	0	ETSU	93	
	Furman	43	<b>1980</b>	ETSU	153		VMI	145	Marshall	87	
	Davidson	20		VMI	148		Appalachian State	98	Chattanooga	83	
	Richmond	18		Appalachian State	104		ETSU	71	Appalachian State	64	
	The Citadel	15		Marshall	66		Western Carolina	57	Western Carolina	41	
	VMI	11		Western Carolina	37		Marshall	41	The Citadel	2	
<b>1972</b>	William & Mary	103		The Citadel	25		The Citadel	35	Davidson	0	
	East Carolina	53		Furman	25	<b>1989</b>	Furman	8	<b>1997</b>	Marshall	117
	Richmond	51		Chattanooga	0		Chattanooga	6	Appalachian State	107	
	Furman	48		Davidson	0		Davidson	1	ETSU	88	
	VMI	20	<b>1981</b>	VMI	146.5		Appalachian State	132	Chattanooga	62	
	The Citadel	8		ETSU	145		VMI	128	VMI	55	
	Davidson	5		Appalachian State	99.5		ETSU	96	Western Carolina	46	
<b>1973</b>	William & Mary	103		Marshall	59		Western Carolina	58	The Citadel	21	
	East Carolina	70		Furman	45		The Citadel	39	Davidson	0	
	Furman	52		The Citadel	16	<b>1990</b>	Marshall	32	<b>1998</b>	ETSU	148
	Richmond	25		Davidson	16		Furman	7	VMI	120	
	VMI	9		Chattanooga	16		Chattanooga	4	Appalachian State	93	
	Appalachian State	7		Western Carolina	16		Appalachian State	144	Western Carolina	72	
	The Citadel	6	<b>1982</b>	VMI	164		VMI	139.5	Chattanooga	36	
	Davidson	0		Appalachian State	132		ETSU	64	The Citadel	25	
<b>1974</b>	William & Mary	90		ETSU	123		Western Carolina	51	Davidson	0	
	Furman	74		Marshall	54		The Citadel	44	<b>1999</b>	Western Carolina	159.5
	East Carolina	52		Furman	29		Chattanooga	28	Appalachian State	139.5	
	Richmond	32		The Citadel	24		Marshall	24	VMI	108	
	Appalachian State	12		Western Carolina	23		Furman	0	Chattanooga	75	
	VMI	7		Chattanooga	11	<b>1991</b>	Appalachian State	157	ETSU	73	
	The Citadel	4	<b>1983</b>	Davidson	9		Appalachian State	104	The Citadel	48	
	Davidson	0		VMI	223.5		ETSU	76	Davidson	18	
<b>1975</b>	William & Mary	110		ETSU	103		Marshall	74	<b>2000</b>	Appalachian State	132.5
	East Carolina	70		Furman	77		Western Carolina	42	Western Carolina	111	
	Furman	45		Marshall	68.5		The Citadel	30	VMI	87	
	Richmond	26		Western Carolina	44		Chattanooga	16	Chattanooga	57	
	VMI	21		The Citadel	38		Furman	7	The Citadel	48	
	Appalachian State	14	<b>1984</b>	Davidson	7		Appalachian State	149	ETSU	47.5	
	The Citadel	2		Appalachian State	183		ETSU	96	Davidson	12	
	Davidson	0		VMI	158		VMI	90	<b>2001</b>	VMI	146
<b>1976</b>	Furman	20		ETSU	68		Marshall	77	Appalachian State	130	
	William & Mary	16		Marshall	66		Western Carolina	58	Western Carolina	74	
	East Carolina	15		Western Carolina	53		The Citadel	16	ETSU	53	
	VMI	9		The Citadel	20		Davidson	7	Chattanooga	52	
	Appalachian State	2		Davidson	5		Chattanooga	0	The Citadel	25	
	Richmond	1		Furman	4	<b>1993</b>	VMI	133	Davidson	14	
	Davidson	1					ETSU	105	UNCG	1	

# MEN'S CHAMPIONSHIP MEET RESULTS

<b>2002</b>	Appalachian State	138	Furman	6	<b>2018</b>	Western Carolina	141					
	Western Carolina	100	Wofford	3		Samford	138					
	VMI	87				ETSU	111					
	Chattanooga	69	<b>2011</b>	Appalachian State	216.33	Furman	92					
	ETSU	53		Western Carolina	149	The Citadel	66					
	The Citadel	28		Samford*	127.33	Wofford	62					
	Davidson	17		Davidson	53.33	VMI	48					
	UNCG	3		The Citadel	49	UNCG	4					
				Chattanooga	36							
<b>2003</b>	Appalachian State	186		Furman	21	<b>2019</b>	Western Carolina	165.5				
	Western Carolina	118.5		Wofford	5		Samford	138.5				
	VMI	99		UNCG	1		Furman	90				
	Chattanooga	87					ETSU	89				
	ETSU	62.5		* later vacated three points			The Citadel	75				
	The Citadel	51		<b>2012</b>	Western Carolina	155	Wofford	48				
	Davidson	8			Appalachian State	154.50	VMI	44				
	Wofford	8			Samford*	147.50	UNCG	11				
					The Citadel	58						
<b>2004</b>	Western Carolina	221.5			Davidson	50	<b>2020</b>	Samford	190			
	Appalachian State	200.5			Chattanooga	32		Western Carolina	160			
	ETSU	91.5			Furman	29		Furman	101			
	Chattanooga	81.5			UNCG	27		VMI	64			
	The Citadel	26			Wofford	9		Wofford	56			
	UNCG	18						The Citadel	48			
	Davidson	11			* later vacated six points			ETSU	34			
	Wofford	8			<b>2013</b>	Appalachian State	183.50	UNCG	10			
						Samford*	179					
<b>2005</b>	Appalachian State	231.5				Western Carolina	161.50	<b>2021</b>	Samford	191		
	Western Carolina	224.5				Davidson	30		Western Carolina	129		
	Chattanooga	64				UNCG	29		Furman	118		
	ETSU	60				The Citadel	27		VMI	66		
	UNCG	35				Chattanooga	27		Wofford	55		
	The Citadel	22.5				Furman	22		ETSU	51.5		
	Davidson	13.5				Wofford	3		The Citadel	45.5		
	Wofford	6							UNCG	7		
<b>2006</b>	Western Carolina	277						<b>2022</b>	Samford	206.5		
	Appalachian State	213				* later vacated 23 points			Western Carolina	117		
	The Citadel	43			<b>2014</b>	Western Carolina	185		VMI	90		
	Chattanooga	40				Appalachian State	150		Furman	84		
	Davidson	33				Samford	112		ETSU	74		
	UNCG	30				The Citadel	66		The Citadel	48.5		
	Wofford	13				Furman	65		Wofford	38		
						Davidson	36		UNCG	2		
<b>2007</b>	Appalachian State	272.5				Chattanooga	25		<b>2023</b>	Samford	174.5	
	Western Carolina	232.5				Wofford	13			Western Carolina	122.33	
	Davidson	57				UNCG	9			ETSU	102.5	
	Chattanooga	32				<b>2015</b>	Western Carolina	228		VMI	96.33	
	The Citadel	27					Samford	155		Furman	86	
	UNCG	23					VMI	98.50		The Citadel	41.33	
							Furman	92		Wofford	34	
<b>2008</b>	Western Carolina	263					The Citadel	40.50		UNCG	4	
	Appalachian State	256.50					Chattanooga	32		<b>2024</b>	Samford	188
	Chattanooga	47					Wofford	12			Western Carolina	121.5
	Citadel	38.50					UNCG	4			Furman	112
	Davidson	26					<b>2016</b>	Western Carolina	183		VMI	109
	Furman	15						Samford	129		Wofford	62.5
	UNCG	8						VMI	126		The Citadel	49
								ETSU	101		UNCG	11
<b>2009</b>	Appalachian State	235						Furman	57			
	Western Carolina	191						The Citadel	35			
	The Citadel	60						Wofford	28			
	Samford	46						UNCG	3			
	Chattanooga	46						<b>2017</b>	Western Carolina	170		
	Furman	36							Samford	155		
	Davidson	23							ETSU	137		
	UNCG	22							Furman	87		
	Wofford	4							The Citadel	57		
<b>2010</b>	Appalachian State	209							Wofford	44		
	Western Carolina	207							UNCG	4		
	Samford	102.5										
	The Citadel	42.5										
	Davidson	30										
	UNCG	24										
	Chattanooga	18										

# MEN'S INDIVIDUAL CHAMPIONS

## 60-meter dash

**2004 Ernest Wiggins, APP, 6.73**  
 2005 James Rainer, ETSU, 6.83  
 2006 Zeb Johnson, WCU, 6.85  
 2007 Albert Ashcraft, WCU, 6.91  
 2008 Manteo Mitchell, WCU, 6.81  
 2009 Manteo Mitchell, WCU, 6.80  
 2010 Dominique Young, WCU, 6.84  
 2011 Dennis Moore, APP, 6.79  
 2012 Justin Emerson, SAM, 6.86  
 2013 Justin Emerson, SAM, 6.85  
 2014 Jamaal Brantley, CIT, 6.83  
 2015 Jermaine Lewis, WCU, 6.83  
 2016 Matthew Moore, ETSU, 6.79  
 2017 Matthew Moore, ETSU, 6.79  
 2018 Josiah Johnson, CIT, 6.76  
 2019 Josiah Johnson, CIT, 6.76  
 2020 Emmanuel Tait, SAM, 6.81  
 2021 Evan Brooks, Samford, 6.80  
 2022 Jordin Poindexter, VMI, 6.74  
 2023 William Malcolm, SAM/  
 Cagan Campbell, SAM, 6.84  
**2024 O'Rell Fisher, WOF, 6.73**

## 200-meter dash

1988 Frank Allen, APP, 21.96  
 1989 Greg Hatchett, VMI, 21.65  
 1990 Shoun Habersham, UTC, 22.25  
 1991 Frank Allen, APP, 21.60  
 1992 Jason Dalton, APP, 21.86  
 1993 Estaban Frost, VMI, 22.26  
 1994 Danion Sidney, ETSU, 21.55  
**1995 Delevantie Brown, ETSU, 21.13**  
 1996 Delevantie Brown, ETSU, 22.32  
 1997 Randy Moss, MAR, 21.15  
 1998 Darrius Jackson, VMI, 21.80  
 1999 Jay Ingram, CIT, 22.32  
 2000 Jason McGinnis, APP, 21.55  
 2001 Evan Hawkins, ETSU, 21.55  
 2002 Darrus Cofield, WCU, 21.64  
 2003 Jason Green, APP, 21.61  
 2004 Ernest Wiggins, APP, 21.64  
 2005 Chris Martin, APP, 21.71  
 2006 Zeb Johnson, WCU, 21.83  
 2007 Zeb Johnson, WCU, 21.88  
 2008 Manteo Mitchell, WCU, 21.52  
 2009 Manteo Mitchell, WCU, 21.57  
 2010 Dominique Young, WCU, 21.84  
 2011 Dennis Moore, APP, 21.62  
 2012 Benny Davis, WCU, 21.35  
 2013 Brandon Hairston, WCU, 22.12  
 2014 Jamaal Brantley, CIT, 21.97  
 2015 Chris Hancock, WCU, 21.91  
 2016 Greg Henderson, VMI, 22.08  
 2017 Patrick Taylor, ETSU, 21.88  
 2018 Karon Delince, ETSU, 21.62  
 2019 Trini Feggett, WCU, 21.48  
 2020 Devaniel Dale, WCU, 21.56  
 2021 Evan Brooks, SAM, 21.50  
 2022 Jordin Poindexter, VMI, 21.41  
 2023 Cagan Campbell, SAM, 21.58  
 2024 Cagan Campbell, SAM  
 Cameron Dalton, WOF, 21.42

## 400-meter dash

1981 Floyd White, FUR, 50.5  
 1983 Floyd White, FUR, 49.5  
 1984 Sylvester Davis, VMI, 46.77  
 1985 Dan Monahan, VMI, 49.4  
 1986 Bobby Harris, VMI, 49.86  
 1988 Mario Small, VMI, 47.53  
 1989 Mario Small, VMI, 47.11  
 1990 Mario Small, VMI, 48.26  
 1991 Estaban Frost, VMI, 48.51  
 1992 Eric Joe, APP, 48.99  
 1993 Estaban Frost, VMI, 49.88  
 1994 Michael Kyle, UTC, 48.60  
 1995 Michael Kyle, UTC, 48.90  
 1996 Holm Ankoma-Sey, VMI, 50.19  
 1997 Bobby Horan, APP, 50.01

1998 Evan Hawkins, ETSU, 49.01  
 1999 James Yarborough, VMI, 50.48  
 2000 Evan Hawkins, ETSU, 48.26  
 2001 Derrick High, WCU, 47.53  
 2002 Darrus Cofield, WCU, 47.45  
 2003 Alex Prince, CIT, 48.78  
 2004 Milton Bolton, WCU, 48.01  
 2005 Bryan Burney, APP, 48.42  
 2006 Milton Bolton, WCU, 49.32  
 2007 Manteo Mitchell, WCU, 49.42  
 2008 Manteo Mitchell, WCU, 49.12  
 2009 Manteo Mitchell, WCU, 49.12  
 2010 Brunson Miller, CIT, 48.65  
 2011 Brunson Miller, CIT, 48.11  
**2012 Brunson Miller, CIT, 46.97**  
 2013 Aaron Harris, WCU, 49.15  
 2014 Aaron Harris, WCU, 49.48  
 2015 Aaron Tribble, WCU, 48.66  
 2016 Michael Williams, ETSU, 49.69  
 2017 Dakota Lamont, WCU, 48.41  
 2018 Henry Kiedy, WCU, 48.29  
 2019 Devaniel Dale, WCU, 48.09  
 2020 Devaniel Dale, WCU, 47.66  
 2021 Michael McMahan, SAM, 48.68  
 2022 Conor Murphy, WOF, 48.24  
 2023 Michael Harris, WCU, 47.87  
 2024 Cagan Campbell, SAM, 47.72

## 800-meter run

1981 Mark Scruton, ETSU, 1:54.6  
 1983 David Neville, VMI, 1:51.0  
 1985 Jesse Dingle, APP, 1:56.5  
 1986 Thane Harmon, APP, 1:57.68  
 1988 James Montague, WCU, 1:53.90  
 1989 Mike Cason, CIT, 1:54.6  
 1990 Mike Cason, CIT, 1:54.03  
 1991 Jeff Rudolph, VMI, 1:54.24  
 1992 David Presnall, VMI, 1:55.95  
 1993 Shane Stryker, UTC, 1:55.07  
 1994 Jon Austin, APP, 1:53.07  
 1995 Jon Austin, APP, 1:54.42  
 1996 Zach Whitmarsh, ETSU, 1:56.98  
 1997 Zach Whitmarsh, ETSU, 1:50.92  
 1998 Zach Whitmarsh, ETSU, 1:51.79  
 1999 Zach Whitmarsh, ETSU, 1:58.49  
 2000 Nic Crider, UTC, 1:55.50  
 2001 Michael Lokale, VMI, 1:53.43  
 2002 Caleb Bailey, WCU, 1:54.24  
 2003 John Robertson, WCU, 1:51.11  
 2004 Robert Hatcher, UTC, 1:55.85  
 2005 Jeff Williams, UNCG, 1:55.36  
 2006 Jeff Williams, UNCG, 1:53.57  
 2007 Jeff Williams, UNCG, 1:54.05  
 2008 Drew Tucker, WCU, 1:56.93  
 2009 Michael Danehy, UTC, 1:55.59  
 2010 Brandon Hudgins, APP, 1:54.14  
 2011 Andrew Lantz, DAV, 1:54.99  
 2012 Andrew Lantz, DAV, 1:52.18  
 2013 Nathan Hendershot, SAM, 1:53.68\*  
 2014 Nathan Hendershot, SAM, 1:51.69  
 2015 Brandon Hazouri, SAM, 1:54.73  
 2016 Brandon Hazouri, SAM, 1:51.85  
 2017 Ryan Adams, FUR, 1:54.26  
 2018 Joe Harbacevich, WOF, 1:53.94  
 2019 Ryan Adams, FUR, 1:53.18  
 2020 Ryan Adams, FUR, 1:50.37  
**2021 José Peñalver, SAM, 1:49.77**  
 2022 Trent Whittaker, VMI, 1:51.02  
 2023 Phelani Maduwa, ETSU, 1:50.12  
 2024 ephaniah Carico-McLennan, SAM, 1:51.72

\* later vacated

## Mile run

1930 Wells, Tulane, 4:37.4  
 1931 Jenson, UNC, 4:29.8  
 1932 Lauck, UVA, 4:31.0  
 1933 Lauck, UVA, 4:26.4  
 1934 McCrae, UNC, 4:24.1  
 1935 Harry Williamson, UNC, 4:20.0

1936 Harry Williamson, UNC, 4:22.7  
 1937 Gammon, UNC, 4:24.5  
 1938 Bill Morse, Duke, 4:23.8  
 1939 Mason Chronister, MD, 4:16.0  
 1940 Jimmy Davis, UNC, 4:12.5  
 1941 Tommy Fields, MD, 4:23.1  
 1942 Rich Van Wagoner, UNC, 4:22.8  
 1949 Bob Palmer, MD, 4:17.9  
 1950 Bob Palmer, MD, 4:30.0  
 1951 Bill Creamer, MD, 4:25.0  
 1952 Clyde Garrison, NCSU, 4:21.7  
 1953 Clyde Garrison, NCSU, 4:21.4  
 1954 Ben Angle, VMI, 4:48.6  
 1955 Pete Ashcraft, DAV, 4:43.6  
 1956 Dave Pitkethly, VMI, 4:22.6  
 1957 Dave Pitkethly, VMI, 4:21.8  
 1958 Bob DeTombe, W&M, 4:34.4  
 1959 Larry Williams, VMI, 4:36.0  
 1960 Bill Braithwaire, VMI, 4:28.6  
 1961 Larry Williams, W&M, 4:27.2  
 1962 Copley Vickers, FUR, 4:29.3  
 1963 Dennis Patterson, FUR, 4:28.4  
 1964 Jim Johnson, W&M, 4:18.5  
 1965 Jim Johnson, W&M, 4:15.4  
 1966 Jim Johnson, W&M, 4:18.2  
 1967 Terry Donnelly, W&M, 4:16.0  
 1968 Terry Donnelly, W&M, 4:12.4  
 1969 Hal Michael, W&M, 4:07.9  
 1970 Hal Michael, W&M, 4:19.4  
 1971 Hal Michael, W&M, 4:17.6  
 1972 Ron Martin, W&M, 4:11.8  
 1973 Mac Collins, W&M, 4:11.3  
 1974 Mac Collins, W&M, 4:11.6  
 1975 Reggie Clark, W&M, 4:10.7  
 1976 Mac Collins, W&M, 4:11.2  
 1977 Rex Wiggins, VMI, 4:10.0  
 1978 Rex Wiggins, VMI, 4:14.6  
 1979 Jody Weatherwax, VMI, 4:08.01  
 1980 Jody Weatherwax, VMI, 4:07.9  
 1982 Mark Scruton, ETSU, 4:03.97  
 1983 Conrad Conneely, ETSU, 4:05.38  
 1987 Thomas O'Gara, ETSU, 4:09.56  
 1988 Thomas O'Gara, ETSU, 4:09.63  
 1989 Scott Faulds, ETSU, 4:11.0  
 1990 James Hynes, ETSU, 4:15.76  
 1991 Seamus Power, ETSU, 4:14.61  
 1992 Seamus Power, ETSU, 4:07.66  
 1993 Seamus Power, ETSU, 4:18.67  
 1994 Seamus Power, ETSU, 4:12.13  
 1995 Chris Huffstickler, APP, 4:17.90  
 1996 Chuck Margraves, UTC, 4:18.4  
 1997 Declan Fahy, ETSU, 4:10.19  
 1998 Zach Whitmarsh, ETSU, 4:11.44  
 1999 Zach Whitmarsh, ETSU, 4:19.14  
 2000 Nic Crider, UTC, 4:12.51  
 2001 Caleb Bailey, WCU, 4:15.59  
 2002 Caleb Bailey, WCU, 4:13.76  
 2003 Bradley Yewer, ETSU, 4:14.36  
 2004 Bradley Yewer, ETSU, 4:12.86  
 2005 Adam Puett, WCU, 4:13.48  
 2006 Dan Fassinger, WCU, 4:18.07  
 2007 Adam Van Nortwick, APP, 4:14.34  
 2008 Michael Mentz, UTC, 4:13.99  
 2009 Chris Moen, APP, 4:11.08  
 2010 Patrick Morgan, APP, 4:13.70  
 2011 Alex Taylor, APP, 4:12.35  
 2012 Paul Chelimo, UNCG, 4:06.57  
 2013 Alex Taylor, APP, 4:12.29  
 2014 Adam Jones, SAM, 4:17.52  
 2015 Troy Reeder, FUR, 4:08.21  
 2016 Brandon Hazouri, SAM, 4:10.17  
 2017 Troy Reeder, FUR, 4:14.06  
 2018 Troy Reeder, FUR, 4:13.83  
 2019 Jake Ogden, FUR, 4:19.15  
 2020 Cameron Ponder, FUR, 4:07.81  
 2021 Cameron Ponder, FUR, 4:02.62  
**2022 Cameron Ponder, FUR, 3:59.75**  
 2023 Carson Williams, FUR, 4:05.67  
 2024 Cameron Ponder, FUR, 4:06.40

## 3,000-meter run

# MEN'S INDIVIDUAL CHAMPIONS

1981 Adrian Leek, ETSU, 8:15.2  
 1983 Dennis Stark, ETSU, 8:06.8  
 1985 Brian Dunne, ETSU, 8:22.7  
 1986 Conrad Conneely, ETSU, 8:33.53  
 1988 Thomas O'Gara, ETSU, 8:26.13  
 1989 James Hynes, ETSU, 8:17.74  
 1990 James Hynes, ETSU, 8:34.26  
 1991 Seamus Power, ETSU, 8:32.36  
 1992 Seamus Power, ETSU, 8:05.37  
 1993 Dennis Barry, ETSU, 8:30.2  
 1994 Seamus Power, ETSU, 8:34.17  
 1995 Tommy Holland, APP, 8:26.39  
 1996 Mike Leinweber, UTC, 8:34.5  
 1997 Declan Fahy, ETSU, 8:28.31  
 1998 Declan Fahy, ETSU, 8:24.94  
 1999 Nic Crider, UTC, 8:34.11  
 2000 Ben Bisette, APP, 8:29.32  
 2001 Curtis Gadula, UTC, 8:37.42  
 2002 Dan Gibson, DAV, 8:25.66  
 2003 Bradley Yewer, ETSU, 8:26.06  
 2004 Steven Kocsis, UTC, 8:23.03  
 2005 Steven Kocsis, UTC, 8:21.77  
 2006 Adam Puett, WCU, 8:30.16  
 2007 Adam Van Nortwick, APP, 8:34.68  
 2008 Brian Deal, APP, 8:27.41  
 2009 Patrick Morgan, FUR, 8:26.45  
 2010 Cameron Bean, SAM, 8:15.74  
 2011 Chris Moen, APP, 8:23.42  
 2012 Lucas Cotter, UTC, 8:09.89  
 2013 Paul Chelimo, UNCG, 8:09.07  
 2014 Tripp Hurt, FUR, 8:18.06  
 2015 Tripp Hurt, FUR, 8:29.81  
 2016 Arsène Guillorel, SAM, 8:09.62  
 2017 Arsène Guillorel, SAM, 8:15.26  
 2018 Frank Lara, FUR, 8:13.79  
 2019 Ben Varghese, ETSU, 8:24.65  
 2020 Luke Meade, FUR, 8:15.38  
 2021 Matt Scarr, ETSU, 8:24.38  
**2022 Carson Williams, FUR, 8:02.87**  
 2023 Carson Williams, FUR, 8:22.51  
 2024 Carson Williams, FUR, 8:12.77

## 5,000-meter run

1981 Adrian Leek, ETSU, 14:06.6  
 1983 Carey Nelson, ETSU, 14:21.8  
 1985 Brian Dunne, ETSU, 14:36.6  
 1989 John Erickson, ETSU, 14:09.26  
 1990 James Hynes, ETSU, 14:30.06  
 1991 Seamus Power, ETSU, 14:50.76  
 1992 Seamus Power, ETSU, 14:45.62  
 1993 Seamus Power, ETSU, 14:20.89  
 1994 Seamus Power, ETSU, 14:56.39  
 1995 Tommy Holland, APP, 14:40.40  
 1996 Tommy Holland, APP, 15:00.9  
 1997 Seth Peoples, APP, 14:48.41  
 1998 Rodney Stoker, UTC, 14:45.46  
 1999 Nic Crider, UTC, 14:57.05  
 2000 Joe Smith, VMI, 14:53.19  
 2001 Ben Bisette, APP, 15:02.19  
 2002 James Grufferty, ETSU, 14:50.98  
 2003 Bradley Yewer, ETSU, 15:04.83  
 2004 Steven Kocsis, UTC, 14:41.89  
 2005 Steven Kocsis, UTC, 14:41.70  
 2006 Ian Mayne, UTC, 14:48.42  
 2007 Brendon Helms, APP, 15:00.77  
 2008 Brian Deal, APP, 14:53.74  
 2009 Chris Berry, UTC, 14:55.12  
 2010 Cameron Bean, SAM, 14:29.12  
 2011 Sean Soderman, APP, 14:39.59  
 2012 Demetrios Pagonis, DAV, 14:22.47  
 2013 Paul Katam, UNCG, 14:13.77\*  
 2014 Tripp Hurt, FUR, 14:30.76  
 2015 Tripp Hurt, FUR, 14:18.23  
 2016 Arsène Guillorel, SAM, 13:55.73  
 2017 Arsène Guillorel, SAM, 14:21.39  
 2018 Frank Lara, FUR, 14:19.75  
 2019 Frank Lara, FUR, 14:18.66  
 2020 Daniel Bernal, FUR, 14:37.77  
 2021 Adam Beucler, FUR, 14:20.86  
 2022 Adam Bradtmueller, ETSU, 14:08.18

**2023 Dylan Schubert, FUR, 13:54.58**  
 2024 Dylan Schubert, FUR, 14:05.60

\* later vacated

## 60-meter hurdles

2004 Lawrence Briscoe, WCU, 8.26  
 2005 Lawrence Briscoe, WCU, 8.20  
 2006 Lawrence Briscoe, WCU, 8.05  
 2007 Charles Derrickson, APP, 7.95  
 2008 Daniel Neal, APP, 8.05  
 2009 Christian Bethune, WCU, 8.25  
 2010 Cordell Livingston, WCU, 8.10  
 2011 Cordell Livingston, WCU, 8.11  
 2012 AJ Dohanic, APP, 8:01  
 2013 Stanley Broaden, APP, 7.90  
 2014 Marquis Bailey, WCU, 8.35  
 2015 Marquis Bailey, WCU, 8.14  
 2016 Michael Williams, ETSU, 8.14  
 2017 Emmanuel Tait, SAM, 8.13  
 2018 Malik Diggs, CIT, 7.94  
 2019 Titus Moore, SAM, 8.06  
 2020 Titus Moore, SAM, 7.92  
 2021 Titus Moore, SAM, 7.93  
 2022 Michael McMahan, SAM, 8.12  
**2023 Titus Moore, SAM, 7.79**  
 2024 Titus Moore, SAM, 7.80

## 4x400-meter relay

1981 Marshall, 3:20.6  
 1983 VMI, 3:21.4  
 1985 VMI, 3:19.4  
 1986 Appalachian State, 3:18.15  
 1990 VMI, 3:18.61  
 1997 ETSU, 3:17.19  
 1998 ETSU, 3:16.79  
 1999 VMI, 3:24.85  
**2000 Western Carolina, 3:14.40**  
 2001 VMI, 3:16.23  
 2002 Appalachian State, 3:16.35  
 2003 The Citadel, 3:16.34  
 2004 Western Carolina, 3:14.61  
 2005 Appalachian State, 3:15.32  
 2006 Appalachian State, 3:21.29  
 2007 Western Carolina, 3:23.58  
 2008 Western Carolina, 3:22.59  
 2009 Western Carolina, 3:19.60  
 2010 Western Carolina, 3:18.18  
 2011 The Citadel, 3:17.76  
 2012 Western Carolina, 3:15.08  
 2013 Western Carolina, 3:17.95  
 2014 Western Carolina, 3:19.35  
 2015 Western Carolina, 3:17.07  
 2016 Western Carolina, 3:18.31  
 2017 Western Carolina, 3:16.68  
 2018 Western Carolina, 3:15.77  
 2019 Western Carolina, 3:18.78  
 2020 Western Carolina, 3:16.43  
 2021 VMI, 3:19.18  
 2022 VMI, 3:17.13  
 2023 Western Carolina, 3:17.80  
 2024 Samford, 3:14.98

## Distance medley Relay

**1979 ETSU, 9:47.80**  
 1980 ETSU, 10:07.21  
 1981 ETSU, 10:04.5  
 1982 ETSU, 9:59.35  
 1983 Appalachian State, 10:10.98  
 1986 ETSU, 10:08.17  
 1994 ETSU, 10:18.64  
 1995 ETSU, 10:17.78  
 1996 Chattanooga, 10:27.4  
 1997 ETSU, 10:17.76  
 1998 Chattanooga, 10:15.97  
 1999 Chattanooga, 10:28.27  
 2000 Chattanooga, 10:15.88  
 2001 Appalachian State, 10:20.20  
 2002 Appalachian State, 10:13.20  
 2003 Western Carolina, 10:07.84

2004 UNCG, 10:11.00  
 2005 Chattanooga, 10:14.83  
 2006 Western Carolina, 10:05.02  
 2007 Appalachian State, 10:19.14  
 2008 Appalachian State, 10:18.42  
 2009 Appalachian State, 10:16.38  
 2010 Appalachian State, 10:09.92  
 2011 Chattanooga, 10:15.20  
 2012 UNCG, 9:59.73\*  
 2013 Appalachian State, 10:05.77  
 2014 Samford, 10:02.54  
 2015 Furman, 10:06.16  
 2016 Samford, 10:11.67  
 2017 Furman, 10:05.42  
 2018 ETSU, 10:07.32  
 2019 ETSU, 10:00.71  
 2020 Furman, 10:03.39  
 2021 Furman, 10:08.90  
 2022 ETSU, 9:51.15  
 2023 Furman, 9:56.28  
 2024 Furman, 9:55.18  
 \* later vacated

## High jump

1930 Bagby, UNC  
 & Bostick, USC, 5'11¼"  
 1931 Bagby, UNC, 5'10¼"  
 1932 D. David, UGA, 5'11½"  
 1933 Lloyd Turner, VT, 6'0"  
 1934 Craig, USC  
 & Reid, UNC, 5'10¼"  
 1935 Wilkins, UVa and Myers, Duke, 5'11"  
 1936 Dayton, UVa, 5'11"  
 1937 Ed Miller, MD, 6'½"  
 1938 Ed Miller, MD, 6'¾"  
 1939 Bill Corpening, UNC, 6'1"  
 1940 Bill Corpening, UNC, 6'3"  
 1941 Wilmont, Duke, 6'1"  
 1942 Duke Alexander, MD, 5'11¼"  
 1949 Bill Albans, UNC, 6'4"  
 1950 Jack Moody, UNC, 6'4"  
 1951 Jack Moody, UNC, 6'3"  
 1952 Dick Lentz, MD  
 & Ben Lankford, VT, 6'2"  
 1953 Ben Lankford, VT, 6'5"  
 1954 Ben Lankford, VT, 6'3"  
 1955 Dale Vaughn, VMI, 5'11½"  
 1956 Bob Bales, W&M, 6'2¾"  
 1957 Bob Storm, W&M, 6'2½"  
 1958 Bob Storm, W&M, 6'3½"  
 1959 Bob Storm, W&M  
 & Roland Phillips, VMI, 6'2"  
 1960 Howard Moss, VMI  
 & Roland Phillips, VMI, 6'½"  
 1961 Tony Entyre, FUR, 6'2"  
 1962 Tom Miller, CIT  
 & Keith Frazer, DAV, 6'0"  
 1963 Bill Jeffries, W&M, 6'1¾"  
 1964 Maurice Moone, WVU, 6'4¼"  
 1965 Frank Saier, FUR, 6'6½"  
 1966 Jim Jancaitis, W&M, 6'4"  
 1967 Colin Campbell, VMI, 6'5"  
 1968 Bruce Dallas, W&M, 6'5"  
 1969 Bruce Dallas, W&M, 6'4½"  
 1970 Bruce Dallas, W&M, 6'7"  
 1971 Fred Toepke, W&M  
 1972 Roy Quick, ECU, 6'6½"  
 1973 Fred Toepke, W&M 6'8"  
 1974 Alphonso Irving, W&M, 6'8"  
 1975 John Schilling, W&M, 6'10"  
 1976 John Schilling, W&M, 6'8"  
 1977 John Schilling, W&M, 6'10"  
 1978 Bob Terry, APP, 6'8"  
 1979 Bob Jacobs, CIT, 6'10"  
 1980 Bob Terry, APP, 6'8"  
 1981 Jim Moore, VMI, 6'8"  
 1982 Jim Moore, VMI, 6'9"  
 1983 Dale Davis, VMI, 7'0"  
 1984 Charles Mack, APP, 6'10"  
 1985 Henry Ingram, VMI, 6'10"

# MEN'S INDIVIDUAL CHAMPIONS

1986 Sammie Cunningham, APP, 7'0"  
 1987 Sammie Cunningham, APP, 6'9½"  
 1988 Garrett Thompson, VMI, 6'8½"  
 1989 Kevin Orr, MAR, 6'7½"  
 1990 Kevin McCluney, VMI, 6'8"  
 1991 Kevin McCluney, VMI, 6'9½"  
 1992 Jon Fullen, APP, 6'11"  
 1993 Shawn Miller, WCU, 6'9¾"  
 1994 Shawn Miller, WCU, 6'10¾"  
 1995 Jamie Burgess, MAR, 6'8¾"  
 1996 Dan Ritchey, MAR, 6'9¾"  
 1997 Mike Kroeger, APP, 2.08m  
 1998 Cory Cooper, WCU, 2.07m  
 1999 Eric McClary, CIT, 6'9.75"  
 2000 Eric McClary, CIT, 7'1.5"  
 2001 Jason Farr, ETSU, 6'9"  
 2002 Garrett Brickner, VMI, 6'8"  
 2003 Garrett Brickner, VMI, 2.08m  
 2004 Lawrence Briscoe, WCU, 2.00m  
 2005 Michael Estes, ETSU, 1.97m  
 2006 Ricky Harris, APP, 1.98m  
 2007 Matt Evans, WCU, 2.03m  
 2008 Daniel Joseph, WCU, 1.95m  
 2009 Matt Evans, WCU, 2.11m  
 2010 Matt Evans, WCU, 2.09m  
 2011 Darius Purcell, APP, 2.18m  
**2012 Darius Purcell, APP, 2'21m**  
 2013 Bob Elliott II, SAM, 2.03m  
 2014 Christian Carswell, WCU, 1.88m  
 2015 Keyth Fightmaster, SAM, 2.15m  
 2016 Tyrie Adams, WCU, 2.09m  
 2017 Keyth Fightmaster, SAM, 2.16m  
 2018 Keyth Fightmaster, SAM, 2.03m  
 2019 Matt Cahoon, SAM, 2.05m  
 2020 Justin Stuckey, SAM, 2.05m  
 2021 Justin Stuckey, SAM, 2.17m  
 2022 Justin Stuckey, SAM, 2.10m  
 2023 Tanner Henry, WOF, 2.05m  
 2024 Arthur Chitty, SAM, 2.05m

## Long jump

1930 Ed Hamm, GT, 22'7"  
 1931 Bob Fulmer, Duke, 22'8¼"  
 1932 Owens, UGA, 23'7¼"  
 1933 Bob Fulmer, Duke, 22'3"  
 1934 Bill Hubbard, UNC, 21'9¼"  
 1935 Bill Hubbard, UNC, 23'8¼"  
 1936 Hanes, Duke, 22'1¼"  
 1937 Myers, Duke, 22'4"  
 1938 Bill Corpening, UNC, 21'10¾"  
 1939 Bill Corpening, UNC, 22'11"  
 1940 Bill Corpening, UNC, 22'7¼"  
 1941 Ernie Vail, Duke, 22'7¼"  
 1942 Percy Ashby, UNC, 22'1"  
 1949 Bill Albans, UNC, 22'2¾"  
 1950 Bill Albans, UNC, 22'8½"  
 1951 Henry Poss, Duke, 22'5¾"  
 1952 Francis Nichols, Duke, 21'5¾"  
 1953 Joel Shankle, Duke, 22'6¼"  
 1954 Dale Vaughn, VMI, 22'6"  
 1955 Dale Vaughn, VMI, 22'8¼"  
 1956 George Riggs, UR, 22'3"  
 1957 Johnny McLeod, VMI, 22'4"  
 1958 Johnny McLeod, VMI, 22'6¼"  
 1959 Jim Nichols, VT, 23'1"  
 1960 Bill Elliot, CIT, 21'5½"  
 1961 Jackie Taylor, VMI, 22'2"  
 1962 Howard Melton, VT, 22'2¼"  
 1963 Mike Watson, CIT, 22'2½"  
 1964 Will Bowden, CIT, 22'2½"  
 1965 Jim Sherrard, VMI, 23'3½"  
 1966 John Prentice, W&M, 22'9"  
 1967 John Decher, VMI, 23'4½"  
 1968 Ed Whyte, ECU, 23'4"  
 1969 Tony Rolfe, VMI, 22'8"  
 1970 Walter Davenport, ECU, 23'5½"  
 1971 Larry Malone, ECU, 23'¼"  
 1972 Norm Williams, UR, 22'10"  
 1973 Walter Davenport, ECU, 23'1¼"  
 1974 Bill Williams, UR, 23'1½"

1975 Andre Gibson, VMI, 23'5¼"  
 1976 George Jackson, ECU, 23'5"  
 1977 Andre Gibson, VMI, 24'4"  
 1978 Andre Gibson, VMI, 23'9"  
 1979 Malcolm Grimes, VMI, 24'10½"  
 1980 Eugene Scott, VMI, 24'5¼"  
 1981 Robbie Mosley, APP, 22'9½"  
 1982 Robbie Mosley, APP, 23'8½"  
 1983 Anthony Janes, WCU, 23'8"  
 1984 Kevin Mitchell, VMI, 23'9½"  
 1985 Terry Fortune, VMI, 23'3¼"  
 1986 Michael Hanks, APP, 24'4½"  
 1987 Michael Hanks, APP, 25'1¼"  
 1988 Greg Hatchett, VMI, 24'11"  
 1989 Greg Hatchett, VMI, 24'10"  
 1990 Greg Hatchett, VMI, 24'9"  
 1991 Estaban Frost, VMI, 24'2½"  
 1992 Linell Johnson, APP, 24'3¼"  
 1993 Shawn Miller, WCU, 23'10½"  
 1994 Shawn Miller, WCU, 23'11¼"  
 1995 Damon Richardson, VMI, 24'1½"  
 1996 Andrew Wilhite, MAR, 23'10½"  
 1997 Andrew Wilhite, MAR, 7.11m  
 1998 Darius Jackson, VMI, 7.39m  
 1999 Charles Mahatha, APP, 24'7.0"  
 2000 Damion McLean, APP, 24'5.75"  
**2001 Marcus Purcell, VMI, 25'1.75" (7.66m)**  
 2002 Charvin Clark, ETSU, 25'0.5"  
 2003 Holt McPherson, APP, 7.50m  
 2004 Justin Davis, WCU, 7.41m  
 2005 Joel Gaddy, APP, 7.09m  
 2006 Mark Sturgis, APP, 6.96m  
 2007 Ricky Harris, APP, 7.19m  
 2008 Joel Gaddy, APP, 7.05m  
 2009 Buster Skrine, UTC, 6.94m  
 2010 Kevin Hardy, CIT, 7.23m  
 2011 Lawren Willard, WCU, 7.59m  
 2012 Bob McNeil, WCU, 7.25m  
 2013 Steven Bastien, SAM, 7.19m  
 2014 Josh McSwain, WCU, 7.30m  
 2015 Brendan Caldwell, WCU, 6.89m  
 2016 Jamie Brown, WCU, 7.28m  
 2017 Patrick Taylor, ETSU, 7.41m  
 2018 Marquis Barnes, SAM, 7.38m  
 2019 Trini Feggett, WCU, 7.54m  
 2020 Benjamin Okafor, WCU, 7.38m  
 2021 Shon Pratcher, WCU, 7.25m  
 2022 Javell Brown, WCU, 7.32m  
 2023 Ty Kimberlin, SAM, 7.44m  
 2024 Keyandre Midgett, 7.49m

## Triple jump

1970 Bud Tamea, W&M, 46'4¾"  
 1971 Larry Wilkerson, ECU, 47'6½"  
 1972 Walter Davenport, ECU, 48'6¼"  
 1973 Walter Davenport, ECU, 49'11"  
 1974 Preston Smith, FUR, 47'8¾"  
 1975 John Jones, W&M, 49'8¾"  
 1976 Carl Anderson, FUR, 49'¾"  
 1977 Malcolm Grimes, VMI, 51'¼"  
 1978 Malcolm Grimes, VMI, 49'5¼"  
 1979 Eugene Scott, VMI, 51'3"  
 1980 Robbie Mosley, APP, 50'6½"  
 1981 Robbie Mosley, APP, 50'5"  
 1982 Robbie Mosley, APP, 51'5"  
 1983 Ron Abbit, VMI, 49'½"  
 1984 Ron Abbit, VMI, 50'2"  
 1985 Carl Harris, APP, 49'4"  
 1986 Michael Hanks, APP, 51'10½"  
 1987 Michael Hanks, APP, 50'10½"  
**1988 Warren Posey, APP, 52'10¼" (16.11m)**  
 1989 Warren Posey, APP, 51'7"  
 1990 Jonathan Fuller, APP, 49'1¼"  
 1991 Rodney Edwards, VMI, 49'11"  
 1992 Linell Johnson, APP, 48'11¾"  
 1993 Shawn Miller, WCU, 48'2¾"  
 1994 Reggie Allison, WCU, 48'7"  
 1995 Robert Johnson, APP, 51'½"  
 1996 Obi Ezekwe, VMI, 48'1¾"  
 1997 Obi Ezekwe, VMI, 15.22m

1998 Obi Ezekwe, VMI, 14.77m  
 1999 Charles Mahatha, APP, 48'6.75"  
 2000 Charles Mahatha, APP, 51'3.75"  
 2001 Keith Jenkins, APP, 48'3.5"  
 2002 Kevin Solomon, VMI, 48'3.25"  
 2003 Kevin Solomon, VMI, 14.65m  
 2004 Gerald Foreman, APP, 14.79m  
 2005 Mark Sturgis, APP, 14.73m  
 2006 Mark Sturgis, APP, 15.22m  
 2007 Joel Gaddy, APP, 14.73m  
 2008 Joel Gaddy, APP, 15.54m  
 2009 Mark Sturgis, APP, 15.25m  
 2010 Alex Dollard, WCU, 14.29m  
 2011 Jamal Tiller, APP, 15.59m  
 2012 Bob McNeil, WCU, 15.08m  
 2013 Jamal Tiller, APP, 15.71m  
 2014 Jamal Tiller, APP, 15.44m  
 2015 David Johnson, WCU, 14.80m  
 2016 David Johnson, WCU, 14.94m  
 2017 Javion Lee, SAM, 14.95m  
 2018 Kevin Hires, WCU, 14.94m  
 2019 Dijoun Huitt, WCU, 15.12m  
 2020 Dijoun Huitt, WCU, 15.54m  
 2021 Keyandre Midgett, VMI, 14.53m  
 2022 Javell Brown, WCU, 15.46m  
 2023 Keyandre Midgett, VMI, 15.24m  
 2024 Keyandre Midgett, VMI, 15.57m

## Shot put

1930 McDonald, MD, 42'10½"  
 1931 Coleman, Auburn, 46'½"  
 1932 Swart, VT, 45'7¼"  
 1933 George Coles, UVA, 46'¼"  
 1934 George Coles, UVA, 45'10¾"  
 1935 L. Williams, Duke, 43'5½"  
 1936 M. Williams, Duke, 45'4"  
 1937 Dick Strickler, VMI, 43'10"  
 1938 Bill Fischer, Duke, 44'3"  
 1939 Larry Craig, South, 45'10"  
 1940 Steve Lach, Duke, 46'3½"  
 1941 Steve Lach, Duke, 46'11"  
 1942 Steve Lach, Duke, 47'6½"  
 1949 Jim O'Leary, Duke, 47'4½"  
 1950 Jack Unterkofler, MD, 49'7¾"  
 1951 Jack Unterkofler, MD, 46'11½"  
 1952 Jack Unterkofler, MD, 46'9"  
 1953 Durham Lawshe, Duke, 48'11"  
 1954 Don Carter, VMI, 46'11"  
 1955 Don Carter, VMI, 47'10½"  
 1956 Mike Blake, WVU, 44'7½"  
 1957 Jerry Vaughn, UR, 46'2"  
 1958 Len Muse, VT, 47'3¾"  
 1959 Ken Garrett, FUR, 48'6"  
 1960 Ken Garrett, FUR, 53'8¾"  
 1961 Bill Ventura, UR, 48'8½"  
 1962 Pete Bracken, W&M, 51'6½"  
 1963 Eddie Moore, FUR, 51'¼"  
 1964 Jim Karwoski, WVU, 50'5"  
 1965 Roger Bates, W&M, 51'8½"  
 1966 Steve Whaley, WVU, 50'3¾"  
 1967 Nick Byrne, W&M, 47'11¼"  
 1968 Dennis Moody, ECU, 50'10"  
 1969 Ed Watkins, CIT, 49'4"  
 1970 Dennis Cambal, W&M, 49'8¾"  
 1971 Dennis Cambal, W&M, 49'10"  
 1972 Bill Dimitrouleas, FUR, 50'8¾"  
 1973 Bill Dimitrouleas, FUR, 52'3¾"  
 1974 Tom Watson, ECU, 52'1¼"  
 1975 Brad Hiles, FUR, 51'5"  
 1976 Drexel George, W&M, 54'¼"  
 1977 Drexel George, W&M, 53'2"  
 1978 Joe Johns, MAR, 54'6½"  
 1979 Joe Johns, MAR, 55'¼"  
**1980 Cosmo Tocci, CIT, 56'5" (17.19m)**  
 1981 Rudy Cebula, MAR, 53'6"  
 1982 Shaun McWhorter, MAR, 52'6"  
 1983 Shaun McWhorter, MAR, 53'1"  
 1984 Shaun McWhorter, MAR, 52'11"  
 1985 Steve Schultz, APP, 51'11"  
 1986 Fred Ryna, MAR, 51'8½"

# MEN'S INDIVIDUAL CHAMPIONS

1987 Steve Jack, APP, 51'9½"  
 1988 Leigh Hawkins, APP, 51'6"  
 1989 Leigh Hawkins, APP, 52'4¾"  
 1990 Mike Naifeh, VMI, 53'10"  
 1991 Mike Naifeh, VMI, 53'1"  
 1992 Frank Boehling, VMI, 52'5½"  
 1993 Carey Cash, CIT, 52'¼"  
 1994 Frank Boehling, VMI, 50'10¾"  
 1995 Ryan Early, VMI, 52'8¾"  
 1996 Ryan Early, VMI, 55'2¼"  
 1997 John Maynard, MAR, 15.90m  
 1998 Jordan Brandon, VMI, 16.46m  
 1999 Phillip Johnson, WCU, 51'1.75"  
 2000 Jeb Hall, WCU, 52'1.75"  
 2001 Quentin Armstrong, CIT, 49'6.5"  
 2002 Bob Smith, APP, 53'5.5"  
 2003 Anthony Greer, APP, 15.76m  
 2004 Bob Smith, APP, 16.60m  
 2005 Anthony Greer, APP, 16.68m  
 2006 Anthony Greer, APP, 15.63m  
 2007 Wes Kiser, APP, 15.56m  
 2008 Patrick Morris, WCU, 15.32m  
 2009 Malcolm Styers, APP, 16.56m  
 2010 Malcolm Styers, APP, 16.29m  
 2011 Jerod Gardner, APP, 16.67m  
 2012 Jared Stalling, APP, 16.97m  
 2013 Jared Stalling, APP, 15.98m  
 2014 Jared Johnson, WCU, 15.51m  
 2015 Jordan White, VMI, 16.26m  
 2016 Joel Hoisington, VMI, 16.28m  
 2017 Mateius Brown, WCU, 15.27m  
 2018 Mateius Brown, WCU, 16.64m  
 2019 Ben Johnson, ETSU, 16.39m  
 2020 Matt Cahoon, SAM, 16.06m  
 2021 Matt Cahoon, SAM, 15.85m  
 2022 Seth Wolfe, SAM, 15.62m  
 2023 Riley Center, WCU, 14.44m  
 2024 Carl Henry, SAM, 15.38m

## 35-LB Weight throw

1973 Bill Dimitrouleas, FUR, 51'11½"  
 1974 Dan Utley, FUR, 45'9½"  
 1975 Tom Watson, W&M, 47'1"  
 1976 Drexel George, W&M, 52'3"  
 1977 Drexel George, W&M, 49'3½"  
 1978 Doug Wertz, CIT, 47'8½"  
 1979 Pat McCarthy, VMI, 47'8¾"  
 1980 Oscho Rufty, APP, 54'1¼"  
 1981 Oscho Rufty, APP, 58'2¼"  
 1982 Jay Lasek, VMI, 52'3½"  
 1983 John Shannon, VMI, 54'10½"  
 1984 Sheldon Johnson, VMI, 61'2½"  
 1985 Steve Jack, APP, 56'9½"  
 1986 Sheldon Johnson, VMI, 59'2"  
 1987 Steve Jack, APP, 51'9½"  
 1988 Leigh Hawkins, APP, 54'1¼"  
 1989 Leigh Hawkins, APP, 51'¾"  
 1990 Kenny Kovac, VMI, 54'9"  
 1991 Marcin Allison, WCU, 54'4"  
 1992 Rob Grant, APP, 53'9"  
 1993 Fritz Ligday, VMI, 55'5½"  
 1994 Rich Grant, APP, 57'2½"  
 1995 Rich Grant, APP, 58'9"  
 1996 John Maynard, MAR, 55'5½"  
 1997 Rich Latta, APP, 18.36m  
 1998 Phillip Johnson, WCU, 18.26m  
 1999 Phillip Johnson, WCU, 61'2.25"  
 2000 John Chisholm, VMI, 60'3"  
 2001 John Chisholm, VMI, 61'8.5"  
 2002 Bob Smith, APP, 59'11.25"  
 2003 Daniel Duckworth, APP, 17.71m  
 2004 Bob Smith, APP, 18.72m  
 2005 Anthony Greer, APP, 17.11m  
 2006 Anthony Greer, APP, 17.60m  
 2007 Wes Kiser, APP, 17.63m  
 2008 Wes Kiser, APP, 18.61m  
 2009 Malcolm Styers, APP, 16.56m  
 2010 Malcolm Styers, APP, 18.54m  
 2011 Malcolm Styers, APP, 18.96m  
 2012 Kyle Kirby, SAM, 19.23m

2013 Jared Stalling, APP, 18.83m  
 2014 Jared Johnson, WCU, 18.18m  
 2015 Jared Johnson, WCU, 18.64m  
 2016 Jordan White, VMI, 19.21m  
 2017 Scott Peretin, WCU, 18.91m  
**2018 Ben Johnson, ETSU, 21.99m**  
 2019 Ben Johnson, ETSU, 21.60m  
 2020 Matt Cahoon, SAM, 17.10m  
 2021 Matt Cahoon, SAM, 17.30m  
 2022 Seth Wolfe, SAM, 19.71m  
 2023 Andrew Granger, VMI, 16.78m  
 2024 Andrew Granger, VMI, 17.46m

## Pole vault

1930 Arnold, UNC, 12'7¾"  
 1931 Ray Ruble, UNC, 12'11¾"  
 1932 Don Zimmerman, Tulane, 13'3¼"  
 1933 Ron Smith, UNC, 12'4¼"  
 1934 Jackson, UNC, 11'10"  
 1935 Joe Leidy, Duke, 12'6"  
 1936 Huber Moore, Duke, 12'¾"  
 1937 Huber Moore, Duke, 12'11"  
 1938 Sample, DAV, 12'2"  
 1939 Montford, Duke, 12'2"  
 1940 Montford, Duke & McLeod, UNC & Chambers, Duke, 12'6"  
 1941 Ralph Fennell, CLEM, 12'6"  
 1942 Ralph Fennell, CLEM, 12'10"  
 1949 J.T. Colvin, Duke, 12'4"  
 1950 Bob Conner, Duke, 11'6"  
 1951 Bob Conner, Duke, 13'1½"  
 1952 Jerry Cates, Duke, 12'6"  
 1953 Jerry Cates, Duke & George Butler, MD & Mel Schwartz, UNC & Sam Jordan, UNC & Billy Duke, UNC & T.J. Roberts, VT, 12'10"  
 1954 T.J. Roberts, VT, 12'7"  
 1955 Tommy Theodose, UR, 11'6"  
 1956 Dave Tork, WVU, 13'2¼"  
 1957 Dave Tork, WVU, 13'0"  
 1958 Dave Tork, WVU, 13'8¾"  
 1959 Bill Spengler, VT, 12'9"  
 1960 Lowry Miller, UR & Tom Metsker, CIT & Ron Henry, W&M, 12'8"  
 1961 Bill Keel, FUR, 13'10"  
 1962 Bill Keel, FUR, 14'4"  
 1963 Bill Keel, FUR, 13'0"  
 1964 Ed Zuraw, WVU, 13'6"  
 1965 Jack Carter, WVU, 14'5½"  
 1966 Jack Carter, WVU, 15'6¼"  
 1967 Dan Tyson, FUR, 15'4"  
 1968 Dan Tyson, FUR, 15'9½"  
 1969 Gorson Williams, VMI, 13'6"  
 1970 Charles Strode, W&M, 15'0"  
 1971 Charles Strode, W&M, 15'6"  
 1972 Charles Strode, W&M, 15'6"  
 1973 Richard McDuffie, ECU, 14'6"  
 1974 Gary McCall, FUR, 15'0"  
 1975 Doug Becker, FUR, 15'0"  
 1976 Dave Lipinski, W&M, 14'6"  
 1977 Dave Lipinski, W&M, 15'0"  
 1977 David Ward, APP, 15'6"  
 1978 David Ward, APP, 15'6"  
 1979 Lynn Lomax, APP, 15'0"  
 1980 Bill Powers, MAR, 15'0"  
 1981 Lynn Lomax, APP, 15'0"  
 1982 Ken Crowder, VMI, 15'6"  
 1983 Ken Crowder, VMI, 15'6"  
 1984 Robert Patterson, APP, 15'1"  
 1985 Mike Cook, VMI, 14'0"  
 1986 Eric Faison, VMI, 14'0"  
 1987 Chris Gerber, MAR, 14'5½"  
 1988 Scott Jones, MAR, 15'6"  
 1989 Mick Schell, APP, 15'4¼"  
 1990 Gary Hall, APP, 15'7¼"  
 1991 Stephen Manns, MAR, 15'5¾"

1992 Keith Peloquin, VMI, 15'10"  
 1993 Jeff Capps, WCU, 14'6"  
 1994 Joe Dobson, VMI, 16'¾"  
 1995 Phil Alicea, VMI, 15'7"  
 1996 Todd Poremba, APP, 16'1"  
 1997 Jeff Fitzgerald, APP, 4.62m  
 1998 Todd Poremba, APP, 5.06m  
 1999 Tim Thomas, WCU, 15'5.5"  
 2000 Tim Thomas, WCU, 15'11.25"  
 2001 J.B. Rosson, VMI, 15'5.5"  
 2002 Charles Rice, WCU, 16'3.25"  
 2003 Sean Heaston, WCU, 4.72m  
 2004 Wes Willoughby, WCU, 4.60m  
 2005 Dan Queen, APP, 4.90m  
 2006 Barron Shell, APP, 4.71m  
 2007 Barron Shell, APP, 4.56m  
 2008 Mike Wilson, APP, 4.70m  
 2009 Patrick Wells, SAM, 4.75m  
 2010 Michael Seaman, SAM, 5.07m  
 2011 Michael Seaman, SAM, 4.95m  
**2012 Michael Seaman, SAM, 5.45m**  
 2013 Ryan Cook, SAM, 4.89m  
 2014 Phillip Thomas, APP, 4.70m  
 2015 Tray Oates, SAM, 5.02m  
 2016 Tray Oates, SAM, 5.10m  
 2017 Tray Oates, SAM, 5.20m  
 2018 Tray Oates, SAM, 5.00m  
 2019 Hugh Duggan, SAM, 5.00m  
 2020 Sam Blumer, CIT, 4.80m  
 2021 Charles Cooley, WCU, 4.85m  
 2022 Jed Sisco, SAM, 5.20m  
 2023 Walker Smith, SAM, 4.65m  
 2024 Brenden Vanderpool, SAM, 5.20m

## Heptathlon

2004 Dan Queen, APP, 4,571  
 2005 Dustin Wright, APP, 4,581  
 2006 Josh Cox, APP, 4,602  
 2007 Matt Harlfinger, WCU, 4,620  
 2008 Matt Boruff, APP, 4,720  
 2009 Matt Boruff, APP, 5,021  
 2010 Matt Evans, WCU, 4,998  
 2011 Brandon Bassett, SAM, 5,063  
 2012 Bo Ackerson-Gilroy, SAM, 5,127  
 2013 Steven Bastien, SAM, 4,916  
 2014 Christian Carswell, WCU, 4,681  
 2015 Quincy Murphy, VMI, 4,952  
 2016 Christian Carswell, WCU, 4,998  
 2017 Nathan Rivera, ETSU, 5,041  
 2018 Marquis Barnes, SAM, 4,951  
 2019 Conrad Heinrich, WOF, 4,810  
 2020 Ty Kimberlin, SAM, 5,010  
 2021 Ty Kimberlin, Samford, 5,203  
 2022 Ty Kimberlin, Samford, 5,395  
**2023 Ty Kimberlin, Samford, 5,442**  
 2024 Samuel Werner, SAM, 5,380

***Bold italics indicates championship record***

# MEN'S INDIVIDUAL CHAMPIONS

## RETIRED EVENTS

### 60-Yard Dash

1930 Farmer, North Carolina, 6.4  
1931 Bradley, Alabama, 6.6  
1932 Burnett, Mississippi, 6.4  
1933 Earl Widmyer, Maryland, 6.3  
1934 Earl Widmyer, Maryland, 6.3  
1935 Earl Widmyer, Maryland, 6.5  
1936 Tom Shehan, Duke, 6.5  
1937 Finaly, North Carolina, 6.4  
1938 Reavis, Duke, 6.6  
1939 Joe Murphy, Maryland, 6.4  
1940 Charles Curl, Washington & Lee, 6.4  
1941 Ernie Vail, Duke, 6.4  
1942 Wayne McMullin, Virginia Tech, 6.5  
1949 Bill Albans, Duke, 6.5  
1950 George Willis, North Carolina, 6.5  
1951 George Willis, North Carolina, 6.5  
1952 Henry Poss, Duke, 6.5  
1953 Jeff Newton, North Carolina, 6.4  
1954 John Mapp, VMI, 6.3  
1955 Walt Fillman, William & Mary, 6.5  
1956 Walt Fillman, William & Mary, 6.4  
1957 Walt Fillman, William & Mary, 6.2  
1958 Sam Horner, VMI, 6.3  
1959 Art Brandriff, VMI, 6.3  
1960 Ken Scott, VMI, 6.4  
1961 Dave Segal, Furman, 6.2  
1962 Dave Segal, Furman, 6.2  
1963 Dave Segal, Furman, 6.2  
1964 Tommy Thompson, Furman, 6.3  
1965 Sam McCormick, Richmond, 6.2  
1966 Bob Crute, Richmond, 6.3  
1967 Bob Crute, Richmond, 6.4  
1968 Mike Fratkin, William & Mary, 6.3  
1969 Mike Fratkin, William & Mary, 6.3  
1970 Bruce Jones, Furman, 6.3  
1971 Tom Richardson, Davidson, 6.3  
1972 Jerome Napier, Richmond, 6.2  
1973 Maurice Huntley, East Carolina, 6.3  
1974 Weldon Edwards, Richmond, 6.3  
**1975 Carter Suggs, East Carolina, 6.1**  
1976 Carter Sugs, East Carolina, 6.3  
1977 John Borron, Western Carolina, 6.2  
1978 Lonnie Ford, The Citadel, 6.3  
1979 Ernie Halstead, ETSU, 6.43  
1980 Ernie Halstead, ETSU, 6.40

### 55-meter dash

1981 Norman Gleaton, Chattanooga, 6.2  
1982 Norman Gleaton, Chattanooga, 6.46  
**1983 James Barham, ETSU, 6.1**  
1984 Mike Rigsbee, Appalachian State, 6.37  
1985 Eric Rasheed, Western Carolina, 6.41  
1986 Bobby Blackwell, VMI, 6.40  
1987 Keith Washington, VMI, 6.36  
1988 Greg Hatchett, VMI, 6.37  
1989 Greg Hatchett, VMI, 6.36  
1990 Greg Hatchett, VMI, 6.30  
1991 Frank Allen, Appalachian State, 6.40  
1992 Jason Dalton, Appalachian State, 6.47  
1993 Leander Watts, Appalachian State, 6.37  
1994 Leander Watts, Appalachian State, 6.34  
1995 Jeff Horton, ETSU, 6.30  
1996 Eric Gay, VMI, 6.38  
1997 Randy Moss, Marshall, 6.32  
1998 Chris Brooks, ETSU, 6.24  
1999 Johnie Morrison, Western Carolina, 6.33  
2000 Johnie Morrison, Western Carolina, 6.36  
2001 Marcus Lynch, VMI, 6.49  
2002 Jason Green, Appalachian State, 6.26  
2003 Jason Green, Appalachian State, 6.26

### 440-Yard Run

1930 Shepard, Washington & Lee, 55.8  
1931 Weil, North Carolina, 54.2  
1932 Williams, Georgia, 54.6  
1933 Recuhman, Duke, 54.1

1934 Montgomery, North Carolina, 54.6  
1935 Warren Evans, Maryland, 52.5  
1936 Warren Evans, Maryland, 52.4  
1937 Frank Cronin, Maryland, 52.4  
1938 Frank Cronin, Maryland, 52.6  
1939 Al Miller, Maryland, 51.0  
1940 Al Miller, Maryland, 52.1  
1941 Werner Brown, Duke, 51.7  
1942 Werner Brown, Duke, 51.9  
1949 Buddy Grisso, Duke, 52.2  
1950 Harrison, VMI, 51.5  
1951 John Tate, Duke, 51.6  
1952 Bill Johnson, Virginia Tech, 50.3  
1953 John Tate, Duke, 50.3  
1969 Pagie Davis, East Carolina, 50.3  
1970 Bill Findler, William & Mary, 50.5  
1971 Carl Wood, Richmond, 50.2  
1972 Walter Cooke, William & Mary, 50.3  
1973 Jerome Napier, Richmond, 49.9  
1974 Ken Middleton, Furman, 50.5  
1975 Carter Suggs, East Carolina, 50.2  
1976 Robert Franklin, East Carolina, 50.6  
1977 Calvin Alston, East Carolina, 50.6  
1978 Dennis Watts, VMI, 49.7  
**1979 Laffette Jordan, Appalachian State, 47.69**  
1980 Ben Judge, VMI, 48.26  
1982 Sylvester Davis, VMI, 48.14

### 330-Yard Run

**1966 Bob Crute, Richmond, 35.6**  
1967 Rod Camden, Richmond, 35.8  
**1968 Bill Findler, William & Mary, 35.6**

### 500-Yard Run

**1963 Don Armstrong, Furman, 58.6**  
1964 Pat Anderson, Furman, 1:01.4

### 500-Meter Run

1981 Ed Puc, Furman, 1:07.2  
1983 Henry Sanchez, VMI, 1:05.0  
1985 David Carter, Appalachian State, 1:04.56  
**1986 Marshall Pitts, Appalachian State, 1:04.34**

### 600-Yard Run

1965 Norm Radford, VMI, 1:12.2  
1966 John Crotty, VMI, 1:11.8  
1967 Alan Saville, Richmond, 1:12.5  
1968 Dave Watson, William & Mary, 1:13.4  
1969 Carl Wood, Richmond, 1:11.8  
1970 Carl Wood, Richmond, 1:12.2  
1971 Charles Duckworth, William & Mary, 1:12.8  
1972 Charles Duckworth, William & Mary, 1:12.2  
1973 Walter Cook, William & Mary, 1:12.5  
1974 Dave Anderson, Furman, 1:13.2  
1975 Ben Duckenfield, East Carolina, 1:12.5  
1976 Dave Anderson, Furman, 1:13.3  
1977 Ben Duckenfield, East Carolina, 1:12.1  
1978 Mac Williams, VMI, 1:14.3  
1979 Mac Williams, VMI, 1:12.32  
1980 Lafette Jordan, Appalachian State, 1:10.57  
1982 Henry Sanchez, VMI, 1:11.22  
1984 Davis Ests, VMI, 1:10.35  
**1987 Earl Bates, Western Carolina, 1:09.86**

### 880-Yard Run

1930 Linzey, Maryland, 2:02.0  
1931 McGinn, North Carolina State, 2:05.0  
1932 Cary, Virginia, 2:03.8  
1933 Bradsher, Duke, 2:01.8  
1934 Harry Williamson, North Carolina, 1:57.6  
1935 Wellford, VMI, 2:04.4  
1936 Harry Williamson, North Carolina, 2:00.9  
1937 Harry Williamson, North Carolina, 1:57.4  
1938 Gammon, North Carolina, 2:01.4  
1939 Jimmy Davis, North Carolina, 1:57.3  
1940 Jim Kehoe, Maryland, 1:55.0  
1941 Earl Morrison, North Carolina, 1:57.2  
1942 Bill Condon, Maryland, 2:01.3  
1949 Jim Umbarger, Maryland, 2:00.6

1950 Jim Umbarger, Maryland, 2:02.0  
1951 Al Buehler, Maryland, 1:56.4  
1952 Al Buehler, Maryland, 1:57.7  
1953 John Tate, Duke, 1:59.1  
1954 Ben Angle, VMI, 2:04.7  
1955 Bob Wingfield, Virginia Tech, 2:05.2  
1956 Bob Wingfield, Virginia Tech, 2:06.2  
1957 Bob Wingfield, Virginia Tech, 2:00.0  
1958 Jim Lowe, VMI, 2:02.5  
1959 Jim Martin, Furman, 2:00.5  
1960 Larry Williams, VMI, 1:58.0  
1961 Thad Talley, Furman, 1:57.7  
1962 Thad Talley, Furman, 2:00.0  
1963 Gene Simpson, Virginia Tech, 1:57.7  
1964 Dave Tyler, Furman, 1:56.0  
1965 Ed West, Furman, 1:57.4  
1966 Skip Roberts, VMI, 1:55.7  
1967 Terry Donnelly, William & Mary, 1:55.2  
1968 Juris Luzins, William & Mary, 1:54.8  
1969 Ted Wood, William & Mary, 1:55.4  
1970 Ted Wood, William & Mary, 1:56.5  
1971 James Kidd, East Carolina, 1:53.9  
1972 James Kidd, East Carolina, 1:53.2  
1973 Lewis McGehee, William & Mary, 1:55.7  
1974 Mac Collins, William & Mary, 4:11.6  
1975 Reggie Clark, William & Mary, 1:53.9  
1976 Phil Barker, Furman, 1:54.3  
1977 John George, William & Mary, 1:57.0  
1978 Phil Barker, Furman, 1:57.0  
**1979 Mark Scruton, ETSU, 1:51.66**  
1980 Kevin Johnson, ETSU, 1:53.30  
1982 David Neville, VMI, 1:53.93  
1984 Henry Sanchez, VMI, 1:52.12

### 1,000-Yard Run

**1982 Ben Turpin, ETSU, 2:12.12**  
1984 Conrad Conneely, ETSU, 2:12.57  
1987 Layne Anderson, The Citadel, 2:14.44

### 1,000-Meter Run

**1981 Kevin Johnson, ETSU, 2:27.7**  
1983 John Scott, VMI, 2:31.5  
1985 Todd Goeway, Appalachian State, 2:31.5  
1986 Keith Sewell, Appalachian State, 2:29.54

### 1,500-Meter Run

1980 Dennis Stark, ETSU, 3:50.1  
1981 Dennis Stark, ETSU, 3:50.0  
**1983 Dennis Stark, ETSU, 3:49.2**  
1985 Todd Goeway, Appalachian State, 3:51.4  
1986 Phil Roberts, Western Carolina, 3:56.77

### Two-Mile run

1930 Young, Georgia, 9:57.4  
1931 Simons, Duke, 9:58.2  
1932 Jensen, North Carolina, 10:02.6  
1933 Lauck, Virginia, 10:07.7  
1934 Bird, Duke, 10:07.2  
1935 Tom Dunaj, Washington & Lee, 9:44.8  
1936 Bill Morse, Duke, 10:03.4  
1937 Bill Lumpkin, Richmond, 9:30.7  
1938 Bill Morse, Duke, 10:25.8  
1939 Tommy Fields, Maryland, 9:59.6  
1940 Tommy Fields, Maryland, 9:34.5  
1941 Tommy Fields, Maryland, 9:43.5  
1942 Al Profenius, Duke, 9:45.0  
1949 Sam Magill, North Carolina, 9:49.9  
1950 Sam Magill, North Carolina, 9:44.8  
1951 Clyde Garrison, North Carolina State, 9:46.1  
1952 Jack Tibbets, Maryland, 9:52.9  
1953 Dave Shafer, Virginia Tech, 9:37.5  
1954 Ben Angle, VMI, 9:52.3  
1955 Pete Ashcraft, Davidson, 10:30.4  
1956 Dave Pitkethly, VMI, 10:05.7  
1957 Dave Pitkethly, VMI, 9:48.8  
1958 Bob DeTombe, William & Mary, 9:53.4  
1959 Bill Braithwaite, VMI, 10:04.5  
1960 Charlie Carlton, VMI, 9:55.3  
1961 Bill Braithwaite, VMI, 10:03.5

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1962 Copley Vickers, Furman, 9:51.3  
1963 Dennis Patterson, Furman, 9:49.7  
1964 Jim Johnson, William & Mary, 9:39.0  
1965 Jim Johnson, William & Mary, 9:29.6  
1966 Jim Johnson, William & Mary, 9:20.4  
1967 Carl Hatfield, West Virginia, 9:13.7  
1968 Carl Hatfield, West Virginia, 9:13.7  
1969 George Davis, William & Mary, 9:21.8  
1970 Ken Voss, East Carolina, 9:20.3  
1971 Steve Snyder, William & Mary, 9:16.6  
1972 Tim Cooke, Williams & Mary, 9:11.6  
1973 Tim Cooke, William & Mary, 8:54.2  
1974 Bill Louv, William & Mary, 8:55.5  
**1975 Ron Martin, William & Mary, 8:40.8**  
1976 Louis Blount, Appalachian State, 9:11.5  
1977 Louis Blount, Appalachian State, 9:04.0  
1978 Rex Wiggins, VMI, 9:10.0  
1979 Louis Kenny, ETSU, 9:11.07  
1980 Ronnie Carroll, ETSU, 8:58.98  
1982 Mike Mansey, ETSU, 8:52.61  
1984 Brian Dunne, ETSU, 8:49.43  
1987 Thomas O'Gara, ETSU, 8:52.0

## 70-Yard Low Hurdles

1931 Finklestein, Washington & Lee, 8.0  
1932 John Brownlee, Duke, 8.0  
1933 John Brownlee, Duke, 7.8  
1934 Groover Everett, Virginia, 7.8  
1935 Gene Schule, Washington & Lee, 7.9  
1936 Frank Sizemore, Duke, 8.2  
1937 Reavis, Duke, 8.1  
1938 Reavis, Duke, 7.9  
1939 Holmes, North Carolina, 7.9  
1940 Bill Corpening, North Carolina, 7.8  
1941 Ernie Vail, Duke, 7.9  
1942 Archie Taylor, Davidson, 8.1  
**1949 Bill Albans, North Carolina, 7.6**  
1950 Bill Albans, North Carolina, 7.7  
1951 Garrett Scott, North Carolina, 8.0  
1952 John Mapp, VMI, 7.9  
1953 John Mapp, VMI, 7.9  
1954 John Mapp, VMI, 7.7  
1955 Dick Fischl, Citadel, 7.9  
1956 Walt Fillman, William & Mary, 7.7  
**1957 Walt Fillman, William & Mary, 7.6**  
1958 Jim Pugh, The Citadel, 7.8  
1959 Dan Coogan, VMI, 8.0  
1960 Jim Pugh, The Citadel, 7.8  
1961 Dave Segal, Furman, 7.7  
1962 John Tryanham, VMI, 7.8  
1963 Frank Loustalot, Furman, 8.0  
1964 Alan Turner, Davidson, 8.1

## 60-Yard Low Hurdles

1930 Finklestein, Washington & Lee, 7.0  
**1965 Dabney, Pasco, VMI, 6.8**  
1966 Lavern Barnes, Furman, 7.0  
1967 Bob Pabasevich, VMI, 7.1  
**1968 Doug Griffith, William & Mary, 6.8**  
1969 Doug Griffith, William & Mary, 6.9  
1970 Tom Malik, Furman, 7.0

## 70-Yard High Hurdles

1931 Speer, Washington & Lee, 9.0  
1932 Moreau, Louisiana State, 9.0  
1933 Finklestein, Washington & Lee, 8.9  
1934 Groover Everett, Virginia, 8.7  
1935 Groover Everett, Virginia, 9.0  
1936 Graham, North Carolina, 9.1  
1937 Rogers, Washington & Lee, 8.9  
1938 Hubert Reavis, Duke, 8.8  
1939 Whaley, Washington & Lee, 8.7  
**1940 Bill Corpening, North Carolina, 8.5**  
1941 Dave Mangum, North Carolina, 9.0  
1942 Warren Mengel, North Carolina, 8.9  
1949 Bill Albans, North Carolina, 8.6  
1950 Bill Albans, North Carolina, 8.6  
1951 Tommy Reaves, Duke, 8.9  
1952 John Carter, Maryland, 9.0

1953 Joel Shankle, Duke, 8.9  
1954 John Mapp, VMI, 9.1  
1955 Carter Valentine, VMI, 8.9  
1956 Bob McCoy, Virginia Tech, 9.2  
1957 Jim Thacker, Richmond, 9.1  
1958 Jerry Saunders, William & Mary, 9.2  
1959 Jerry Saunders, William & Mary, 9.2  
1960 Bob Diederich, William & Mary, 8.8  
1961 Bob Diederich, William & Mary, 8.7  
1962 Ed Hart, Furman, 8.8  
1963 Frank Loustalot, Furman, 8.6  
1964 Hank Cronin, VMI, 8.8

## 60-Yard High Hurdles

1930 Speer, Washington & Lee, 7.9  
1965 Shannon Dawson, Furman, 7.3  
1966 Lavern Barrs, Furman, 7.5  
1967 Doug Griffith, William & Mary, 7.4  
1968 Doug Griffith, William & Mary, 7.5  
1969 Doug Griffith, William & Mary, 7.4  
1970 Tom Malik, Furman, 7.6  
1971 Ray Sweetenburg, Davidson, 7.4  
1972 Charles Dobson, William & Mary, 7.5  
1973 Charles Dobson, William & Mary, 7.4  
1974 Jim Detwiler, Richmond, 7.4  
**1975 Charles Dobson, William & Mary, 7.1**  
1976 Marvin Rankin, East Carolina, 7.3  
1977 Marvin Rankin, East Carolina, 7.2  
1978 Tim Bridges, VMI, 7.5  
1979 Tim Bridges, VMI, 7.51  
1980 David Washington, VMI, 7.55  
1982 Bob McKay, ETSU, 7.45  
1984 Walt Foster, Appalachian State, 7.51  
1987 Walt Foster, Appalachian State, 7.36

## 55-meter hurdles

**1981 Norman Gleaton, Chattanooga, 7.2**  
1983 Sylvester Davis, VMI, 7.3  
1985 Chris Havener, Appalachian State, 7.58  
1986 Andrew Stewart, VMI, 7.62  
1988 Greg Hatchett, VMI, 7.45  
1989 Greg Hatchett, VMI, 7.34  
1990 Lawrence Lloyd, Appalachian State, 7.68  
1991 Phil Watson, VMI, 7.54  
1992 Kedrick Ford, Appalachian State, 7.57  
1993 Malachi Jamison, ETSU, 7.64  
1994 Shawn Miller, Western Carolina, 7.43  
1995 Delevantie Brown, ETSU, 7.40  
1996 Delevantie Brown, ETSU, 7.58  
1997 Joe Anwah, VMI, 7.65  
1998 Joe Anwah, VMI, 7.57  
1999 Omari Francis, Appalachian State, 7.61  
2000 Ryan Linebarger, Appalachian State, 7.58  
2001 Jeff Foy, VMI, 7.62  
2002 Ryan Linebarger, Appalachian State, 7.66  
2003 Jeff McKelvin, VMI, 7.75

## Mile Relay

1930 Washington & Lee, 3:47.4  
1931 North Carolina, 3:38.6  
1932 North Carolina, 3:43.0  
1933 Duke, 3:36.2  
1934 Maryland, 3:36.5  
1935 Maryland, 3:34.6  
1936 Maryland, 3:31.8  
1937 North Carolina, 3:34.5  
1938 Maryland, 3:29.7  
1939 Maryland, 3:29.3  
1940 Maryland, 3:31.4  
1941 North Carolina, 3:30.8  
1942 North Carolina, 3:28.5  
1949 Maryland, 3:26.9  
1950 Maryland, 3:31.1  
1951 North Carolina, 3:32.9  
1952 Duke, 3:29.9  
1953 Maryland, 3:30.5  
1954 VMI, 3:31.1  
1955 VMI, 3:37.5  
1956 Virginia Tech, 3:34.7

1957 Virginia Tech, 3:35.3  
1958 William & Mary, 3:34.8  
1959 VMI, 3:32.0  
1960 The Citadel, 3:33.6  
1961 The Citadel, 3:29.6  
1962 VMI, 3:32.7  
1963 Furman, 3:28.5  
1964 Furman, 3:32.4  
1965 VMI, 3:26.2  
1966 VMI, 3:24.8  
1967 William & Mary, 3:24.8  
1968 William & Mary, 3:24.2  
1969 William & Mary, 3:23.9  
1970 Richmond, 3:20.9  
1971 Furman, 3:27.4  
1972 Furman, 3:25.7  
1973 Furman, 3:25.4  
1974 Furman, 3:23.9  
1975 East Carolina, 3:23.4  
1976 Furman, 3:23.1  
1977 East Carolina, 3:21.5  
1978 VMI, 3:23.0  
1979 VMI, 3:14.91  
1980 VMI, 3:13.35  
1982 VMI, 3:15.73  
**1984 VMI, 3:11.71**  
1987 VMI, 3:16.83  
1988 VMI, 3:16.37  
1989 Appalachian State, 3:15.25  
1991 Appalachian State, 3:17.90  
1992 Marshall, 3:20.54  
1993 Chattanooga, 3:25.25  
1994 Appalachian State, 3:19.68  
1995 Chattanooga, 3:17.45  
1996 ETSU, 3:21.60

## Two-Mile Relay

1970 East Carolina, 7:53.8  
1971 Furman, 7:50.3  
1972 William & Mary, 7:53.1  
1973 William & Mary, 7:56.0  
1974 William & Mary, 7:42.1  
1975 William & Mary, 7:49.1  
1976 Furman, 7:52.3  
1977 Furman, 7:45.3  
**1979 ETSU, 7:41.3**  
1980 ETSU, 7:46.84  
1984 VMI, 7:49.26  
1987 VMI, 7:43.12  
1989 Appalachian State, 7:47.70  
1990 VMI, 7:52.59  
1991 VMI, 7:42.22  
1992 ETSU, 7:47.75  
1993 Chattanooga, 7:58.4

## 3,200-Meter Relay

**1981 ETSU, 7:48.2**  
1985 Appalachian State, 7:52.63  
1986 VMI, 7:53.62

*Bold italics indicates championship record*



# MEN'S ALL-FRESHMAN TEAMS

## 2009

### 60-meter dash

Dennis Moore, Appalachian State  
Brian Sutherland, Chattanooga  
Kevin Hardy, The Citadel

### 200-meter dash

Dennis Moore, Appalachian State  
Benny Davis, Western Carolina

### 400-meter dash

Benny Davis, Western Carolina

### 800-meter run

Lee Gilmer, Furman  
Chris Moen, Appalachian State

### Mile run

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

### 3,000-meter run

Chris Berry, Chattanooga  
Joey Thompson, UNCG  
Sean Soderman, Appalachian State

### 5,000-meter run

Chris Berry, Chattanooga  
Sean Soderman, Appalachian State  
Josey Weaver, Western Carolina

### 60-meter hurdles

Cavan Corcoran, Samford  
Christopher Graham, The Citadel

### High jump

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

### Long jump

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

### Triple jump

Cornelius Williams, Western Carolina  
Matt Pfungst, Appalachian State  
Mike Pope, Appalachian State

### Shot put

Jared Stalling, Appalachian State

### Pole vault

None

### Weight throw

Jared Stalling, Appalachian State

### Heptathlon

Donald Cooper, Samford  
Matt Pfungst, Appalachian State

## 2010

### 60-meter dash

Landon Powell, Appalachian State  
Brandon Hairston, Western Carolina

### 200-meter dash

Cordell Livingston, Western Carolina  
Landon Powell, Appalachian State  
Brandon Hairston, Western Carolina

### 400-meter dash

Brunson Miller, The Citadel  
Brandon Hairston, Western Carolina  
Zac Cordner, Samford

### 800-meter run

Alex Taylor, Appalachian State

### Mile run

Alex Taylor, Appalachian State  
Garrett West, Western Carolina  
Lucas Cotter, Chattanooga

### 3,000-meter run

Atom Young, The Citadel  
Ben Canipe, The Citadel

### 5,000-meter run

Mike Koech, UNCG  
Demetrios Pagonis, Davidson  
Vincent Weir, Davidson

### 60-meter hurdles

Cordell Livingston, Western Carolina  
Trey Jones, Appalachian State  
Bo Ackerson-Gilroy, Samford

### High jump

Bo Ackerson-Gilroy, Samford  
Collin Reber, Appalachian State  
Brad Triplett, Appalachian State

### Long jump

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

### Triple jump

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

### Shot put

Scott Des Marais, Furman  
Brian McCracken, Wofford

### Weight throw

None

### Pole vault

Ryan Cook, Samford  
Brandon Bassett, Samford

### Heptathlon

Bo Ackerson-Gilroy, Samford  
Brandon Bassett, Samford

## 2011

### 60-meter dash

Justin Emerson, Samford  
Ron Duncan, Western Carolina  
Tim Smith, The Citadel

### 200-meter dash

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

### 400-meter dash

Blane Woodfin, The Citadel  
Sidney Rhodes, Western Carolina  
Aaron Tribble, Western Carolina

### 800-meter run

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

### Mile run

Layton Dorsett, Samford  
Nathan Wanuch, Chattanooga  
Kyle McLarty, Chattanooga

### 3,000-meter run

Nathan Wanuch, Chattanooga  
Tyler Greathouse, Furman  
Kenny Hinman, UNCG

### 5,000-meter run

Paul Katam, UNCG  
Layton Dorsett, Davidson  
Kenny Hinman, UNCG

### 60-meter hurdles

Tyler Bentley, Western Carolina  
Chris Sievert, The Citadel  
Sam Lusty, Western Carolina

### High jump

Bob Elliot, II, Samford  
Tyler Kemp, Samford  
Jordan Orr, Western Carolina

### Long jump

Bob McNeil, Western Carolina  
Jamal Tiller, Appalachian State  
Tim Smith, The Citadel

### Triple jump

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

### Shot put

Cameron McRae, Western Carolina  
Jonathan Newton, Western Carolina  
Dylan Gidado, The Citadel

### Weight throw

Cameron McRae, Western Carolina  
Dylan Gidado, The Citadel  
Jonathan Newton, Western Carolina

### Pole vault

David Melton, The Citadel  
Landon Hunt, Appalachian State  
Mark Boozer, The Citadel

### Heptathlon

Sam Lusty, Western Carolina  
Tyler Bentley, Western Carolina

## 2012

### 200-meter dash

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

### 400-meter dash

Demari Boswell, Western Carolina  
David Riddleberger, Appalachian State  
Dezerick Frazier, Chattanooga

### 800-meter run

William Ivey, Furman  
Michael Brewer, The Citadel  
Wesley Laytham, Davidson

### Mile run

Tripp Hurt, Furman  
Sal del Guidice, Davidson  
Patrick O'Brien, Chattanooga

### 3,000-meter run

Abraham Kemboi, UNCG  
Hunter McGahee, Wofford  
Patrick O'Brien, Chattanooga

### 5,000-meter run

Henry Falotico, Davidson  
Travis Alfaro, Western Carolina  
Dylan Belles, UNCG

### 60-meter hurdles

Stanley Broaden, Appalachian State  
Abraham Faison, Western Carolina  
Marquis Bailey, Western Carolina

### High jump

Daryl Saunders, Appalachian State

### Long jump

Abraham Faison, Western Carolina

### Triple jump

Abraham Faison, Western Carolina

### Shot put

Nick Sansota, Appalachian State

### Weight throw

Nick Sansota, Appalachian State

### Pole vault

Cory Sears, Samford  
Jacob Stowe, Appalachian State  
Ian Aikman, The Citadel

### Heptathlon

Josh Davies, Samford  
Cody Russell, Samford  
Kyle Bernier, Western Carolina

## 2013

### 60-meter dash

Jermaine Lewis, Western Carolina  
Marshall McRae, Appalachian State  
Chris Armfield, Wofford

### 200-meter dash

Marshall McRae, Appalachian State  
Trey Edgerton, Appalachian State  
Chris Armfield, Wofford

### 400-meter dash

Cole Warren, Furman  
Tevin Williams, The Citadel  
Trey Edgerton, Appalachian State

### 800-meter run

Marquis Carter, Chattanooga  
Trevor Janssen, Chattanooga  
Adam Jones, Samford

### Mile run

Brandon Hazouri, Samford

### 3,000-meter run

Daniel Samet, Davidson  
Josh Crawford

# MEN'S ALL-FRESHMAN TEAMS

## 5,000-meter run

Paul Stuart, Chattanooga  
Daniel Samet, Davidson  
Ryan Doyle, Wofford

## 60-meter hurdles

Iman Isang, Chattanooga  
Darius Johnson, The Citadel

## High jump

Christian Carswell, Western Carolina  
Cole Finch, Appalachian State  
Xzavier Killings, Davidson

## Long jump

Steven Bastien, Samford

## Triple jump

Henry Bustle, Appalachian State  
Tevin Johnson, Wofford

## Shot put

Jared Johnson, Western Carolina  
John Leonard, Appalachian State

## Weight throw

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

## Pole vault

Steven Bastien, Samford  
Patrick Quinn, Appalachian State

## Heptathlon

Steven Bastien, Samford  
Dustin Triplett, Western Carolina

### 2014

## 60-meter dash

William Buckley, Appalachian State

## 200-meter dash

William Buckley, Appalachian State

## 400-meter dash

Joshua Hanna, Appalachian State  
Eric Blake, Western Carolina

## Mile run

Brock Baker, Furman  
JC Cornett, Western Carolina  
Nate Riech, Furman

## 3,000-meter run

Tanner Hinkle, Furman  
Lee Shearer, Furman  
Jonathon Rice, Wofford

## 5,000-meter run

Tanner Hinkle, Furman  
Chris Anderson, Appalachian State  
JC Cornett, Western Carolina

## 60-meter hurdles

None

## High jump

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

## Long jump

Josh McSwain, Western Carolina  
Jesse Earnhardt, Appalachian State  
Antonio Cuccaro, The Citadel

## Triple jump

Josh McSwain, Western Carolina  
James Stovall, Chattanooga  
Chris Powell, Davidson

## Shot put

Nathan Milch, Appalachian State  
Brian Smith, Samford  
James Hayworth, Wofford

## Weight throw

Nathan Milch, Appalachian State  
Brian Smith, Samford  
James Hayworth, Wofford

## Pole vault

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

## Heptathlon

Jackson Powers, Appalachian State  
Andrew Patterson, Samford

### 2015

## 60-meter dash

Brenden Caldwell, Western Carolina  
Chris Hancock, Western Carolina

## 200-meter dash

Chris Hancock, Western Carolina  
Dakota Lamont, Western Carolina  
Henry Kiedy, Western Carolina

## 400-meter dash

Dakota Lamont, Western Carolina  
Carson Howe, Samford  
Devin Singleton, The Citadel

## Mile run

Troy Reeder, Furman  
Austin Sprague, Furman  
Bryan Whymys, UNCG

## 3,000-meter run

Arsène Guillorel, Samford  
Mike Lantz, The Citadel  
Brandon King, UNCG

## 5,000-meter run

Arsène Guillorel, Samford  
Aaron Templeton, Furman  
Troy Reeder, Furman

## 60-meter hurdles

Lee Warren, VMI  
Drake Watson, Chattanooga  
Marquis Barnes, Samford

## High jump

Keyth Fightmaster, Samford  
Jaquell Bryant, Western Carolina  
Austin Billings, Samford

## Long jump

Brenden Caldwell, Western Carolina  
Jordan Santana, Western Carolina  
Kevin Hires, Western Carolina

## Triple jump

Kevin Hires, Western Carolina  
Jordan Santana, Western Carolina  
Marquis Barnes, Samford

## Shot put

Derrick Freeland, The Citadel  
Mateius Brown, Western Carolina

## Weight throw

Mateius Brown, Western Carolina

## Pole vault

Tray Oates, Samford

## Heptathlon

Marquis Barnes, Samford  
Austin Billings, Samford  
Jordan Santana, Western Carolina

### 2016

## 60-meter dash

Josiah Johnson, The Citadel  
Quan Myers, VMI

## 400-meter dash

Deondre Anderson, VMI

## 800-meter run

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

## Mile run

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

## 3,000-meter run

Liam Brooks, Western Carolina  
Nick Horne, ETSU

## 5,000-meter run

Liam Brooks, Western Carolina  
Ben Bryant, Samford  
James Garst, ETSU

## 60-meter hurdles

Tyler Houston, ETSU  
Conrad Heinrich, Wofford

## High jump

Tyrie Adams, Western Carolina  
Jamie Brown, Western Carolina  
Khalil Jackson, Western Carolina

## Long jump

Jamie Brown, Western Carolina  
Tyrie Adams, Western Carolina  
Omar Mingo, Wofford

## Triple jump

Jamie Brown, Western Carolina  
Mikel Halim, ETSU  
Yohana Koko, ETSU

## Shot put

Dakota Wright, Western Carolina  
Brandon Zamary, Wofford  
Longinus, Nnodim, Wofford

## Weight throw

Dakota Wright, Western Carolina  
Michael Fernandez, The Citadel

## Pole vault

Andrew Arlint, VMI

## Heptathlon

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

### 2017

## 60-meter dash

Emmanuel Tait, Samford  
John Bapoupeleh, Wofford  
Charles McCann, ETSU

## 400-meter dash

Devaniel Dale, Western Carolina  
Bradford Smith, Wofford

## 800-meter run

Harper Sigler, ETSU  
Jack Zemp, Wofford  
Thomas Moore, Furman

## Mile run

Jake Ogden, Furman

## 3,000-meter run

Adam Bradtmueller, ETSU  
Luke Meade, Furman  
Ben O'Connor, ETSU

## 5,000-meter run

Mason Coppi, Furman  
Adam Bradtmueller, ETSU  
Louis Morris, ETSU

## 60-meter hurdles

Emmanuel Tait, Samford  
Anthony Richardson, Western Carolina  
L'Jen Wilson, Western Carolina

## High jump

Jon Waarvik, Samford  
Dijoun Huitt, Western Carolina  
L'Jen Wilson, Western Carolina

## Long jump

Dijoun Huitt, Western Carolina  
Kevin Hires, Western Carolina  
Cory Alston, Western Carolina

## Shot put

Tyler Schiemann, The Citadel  
Hunter Griffin, Wofford

## Triple jump

Dijoun Huitt, Western Carolina  
Jon Waarvik, Samford  
William Stout, Wofford

## Weight throw

Hunter Griffin, Wofford

## Pole vault

William Stout, Wofford

## Heptathlon

William Stout, Wofford  
Hunter Schlatter, Samford  
Anthony Richardson, Western Carolina

# MEN'S ALL-FRESHMAN TEAMS

2018	2019	2020	
<p><b>60-meter dash</b> Karon Delince, ETSU Timiebi Ogobri, The Citadel John Collins, VMI</p> <p><b>200-meter dash</b> Karon Delince, ETSU Timiebi Ogobri, The Citadel John Collins, VMI</p> <p><b>400-meter dash</b> Kofie-Safie Boateng, VMI Tate Overbay, ETSU Preston Gaines, UNCG</p> <p><b>800-meter run</b> Matt Scarr, ETSU Juan Rodriguez, UNCG Jackson Betts, VMI</p> <p><b>Mile run</b> None</p> <p><b>3,000-meter run</b> Daniel Bernal, Furman Trent Mandato, Furman Ben Garner, Samford</p> <p><b>5,000-meter run</b> Daniel Bernal, Furman Allen Clark, Furman Trent Mandato, Furman</p> <p><b>60-meter hurdles</b> Isaiah Ellis, Wofford Mike Jones, Western Carolina Jack McHugh, Samford</p> <p><b>High jump</b> Matt Cahoon, Samford Kenya Pinckney, The Citadel Khadevis Snead, Western Carolina</p> <p><b>Long jump</b> Karon Delince, ETSU Thomas Ozburn Jr., Samford Drae Butts, ETSU</p> <p><b>Triple jump</b> Drae Butts, ETSU Matthew Mudd, Western Carolina Isaiah Ellis, Wofford</p> <p><b>Shot put</b> Austin Lufkin, Wofford Jay Stanley, Western Carolina Mac Bennett, Western Carolina Connor Jacobs, Wofford</p> <p><b>Weight throw</b> Jay Stanley, Western Carolina Matt Cahoon, Samford Mac Bennett, Western Carolina</p> <p><b>Pole vault</b> Hugh Duggan, Samford Griffin Kowal, VMI Sam Blumer, The Citadel</p> <p><b>Heptathlon</b> Thomas Ozburn Jr., Samford Austin Eck, Samford Matthew Mudd, Western Carolina</p>	<p><b>60-meter dash</b> Trini Feggett, Western Carolina Carden Williams, The Citadel Titus Moore, Samford</p> <p><b>200-meter dash</b> Trini Feggett, Western Carolina Blaine Ashton, VMI Jordin Poindexter, VMI</p> <p><b>400-meter dash</b> Jordan Woodbine, Samford Johnnie Walker, VMI Rafael Mas, VMI</p> <p><b>800-meter run</b> Seth Corey, Samford Adam Waite, VMI Nicholas Thoma, UNCG</p> <p><b>Mile run</b> Cameron Ponder, Furman Colin Alexander, UNCG Andre Jordan, VMI</p> <p><b>3,000-meter run</b> Cameron Belk, UNCG</p> <p><b>5,000-meter run</b> Thomas Kneppshield, UNCG Andre Jordan, VMI Dalton Miles, UNCG</p> <p><b>60-meter hurdles</b> Titus Moore, Samford Keefe White, The Citadel</p> <p><b>High jump</b> Justin Stuckey, Samford Dakota Oxendine, Western Carolina Tyler Hanks, Western Carolina</p> <p><b>Long jump</b> Trini Feggett, Western Carolina Justin Stuckey, Samford Benjamin Okafor, Western Carolina</p> <p><b>Triple jump</b> Blaine Ashton, VMI Ty Kimberlin, Samford Tyler Hanks, Western Carolina</p> <p><b>Shot put</b> Ryan Eldridge, Western Carolina Adam Hart, Western Carolina Solomon Ghosh, VMI</p> <p><b>Weight throw</b> Adam Hart, Western Carolina Kolin Miller, ETSU Ethan Brown, Samford</p> <p><b>Pole vault</b> Charles Cooley, Western Carolina Thomas Martin, Western Carolina Daniel Walsh, VMI</p> <p><b>Heptathlon</b> Ty Kimberlin, Samford Max Burke, VMI</p>	<p><b>60-meter dash</b> Evan Brooks, Samford Sam Kamara, Wofford David Miles, Western Carolina</p> <p><b>200-meter dash</b> Evan Brooks, Samford David Miles, Western Carolina Michael Harris, Western Carolina</p> <p><b>400-meter dash</b> Michael Harris, Western Carolina Jevon Leonard, Western Carolina Treonte Newton, The Citadel</p> <p><b>800-meter run</b> Miguel Parrilla, ETSU Trent Whittaker, VMI Nick Epstein, Furman</p> <p><b>Mile run</b> Jeb Jones, Samford Myles Stoots, ETSU</p> <p><b>3,000-meter run</b> David Ahlmeyer, Furman Ares Reading, Furman Michael Zapherson, UNCG</p> <p><b>5,000-meter run</b> David Ahlmeyer, Furman Ares Reading, Furman James LaLonde, Furman</p> <p><b>60-meter hurdles</b> Jonah Dill, Furman</p> <p><b>High jump</b> Tanner Henry, Wofford McCray Kelton, Samford</p> <p><b>Long jump</b> McCray Kelton, Samford Marcus Evans, ETSU</p> <p><b>Triple jump</b> McCray Kelton, Samford Marcus Evans, ETSU Evin McEntee, Furman</p> <p><b>Shot put</b> Nathan Myers, Wofford Jake Musselwhite, ETSU</p> <p><b>Weight throw</b> Nate Myers, Wofford Herbert Brooks, VMI Reggie Reynolds, The Citadel</p> <p><b>Pole vault</b> Brady Cassell, Samford John Retenbach, Western Carolina Sam LaRosa, The Citadel</p> <p><b>Heptathlon</b> Tanner Henry, Wofford Kevin Linko, VMI</p> <p style="text-align: center;"><b>2021</b></p> <p><b>60-meter dash</b> Noah Alleyne, Western Carolina Christopher Sheppard, Wofford Isaac Lockhart, ETSU</p>	<p><b>200-meter dash</b> Isaiah Mills, ETSU Noah Alleyne, Western Carolina Conor Murphy, Wofford</p> <p><b>400-meter dash</b> Conor Murphy, Wofford Isaiah Mills, ETSU Kevin Haley Jr., Western Carolina</p> <p><b>800-meter run</b> Cooper Lindsey, Wofford</p> <p><b>Mile run</b> Carson Williams, Furman Evan Guzman, ETSU</p> <p><b>3,000-meter run</b> None</p> <p><b>5,000-meter run</b> Dylan Schubert, Furman Andrew Hammel, Furman Drew Zink, Western Carolina</p> <p><b>60-meter hurdles</b> Landon Wright, Samford Keyandre Midgett, VMI Jack Rice, VMI</p> <p><b>High jump</b> Louis Brogan, Samford Don Morgan, Samford Malachi Thomas, ETSU</p> <p><b>Long jump</b> Christopher Sheppard, Wofford Edwin Rainey, Samford Jayden Napier, VMI</p> <p><b>Triple jump</b> Keyandre Midgett, VMI Edwin Rainey, Samford Jayden Napier, VMI</p> <p><b>Shot put</b> Marshall Gainer, Samford Andrew Grainger, VMI</p> <p><b>Weight throw</b> Mason Robinson, Western Carolina Andrew Granger, VMI Marshall Gainer, Samford</p> <p><b>Pole vault</b> Landon Wright, Samford Sebastian LaTorre, Wofford Jed Sisco, Samford</p> <p style="text-align: center;"><b>2022</b></p> <p><b>60-meter dash</b> Tyke Tabor, Samford Nolan Johnson, ETSU Cameron Dalton, Wofford</p> <p><b>200-meter dash</b> Jeremiah Wilks, VMI Tyke Tabor, Samford Cameron Dalton, Wofford</p>

# MEN'S ALL-FRESHMAN TEAMS

## 400-meter dash

Richard Edwards, VMI  
Jackson Casey, Wofford  
Benedikt Strack, ETSU

## 800-meter run

Caleb Scheffler, Samford  
John Davis, Western Carolina  
Mason Brandon, ETSU

## Mile run

Foster Wilfong, Furman  
Casey Burr, Furman  
Colin Keck, UNCG

## 3,000-meter run

Justin Hayes, Western Carolina  
Foster Wilfong, Furman  
Will Mitchell, Western Carolina

## 5,000-meter run

Justin Hayes, Western Carolina  
Will Mitchell, Western Carolina  
Nick Goldstein, Furman

## 60-meter hurdles

Xander Topos, VMI  
Grant Witherspoon, Wofford

## High jump

Edric Wendhold, Samford  
Joshua Tuell, VMI  
Ben Kendall, Wofford

## Long jump

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

## Triple jump

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

## Shot put

Hunter Davis, VMI

## Weight throw

None

## Pole vault

None

## Heptathlon

Damian Hines, Samford  
Isaiah Blount, VMI  
Ben Kendall, Wofford

## 2023

## 60-meter dash

Dohnavon Hunt, Western Carolina  
Skyler Woodard, Western Carolina  
D'Shawn Fletcher, ETSU

## 200-meter dash

Dohnavon Hunt, Western Carolina  
Noah Straley, Western Carolina  
Robert Hilsman, Wofford

## 400-meter dash

Noah Straley, Western Carolina  
Robert Hilsman, Wofford  
Thomas Stamper, Wofford

## 800-meter run

Conner Overly, ETSU  
Will Berger, Wofford

## Mile run

Nate Hillis, ETSU  
Matthew Martin, Western Carolina  
Ben Kenner, ETSU

## 3,000-meter run

Luke Taylor, Furman  
Xian Campbell, ETSU  
Evan Pena, UNCG

## 5,000-meter run

Xian Campbell, ETSU  
Andrew McGinnis, Samford

## 60-meter hurdles

Claude Campbell, Samford  
Treven McGhee, ETSU  
Zion Bennett, Wofford

## High jump

Jack Mulvey, The Citadel  
Zion Bennett, Wofford

## Long jump

Noah Straley, Western Carolina  
Dohnavon Hunt, Western Carolina  
Claude Campbell, Samford

## Triple jump

Nathan Williams, Western Carolina  
Tate Sistare, The Citadel

## Shot put

Johnerio Holt, Samford  
Logan Wagner, ETSU  
Eli Penix, Samford

## Weight throw

Jacob Thomas, Western Carolina  
Quin Goodson, Wofford  
Chase Edwards, Wofford

## Pole vault

Carter Ellis, Samford  
Ethan Fulford, ETSU

## Heptathlon

Ethan Fulford, ETSU  
Zion Bennett, Wofford

## 2024

## 60-meter dash

Bradlee Jones, The Citadel  
Dylan Thompson, The Citadel

## 200-meter dash

Quinton Godfrey, Western Carolina  
Dylan Thompson, The Citadel

## 400-meter dash

Elias Barton, Western Carolina  
Quinton Godfrey, Western Carolina  
Archie Woodard, Wofford

## 800-meter run

Sam Barnard, UNCG  
Chase Thurber, Western Carolina

## Mile run

Brayden Seymour, Furman

Lawson Mecom, Western Carolina  
Colton Kempney, Furman

## 3,000-meter run

Owen Shifflett, Furman  
Khalid Abdullahi, UNCG  
Patrick Lowry, VMI

## 5,000-meter run

Owen Shifflett, Furman  
Kevin Shank, VMI  
Lawson Mecom, Western Carolina

## 60-meter hurdles

Archie Woodard, Wofford

## High jump

Arthur Chitty, Samford  
Jordan Chestnut, The Citadel  
Jake Ross, Wofford

## Long jump

Samuel Werner, Samford  
Jordan Chestnut, The Citadel  
David Dorbin, Western Carolina

## Triple jump

Jordan Chestnut, The Citadel  
David Dorbin, Western Carolina

## Shot put

Carl Henty, Samford  
Rafe Celindenin, VMI  
Dakota Sorrells, Western Carolina

## Weight throw

Rafe Clendenin, VMI  
Austin Ramirez, Western Carolina  
Jack Weil, The Citadel

## Pole vault

Brenden Vanderpool, Samford  
Cameron Thomas, VMI  
Jack Scott, The Citadel

## Heptathlon

Colby Capps, Western Carolina  
Ethan Hibberts, Western Carolina

# WOMEN'S INDOOR CHAMPIONSHIP RECORDS

Event	Mark	Conversion	Name(s), school	Year
60m dash	7.40		Nicole Johnson, ETSU	2020
200m dash	23.84		Lamonda Miller, Appalachian State	1989
400m dash	54.22		Jasmine Jefferson, Wofford	2024
800m run	2:05.68		Megan Marvin, Furman	2022
Mile run	4:38.23		Karisa Nelson, Samford	2019
3,000m run	9:11.04		Savannah Carnahan, Furman	2019
5,000m run	16:22.61		Savannah Carnahan, Furman	2019
60m hurdles	8.29		Demeteria Edgecombe, ETSU	2015
	8.29		Kyra Atkins, ETSU	2018
Long jump	6.21m	(20-4.50)	Von Ross, Western Carolina	1993
Triple jump	13.30m	(43-7.75)	Taniesha Robinson, ETSU	1999
	13.30m	(43-7.75)	Ronda White, Appalachian State	2004
High jump	1.81m	(5-11.25)	Kristen Meister, Davidson	2007
Shot put	16.61m	(54-6.00)	Angie Barker, ETSU	1988
Pole vault	4.06m	(13-3.75)	Brittany Bishop, Samford	2022
20-pound weight	19.54m	(64-1.29)	Chakosha Lance, College of Charleston	2006
4x400m relay	3:44.98		Western Carolina	2012
			(Shinique Pryor, Genevieve Emrick, Lena Elliot, Felisha Garren)	
Distance medley relay	11:25.60		Furman	2023
			(Kaylie Armitage, Erin MacDevette, Camryn Wennersten, Megan Marvin)	
Pentathlon	4,118		Selena Popp, Samford	2018

## WOMEN'S TEAM CHAMPIONS

Year	Site	Champion	Year	Site	Champion
1988	Johnson City, Tenn.	Appalachian State	2013	Winston-Salem, N.C.	Western Carolina
1989	Johnson City, Tenn.	Appalachian State	2014	Winston-Salem, N.C.	Western Carolina
1990	Lexington, Va.	Appalachian State	2015	Birmingham, Ala.	Western Carolina
1991	Johnson City, Tenn.	Appalachian State	2016	Birmingham, Ala.	Samford
1992	Johnson City, Tenn.	Appalachian State	2017	Johnson City, Tenn.	Samford
1993	Lexington, Va.	Appalachian State	2018	Lexington, Va.	Samford
1994	Johnson City, Tenn.	Appalachian State	2019	Lexington, Va.	Samford
1995	Johnson City, Tenn.	ETSU	2020	Lexington, Va.	Samford
1996	Lexington, Va.	Western Carolina	2021	Lexington, Va.	Samford
1997	Johnson City, Tenn.	Western Carolina	2022	Lexington, Va.	Samford
1998	Johnson City, Tenn.	Chattanooga	2023	Lexington, Va.	Samford
1999	Johnson City, Tenn.	Western Carolina	2024	Lexington, Va.	Samford
2000	Lexington, Va.	Western Carolina			
2001	Johnson City, Tenn.	Appalachian State			
2002	Johnson City, Tenn.	Appalachian State			
2003	Johnson City, Tenn.	Appalachian State			
2004	Johnson City, Tenn.	Appalachian State			
2005	Johnson City, Tenn.	Appalachian State			
2006	Clemson, S.C.	Appalachian State			
2007	Clemson, S.C.	Appalachian State			
2008	Clemson, S.C.	Western Carolina			
2009	Clemson, S.C.	Appalachian State			
2010	Clemson, S.C.	Western Carolina			
2011	Clemson, S.C.	Appalachian State			
2012	Birmingham, Ala	Appalachian State			

  

Total team titles	
Team	Titles
Appalachian State .....	17
Western Carolina .....	9
Samford.....	9
ETSU .....	1
Chattanooga .....	1

## WOMEN'S NCAA CHAMPIONS

Year	Site	Event	Mark	Name, school
1988	Oklahoma City, Okla.	Shot put	16.27m (53-4.50)	Angie Barker, ETSU
2017	College Station, Texas	Mile run	4:31.24	Karisa Nelson, Samford

# WOMEN'S INDIVIDUAL SUPERLATIVES

## Coach of the Year

1988	John Weaver, Appalachian State
1989	John Weaver, Appalachian State
1990	John Weaver, Appalachian State
1991	Danny Williamson, Western Carolina
1992	Danny Williamson, Western Carolina
1993	Danny Williamson, Western Carolina
1994	John Weaver, Appalachian State
1995	Dave Walker, ETSU
1996	Danny Williamson, Western Carolina
1997	Danny Williamson, Western Carolina
1998	Bill Gautier, Chattanooga
1999	Danny Williamson, Western Carolina
2000	Danny Williamson, Western Carolina
2001	John Weaver, Appalachian State
2002	John Weaver, Appalachian State
2003	Bill Gautier, Chattanooga
2004	John Weaver, Appalachian State
2005	John Weaver, Appalachian State
2006	John Weaver, Appalachian State
2007	Danny Williamson, Western Carolina
2008	Danny Williamson, Western Carolina
2009	John Weaver, Appalachian State
2010	Danny Williamson, Western Carolina
2011	John Weaver, Appalachian State
2012	John Weaver, Appalachian State
2013	Danny Williamson, Western Carolina
2014	Danny Williamson, Western Carolina
2015	Danny Williamson, Western Carolina
2016	Rod Tiffin, Samford
2017	Rod Tiffin, Samford
2018	Rod Tiffin, Samford
2019	Rod Tiffin, Samford
2020	Rod Tiffin, Samford
2021	Johnny Bomar, Wofford
2022	Rod Tiffin, Samford
2023	Rod Tiffin, Samford
2024	Johnny Bomar, Wofford

## Most Outstanding Athlete

1988	Lamonda Miller, Appalachian State
1989	Sabrina Keeton, ETSU
1990	Monica Teeter, Appalachian State
1991	Cate Pichon, Furman
1992	Melissa Morrison, Appalachian State
1993	Melissa Morrison, Appalachian State
1994	Shiree Cutts, Furman
1995	Shelli Clendenon, ETSU
1996	Heather VandeBrake, Furman
1997	Daree Thompson, Western Carolina
1998	Taneisha Robinson, ETSU
1999	Taniesha Robinson, ETSU
2000	Rosalyn Hood, Western Carolina
2001	Tyleana Hanner, Chattanooga
2002	LaShana Poole, Appalachian State
2008	Kerrie Savery, Western Carolina
2009	Lynnndsey Hyter, Georgia Southern
2010	Jane't Carothers, Western Carolina
2011	Lynnndsey Hyter, Georgia Southern
2012	Dena O'Brien, College of Charleston
2013	Lauren D'Alessio, Samford
	Breanna Alston, Appalachian State
2014	Breanna Alston, Appalachian State
2015	Xaviera Bass, Western Carolina
	Allie Buchalski, Furman
2016	Allie Buchalski, Furman
2017	Katrina Seymour, ETSU
2018	Selena Popp, Samford
2019	Selena Popp, Samford
2020	Savannah Carnahan, Furman
2021	Nicole Johnson, ETSU

	Makaila McIntyre, Western Carolina
	Netanya Linares, Wofford
2022	Makaila McIntyre, Western Carolina
2023	Netanya Linares, Wofford
2024	Sherika Christie, Wofford

## Most Outstanding Track Performer

2002	Shannon Wommack, Chattanooga
2003	Shannon Wommack, Chattanooga
2004	Shannon Wommack, Chattanooga
2005	Nettie Halcomb, Chattanooga
2006	Shannon Wommack, Chattanooga
2007	Brenna Burns, Davidson
2008	Kerrie Savery, Western Carolina
2009	Jane't Carothers, Western Carolina
2010	Jane't Carothers, Western Carolina
2011	Jane't Carothers, Western Carolina
2012	Dena O'Brien, College of Charleston
2013	Lauren D'Alessio, Samford
2014	Breanna Alston, Appalachian State
2015	Allie Buchalski, Furman
2016	Allie Buchalski, Furman
2017	Katrina Seymour, ETSU
2018	Ty-Leah Hampton, Western Carolina
2019	Karisa Nelson, Samford
	McLeod Dean, Wofford
2020	Savannah Carnahan, Furman
2021	Nicole Johnson, ETSU
2022	Madelynn Cadeau, Furman
2023	Abigail Robertson, Furman
2024	Jasmine Jefferson, Wofford

## Most Outstanding Field Performer

2002	LaShana Poole, Appalachian State
2003	LaShana Poole, Appalachian State
2004	Ronda White, Appalachian State
	Kellie Mitchell, Georgia Southern
2005	Laura Tieszen, Western Carolina
2006	Chakosha Lance, College of Charleston
2007	Nicole Brown, Georgia Southern
2008	Brittani Williams, Appalachian State
2009	Lynnndsey Hyter, Georgia Southern
2010	Lynnndsey Hyter, Georgia Southern
	Deirdra Morrison, Western Carolina
2011	Lynnndsey Hyter, Georgia Southern
2012	Gayshawna Watkins, Appalachian State
2013	Alisha Bradshaw, Western Carolina
2014	Ashley Cope, Samford
2015	Xaviera Bass, Western Carolina
	Alisha Bradshaw, Western Carolina
2016	Hailey Cook, Western Carolina
2017	Selena Popp, Samford
2018	Selena Popp, Samford
2019	Selena Popp, Samford
2020	Maggie Johnston, Samford
2021	Hannah Daffin, Samford
2022	Netanya Linares, Wofford
2023	Hannah Daffin, Samford
2024	Sherika Christie, Wofford

## Freshman of the Year

1992	Precious Quire, Appalachian State
1993	Heather VandeBrake, Furman
1994	Michele Marshall, Chattanooga
1995	Mary Jane Middlekoop, Chattanooga
1996	Karen Houston, Appalachian State
1997	Tyleana Hanner, Chattanooga
1998	Anna Wright, Chattanooga

1999	Virginia LaCombe, Western Carolina
2000	Andrea Matthews, Appalachian State
2001	Oddbjorg Haugen, Chattanooga
2002	Jennifer Claud, Appalachian State
2003	Rashedah Arnold, Georgia Southern
2004	Kathleen Turchin, Chattanooga
2005	Raquel Ramseur, Western Carolina
2006	Monica Johnson, Appalachian State
2007	Kristen Meister, Davidson
2008	Kara Krutchfield, Appalachian State
2009	Emily Smith, College of Charleston
2010	Trinity Foreman, Appalachian State
2011	Breanna Alston, Appalachian State
2012	Jasmine Walker, Georgia Southern
2013	Tayla Carter, Western Carolina
2014	Morgan Johnson, Samford
2015	Tiana Pisoni, Samford
2016	Kyra Atkins, ETSU
2017	Savannah Carnahan, Furman
	Presley Weems, Samford
2018	Krissy Gear, Furman
2019	Mekayla Brown, ETSU
2020	Georgia McDevitt, Wofford
2021	Madeline McNinch, Wofford
2022	Sierra Bower, Furman
2023	Jenna Mulhern, Furman
2024	Sherika Christie, Wofford

## Pinnacle Award

### (highest GPA on championship team)

2017	Bekah Pfitzer, Samford
2018	Rachel Dixon, Samford
2019	Bekah Pfitzer, Samford
2020	Amanda Dumar, Samford
2021	Amanda Dumar, Samford
2022	Erin Long, Samford
2023	Erin Long, Samford
2024	Grace Lueders, Samford

# WOMEN'S SOUTHERN CONFERENCE HONORS

## Athletes of the Week

<b>2001</b>		<b>2010</b>		<b>2015</b>	
Jan. 17	Roselin Addo, ETSU	Dec. 8	Shalyn McMichael, WCU (Track)	Jan. 21	Tayla Carter, WCU (Track)
Jan. 24	Tyleanna Hanner, UTC		Tiana Jones, WCU (Field)		Chenell Bryan, WCU (Field)
Jan. 31	Roselin Addo, ETSU	Jan. 14	Andrea Kelsey, WOF (Track)	Jan. 28	Sinead Haughey, FUR (Track)
Feb. 7	Mary Jayne Harrelson, APP		Whitney Smyre, APP (Field)		Kristen Brining, SAM (Field)
Feb. 14	Kristen Bowden, APP	Jan. 21	Ashley McKiver, APP (Track)	Feb. 5	Tayla Carter, WCU (Track)
			Julie Ward, APP (Field)		Chenell Bryan, WCU (Field)
<b>2002</b>		Jan. 28	Katie Hansen, UNCG (Track)	Feb. 12	Jackie Thompson, CIT (Track)
Jan. 16	Rosalyn Hood, WCU		Chelsea Taylor, CofC (Field)		Michaela Birek, WCU (Field)
Jan. 23	Chantelle Vernon, ETSU	Feb. 4	Micah Wessinger, CIT (Track)	Feb. 18	Yaa Agyepong-Wiafe, VMI (Track)
Jan. 30	Virginia LaCombe, WCU		Jelain McArthur, CofC (Field)		Kerisha Goode, VMI (Field)
Feb. 6	Michelle Velez, WCU	Feb. 11	Hillary Neal, SAM (Track)	Feb. 25	Jackie Thompson, CIT (Track)
Feb. 13	Kasola Smith, UTC		Laura Bedsole, SAM (Field)		Renee Reives, VMI (Field)
Feb. 20	Suzanne Makinson, APP	Feb. 18	Hillary Neal, SAM (Track)		
			Veronica Day, Elon (Field)	<b>2016</b>	
<b>2003</b>		Feb. 25	Jennine Strange, Elon (Track)	Jan. 20	Tayla Carter, WCU (Track)
Jan. 23	LaShana Poole, APP		Morgan Tyler, SAM (Field)		Hailey Cook, WCU (Field)
Jan. 29	Tiffany Pointer, UTC			Jan. 27	None
Feb. 5	Rhonda White, APP	<b>2011</b>		Jan. 27	Jordan Highsmith, SAM (Field)
		Jan. 26	Jane't Carothers, WCU (Track)	Feb. 3	Sarah Sanford, SAM (Track)
<b>2004</b>			Chanelle Terry, SAM (Field)		Holly Gaines, WCU (Field)
Jan. 21	Rhonda White, APP	Feb. 2	Breanna Alston, APP (Track)	Feb. 10	Teghan Henderson, UTC (Track)
Jan. 28	Alison Frese, UTC		Cassie Crawford, APP (Field)		Tatiana Taylor, SAM (Field)
Feb. 4	Kellie Mitchell, GSU	Feb. 9	Dena O'Brien, CofC (Track)	Feb. 17	Laura Miller, FUR (Track)
Feb. 11	Laura Tieszen, WCU		Ashley Schnell, UNCG (Track)		Tiffani Lewis, WCU (Field)
Feb. 18	Rhonda White, APP		Bianca Harvey, APP (Field)	Feb. 24	Yaa Agyepong-Wiafe, VMI (Track)
Feb. 25	Nikki Slocumb, GSU	Feb. 16	Dena O'Brien, CofC (Track)		Bria Anderson, VMI (Field)
			Veronica Day, Elon (Field)	<b>2017</b>	
<b>2005</b>		Feb. 23	Lynnsey Hyter, GSU (Field)	Jan. 19	Kyrath Atkins, ETSU (Track)
Jan. 19	Beverly Burnett, APP		Hillary Neal, SAM (Track)		Hailey Cook, WCU (Field)
Jan. 26	Leslie Martin, WCU		Lynnsey Hyter, GSU (Field)	Jan. 25	Allie Buchalski, FUR (Track)
Feb. 2	Laura Tieszen, WCU	March 2	Jane't Carothers, WCU (Track)		Selena Popp, SAM (Field)
Feb. 9	Raquel Ramseur, WCU		Lynnsey Hyter, GSU (Field)	Feb. 1	Kerisha Goode, VMI (Track)
Feb. 16	Paula Moore, APP				Tiffani Lewis, WCU (Field)
Feb. 23	Jennifer Claud, APP	<b>2012</b>		Feb. 8	Allie Buchalski, FUR (Track)
		Jan. 19	Ashley Schnell, UNCG (Track)		Meagan Meadow, SAM (Field)
<b>2006</b>			Claire Goodson, SAM (Field)	Feb. 15	Allie Buchalski, FUR (Track)
Jan. 18	Alana Black, Elon	Jan. 25	Shaina Sumney, UNCG (Track)	Feb. 22	Lindsey Kessler, SAM (Field)
Jan. 25	Beverly Burnett, APP		Emily Allen, SAM (Field)		Bria Anderson, VMI (Track)
Feb. 1	Shannon Wommack, UTC	Feb. 1	Amanda Sumner, UTC (Track)		Bria Anderson, VMI (Field)
Feb. 8	Stephanie McNeill, CIT		Taylor Wade, GSU (Field)		
Feb. 15	Chakosha Lance, CofC	Feb. 7	Dena O'Brien, CofC (Track)	<b>2018</b>	
			Gayshawna Watkins, APP (Field)	Jan. 17	Ty-Leah Hampton, WCU (Track)
<b>2007</b>		Feb. 15	Erin Barker, FUR (Track)		Erin Hines, SAM (Field)
Jan. 18	Vonteena Knotts, APP		Emily Allen, SAM (Field)	Jan. 24	Karisa Nelson, SAM (Track)
Jan. 23	Lanni Marchant, UTC				Selena Popp, SAM (Field)
Jan. 31	Brenna Burns, DAV	<b>2013</b>		Jan. 31	Kyra Atkins, ETSU (Track)
	Raquel Ramseur, WCU	Jan. 24	Tayla Carter, WCU (Track)		Autumn James, WCU (Field)
Feb. 7	Lanni Marchant, UTC		RoShani Glover, CofC (Field)	Feb. 7	Savannah Carnahan, FUR (Track)
Feb. 14	Stephanie McNeill, CIT	Jan. 30	Amanda Hamilton, APP (Track)		Simone Williams, WCU (Field)
			Ana DeLeon, APP (Field)	Feb. 14	Kyra Atkins, ETSU (Track)
<b>2008</b>		Feb. 6	Lauren D'Alessio, SAM (Track)		Simone Williams, WCU (Field)
Jan. 28	Danielle Thorpe, APP		Megan Kirschling, Elon (Field)	Feb. 21	Krissy Gear, FUR (Track)
Jan. 31	Brenna Burns, DAV	Feb. 13	Chelsea Sumney, UNCG (Track)		Bria Anderson, VMI (Field)
Feb. 7	Emily Wood, UTC		Aschah Brice, WCU (Field)	<b>2019</b>	
Feb. 13	Brittani Williams, APP	Feb. 20	Sydney Griffin, Elon (Track)	Jan. 17	Karisa Nelson, SAM (Track)
Feb. 22	Kerrie Savery, WCU		Brianna Tate, APP (Field)		Jackie Barnes, SAM (Field)
		Feb. 27	Lauren D'Alessio, SAM (Track)	Jan. 23	Karisa Nelson, SAM (Track)
<b>2009</b>			Alisha Bradshaw, WCU (Field)		Sarah Leckman, VMI (Field)
Jan. 21	Jane't Carothers, WCU (Track)	<b>2014</b>		Jan. 30	Karisa Nelson, SAM (Track)
	Rebecca Hazeltine, APP (Field)	Jan. 22	Teghan Henderson, UTC (Track)		Victoria Solheim, WCU (Field)
Jan. 29	Meg Gaffney, APP (Track)		Chenell Bryan, WCU (Field)	Feb. 6	Hannah Steelman, WOF (Track)
	Emily Smith, CofC (Field)	Jan. 29	Grace Tinkey, FUR (Track)		Maggie Johnston, SAM (Field)
Feb. 5	Felicia Paulding, WCU (Track)		Michaela Birek, WCU (Field)	Feb. 13	Savannah Carnahan, FUR (Track)
	Danielle Thorpe, APP (Field)	Feb. 5	Genevieve Emrick, WCU (Track)		Mekayla Brown, ETSU (Field)
Feb. 12	Annelia Uys, UTC (Track)		Makayla Roten, APP (Field)	Feb. 20	Ariana Ruffin, VMI (Track)
	Rebecca Hazeltine, APP (Field)	Feb. 12	Grace Tinkey, FUR (Track)		No nominees
Feb. 19	Meg Gaffney, APP (Track)		Ashley Cope, SAM (Field)		
	Lynnsey Hyter, GSU (Field)	Feb. 19	Tayla Carter, WCU (Track)		
Feb. 26	Megan Jenkins, CIT (Track)		Nicole Charley, SAM (Field)		
	Mary Angela Brown, SAM (Field)	Feb. 26	Sydney Griffin, Elon (Track)		
			Makayla Roten, APP (Field)		

# WOMEN'S SOUTHERN CONFERENCE HONORS

## Athletes of the Week

**2020**  
 Jan. 16 Makaila McIntyre, WCU (Track)  
 Georgia McDevitt, WOF (Field)  
 Jan. 22 McKenzie Hogue, SAM (Track)  
 Sarah Leckman, VMI (Field)  
 Jan. 29 Mekayla Brown, ETSU (Track)  
 Megan Dunn, WOF (Field)  
 Feb. 5 Gabbi Jennings, FUR (Track)  
 Maggie Johnston, SAM (Field)  
 Feb. 12 Gabbi Jennings, FUR (Track)  
 Rachel Rouse, WCU (Field)  
 Feb. 19 Gabbi Jennings, FUR (Track)  
 Maggie Johnston, SAM (Field)  
 Feb. 26 Ahliyah Williams, VMI (Track)  
 McKenna Dunn, VMI (Field)

**2021**  
 Jan. 27 Megan Marvin, FUR (Track)  
 Madeline McNinch, WOF (Field)  
 Feb. 3 Ariana Ruffin, VMI (Track)  
 Megan Dunn, WOF (Field)  
 Feb. 10 Emma Kuntz, FUR (Track)  
 Morayo Bhadmos, SAM (Field)  
 Feb. 17 Madelynne Cadeau, FUR (Track)  
 Hannah Daffin, SAM (Field)  
 Feb. 24 Emma Kuntz, FUR (Track)  
 None selected (Field)

**2022**  
 Jan. 19 Megan Marvin, FUR (Track)  
 Symphony Buxton, ETSU (Field)  
 Jan. 26 Lesley Green, UTC (Track)  
 Brittany Bishop, SAM (Field)  
 Feb. 2 Megan Marvin, FUR (Track)  
 Carisma Holland, CIT (Field)  
 Feb. 9 Genevieve Schwarz, ETSU (Track)  
 Carisma Holland, CIT (Field)  
 Feb. 16 Megan Marvin, FUR (Track)  
 Brittany Bishop, SAM (Field)  
 Feb. 23 Ariana Garcia, UNCG (Track)  
 Carisma Holland, CIT (Field)

**2023**  
 Jan. 18 Kaylie Armitage, FUR (Track)  
 Brittany Bishop, SAM (Field)  
 Jan. 25 Megan Marvin, FUR (Track)  
 Imani Boyd, WCU (Field)  
 Feb. 1 Megan Marvin, FUR (Track)  
 Eleyah Armstrong, VMI (Field)  
 Feb. 8 Nytrinitley Jenkins, WCU (Track)  
 Hannah Daffin, SAM (Field)  
 Feb. 15 Jenna Mulhern, FUR (Track)  
 Dorsey Parker, SAM (Field)  
 Feb. 22 Mecca Jackson, CIT (Track)  
 Blythe Hehmeyer, CIT (Field)

**2024**  
 Jan. 17 Ella Tennent, WOF (Track)  
 Hannah Daffin, SAM (Field)  
 Jan. 24 Sierra Bower, FUR (Track)  
 Sherika Christie, WOF (Field)  
 Jan. 31 Lily Feingold, FUR (Track)  
 Diana Romero-Barba, ETSU (Field)  
 Feb. 7 Amiel Dabney, SAM (Track)  
 Olivia Bagg, WOF (Field)  
 Feb. 14 Lesley Green-Boyd, CHATT (Track)  
 Sherika Christie, WOF (Field)  
 Feb. 21 Camryn Wennersten, FUR (Track)  
 Karmen Willaims, CIT (Field)

### Repeat selections

**Six times**  
 Megan Marvin, FUR, 2021-23

**Five times**  
 Tayla Carter, WCU, 2013-16

**Four times**  
 Lynnndsey Hyter, GSU, 2009, '11  
 Bria Anderson, VMI, 2016-18  
 Karisa Nelson, SAM, 2018-19

**Three times**  
 Rhonda White, APP, 2003-04  
 Hillary Neal, SAM, 2010-11  
 Jane't Carothers, WCU, 2009, '11  
 Dena O'Brien, CofC, 2011-12  
 Chenell Bryan, WCU, 2014-15  
 Allie Buchalski, FUR, 2016-17  
 Kyra Atkins, ETSU, 2017-18  
 Gabbi Jennings, FUR, 2020

Maggie Johnston, SAM, 2019-20  
 Carisma Holland, CIT, 2022  
 Brittany Bishop, SAM, 2022-23

**Two times**  
 Roselin Addo, ETSU, 2001  
 Laura Tieszen, WCU, 2004-05  
 Beverly Burnett, APP, 2005-06  
 Raquel Ramseur, WCU, 2005, '07  
 Lanni Marchant, UTC, 2007  
 Stephanie McNeill, CIT, 2006-07  
 Brenna Burns, DAV, 2007-08  
 Danielle Thorpe, APP, 2008-09  
 Rebecca Hazeltine, APP, 2009  
 Meg Gaffney, APP, 2009  
 Veronica Day, Elon, 2010-11  
 Ashley Schnell, UNCG, 2011-12  
 Emily Allen, SAM, 2012  
 Lauren D'Alessio, SAM, 2013  
 Grace Tinkey, FUR, 2014

Sydney Griffin, Elon, 2013-14  
 Makayla Roten, APP, 2014  
 Michaela Birek, WCU, 2014-15  
 Jackie Thompson, CIT, 2015  
 Teghan Henderson, UTC, 2014, '16  
 Yaa Agyepong-Wiafe, VMI, 2015-16  
 Selena Popp, SAM, 2017-18  
 Simone Williams, WCU, 2018  
 Savannah Carnahan, FUR, 2018-19  
 Sarah Leckman, VMI, 2019-20  
 Mekayla Brown, ETSU, 2019-20  
 Ariana Ruffin, VMI, 2019, '21  
 Megan Dunn, WOF, 2020-21  
 Emma Kuntz, FUR, 2021  
 Hannah Daffin, SAM, 2021, '23  
 Sherika Christie, WOF, 2024



# WOMEN'S SOUTHERN CONFERENCE HONORS

## Athlete of the Month

<b>2008</b>	
January	Danielle Thorpe, APP
<b>2009</b>	
January	Jane't Carothers, WCU (Track) Emily Smith, CofC (Field)
February	Meg Gaffney, APP (Track) Lynnsey Hyter, GSU (Field)
<b>2010</b>	
January	Katie Hansen, UNCG (Track) Whitney Smyre, APP (Field)
<b>2011</b>	
January	Jane't Carothers, WCU (Track) Cassie Crawford, APP (Field)
February	Dena O'Brien, CofC (Track) Lynnsey Hyter, GSU (Field)
<b>2012</b>	
January	Ashley Schnell, UNCG (Track)
February	Dena O'Brien, CofC (Track)
<b>2013</b>	
January	Tayla Carter, WCU (Track) Roshani Glover, CofC (Field)
February	Lauren D'Alessio, SAM (Track) Alisha Bradshaw, WCU (Field)
<b>2014</b>	
January	Teghan Henderson, UTC (Track) Ashley Cope, SAM (Field)
February	Breanna Alston, APP (Track) Ashley Cope, SAM (Field)
<b>2015</b>	
January	Tayla Carter, WCU (Track) Chenell Bryan, WCU (Field)
February	Allie Buchalski, FUR (Track) Xaviera Bass, WCU (Field)
<b>2016</b>	
January	Tayla Carter, WCU (Track) Hailey Cook, WCU (Field)
February	Allie Buchalski, FUR (Track) Hailey Cook, WCU (Field)
<b>2017</b>	
January	Katrina Seymour, ETSU (Track) Hailey Cook, WCU (Field)
February	Karisa Nelson, SAM (Track) Selena Popp, SAM (Field)
<b>2018</b>	
January	Karisa Nelson, SAM (Track) Selena Popp, SAM (Field)
February	Ty-Leah Hampton, WCU (Track) Selena Popp, SAM (Field)
<b>2019</b>	
January	Karisa Nelson, SAM (Track) Victoria Solheim, WCU (Field)
February	Karisa Nelson, SAM (Track) Mekayla Brown, ETSU (Field)
<b>2020</b>	
January	Gabbi Jennings, FUR (Track) Georgia McDevitt, WOF (Field)
February	Gabbi Jennings, FUR (Track) Maggie Johnston, SAM (Field)

<b>2021</b>	
January	Ariana Ruffin, VMI (Track) Megan Dunn, WOF (Field)
February	Madelyne Cadeau, FUR (Track) Hannah Daffin, SAM (Field)
<b>2022</b>	
January	Megan Marvin, FUR (Track) Brittany Bishop, SAM (Field)
February	Megan Marvin, FUR (Track) Brittany Bishop, SAM (Field)
<b>2023</b>	
January	Megan Marvin, FUR (Track) Brittany Bishop, SAM (Field)
February	Jenna Mulhern, FUR (Track) Hannah Daffin, SAM (Field)
<b>2024</b>	
January	Megan Marvin, FUR (Track) Sherika Christie, WOF (Field)
February	Megan Marvin, FUR (Track) Diana Romero-Barba, ETSU (Field)

### Repeat selections

#### Five times

Megan Marvin, FUR, 2022-24

#### Four times

Karisa Nelson, SAM, 2017-19

#### Three times

Tayla Carter, WCU, 2013, '15-16

Hailey Cook, WCU, 2016-17

Selena Popp, SAM, 2017-18

Brittany Bishop, SAM, 2022-23

#### Two times

Jane't Carothers, WCU, 2009, '11

Lynnsey Hyter, GSU, 2009, '11

Dena O'Brien, CofC, 2011-12

Ashley Cope, SAM, 2014

Allie Buchalski, FUR, 2015-16

Gabbi Jennings, FUR, 2020

# WOMEN'S CHAMPIONSHIP MEET RESULTS

<b>1988</b>	Appalachian State	196	<b>1998</b>	Chattanooga	141	<b>2005</b>	Appalachian State	161.83	<b>2011</b>	Appalachian State	185
	ETSU	74.5		ETSU	131		Western Carolina	152.5		Western Carolina	110.5
	Marshall	48		Western Carolina	84		Georgia Southern	125.5		Georgia Southern	97
	Western Carolina	41		Appalachian State	82		Chattanooga	75.5		Elon	84
	Chattanooga	22		Furman	17		ETSU	54		Samford	62.5
	Furman	14		Davidson	9		Elon	27.33		College of Charleston	49
	Davidson	6.5		Wofford	0		College of Charleston	23.33		UNCG	31
				The Citadel	NTS		Furman	23		Furman	21
				VMI	NTS		Davidson	9		The Citadel	13
<b>1989</b>	Appalachian State	215	<b>1999</b>	Western Carolina	169	<b>2006</b>	Appalachian State	148.5	<b>2012</b>	Appalachian State	157.16
	ETSU	99		Appalachian State	149		Western Carolina	122		Western Carolina	113
	Marshall	68		Chattanooga	118		Georgia Southern	118		Georgia Southern	92
	Chattanooga	31		ETSU	100.5		Chattanooga	108		Samford	85
	Western Carolina	18		Furman	43.5		Furman	42		Elon	72.33
	Furman	0		VMI	25		Elon	40		College of Charleston	59
				Davidson	11		College of Charleston	26.5		The Citadel	25
<b>1990</b>	Appalachian State	236		Wofford	4		The Citadel	25		Davidson	8
	Marshall	68		The Citadel	3		Davidson	22		Wofford	2
	Western Carolina	56	<b>2000</b>	Western Carolina	145.5		UNCG	8		Chattanooga	0
	ETSU	32		Appalachian State	119	<b>2007</b>	Appalachian State	161			
	Chattanooga	26		Chattanooga	86		Western Carolina	159.5	<b>2013</b>	Western Carolina	149
	Furman	18		ETSU	71		Georgia Southern	122.5		Appalachian State	143.5
<b>1991</b>	Appalachian State	185		Georgia Southern	30		Chattanooga	46		Samford	139
	Western Carolina	81		Furman	21.5		Furman	42		Elon	81
	Chattanooga	56		VMI	11		Elon	40		Georgia Southern	70.5
	Marshall	48		UNCG	8		The Citadel	38		The Citadel	21
	Furman	34		The Citadel	4		Davidson	37		College of Charleston	18
	ETSU	29					College of Charleston	16		Chattanooga	13
<b>1992</b>	Appalachian State	156	<b>2001</b>	Appalachian State	130	<b>2008</b>	Western Carolina	172		UNCG	9
	Western Carolina	82		Western Carolina	128		Appalachian State	167		Wofford	8
	Chattanooga	60		Chattanooga	101		Georgia Southern	120		Davidson	7
	Marshall	47		ETSU	52		Chattanooga	78		Furman	4
	ETSU	38		Furman	36		Elon	35	<b>2014</b>	Western Carolina	132
	Furman	23		Georgia Southern	19		Davidson	32		Appalachian State	120.5
	Davidson	17		VMI	16		College of Charleston	23		Georgia Southern	119
<b>1993</b>	Appalachian State	154		UNCG	8		The Citadel	22		Samford	113.5
	Western Carolina	91		The Citadel	4	<b>2009</b>	Appalachian State	211		Elon	88
	Furman	64		Davidson	2		Western Carolina	135		Chattanooga	22
	ETSU	46	<b>2002</b>	Appalachian State	139		Georgia Southern	93		UNCG	18
	Chattanooga	41		Western Carolina	111		Samford	78		Furman	17
	Marshall	37		Chattanooga	96		College of Charleston	44		Davidson	16
	Davidson	1		Georgia Southern	69		Chattanooga	42		The Citadel	10
<b>1994</b>	Appalachian State	156		ETSU	52		Elon	36		Wofford	3
	Western Carolina	73		UNCG	17		Furman	11	<b>2015</b>	Western Carolina	226
	ETSU	63		Furman	7		Davidson	8		Samford	155
	Chattanooga	55		VMI	3		The Citadel	3		ETSU	96
	Furman	54		Davidson	2		UNCG	1		Furman	83
	Marshall	31	<b>2003</b>	Appalachian State	186.5		Wofford	0		Chattanooga	46
	Davidson	2		Chattanooga	158.5	<b>2010</b>				The Citadel	24
<b>1995</b>	ETSU	114		Georgia Southern	97		Western Carolina	174.5		VMI	23
	Western Carolina	94		Western Carolina	78		Georgia Southern	95		Wofford	5
	Appalachian State	92		ETSU	40		Samford	77		UNCG	5
	Furman	63		VMI	24		Elon	70	<b>2016</b>	Samford	216
	Chattanooga	43		Furman	14		College of Charleston	38.5		Western Carolina	164
	Marshall	26		Davidson	7		Chattanooga	25		ETSU	84.50
	Davidson	2		College of Charleston	6		The Citadel	25		Furman	80
<b>1996</b>	Western Carolina	127.5		The Citadel	2		Furman	23		VMI	50.50
	ETSU	108		UNCG	1		Davidson	12		Chattanooga	34
	Appalachian State	96	<b>2004</b>	Appalachian State	222		UNCG	0		Wofford	20
	Furman	64.5		Chattanooga	138.5		Wofford	0		UNCG	9
	Chattanooga	44		Georgia Southern	105					The Citadel	5
	Marshall	17		Western Carolina	72						
	Davidson	7		ETSU	69.5						
<b>1997</b>	Western Carolina	143		College of Charleston	23						
	Chattanooga	87		Elon	16						
	Appalachian State	81.33		Furman	12						
	ETSU	80.33		Davidson	3						
	Marshall	42.33		The Citadel	1						
	Furman	28									
	Davidson	3									

# WOMEN'S CHAMPIONSHIP MEET RESULTS

<b>2017</b>	Samford	208
	Western Carolina	151.5
	ETSU	107.5
	Furman	97
	VMI	47
	Wofford	29
	Chattanooga	9
	UNCG	7
	The Citadel	6
<b>2018</b>	Samford	161
	Western Carolina	150
	Furman	107
	ETSU	103
	Wofford	67
	VMI	48
	The Citadel	16
	Chattanooga	6
	UNCG	4
<b>2019</b>	Samford	172
	Western Carolina	140
	ETSU	104
	Furman	91
	Wofford	78
	VMI	46
	Chattanooga	27
	The Citadel	5
	UNCG	0
<b>2020</b>	Samford	177.5
	ETSU	134
	Furman	109
	Wofford	97.5
	Western Carolina	78
	VMI	45
	Chattanooga	10
	The Citadel	9
	UNCG	3
<b>2021</b>	Samford	155.5
	Wofford	131
	ETSU	125.5
	Furman	102
	Western Carolina	94
	VMI	36
	Chattanooga	12
	The Citadel	6
	UNCG	1
<b>2022</b>	Samford	161.5
	ETSU	146.5
	Western Carolina	107.5
	Wofford	104
	Furman	92
	VMI	20.5
	The Citadel	19
	Chattanooga	10
	UNCG	2
<b>2023</b>	Samford	183.33
	Wofford	120
	ETSU	84
	Furman	82
	Western Carolina	82
	The Citadel	49.33
	VMI	38.33
Chattanooga	20	
<b>2024</b>	Samford	160.5
	Wofford	117
	Furman	92
	Western Carolina	83.66
	ETSU	70
	VMI	68.5
	Chattanooga	37
	The Citadel	30.33
	UNCG	3

# WOMEN'S INDIVIDUAL CHAMPIONS

## 60-meter dash

2004	Chantelle Vernon, ETSU, 7.54
2005	Nicole Brown, GSU, 7.43
2006	Tangelia Johnson, WCU, 7.48
2007	Nicole Brown, GSU, 7.60
2008	Tangelia Johnson, WCU, 7.57
2009	Felicia Paulding, WCU, 7.62
2010	Ashley McKiver, APP, 7.62
2011	Breanna Alston, APP, 7.58
2012	Ebony Carter, GSU, 7.56
2013	Tayla Carter, WCU, 7.45
2014	Tayla Carter, WCU, 7.45
2015	Tayla Carter, WCU, 7.49
2016	Tayla Carter, WCU, 7.43
2017	Katrina Seymour, ETSU, 7.57
2018	Ty-Leah Hampton, WCU, 7.43
2019	McLeod Dean, WOF, 7.52
<b>2020</b>	<b>Nicole Johnson, ETSU, 7.40</b>
2021	Nicole Johnson, ETSU, 7.43
2022	Nicole Johnson, ETSU, 7.52
2023	Eleyah Armstrong, VMI, 7.56
2024	Eleyah Armstrong, VMI, 7.44

## 200-meter dash

1988	Lamonda Miller, APP, 24.06
<b>1989</b>	<b>Lamonda Miller, APP, 23.84</b>
1990	Stethane Pipkins, APP, 25.83
1991	Lynette Gardin, APP, 24.99
1992	Lynette Gardin, APP, 24.93
1993	Melissa Morrison, APP, 25.69
1994	Shiree Cutts, FUR, 24.66
1995	Shelli Clendenon, ETSU, 24.60
1996	Salima Fountain, FUR, 25.87
1997	Daree Thompson, WCU, 24.89
1998	Rashida Dodson, UTC, 24.39
1999	Tyleana Hanner, UTC, 25.80
2000	Shonte' Pinkston, APP, 26.36
2001	Shonte' Pinkston, APP, 24.63
2002	Ronetta Burgess, WCU, 24.64
2003	Rashedah Arnold, GSU, 24.42
2004	Jennifer Claud, APP, 24.59
2005	Nicole Brown, GSU, 24.33
2006	Raquel Ramseur, WCU, 24.51
2007	Nicole Brown, GSU, 24.43
2008	Raquel Ramseur, WCU, 24.87
2009	Felicia Paulding, WCU, 24.82
2010	Jane't Carothers, WCU, 24.94
2011	Breanna Alston, APP, 24.48
2012	Breanna Alston, APP, 24.31
2013	Breanna Alston, APP, 24.38
2014	Breanna Alston, APP, 24.42
2015	Tayla Carter, WCU, 24.46
2016	Tayla Carter, WCU, 24.15
2017	Katrina Seymour, ETSU, 24.32
2018	Ty-Leah Hampton, WCU, 24.07
2019	McLeod Dean, WOF, 24.28
2020	Hannah Leuders, SAM, 24.47
2021	Nicole Johnson, ETSU, 24.37
2022	Madeline McNinch, WOF, 24.52
2023	Madeline McNinch, WOF, 24.70
2024	Jasmine Jefferson, WOF, 24.13

## 400-meter dash

1988	Melissia Rogers, APP, 58.39
1989	April Via, ETSU, 58.28
1990	Monica Teeter, APP, 59.17
1991	Tega Crawford, WCU, 59.04
1992	Lynette Gardin, APP, 56.55
1993	Joy Davis, WCU, 60.09
1994	Shiree Cutts, FUR, 55.88
1995	Angela Rowe, WCU, 54.64
1996	Andrea Shropshire, UTC, 58.95
1997	Salima Fountain, FUR, 56.47
1998	Keeya McManus, WCU, 57.14
1999	Shawnta Person, WCU, 59.20
2000	Rosaline Addo, ETSU, 56.33

2001	Rosaline Addo, ETSU, 56.92
2002	Jennifer Howard, ETSU, 56.95
2003	Tiffany Pointer, UTC, 56.97
2004	Marlo Mincey, GSU, 55.6
2005	Nichola Cornish, ETSU, 56.21
2006	Raquel Ramseur, WCU, 56.24
2007	Raquel Ramseur, WCU, 56.33
2008	Raquel Ramseur, WCU, 56.65
2009	Jane't Carothers, WCU, 56.06
2010	Jane't Carothers, WCU, 56.05
2011	Jane't Carothers, WCU, 55.34
2012	Felisha Garren, WCU, 54.61
2013	Breanna Alston, APP, 56.70
2014	Genevieve Emrick, WCU, 55.62
2015	Genevieve Emrick, WCU, 55.44
2016	Katrina Seymour, ETSU, 55.12
2017	Katrina Seymour, ETSU, 55.91
2018	Allison Holland, SAM, 55.62
2019	Kellsie Whitehead, WCU, 55.69
2020	Ahliyah Williams, VMI, 56.66
2021	Ariana Ruffin, VMI, 56.74
2022	Mekyll Robinson, WCU, 56.72
2023	Jasmine Jefferson, WOF, 56.16
<b>2024</b>	<b>Jasmine Jefferson, WOF, 54.22</b>

## 800-meter run

1988	Debbie Dukes, MAR, 2:16.86
1989	Sabrina Keeton, ETSU, 2:19.93
1990	Jennifer Bowers, APP, 2:18.59
1991	Jennifer Bowers, APP, 2:13.67
1992	Susie Gardner, WCU, 2:17.21
1993	Sarah Crandall, MAR, 2:20.08
1994	Sarah Crandall, MAR, 2:16.10
1995	Michelle Gregg, ETSU, 2:12.98
1996	Michelle Gregg, ETSU, 2:15.8
1997	Mary Jayne Harrelson, APP, 2:13.30
1998	Mary Jayne Harrelson, APP, 2:10.54
1999	Mary Jayne Harrelson, APP, 2:15.91
2000	Lauren Campbell, ETSU, 2:12.96
2001	Mary Jayne Harrelson, APP, 2:08.40
2002	Katie Sujkowski, APP, 2:13.29
2003	Katie Sujkowski, APP, 2:19.45
2004	Kim Simmons, ETSU, 2:14.55
2005	Leslie Martin, WCU, 2:14.81
2006	Shannon Wommack, UTC, 2:15.27
2007	Kerri Savery, WCU, 2:12.83
2008	Kerri Savery, WCU, 2:12.26
2009	Monique Ositelu, FUR, 2:15.98
2010	Micah Wessinger, CIT, 2:16.10
2011	Hillary Neal, SAM, 2:10.42
2012	Marie Demedici, SAM, 2:12.90
2013	Marie Demedici, SAM, 2:11.20
2014	Sherril McFarlane, GSU, 2:10.54
2015	Marie DeMedicis, SAM, 2:11.58
2016	Maddison Melchionna, UTC, 2:12.38
2017	Presley Weems, SAM, 2:13.91
2018	Krissy Gear, FUR, 2:10.28
2019	Karisa Nelson, SAM, 2:06.10
2020	Emma Kuntz, FUR, 2:07.68
2021	Megan Marvin, FUR, 2:07.72
<b>2022</b>	<b>Megan Marvin, FUR, 2:05.68</b>
2023	Megan Marvin, FUR, 2:06.25
2024	Megan Marvin, FUR, 2:08.85

## Mile run

1988	Sabrina Keeton, ETSU, 5:10.33
1989	Sabrina Keeton, ETSU, 5:02.02
1990	Traci McIntyre, APP, 5:12.61
1991	Monica Lambert, UTC, 5:04.60
1992	Susie Gardner, WCU, 5:04.59
1993	Heather VandeBrake, FUR, 5:06.10
1994	Jennel Walby, ETSU, 5:09.09
1995	Heather VandeBrake, FUR, 4:58.87
1996	Heather VandeBrake, FUR, 5:06.8
1997	Valerie Urchison, ETSU, 5:02.46
1998	Valerie Urchison, ETSU, 4:53.37

1999	Mary Jayne Harrelson, APP, 4:57.17
2000	Becky Slick, UTC, 5:04.25
2001	Mary Jayne Harrelson, APP, 4:59.20
2002	Katie Sujkowski, APP, 5:07.96
2003	Shannon Wommack, UTC, 4:58.90
2004	Shannon Wommack, UTC, 4:55.61
2005	Nettie Halcomb, UTC, 5:04.99
2006	Shannon Wommack, UTC, 4:48.09
2007	Meghan Gaffney, APP, 5:00.88
2008	Kerri Savery, WCU, 5:04.26
2009	Hillary Neal, SAM, 4:59.19
2010	Hillary Neal, SAM, 4:49.52
2011	Lauren D'Alessio, SAM, 4:59.79
2012	Ashley Schnell, UNCG, 4:46.42
2013	Lauren D'Alessio, SAM, 4:57.60
2014	Lauren D'Alessio, SAM, 4:58.51
2015	Allie Buchalski, FUR, 4:58.17
2016	Allie Buchalski, FUR, 4:51.84
2017	Karisa Nelson, SAM, 4:43.96
2018	Krissy Gear, FUR, 4:52.34
<b>2019</b>	<b>Karisa Nelson, SAM, 4:38.23</b>
2020	Gabbi Jennings, APP, 4:50.77
2021	Genevieve Schwarz, ETSU, 5:01.46
2022	Genevieve Schwarz, ETSU, 4:51.72
2023	Genevieve Schwarz, ETSU, 4:46.22
2024	Abigail Robertson, FUR, 4:47.56

## 3,000-meter run

1988	Emily Romines, UTC, 10:27.13
1989	Whitney Ball, APP, 9:48.61
1990	Whitney Ball, APP, 9:57.28
1991	Cate Pichon, FUR, 10:03.84
1992	Lucie Mayes, UTC, 9:59.51
1993	Gail Pennachio, FUR, 10:08.50
1994	Michele Marshall, UTC, 10:09.02
1995	Mary Jane Middlekoop, UTC, 10:12.55
1996	Heather VandeBrake, FUR, 10:06.1
1997	Mary Jane Middlekoop, UTC, 10:13.25
1998	Catherine Berry, ETSU, 9:49.73
1999	Amanda Lynch, UTC, NT
2000	Amanda Lynch, UTC, 9:45.31
2001	Jill Braley, FUR, 10:08.58
2002	Shannon Wommack, UTC, 10:29.43
2003	Shannon Wommack, UTC, 10:10.56
2004	Shannon Wommack, UTC, 9:52.87
2005	Nettie Halcomb, UTC, 10:05.70
2006	Shannon Wommack, UTC, 9:34.01
2007	Brenna Burns, DAV, 9:53.83
2008	Shelley Taylor, UTC, 10:05.02
2009	Meghan Gaffney, APP, 9:47.21
2010	Trinity Foreman, APP, 10:09.73
2011	Ashley Schnell, UNCG, 9:52.39
2012	Dena O'Brien, CoFC, 9:38.11
2013	Lauren D'Alessio, SAM, 9:51.06
2014	Allyson Oram, Elon, 9:34.97
2015	Sinead Haughey, FUR, 9:27.51
2016	Allie Buchalski, FUR, 9:55.05
2017	Karisa Nelson, SAM, 9:34.87
2018	Emma Grace Hurley, FUR, 9:54.74
<b>2019</b>	<b>Savannah Carnahan, FUR, 9:11.04</b>
2020	Hannah Steelman, WOF, 9:14.48
2021	Madelynn Cadeau, FUR, 9:31.01
2022	Madelynn Cadeau, FUR, 9:36.26
2023	Abigail Robertson, FUR, 9:26.48
2024	Abigail Robertson, FUR, 9:31.02

## 5,000-meter run

1989	Whitney Ball, APP, 16:52.46
1990	Whitney Ball, APP, 17:26.16
1991	Cate Pichon, FUR, 17:30.50
1992	Leigh Wallace, APP, 17:07.82
1993	Lucie Mayes, UTC, 17:44.41
1994	Rita Roberts, WCU, 17:35.19
1995	Mary Jane Middlekoop, UTC, 17:54.54
1996	Heather VandeBrake, FUR, 17:36.1
1997	Mary Jo Ferrigan, ETSU, 17:36.82

# WOMEN'S INDIVIDUAL CHAMPIONS

1998	Anna Wright, UTC, 17:02.29
1999	Amanda Lynch, UTC, 17:35.29
2000	Catherine Berry, ETSU, 17:01.05
2001	Jill Braley, FUR, 17:33.06
2002	Shannon Wommack, UTC, 17:54.22
2003	Sarah Primeau, APP, 17:43.56
2004	Shannon Wommack, UTC, 17:40.19
2005	Nettie Halcomb, UTC, 17:20.87
2006	Lanni Marchant, UTC, 17:17.34
2007	Lanni Marchant, UTC, 17:02.49
2008	Brenna Burns, DAV, 17:18.56
2009	Andrea Seccafien, SAM, 17:55.94
2010	Chloe Kowalski, FUR, 17:39.20
2011	Dena O'Brien, CofC, 16:46.59
2012	Dena O'Brien, CofC, 16:39.47
2013	Lauren D'Alessio, SAM, 17:05.48
2014	Shaina Sumney, UNCG, 16:39.02
2015	Sinead Haughey, FUR, 16:33.51
2016	Allie Buchalski, FUR, 17:23.19
2017	Savannah Carnahan, FUR, 16:41.92
2018	Savannah Carnahan, FUR, 16:24.84
<b>2019</b>	<b>Savannah Carnahan, FUR, 16:22.61</b>
2020	Savannah Carnahan, FUR, 16:38.38
2021	Madelynn Cadeau, FUR, 16:32.11
2022	Madelynn Cadeau, FUR, 16:43.03
2023	Abigail Robertson, FUR, 16:23.42
2024	Sierra Bower, FUR, 16:26.02

## 60-meter hurdles

2004	Ronda White, APP, 8.62
2005	Ronda White, APP, 8.48
2006	Brittany Chase, ASU, 8.51
2007	Dominique Price, ELON, 8.67
2008	Dominique Price, ELON, 8.84
2009	Morgan Tyler, SAM, 8.71
2010	Morgan Tyler, SAM, 8.69
2011	Nicole Okolo, WCU, 8.52
2012	Jasmine Billings, GSU, 8.49
2013	Sydney Griffin, Elon, 8.65
2014	Sydney Griffin, Elon, 8.60
<b>2015</b>	<b>Demeteria Edgcombe, ETSU, 8:29</b>
2016	Sarah Sanford, SAM, 8.44
2017	Kyra Atkins, ETSU, 8.32
<b>2018</b>	<b>Kyra Atkins, ETSU, 8:29</b>
2019	Amber Lust, WOF, 8.54
2020	Destiny Shippy, WOF, 8.70
2021	Kerrington Johnson, WOF, 8.49
2022	Kerrington Johnson, WOF, 8.48
2023	Kerrington Johnson, WOF, 8.53
2024	Amiel Dabney, SAM, 8.57

## 4x400-meter relay

1990	Appalachian State, 4:00.92
1995	ETSU, 3:50.44
1997	Western Carolina, 3:50.85
1998	Western Carolina, 3:50.64
1999	Western Carolina, 3:58.94
2000	Western Carolina, 3:54.38
2001	ETSU, 3:49.11
2002	Western Carolina, 3:48.89
2003	Georgia Southern, 3:47.35
2004	Western Carolina, 3:47.59
2005	Western Carolina, 3:46.40
2006	Georgia Southern, 3:54.55
2007	Western Carolina, 3:48.28
2008	Western Carolina, 3:47.17
2009	Western Carolina, 3:48.01
2010	Western Carolina, 3:49.92
2011	Western Carolina, 3:50.35
<b>2012</b>	<b>Western Carolina, 3:44.98</b>
2013	Western Carolina, 3:47.95
2014	Georgia Southern, 3:50.02
2015	Western Carolina, 3:46.42
2016	Samford, 3:48.69
2017	ETSU, 3:50.04
2018	Western Carolina, 3:46.71

2019	Samford, 3:50.90
2020	Samford, 3:49.55
2021	Samford, 3:52.44
2022	ETSU, 3:53.96
2023	Western Carolina, 3:50.26
2024	Samford, 3:50.18

## Distance medley relay

1994	Appalachian State, 12:23.41
1995	*Chattanooga, 11:35.99
1996	ETSU, 12:22.0
1997	ETSU, 12:06.54
1998	ETSU, 11:58.99
1999	Appalachian State, 12:23.66
2000	ETSU, 12:03.81
2001	Appalachian State, 12:14.16
2002	Chattanooga, 12:17.69
2003	Chattanooga, 12:11.58
2004	Chattanooga, 12:20.24
2005	Western Carolina, 12:14.55
2006	Appalachian State, 12:11.01
2007	Chattanooga, 12:11.88
2008	Western Carolina, 12:09.60
2009	Samford, 11:52.69
2010	*Samford, 11:24.73
2011	UNCG, 11:55.95
2012	UNCG, 11:43.99
2013	Western Carolina, 11:52.62
2014	Samford, 11:52.66
2015	Chattanooga, 11:49.59
2016	Chattanooga, 12:03.01
2017	Furman, 11:54.34
2018	Furman, 11:52.94
2019	Furman, 11:39.35
2020	Furman, 11:54.42
2021	Furman, 11:44.17
2022	Furman, 11:31.56
<b>2023</b>	<b>Furman, 11:25.60</b>
2024	Furman, 11:31.07

\*Run one lap short

## High jump

1988	Linda McKoy, APP, 5'6"
1989	Linda McKoy, APP, 5'9" (1.75m)
1990	Linda McKoy, APP, 5'6"
1991	Sabrina Hill, APP, 5'6"
1992	Shelli Clendenon, ETSU, 5'6½"
1993	Shelli Clendenon, ETSU, 5'6"
1994	Cindy Miner, APP, 5'7¾"
1995	Shelli Clendenon, ETSU, 5'7¾"
1996	Rahma Mateen, WCU, 5'6"
1997	Jennifer Sluss, ETSU, 1.67m
1998	Jennifer Sluss, ETSU, 1.67m
1999	Taneisha Robinson, ETSU, 5'8"
2000	Virginia LaCombe, WCU, 5'5.75"
2001	Virginia LaCombe, WCU, 5'7.75"
2002	Virginia LaCombe, WCU, 5'7"
2003	Cheryl Howard, ETSU, 1.66m
2004	Suzanne Makinson, APP, 1.68m
2005	Anna Ricciardi, ETSU, 1.73m
2006	Jessika Johnson, WCU, 1.64m
<b>2007</b>	<b>Kristen Meister, DAV, 1.81m</b>
2008	Jessika Johnson, WCU, 1.66m
2009	Emily Smith, CofC, 1.78m
2010	Emily Smith, CofC, 1.73m
2011	Rebecca Hazeltine, APP, 1.17m
2012	Emily Smith, CofC, 1.70m
2013	Chenelle Terry, SAM, 1.75m
2014	Anasia Starege, WCU, 1.75m
2015	Xaviera Bass, WCU, 1.69m
2016	Courtney Pregelmann, SAM, 1.70m
2017	Selena Popp, SAM, 1.75m
2018	Selena Popp, SAM, 1.70m
2019	Selena Popp, SAM, 1.70m
2020	Charlotte Krause, SAM, 1.65m
2021	Megan Elliott, SAM, 1.65m

2022	Netanya Linares, WOF, 1.64m
2023	Dorsey Parker, SAM, 1.68m
2024	Imani Boyd, WCU, 1.71m

## Long jump

1988	Sandra Davis, WCU, 19'2"
1989	Erica West, MAR, 18'10"
1990	Erica West, MAR, 18'8½"
1991	Sabrina Hill, APP, 18'8¾"
1992	Von Ross, WCU, 20'4"
<b>1993</b>	<b>Von Ross, WCU, 20'3½" (6.21m)</b>
1994	Alice Vinson, APP, 19'3½"
1995	Shelli Clendenon, ETSU, 19'8½"
1996	Rahma Mateen, WCU, 20'0"
1997	Rahma Mateen, WCU, 5.81m
1998	Taneisha Robinson, ETSU, 5.94m
1999	Taneisha Robinson, ETSU, 20'3.0"
2000	Rosalyn Hood, WCU, 19'8.25"
2001	Tyleana Hanner, UTC, 20'0.25"
2002	Ronda White, APP, 19'6.75"
2003	Kellie Mitchell, GSU, 5.93m
2004	Kasola Smith, UTC, 6.05m
2005	Jennifer Claud, APP, 5.95m
2006	Vonteena Knotts, APP, 6.07m
2007	Nicole Brown, GSU, 6.15m
2008	Vonteena Knotts, APP, 5.81m
2009	Lynnsey Hyter, GSU, 5.97m
2010	Veronica Day, Elon, 5.72m
2011	Lynnsey Hyter, GSU, 6.06m
2012	Jasmine Walker, GSU, 5.61m
2013	Alyssa Felton, GSU, 5.85m
2014	Jasmin Walker, GSU, 6.01m
2015	Tiffani Lewis, WCU, 5.90m
2016	Bria Anderson, VMI, 5.83m
2017	Tiffani Lewis, WCU, 6.05m
2018	Selena Popp, SAM, 6.04m
2019	Khira White, ETSU, 6.01m
2020	Aliyah Hill, ETSU, 5.91m
2021	Makaila McIntyre, WCU, 5.99m
2022	Makaila McIntyre, WCU, 5.88m
2023	Eleyah Armstrong, VMI, 5.86m
2024	Eleyah Armstrong, VMI, 6.05m

## Triple jump

1988	Linda McKoy, APP, 38'2"
1989	Stethane Pipkins, APP, 38'11"
1990	Sabrina Hill, APP, 39'2"
1991	Sabrina Hill, APP, 40'6½"
1992	Melissa Morrison, APP, 40'11¼"
1993	Melissa Morrison, APP, 40'11½"
1994	Precious Quire, APP, 39'3½"
1995	Precious Quire, APP, 41'6"
1996	Nikki Harris, APP, 38'8¾"
1997	Rahma Mateen, WCU, 11.86m
1998	Taneisha Robinson, ETSU, 12.49m
<b>1999</b>	<b>Taneisha Robinson, ETSU, 13.30m</b>
2000	Rosalyn Hood, WCU, 39'8.75"
2001	Kirsten Bowden, APP, 41'2.25"
2002	Tondra White, APP, 40'4.75"
2003	Ronda White, APP, 12.61m
<b>2004</b>	<b>Ronda White, APP, 13.30m</b>
2005	Jennifer Claud, APP, 12.79m
2006	Nicole Brown, GSU, 12.46m
2007	Nicole Brown, GSU, 12.76m
2008	Chibuzo Aguocha, FUR, 12.52m
2009	Danielle Thorpe, APP, 12.68m
2010	Danielle Thorpe, APP, 12.43m
2011	Veronica Day, Elon, 12.24m
2012	Emily Allen, SAM, 12.02m
2013	Emily Allen, SAM, 11.95m
2014	Nicole Charley, SAM, 12.59m
2015	Tiana Pisoni, SAM, 11.99m
2016	Tamilia Wright, WCU, 11.95m
2017	Megan Meadow, SAM, 12.42m
2018	Autumn James, WCU, 12.02m
2019	Morayo Bhadmos, SAM, 12.32m

# WOMEN'S INDIVIDUAL CHAMPIONS

2020	Mekayla Brown, ETSU, 12.63m
2021	Morayo Bhadmos, SAM, 12.57m
2022	Makaila McIntyre, WCU, 12.32m
2023	Tya Blake, ETSU, 11.68m
2024	Sherika Christie, WOF, 12.38m

## Shot put

<b>1988</b>	<b>Angie Barker, ETSU, 54'6" (16.61m)</b>
1989	Angie Barker, ETSU, 45'1"
1990	Tina Osbourne, MAR, 42'9½"
1991	Missy Kouns, MAR, 41'9¾"
1992	Michelle Rhyne, APP, 41'9¼"
1993	Zondra Johnson, WCU, 40'11"
1994	Beth Reck, MAR, 39'9"
1995	LaSha Jackson, WCU, 43'8¼"
1996	Ayokka Green, APP, 46'3"
1997	LaSha Jackson, WCU, 13.49m
1998	Ayokka Green, APP, 14.5m
1999	Ashley Herendon, WCU, 40'5.5"
2000	Ashley Herendon, WCU, 42'2.0"
2001	Ashley Herendon, WCU, 44'9.75"
2002	LaShana Poole, APP, 43'10.75"
2003	Mildred Cooper, VMI, 13.92m
2004	Beverly Burnett, APP, 14.68m
2005	Brittani Williams, APP, 14.39m
2006	Beverly Burnett, APP, 14.88m
2007	Brittani Williams, APP, 14.54m
2008	Brittani Williams, APP, 14.72m
2009	Whitney Smyre, APP, 13.14m
2010	Deirdra Morrison, WCU, 12.98m
2011	Gayshawna Watkins, APP, 15.06m
2012	Gayshawna Watkins, APP, 13.67m
2013	Alisha Bradshaw, WCU, 14.28m
2014	Brianna Tate, APP, 14.82m
2015	Alisha Bradshaw, WCU, 15.04m
2016	Hailey Cook, WCU, 14.65m
2017	Hailey Cook, WCU, 14.84m
2018	Simone Williams, WCU, 13.56m
2019	Lesleigh Tabor, WCU, 14.03m
2020	Sarah Leckman, VMI, 14.50m
2021	Hannah Daffin, SAM, 14.10m
2022	Carisma Holland, CIT, 14.23m
2023	Hannah Daffin, SAM, 14.21m
2024	Ellie Sawicki, WOF, 13.66m

## 20-LB Weight throw

1996	Ayokka Green, UTC, 48'2¾"
1997	Robyn Stockunas, WCU, 14.88m
1998	Ayokka Green, APP, 16.8m
1999	Valerie Mertz, WCU, 50'5.25"
2000	Valerie Mertz, WCU, 54'7.25"
2001	LaShana Poole, APP, 55'3.75"
2002	LaShana Poole, APP, 56'3.25"
2003	LaShana Poole, APP, 17.42m
2004	Chakosha Lance, CofC, 16.33m
2005	Chakosha Lance, CofC, 18.32m
<b>2006</b>	<b>Chakosha Lance, CofC, 19.54m</b>
2007	Stephanie McNeill, CIT, 16.30m
2008	Brittani Williams, APP, 18.05m
2009	Whitney Smyre, APP, 17.79m
2010	Monique Edwards, CIT, 16.25m
2011	Whitney Smyre, APP, 17.92m
2012	Gayshawna Watkins, APP, 17.09m
2013	Alisha Bradshaw, WCU, 17.56m
2014	Alisha Bradshaw, WCU, 19.27m
2015	Alisha Bradshaw, WCU, 17.80m
2016	Hailey Cook, WCU, 17.23m
2017	Hailey Cook, WCU, 17.96m
2018	Camille Caldwell, SAM, 18.29m
2019	Victoria Solheim, WCU, 18.52m
2020	Maggie Johnston, SAM, 18.27m
2021	Victoria Solheim, WCU, 17.25m
2022	Hannah Daffin, SAM, 18.61m
2023	Hannah Daffin, SAM, 18.37m
2024	Hannah Daffin, SAM, 17.87m

## Pole vault

1999	Valerie Jalajas, WCU, 11'7.75"
2000	Valerie Jalajas, WCU, 12'0.5"
2001	Valerie Jalajas, WCU, 11'11.75"
2002	Michelle Velez, WCU, 12'7.50" (3.85m)
2003	Laura Tieszen, WCU, 12'1.25" (3.69m)
2004	Laura Tieszen, WCU, 3.95m
2005	Laura Tieszen, WCU, 3.85m
2006	Caren Mah, APP, 3.50m
2007	Jessica Clendenning, Elon, 3.97m
2008	Shea Snow, APP, 3.70m
2009	Julie Ward, APP, 3.60m
2010	Julie Ward, APP, 3.55m
2011	Cassandra Crawford, APP, 3.80m
2012	Claire Goodson, SAM, 4.05m
2013	Devyn Ressler, WCU, 3.75m
2014	Morgan Johnson, SAM, 3.87m
2015	Devyn Ressler, WCU, 3.90m
2016	Ashley Kessler, ETSU, 3.75m
2017	Meghan Breden, WCU, 3.80m
2018	Sarah Lee, SAM, 3.50m
2019	Tally Wilson, SAM, 3.85m
2020	Brittany Bishop, SAM, 3.85m
2021	Brittany Bishop, SAM, 3.80m
<b>2022</b>	<b>Brittany Bishop, SAM, 4.06m</b>
2023	Brittany Bishop, SAM, 3.70m
2024	Taylor Hill, VMI, 3.82m

## Pentathlon

2004	Kellie Mitchell, GSU, 3,754
2005	Laura Tieszen, WCU, 3,274
2006	Kristie Boggan, APP, 3,147
2007	Nashay McGriff, WCU, 3,226
2008	Melanie Trumbo, GSU, 3,248
2009	Lynnndsey Hyter, GSU, 3,551
2010	Lynnndsey Hyter, GSU, 3,494
2011	Lynnndsey Hyter, GSU, 3,578
2012	Louise PrevotEAU, Elon, 3,566
2013	Louise PrevotEAU, Elon, 3,711
2014	Ashley Cope, SAM, 3,461
2015	Michaela Birek, WCU, 3,511
2016	Holly Gaines, WCU, 3,492
2017	Selena Popp, SAM, 3,779
<b>2018</b>	<b>Selena Popp, SAM, 4,118</b>
2019	Selena Popp, SAM, 3,558
2020	Megan Dunn, WOF, 3,552
2021	Megan Dunn, WOF, 3,604
2022	Netanya Linares, WOF, 3,673
2023	Netanya Linares, WOF, 3,795
2024	Sherika Christie, WOF, 3,641

## RETIRED EVENTS

### 55-meter dash

1988	Lamonda Miller, APP, 6.91
<b>1989</b>	<b>Lamonda Miller, APP, 6.82</b>
1990	Lynett Farmer, APP, 7.01
1991	Kim Arthur, WCU, 7.18
1992	Melissa Morrison, APP, 7.10
1993	Melissa Morrison, APP, 6.98
1994	Alice Vinson, APP, 7.05
1995	Daree Thompson, WCU, 7.14
1996	Nikki Harris, APP, 7.25
1997	Daree Thompson, WCU, 6.98
1998	Rashida Dodson, UTC, 7.05
1999	Tyleana Hanner, UTC, 7.10
2000	Shonte' Pinkston, APP, 6.95
2001	Shonte' Pinkston, APP, 6.90
2002	Jennifer Claud, APP, 7.04
2003	Rashedah Arnold, GSU, 7.05

### 55-meter hurdles

1988	Patrina Massey, APP, 8.68
1989	Lynn Kochendorfer, Marshall, 8.62
1990	Monica Teeter, APP, 8.49
1991	Melissa Morrison, APP, 8.18
1992	Melissa Morrison, APP, 7.98
1993	Melissa Morrison, APP, 8.09
1994	Beth Burleson, APP, 8.20
1995	Charlotte Redden, APP, 8.20
1996	Rahma Mateen, WCU, 8.12
1997	Trice Roundtree, APP, 8.07
1998	Tyleana Hanner, UTC, 8.28
1999	Marna Moore, UTC, 8.08
2000	Rosalyn Hood, WCU, 8.44
2001	Marna Moore, UTC, 8.05
2002	Lindy Petteway, GSU, 8.11
<b>2003</b>	<b>Ronda White, APP, 7.86</b>

### Two-Mile Relay

1988	ETSU, 9:45.63
1989	ETSU, 9:32.27
<b>1991</b>	<b>Appalachian State, 9:29.56</b>
1992	Appalachian State, 9:34.06
1993	Furman, 9:33.30

### Mile Relay

1988	Western Carolina, 4:01.41
1989	Appalachian State, 3:58.83
1991	Western Carolina, 3:55.47
1992	Western Carolina, 3:56.89
1993	Appalachian State, 4:06.51
1994	Chattanooga, 3:57.69
1996	Western Carolina, 3:57.7

### 4x800-Meter Relay

1990	Appalachian State, 9:47.70
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*Bold italics indicates championship record*

# WOMEN'S ALL-FRESHMAN TEAMS

2009

## 200-meter dash

Emma Bowers, Western Carolina

## 400-meter dash

Amy Salek, Elon  
Asia Dunlap, Appalachian State

## 800-meter run

Alyssa D'Orazio, College of Charleston  
Cori Christensen, Samford

## Mile run

Kristen Wolfe, College of Charleston  
Grace Loba, College of Charleston  
Kerry Hartman, UNCG

## 3,000-meter run

Andrea Seccafien, Samford  
Deanna Zidar, Samford  
Rebecca Shelton, Furman

## 5,000-meter run

Andrea Seccafien, Samford  
Alyson Costa, Elon  
Deanna Zidar, Samford

## 60-meter hurdles

Tori Jones, Western Carolina

## High jump

Emily Smith, College of Charleston  
Alex Casagnol, Georgia Southern  
Laura Langley, Western Carolina

## Long jump

Millic Brooks-Millender, Ga. Southern

## Triple jump

Millic Brooks-Millender, Ga. Southern  
Naadia Crutchfield, Appalachian State  
Jettana Thomas, Western Carolina

## Shot put

Deirdra Morrison, Western Carolina  
Alyssa Girvin, Elon  
Alicia Gainey, Western Carolina

## Weight throw

Deirdra Morrison, Western Carolina  
Alyssa Girvin, Elon  
Sarah Herndon, Georgia Southern

## Pole vault

Jessie Wilson, Western Carolina  
Summer Hughes, Western Carolina

## Pentathlon

Alicia Gainey, Western Carolina  
Jettana Thomas, Western Carolina  
Christian McGuire, Samford

2010

## 60-meter dash

Raven Parrish, Western Carolina  
Valerie Parks, Western Carolina

## 200-meter dash

Raven Parrish, Western Carolina

## 800-meter run

Micah Wessinger, The Citadel  
Holly Benson, Samford  
Lauren D'Alessio, Samford

## Mile run

Trinity Foreman, Appalachian State  
Morgan Turner, Western Carolina  
Emily Tryon, Elon

## 3,000-meter run

Trinity Foreman, Appalachian State  
Heather Stuve, Chattanooga  
Morgan Denecke, Elon

## 5,000-meter run

Natalie Atabek, Davidson  
Morgan Turner, Western Carolina  
Andrea Kelsey, Wofford

## 60-meter hurdles

Jasmine Billings, Georgia Southern  
Jelain McArthur, Coll. of Charleston

## High jump

Chenelle Terry, Samford

## Long jump

Jelain McArthur, Coll. of Charleston  
Raven Parrish, Western Carolina  
Emily Allen, Samford

## Triple jump

Jelain McArthur, Coll. of Charleston  
Emily Allen, Samford  
Janelle McNeil, Elon

## Shot put

Gayshawna Watkins, Appalachian St.  
Ashley Thomas, Georgia Southern  
Jocelyn Rice, Western Carolina

## Weight throw

Gayshawna Watkins, Appalachian St.  
Megan Fannon, Georgia Southern  
Casey McKee, College of Charleston

## Pole vault

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

## Pentathlon

Emily Allen, Samford  
Kelsi Billings, The Citadel

2011

## 60-meter dash

Breanna Alston, Appalachian State  
Kwajelin Holsendolph, Ga. Southern  
Kristen Campbell, Appalachian State

## 200-meter dash

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

## 400-meter dash

Bria Bell, Elon  
Breahna Morrison, Appalachian State  
Veronica Luedke, Elon

## 800-meter run

Julie Hart, Furman  
Katie Kessler, Wofford  
Jocelyn Keen, Western Carolina

## Mile run

Catherine Burton, Furman  
Alyssa Burket, Wofford  
Kelly Montague, UNCG

## 3,000-meter run

Dena O'Brien, College of Charleston  
Allyson Oram, Elon  
Julia Means, Furman

## 5,000-meter run

Dena O'Brien, College of Charleston  
Allyson Oram, Elon  
Megan Mavity, Davidson

## 60-meter hurdles

Kwajelin Holsendolph, Georgia Southern  
Stephanie Hicks, Georgia Southern  
Nakristen Greene, Western Carolina

## High jump

Shaquiela Robinson, Appalachian St.  
Nicole Levermann, The Citadel  
Kaitlin Brown, Wofford

## Long jump

Stephanie Hicks, Georgia Southern  
Nakristen Greene, Western Carolina  
Ashley Cope, Samford

## Shot put

Charlise Morgan, Elon  
Ana DeLeon, Appalachian State  
Andriana Love, The Citadel

## Weight throw

Ana DeLeon, Appalachian State  
Shelby Built, Samford  
Sydney Revis, Western Carolina

## Pole vault

Cassandra Crawford, Appalachian St.  
Claire Goodson, College of Charleston  
Rachel Gregory, Samford

## Pentathlon

Stephanie Hicks, Georgia Southern  
Nicole Levermann, The Citadel  
Macy Conger, Samford

2012

## 60-meter dash

Jasmine Walker, Georgia Southern  
Tanisha Bethel, The Citadel  
Tayana Bryant, Appalachian State

## 400-meter dash

Genevieve Emrick, Western Carolina  
Kimberly Thomas, Georgia Southern  
Taylor Wade, Georgia Southern

## 800-meter run

Marie Demedicis, Samford  
Anna Irvine, Samford  
Lena Elliot, Western Carolina

## Mile run

Hayley McMahon, Coll. of Charleston  
Presley Parkes, Davidson  
Ali Cobb, Davidson

## 3,000-meter run

Haylee Dawe, Elon  
Ali Cobb, Davidson  
Blair Burke, Furman

## 5,000-meter run

Sinead Haughey, Furman  
Haylee Dawe, Elon  
Erin Osment, Davidson

## 60-meter hurdles

Taylor Wade, Georgia Southern  
Xaviera Bass, Western Carolina  
Michaela Birek, Western Carolina

## High jump

Haley Laird, Elon  
Janet Watson, Appalachian State  
Xaviera Bass, Western Carolina

## Long jump

Jasmine Walker, Georgia Southern  
Tatyana Bryant, Appalachian State  
Louise PrevotEAU, Elon

## Shot put

Alisha Bradshaw, Western Carolina  
Jasmine Suydam, Appalachian State  
Sarah Sisk, College of Charleston

## Weight throw

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

## Pole vault

Chelsea Farr, Appalachian State  
Cara June Elyea, Western Carolina  
Debra Domermuth, Appalachian St.

## Pentathlon

Louise PrevotEAU, Elon  
Michaela Birek, Western Carolina  
Anne Greer, Western Carolina

2013

## 60-meter dash

Tayla Carter, Western Carolina  
Alyssa Felton, Georgia Southern  
Sydney Griffin, Elon

## 400-meter dash

Jennifer Pash, Elon  
Kendra Douglas, Western Carolina  
Corina Archi-McMillan, Western Caro.

## 800-meter run

Shelby Howell, Appalachian State  
Katelynn Brock, Samford  
Kianna Howard, Chattanooga

## Mile run

Rachel Wooten, Samford  
Caroline McCaslin, Elon  
Katy Link, UNCG

## 3,000-meter run

Rachel Roberts, Samford  
Tereza Novotna, Elon

## 5,000-meter run

Rachel Roberts, Samford  
Teghan Henderson, Chattanooga  
Lydia Saina, UNCG

## 60-meter hurdles

Sydney Griffin, Elon  
Rachel Leder, College of Charleston  
Shaakira Brown, Wofford

## High jump

Megan Kirschling, Elon  
Keyanna Harris, Georgia Southern

## Long jump

Alyssa Felton, Georgia Southern  
Jamie Glenn, Appalachian State  
Marie Borowycz, Elon

## Shot put

Brianna Tate, Appalachian State  
Jasmin Brown, Western Carolina

## Weight throw

Kelsey Chandler, Georgia Southern  
Jasmin Brown, Western Carolina  
Jazmine Johnson, Georgia Southern

## Pole vault

Devyn Ressler, Western Carolina  
Audrey Diener, Appalachian State

2014

## 60-meter dash

Tiffani Lewis, Western Carolina

## 400-meter dash

Asha Stegall, Georgia Southern

## Mile run

Allie Buchalski, Furman

## 3,000-meter run

Allie Buchalski, Furman  
Elyse Bierut, Elon  
Kelly Montague, UNCG

# WOMEN'S ALL-FRESHMAN TEAMS

## 5,000-meter run

Grace Tinkey, Furman  
Tristan Van Ord, Appalachian State  
Elyse Bierut, Elon

## High jump

Anisia Starege, Western Carolina  
Audrey Florence, Appalachian State  
Carrie Abraham, Elon

## Long jump

Tiffani Lewis, Western Carolina  
Carrie Abraham, Elon  
Krystal Clark, Appalachian State

## Triple jump

Tiffani Lewis, Western Carolina

## Shot put

Hailey Cook, Western Carolina  
Aerial Horton, Samford  
Breanna Warren, Elon

## Weight throw

Kelsey Arnold, Georgia Southern  
Aerial Horton, Samford  
Hailey Cook, Western Carolina

## Pole vault

Morgan Johnson, Samford  
Emily Eustace, Samford

## Pentathlon

LeNiesha Kearse, Western Carolina  
Morgan Johnson, Samford  
Christina Czarnecki, Appalachian St.

## 2015

## 200-meter dash

Marabeth Clark, ETSU

## 400-meter dash

Sarah Sanford, Samford

## 800-meter run

Jacquelyn Crow, Furman

## Mile run

Jacquelyn Crow, Furman  
Karisa Nelson, Samford

## 3,000-meter run

Emma Mashburn, Furman  
Emily Drouin, Chattanooga  
Bryce Seymour, Furman

## 5,000-meter run

Emma Mashburn, Furman  
Emily Drouin, Chattanooga  
Anna Kate Chance, Chattanooga

## 60-meter hurdles

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

## High jump

Carrie Neill, Samford  
Julia Logan, VMI  
Katie Beverlein, Wofford

## Long jump

Timia Easley, ETSU  
Tiana Pisoni, Samford  
Asyria Daniels, The Citadel

## Triple jump

Tiana Pisoni, Samford  
Adriana Watkins, ETSU  
Kennedy Smith, VMI

## Pentathlon

Katie Beuerlein, Wofford  
Victoria Wicks, Samford  
Adriana Watkins, ETSU

## 2016

## 60-meter dash

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

## 200-meter dash

BriAnna Adams, Western Carolina  
Kiana Davis, ETSU  
Daijah White, Samford

## 400-meter dash

Dasha Arnaut, Western Carolina  
Sally Woerner, Western Carolina

## 800-meter run

None

## Mile run

Haley Morris, Chattanooga

## 3,000-meter run

None

## 5,000-meter run

Kathleen Mansure, UNCG  
Alexandria Forster, Wofford  
Rebeka Fadgyas, Wofford

## 60-meter hurdles

Kyra Atkins, ETSU  
Amber Lust, Wofford

## High jump

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

## Long jump

Kyra Atkins, ETSU  
Brenea Thomas, VMI  
Tamilia Wright, Western Carolina

## Triple jump

Tamilia Wright, Western Carolina  
Megan Meadow, Samford  
Alanna Johnson, Western Carolina

## Shot put

Tatiana Taylor, Samford  
Simone Williams, Western Carolina  
Kameron Cass, The Citadel

## Weight throw

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

## Pentathlon

Selena Popp, Samford  
Amber Lust, Wofford  
Megan Meadow, Samford

## 2017

## 60-meter dash

Jazmine Gooden, Western Carolina

## 200-meter dash

Jazmine Gooden, Western Carolina

## 400-meter dash

Rachel Dixon, Samford  
Kassidy Morton, Wofford  
Sarah Fairchild, Samford

## 800-meter run

Presley Weems, Samford  
Riley Burr, Furman  
Shian Mallory, Samford

## Mile run

Gabbi Jennings, Furman  
Emma Grace Hurley, Furman  
Taylor Delaney, UNCG

## 3,000-meter run

Emma Grace Hurley, Furman  
Gabbi Jennings, Furman  
Savannah Carnahan, Furman

## 5,000-meter run

Savannah Carnahan, Furman  
Anna Hayden, Furman  
Grace Dwyer, Furman

## 60-meter hurdles

Jazmine Gooden, Western Carolina

## High jump

Charlotte Krause, Samford  
Imani Bennet, Western Carolina

## Long jump

Jazmine Gooden, Western Carolina  
Erin Hines, Samford  
Imani Bennett, Western Carolina

## Triple jump

Imani Bennett, Western Carolina  
Jazmine Gooden, Western Carolina  
Ationza Smith, ETSU

## Shot put

Maggie Johnston, Samford  
Mahogani Holiday, Western Carolina  
Amy Yarborough, Western Carolina

## Weight throw

Jess Page, The Citadel  
Amy Yarborough, Western Carolina  
Margaret Hayden, ETSU

## Pentathlon

Erin Hines, Samford  
Kiara Price, ETSU

## 2018

## 60-meter dash

Makaila McIntyre, Western Carolina  
Tiffany Hill, The Citadel  
Tamie Burch, The Citadel

## 200-meter dash

Allison Holland, Samford  
Ariana Ruffin, VMI  
Tiffany Hill, The Citadel

## 400-meter dash

Allison Holland, Samford  
Ariana Ruffin, VMI  
Joie Royer, The Citadel

## 800-meter run

Krissy Gear, Furman  
Emma Kuntz, Furman  
Heather Feuchtenberger, ETSU

## Mile run

Krissy Gear, Furman  
Hannah Steelman, Wofford  
Abbey Zane, Samford

## 3,000-meter run

Hannah Steelman, Wofford  
Allie Nelson, Samford  
Sophia Neglia, Chattanooga

## 5,000-meter run

Hannah Steelman, Wofford  
Reilly Caldwell, Furman  
Allie Nelson, Samford

## 60-meter hurdles

Jaelyn Warren, Western Carolina  
Kendra Whitehurst, ETSU

## High jump

Jaelyn Warren, Western Carolina  
Autumn James, Western Carolina

## Long jump

Makaila McIntyre, Western Carolina  
Erin Willard, Western Carolina

## Triple jump

Autumn James, Western Carolina  
Makaila McIntyre, Western Carolina  
Kendra Whitehurst, ETSU

## Shot put

Sarah Leckman, VMI  
Jadan Finch, ETSU  
Atlantis Warren, ETSU

## Weight throw

Symphony Buxton, ETSU  
Jaden Finch, ETSU  
Sarah Leckman, VMI

## Pole vault

Tally Wilson, Samford  
Kinley Drummonds, Western Carolina  
Samantha Engel, The Citadel

## Pentathlon

Megan Dunn, Wofford  
Autumn James, Western Carolina  
Amanda Dumar, Samford

## 2019

## 60-meter dash

Lanaya Martin, ETSU  
Mekayla Brown, ETSU  
Ingrid Joseph, VMI

## 200-meter dash

Ingrid Joseph, VMI  
Eliza Brooks, VMI  
Vada Samuels, Samford

## 400-meter dash

Eliza Brooks, VMI  
Vada Samuels, Samford  
Ahlyiah Williams, VMI

## 800-meter run

Peyton Wood, Western Carolina  
Sammy Trone, Furman

## Mile run

Lindsey Stallworth, ETSU  
Genevieve Schwarz, ETSU  
Chandler McCaslin, UNCG

## 3,000-meter run

Lindsey Stallworth, ETSU  
Shila Kapaya, ETSU  
Mary Kellison Thorne, Samford

## 5,000-meter run

Shila Kapaya, ETSU  
Kathryn Anderson, UNCG  
Sara Belamarich, VMI

## 60-meter hurdles

Destiny Shipp, Wofford  
Charnessa Reid, Western Carolina  
Lanaya Martin, ETSU

## High jump

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

## Long jump

Khiara White, ETSU  
Mekayla Brown, ETSU  
Charnessa Reid, Western Carolina

## Triple jump

Mekayla Brown, ETSU  
Alyiah Hill, ETSU  
Khiara White, ETSU



# WOMEN'S ALL-FRESHMAN TEAMS

## Shot put

Victoria Solheim, Western Carolina  
Shakaiya Bradford, Wofford  
Annika Sleenhof, Furman

## Weight throw

Victoria Solheim, Western Carolina  
Stephanie Jones, VMI

## Pole vault

McKenna Dunn, VMI  
Carter Unger, Western Carolina  
Mary Kellison Thorne, Samford

## Pentathlon

Ronje Williams, Western Carolina  
Shakaiya Bradford, Wofford  
Carolina Huff, Samford

### 2020

## 60-meter dash

Nicole Johnson, ETSU  
Kennedie Carithers, ETSU  
Georgia McDevitt, Wofford

## 200-meter dash

Georgia McDevitt, Wofford  
Nicole Johnson, ETSU  
Kennedie Carithers, ETSU

## 400-meter dash

Mekyll Robinson, Western Carolina  
Dahlia Cutler, Wofford  
JaTorria Lee, Samford

## 800-meter run

Katie Strozier, Samford  
Abigail Robertson, Furman  
Julia Karsten, ETSU

## Mile run

McKenzie Hogue, Samford  
Nicole Matysik, Furman  
Lauren Peterson, Furman

## 3,000-meter run

McKenzie Hogue, Samford  
Quinn McConnell, Furman  
Nicole Matysik, Furman

## 5,000-meter run

Lauren Peterson, Furman  
Quinn McConnell, Furman  
Lesley Green, Chattanooga

## 60-meter hurdles

Riley Alexander, Samford  
Kerrington Johnson, Wofford  
Netanya Linares, Wofford

## High jump

Patra Williams, ETSU  
Sarah Morelock, ETSU  
Netanya Linares, Wofford

## Long jump

Georgia McDevitt, Wofford  
Rylee Jorgensen, Wofford  
Madelyn Thompson, Chattanooga

## Triple jump

Georgia McDevitt, Wofford  
Rylee Jorgensen, Wofford

## Shot put

Hannah Daffin, Samford  
Jataya Wilson, ETSU  
Giselle Cruz, Wofford

## Weight throw

Jataya Wilson, ETSU  
Hannah Daffin, Samford  
Jenna Reid, Wofford

## Pole vault

Brittany Bishop, Samford  
Riley Alexander, Samford  
Netanya Linares, Wofford

## Pentathlon

Netanya Linares, Wofford  
Sarah Morelock, ETSU

### 2021

## 60-meter dash

Madeline McNinch, Wofford  
Kimbra Dunning, Chattanooga

## 200-meter dash

Madeline McNinch, Wofford  
Mecca Jackson, The Citadel  
Mikayla Turner, Western Carolina

## 400-meter dash

Jasmine Jefferson, Wofford  
Lindsay Cooper, ETSU  
Mecca Jackson, The Citadel

## 800-meter run

Megan Marvin, Furman  
Janie Holecek, Wofford  
Emmy Davis, Chattanooga

## Mile run

Beth Donnelly, Furman  
Ashtyn Hagood, Chattanooga  
Kylie Wittman, Furman

## 3,000-meter run

Madelynne Cadeau, Furman  
Bethany Graham, Furman  
Jonna Strange, Furman

## 5,000-meter run

Madelynne Cadeau, Furman  
Bethany Graham, Furman  
Jonna Strange, Furman

## 60-meter hurdles

Lindsay Cooper, ETSU  
Dami Shodeinde, Western Carolina  
Amaya English, Western Carolina

## High jump

Imani Boyd, Western Carolina  
Makenzie Hooton, Samford  
Savannah Schmidt, Samford

## Long jump

Madeline McNinch, Wofford  
Aiya Finch, Samford  
Omara McBride, Western Carolina

## Triple jump

Omara McBride, Western Carolina  
Derica Currie, Western Carolina  
Erica O'Neal, Western Carolina

## Shot put

Jenna Kirkland, VMI

## Weight throw

Emma Nolte, Samford  
Anna Moore, ETSU  
Judith Gonzalez, VMI

## Pole vault

Kaelyn McCann, Samford  
Alexis Cook, Samford  
Emily Hickey, The Citadel

## Pentathlon

Mia Milasinovic, Samford  
Erin Long, Samford  
Imani Boyd, Western Carolina

### 2022

## 60-meter dash

Eleyah Armstrong, VMI  
Liyah Nelson, Samford  
Amiel Dabney, Samford

## 200-meter dash

Amiel Dabney, Samford  
Kelsey Martin, Samford  
Liyah Nelson, Samford

## 400-meter dash

Ayden Drake, Samford  
Kelsey Martin, Samford

## 800-meter run

Callie Harper, Furman  
Gretal Shank, VMI  
Mary Claire Ridgeway, Wofford

## Mile run

Meghan Ford, Furman  
Bella Manfre, UNCG  
Serena Henderson, UNCG

## 3,000-meter run

Sierra Bower, Furman  
Meghan Ford, Furman

## 5,000-meter run

Sierra Bower, Furman  
Alesea Caldwell, Western Carolina  
Carolyne Shealy, Wofford

## 60-meter hurdles

Amiel Dabney, Samford  
Ant'wonike Jennings, ETSU  
Marga Van Der Linde, Wofford

## High jump

Abbey King, ETSU

## Long jump

Eleyah Armstrong, VMI  
Tya Blake, ETSU

## Triple jump

Tya Blake, ETSU  
Kesley Martin, Samford

## Shot put

Alex Webb, Samford  
Taniyah Thomas, Western Carolina  
Yanna Cuesta, The Citadel

## Weight throw

Taniyah Thomas, Western Carolina

## Pole vault

Diana Romero-Barba, ETSU

## Pentathlon

Marga Van Der Linde, Wofford  
Ant'wonike Jennings, ETSU  
Yvonnica Perrello, VMI

### 2023

## 60-meter dash

Ella Tennant, Wofford  
Heaven Hall, VMI

## 200-meter dash

Se'More Green, VMI  
Ella Tennant, Wofford  
Jasmine Greene, Western Carolina

## 400-meter dash

Grace Lueders, Samford  
Heaven Hall, VMI  
Shaneil Lysight, Western Carolina

## 800-meter run

Reagan O'Quinn, UNCG  
Clair Garrett, Furman  
Delaney Mulick, Chattanooga

## Mile run

Camryn Wennersten, Furman  
Chanelle Kruger, ETSU  
Maddie Wheatcroft, Chattanooga

## 3,000-meter run

Jenna Mulhern, Furman  
Chanelle Kruger, ETSU  
Carly Wilkes, Furman

## 5,000-meter run

Jenna Mulhern, Furman  
Carly Wilkes, Furman  
Gabbie Hoots, Samford

## 60-meter hurdles

Meg Coleman, Samford  
Shaneil Lysight, Western Carolina  
Rashni Walker, Samford

## High jump

Dorsey Parker, Samford  
Hannah Pettyjohn, Samford  
Sadler Miller, Western Carolina

## Long jump

Jasmine Greene, Western Carolina  
Se'More Green, VMI  
Anaya Young, ETSU

## Triple jump

Jasmine Greene, Western Carolina  
Anaya Young, ETSU

## Shot put

Ellie Sawicki, Wofford  
Olivia Bagg, Wofford  
Torria Roundtree, Western Carolina

## Weight throw

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

## Pole vault

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

## Pentathlon

Hannah Pettyjohn, Samford  
Rashni Walker, Samford  
Olivia Bagg, Wofford

### 2024

## 60-meter dash

Cymoria Thonas, Western Carolina  
Devon Babcock, ETSU  
Jennifer Koumondji, VMI

## 200-meter dash

Cymoria Thomas, Western Carolina  
Ellison Chadwick, Samford  
Defon Babcock, ETSU

## 400-meter dash

Leah Butler, Western Carolina  
Kyndal Saunders, Western Carolina  
Paden Bell, ETSU

## 800-meter run

Olivia Hurd, VMI  
Danniella King, Wofford  
Kristen Hallman, Wofford

## Mile run

Katherine Hopkins, Western Carolina  
Kennedy Reynolds, Chattanooga

# WOMEN'S ALL-FRESHMAN TEAMS

**3,000-meter run**

Lily Feingold, Furman  
Andrea Ellis, Chattanooga  
Michaela Dabney, Chattanooga

**5,000-meter run**

Josi Seering, ETSU  
Jillian Sisk, VMI  
Andrea Ellis, Chattanooga

**60-meter hurdles**

JaKayla Campbell, Wofford  
Brianna Baker, ETSU  
Kendal Hudson, Western Carolina

**High jump**

Ava Cooper, Wofford  
Morgan Fraser, VMI  
Ava McGue, Chattanooga

**Long jump**

Ellison Chadwick, Samford  
Sherika Christie, Wofford  
Eliza Ruch, ETSU

**Triple jump**

Sherika Christie, Wofford  
Kiersten Bell, Samford  
Kendal Hudson, Western Carolina

**Shot put**

Diamond Baker, VMI  
Sherika Christie, Wofford  
Landrey Pike, Western Carolina

**Weight throw**

Merkenzee Wells, Western Carolina  
Diamond Baker, VMI  
Landrey Pike, Western Carolina

**Pole vault**

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

**Pentathlon**

Sherika Christie, Samford  
Kiersten Bell, Samford  
Brianna Baker, ETSU

***(TITLE)***

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# 2024 MEN'S CHAMPIONSHIP

## Team Results

Pl.	Team	Points
1.	Samford	188
2.	Western Carolina	121.5
3.	Furman	112
4.	VMI	109
5.	Wofford	62.5
6.	The Citadel	49
7.	UNCG	11

### 60-meter dash

1. O'Rell Fisher, WOF	6.73
2. Bradlee Jones, CIT	6.81
3. Cagan Campbell, SAM	6.83
4. William Malcolm, SAM	6.93
5. David Miles, WCU	6.94
6. Cameron Dalton, WOF	6.96
7. Demetrius Shine, CIT	6.98
8. Nick Brown	7.04

### 200-meter dash

1. Cagan Campbell, SAM	21.42
2. Cameron Dalton, WOF	21.42
3. Quinton Godfrey, WCU	21.71
4. Teddy Ayden, WCU	21.93
5. Dylan Thompson, CIT	22.37
6. Zion Bennett, WOF	22.37
7. William Malcolm, SAM	22.52

### 400-meter dash

1. Cagan Campbell, SAM	47.72
2. Nick Brown, VMI	47.74
3. Richard Edwards, VMI	48.21
4. Landon Wright, SAM	48.55
5. Elias Barton, WCU	49.07
6. Zion Bennett, WOF	49.17
7. Quinton Godfrey, WCU	49.20
8. Jackson Olivo, SAM	49.38

### 800-meter run

1. Zephaniah Carico-McLennan, SAM	1:51.27
2. Carson Williams, FUR	1:51.55
3. John Davis, WCU	1:53.59
4. Sam Barnard, UNCG	1:54.03
5. Benjamin Hagerich, VMI	1:55.00
6. Andrew Hamilton, UNCG	1:55.31
7. Harrison Siegel, SAM	1:55.42
8. Henry Stecher, WCU	2:00.02

### Mile run

1. Carson Williams, FUR	4:05.67
2. Josh Krafur, ETSU	4:08.27
3. Evan Guzman, ETSU	4:08.92
4. Myles Stoots, ETSU	4:09.80
5. David Ahlmeyer, FUR	4:09.81
6. Josh Powers, FUR	4:12.79
7. Nathan Hillis, ETSU	4:13.55
8. Mac Roberts, FUR	4:14.10

### 3,000-meter run

1. Carson Williams, FUR	8:22.51
2. Brayden Hamblen, ETSU	8:24.08
3. Adam Beucler, FUR	8:26.09
4. Evan Guzman, ETSU	8:27.50
5. Josh Powers, FUR	8:34.75
6. Nicholas Goldstein, FUR	8:35.99
7. Luke Taylor, FUR	8:37.58
8. Will Mitchell, WCU	8:38.62

### 5,000-meter run

1. Dylan Schubert, FUR	13:54.58
2. Adam Beucler, FUR	14:15.35
3. Brayden Hamblen, ETSU	14:22.30
4. David Ahlmeyer, FUR	14:34.04
5. Dylan Christopher, UNCG	14:38.70
6. Nicholas Goldstein, FUR	14:43.55
7. Evan Guzman, ETSU	14:50.45
8. Xian Campbell, ETSU	14:59.00

### 60-meter hurdles

1. Titus Moore, SAM	7.80
2. Liam McBride, VMI	7.96
3. C.J. McFerrin, WCU	8.15
4. Landon Wright, SAM	8.20
5. Grant Witherspoon, WOF	8.42
6. Jackson Olivo, SAM	8.67
7. Archie Woodard, WOF	8.98
8. Isaiah Blount, VMI	13.34

### Distance medley

1. Furman	9:55.18
2. Samford	10:09.33
3. Western Carolina	10:17.96
4. Citadel	10:39.50
5. VMI	10:42.17
6. Wofford	11:25.34

### 4x400-meter relay

1. Samford	3:14.98
2. Wofford	3:15.08
3. VMI	3:19.57
4. Citadel	3:23.87
5. Furman	3:33.38

### High jump

1. Arthur Chitty, SAM	2.10m
2. Stephen Krae, CIT	2.00m
Prince Moody, CIT	2.00m
4. Javell Brown, WCU	1.95m
5. Jordan Chestnut, CIT	1.95m
6. Jake Ross, WOF	1.90m
Cameron Pompey, WCU	1.90m
8. Adam Ledford, WCU	1.85m

### Long jump

1. Keyandre Midgett, VMI	7.49m
2. O'Rell Fisher, WOF	7.18m
3. Javon Brown, WCU	7.16m
4. Noah Straley, WCU	7.13m
5. Charles Male, VMI	7.13m
6. Javell Brown, WCU	7.03m
7. Samuel Werner, SAM	6.87m
8. Titus Moore, M	6.75m

### Triple jump

1. Keyandre Midgett, VMI	15.57m
2. Javon Brown, WCU	15.31m
3. Jordan Chestnut, CIT	14.73m
4. Javell Brown, WCU	14.65m
5. Ian Jones, SAM	14.56m
6. David Dorbin, WCU	13.66m
7. Charles Male, VMI	13.48m
8. Cameron Pompey, WCU	13.08m

### Shot put

1. Carly Henry, SAM	15.38m
2. Rafe Clendenin, VMI	15.18m
3. Riley Center, WCU	14.37m
4. Hunter Davis, VMI	14.15m

5. Eli Penix, SAM	14.10m
6. Chase Edwards, WOF	13.92m
7. Andrew Granger, VMI	13.91m
8. Dakota Sorrells, WCU	13.89m

### Weight throw

1. Andrew Granger, VMI	17.46m
2. Rafe Clendenin, VMI	15.60m
3. Dominick Dale, WCU	15.06m
4. Riley Center, WCU	15.04m
5. Austin Ramirez, WCU	14.92m
6. Marshall Gainer, SAM	14.83m
7. Austin Cline, WCU	14.69m
8. Chase Edwards, WOF	13.77m

### Pole vault

1. Brenden Vanderpool, SAM	5.20m
2. Jed Sisco, SAM	5.05m
3. Walker Smith, SAM	4.90m
4. Carter Ellis, SAM	4.90m
5. Cameron Thomas, VMI	4.75m
6. Isaiah Blount, VMI	4.75m
7. Ethan Womack, SAM	4.45m
8. Jack Scott, CIT	4.15m

### Heptathlon

1. Samuel Werner, SAM	5,380
2. Bryc Williamson, SAM	4,915
3. Damon Worlye, WCU	4,881
4. Isaiah Blount, VMI	4,783
5. Ethan Womack, SAM	4,778
6. Sebastian Lattore, WOF	4,288
7. Colby Capps, WCU	4,274
8. Ethan Hibberts, WCU	3,627

## Individual Awards

**Heath Whittle Award**  
(Most Outstanding Athlete)  
Cagan Campbell, Samford

**Most Outstanding Track Performer**  
Cagan Campbell, Samford

**Most Outstanding Field Performer**  
Keyandre Midgett, VMI

**Freshman of the Year**  
Rafe Clendenin, VMI

**Pinnacle Award**  
(highest GPA on championship-winning team)  
Ethan Womack, Samford

**Coach of the Year**  
Rod Tiffin, Samford

# 2024 WOMEN'S CHAMPIONSHIP

## Team Results

Pl.	Team	Points
1.	Samford	160.5
2.	Wofford	117
3.	Furman	92
4.	Western Carolina	83.66
5.	ETSU	70
6.	VMI	68.5
7.	Chattanooga	37
8.	The Citadel	30.33
9.	UNCG	3

### 60-meter dash

- Eleyah Armstrong, VMI..... 7.44
- Ella Tennant, WOF..... 7.57
- Madelaine McNinch, WOF..... 7.62
- Armani Blair, WCU..... 7.63
- Cyla Byrd, CIT..... 7.70
- Brianna Gayle, WCU..... 7.75
- Gabrielle Walker, ETSU..... 7.82
- Amiel Dabney, SAM..... 7.82

### 200-meter dash

- Jasmine Jefferson, WOF..... 24.13
- Madelaine McNinch, WOF..... 24.33
- Nytrinitey Jenkins, WCU..... 24.97
- Kelsey Martin, SAM..... 25.17
- Eleyah Armstrong, VMI..... 25.35
- Cymoria Thomas, WCU..... 25.54
- Cyla Byrd, CIT..... 25.57

### 400-meter dash

- Jasmine Jefferson, WOF..... 54.22
- Nytrinitey Jenkins, WCU..... 56.22
- Grace Lueders, SAM..... 57.24
- Ayden Drake, SAM..... 57.42
- Mikayla Turner, WCU..... 59.05
- Leah Butler, WCU..... 59.10
- Heaven Hall, VMI..... 59.12
- Kyndal Saunders, WCU..... 59.85

### 800-meter run

- Megan Marvin, FUR..... 2:08.85
- Katie Keller, SAM..... 2:09.02
- Camryn Wennersten, FUR..... 2:09.02
- Adeline Haisch, SAM..... 2:11.11
- Hannah Burkhart, ETSU..... 2:14.57
- Meg Lance, ETSU..... 2:15.12
- Callie Harper, FUR..... 2:16.67
- Ansley Archuletta, ETSU..... 2:24.10

### Mile run

- Abigail Robertson, FUR..... 4:47.56
- Nicole Matysik, FUR..... 4:49.47
- Harper McGowan, SAM..... 4:58.14
- Rebekah Howard, ETSU..... 4:59.97
- Maddie Wheatcroft, UTC..... 5:00.54
- Clair Garrett, FUR..... 5:01.68
- Katherine Vradenburgh, UTC..... 5:08.51
- Bonita Gray, ETSU..... 5:08.61

### 3,000-meter run

- Abigail Robertson, FUR..... 9:31.02
- Lesley Green, UTC..... 9:34.17
- Madelynne Cadeau, FUR..... 9:34.77
- Lillian Feingold, FUR..... 9:59.93
- Leah Boyd, UTC..... 10:11.85
- Victoria Sosa, UNCG..... 10:14.58
- Eddie Smith, SAM..... 10:17.07
- Andrea Ellis, UTC..... 10:51.60
- Michaela Dabney, UTC..... 11:34.58

### 5,000-meter run

- Sierra Bower, FUR..... 16:26.02
- Lesley Green, UTC..... 16:34.98
- Madelynne Cadeau, FUR..... 16:52.70
- Nicole Matysik, FUR..... 17:03.08
- Kiera Snyder, ETSU..... 17:22.55
- Josi Seering, ETSU..... 17:44.26
- Leah Boyd, UTC..... 17:48.48
- Eddie Smith, SAM..... 17:51.02

### 60-meter hurdles

- Amiel Dabney, SAM..... 8.57
- JaKayla Campbell, WOF..... 8.87
- Imani Boyd, WCU..... 8.96
- Olivia Bagg, WOF..... 9.04
- Shaneil Lysight, WCU..... 9.08
- Meg Coleman, SAM..... 9.17
- Ayden Drake, SAM..... 9.17
- Marga van der Linde, WOF..... 9.23

### Distance medley

- Furman..... 11:31.07
- Samford..... 11:45.49
- ETUS..... 12:01.09
- Chattanooga..... 12:12.68
- VMI..... 12:42.86
- Western Carolina..... 12:58.98
- The Citadel..... 13:03.97
- Wofford..... 13:12.33

### 4x400-meter relay

- Samford..... 3:50.18
- Western Carolina..... 3:54.42
- ETSU..... 3:55.96
- Wofford..... 3:58.26
- VMI..... 4:02.00
- Chattanooga..... 4:07.97
- The Citadel..... 4:09.31
- Furman..... 4:28.73

### High jump

- Imani Boyd, WCU..... 1.71m
- Maya Murchison, ETSU..... 1.61m
- Dorsey Parker, SAM..... 1.61m
- Savannah Schmidt, SAM..... 1.61m
- Grace Gamboa, SAM..... 1.61m
- Ava Cooper, WOF..... 1.61m
- Erin Long, SAM..... 1.61m
- Morgan Fraser, VMI..... 1.61m

### Long jump

- Eleyah Armstrong, VMI..... 6.05m
- Ellison Chadwick, SAM..... 5.92m
- Madelaine McNinch, WOF..... 5.76m
- Sherika Christie, WOF..... 5.71m
- Jasmine Greene, WCU..... 5.52m
- Olivia Bagg, WOF..... 5.44m
- Derica Currie, WCU..... 5.44m
- Eliza Ruch, ETSU..... 5.39m

### Triple jump

- Sherika Christie, WOF..... 12.38m
- Tya Blake, ETSU..... 11.68m
- Kiersten Bell, SAM..... 11.67m
- Jasmine Greene, WCU..... 11.61m
- Julie Freitas, VMI..... 11.57m
- Derica Currie, WCU..... 11.50m
- Erica O'Neal, WCU..... 10.78m
- Kendal Hudson, WCU..... 10.45m

### Shot put

- Ellie Sawicki, WOF..... 13.66m
- Jenna Kirkland, VMI..... 12.92m
- Karmen Williams, CIT..... 12.84m
- Diamond Baker, VMI..... 12.50m
- Hanna Pettyjohn, SAM..... 12.48m
- Hannah Daffine, SAM..... 12.41m
- Anna Moore, ETSU..... 12.27m
- Sherika Christie, WOF..... 11.57m

### Weight throw

- Hannah Daffin, SAM..... 17.87m
- Emily Danielson, CIT..... 16.58m
- Karmen Williams, CIT..... 16.00m
- Jenna Kirkland, VMI..... 15.00m
- Aaryanna Billingsley, ETSU..... 14.99m
- Emma Nolte, SAM..... 14.90m
- Toria Roundtree, WCU..... 14.34m
- Anna Moore, ETSU..... 14.13m

### Pole vault

- Taylor Hill, VMI..... 3.82m
- Diana Romero-Barba, ETSU..... 3.67m
- Libby Jackson, SAM..... 3.67m
- Alexis Cook, SAM..... 3.52m
- Antonina Tereshenko, SAM..... 3.52m
- Kaelyn McCann, SAM..... 3.37m
- Hanna Pettyjohn, SAM..... 3.37m
- Bella Hilleary, WCU..... 3.22m
- Emily Hickey, CIT..... 3.22m
- Jennifer Wagner, WCU..... 3.22m

### Pentathlon

- Sherika Christie, WOF..... 3,641
- Olivia Bagg, WOF..... 3,593
- Erin Long, SAM..... 3,438
- Hanna Pettyjohn, SAM..... 3,411
- Kiersten Bell, SAM..... 3,402
- Brianna Baker, ETSU..... 3,311
- Savanna Schmidt, SAM..... 3,236
- Shea Hart, VMI..... 3,119

## Individual Awards

### Most Outstanding Athlete

Sherika Christie, Wofford

### Most Outstanding Track Performer

Jasmine Jefferson, Wofford

### Most Outstanding Field Performer

Sherika Christie, Wofford

### Freshman of the Year

Sherika Christie, Wofford

### Pinnacle Award (highest GPA on championship-winning team)

Grace Lueders, Samford

### Coach of the Year

Johnny Bomar, Wofford

# 2023 MEN'S CHAMPIONSHIP

## Team Results

Pl.	Team	Points
1.	Samford	174.5
2.	Western Carolina	122.33
3.	ETSU	102.5
4.	VMI	96.33
5.	Furman	86
6.	The Citadel	41.33
7.	Wofford	34
8.	UNCG	4

### 60-meter dash

1.	William Malcolm, SAM	6.84
	Cagan Campbell, SAM	6.84
3.	Evan Brooks, SAM	6.85
4.	Dohnavon Hunt, WCU	6.87
5.	O'Rell Fisher, WOF	6.89
6.	David Miles, WCU	6.91
7.	Skyler Woodard, WCU	6.96
8.	Deshawn Fletcher, ETSU	6.96

### 200-meter dash

1.	Cagan Campbell, SAM	21.58
2.	Dohnavon Hunt, WCU	21.60
3.	Evan Brooks, SAM	21.64
4.	Cameron Dalton, WOF	21.73
5.	David Miles, WCU	21.88
6.	Teddy Ayden, WCU	22.03
7.	Noah Straley, WCU	22.50
8.	Michael Harris, WCU	22.73

### 400-meter dash

1.	Michael Harris, WCU	47.87
2.	Nick Brown, VMI	48.25
3.	Cagan Campbell, SAM	48.54
4.	Kane Duncan, CIT	49.48
5.	Matthew Grigg, SAM	49.55
6.	Xander Topos, VMI	49.95
7.	Richard Edwards, VMI	50.01
8.	Treonte Newton, CIT	50.16

### 800-meter run

1.	Phelani Maduwa, ETSU	1:50.12
2.	Miguel Parrilla, ETSU	1:50.52
3.	Trent Whittaker, VMI	1:52.94
4.	Josh Krafzur, ETSU	1:53.21
5.	John Davis, WCU	1:53.33
6.	Henry Stecher, WCU	1:53.46
7.	Conner Overly, ETSU	1:56.67
8.	Nick Epstein, FUR	1:58.74

### Mile run

1.	Carson Williams, FUR	4:05.67
2.	Josh Krafzur, ETSU	4:08.27
3.	Evan Guzman, ETSU	4:08.92
4.	Myles Stoots, ETSU	4:09.80
5.	David Ahlmeyer, FUR	4:09.81
6.	Josh Powers, FUR	4:12.79
7.	Nathan Hillis, ETSU	4:13.55
8.	Mac Roberts, FUR	4:14.10

### 3,000-meter run

1.	Carson Williams, FUR	8:22.51
2.	Brayden Hamblen, ETSU	8:24.08
3.	Adam Beucler, FUR	8:26.09
4.	Evan Guzman, ETSU	8:27.50
5.	Josh Powers, FUR	8:34.75
6.	Nicholas Goldstein, FUR	8:35.99
7.	Luke Taylor, FUR	8:37.58
8.	Will Mitchell, WCU	8:38.62

### 5,000-meter run

1.	Dylan Schubert, FUR	13:54.58
2.	Adam Beucler, FUR	14:15.35
3.	Brayden Hamblen, ETSU	14:22.30
4.	David Ahlmeyer, FUR	14:34.04
5.	Dylan Christopher, UNCG	14:38.70
6.	Nicholas Goldstein, FUR	14:43.55
7.	Evan Guzman, ETSU	14:50.45
8.	Xian Campbell, ETSU	14:59.00

### 60-meter hurdles

1.	Titus Moore, SAM	7.79
2.	Keyandre Midgett, VMI	8.18
3.	Liam McBride, VMI	8.20
4.	Landon Wright, SAM	8.22
5.	Jonah Dill, FUR	8.42
6.	Claude Campbell, SAM	8.43
7.	Grant Witherspoon, WOF	8.53
8.	Xander Topos, VMI	8.68

### Distance medley

1.	Furman	9:56.28
2.	ETSU	10:02.88
3.	The Citadel	10:08.97
4.	VMI	10:12.85
5.	Samford	10:17.34
6.	Western Carolina	10:13.09
7.	Wofford	11:08.21

### 4x400-meter relay

1.	Western Carolina	3:17.80
2.	VMI	3:18.04
3.	Samford	3:18.13
4.	ETSU	3:19.75
5.	Wofford	3:20.33
6.	The Citadel	3:20.98
7.	Furman	3:30.85

### High jump

1.	Tanner Henry, WOF	2.05m
2.	Malachi Tomas, ETSU	2.00m
3.	Stephen Kraeling, CIT	2.00m
4.	Javell Brown, WCU	1.90m
5.	Prince Moody, CIT	1.90m
6.	Bryce Williamson, SAM	1.85m
7.	Edric Wenhold, SAM	1.80m
8.	Charles Male, VMI	1.75m
	Javon Brown, WCU	1.75m
	Jack Mulvey, CIT	1.75m

### Long jump

1.	Ty Kimberlin, SAM	7.44m
2.	Keyandre Midgett, VMI	7.29m
3.	Tyler Rodriguez, WCU	7.18m
4.	Noah Straley, WCU	7.08m
5.	Dohnavon Hunt, WCU	7.06m
6.	Edwin Rainey, SAM	6.89m
7.	Javon Brown, WCU	6.86m
8.	Claude Campbell, SAM	6.84m

### Triple jump

1.	Keyandre Midgett, VMI	15.24m
2.	Javon Brown, WCU	15.08m
3.	Javell Brown, WCU	14.90m
4.	Edwin Rainey, SAM	14.67m
5.	Ian Jones, SAM	14.62m
6.	Tyler Rodriguez, WCU	14.04m
7.	Christopher Sheppard, WOF	13.48m
8.	Charles Male, VMI	13.35m

### Shot put

1.	Riley Center, WCU	14.44m
2.	Johnerio Holt, SAM	14.30m
3.	Logan Wagner, ETSU	14.29m
4.	Eli Penix, SAM	14.26m
5.	Solomon Ghosh, CIT	14.06m
6.	Herbert Brooks, VMI	13.89m
7.	Hunter Davis, VMI	13.89m
8.	Marshall Gainer, SAM	13.86m

### Weight throw

1.	Andrew Granger, VMI	16.78m
2.	Reggie Reynolds, CIT	16.72m
3.	Herbert Brooks, VMI	16.68m
4.	Jacob Thomas, WCU	15.86m
5.	Solomon Ghosh, CIT	14.43m
6.	Riley Center, WCU	14.33m
7.	Marshall Gainer, SAM	14.02m
8.	Jalen Belton, WOF	13.68m

### Pole vault

1.	Walker Smith, SAM	4.65m
2.	Carter Ellis, SAM	4.65m
3.	Jonathan Lehe, WCU	4.50m
4.	Stephen Munson, VMI	4.50m
5.	Ethan Fulford, ETSU	4.35m
	Landon Wright, SAM	4.35m
7.	Damian Hines, SAM	4.05m
8.	Sebastian LaTorre, WOF	4.05m

### Heptathlon

1.	Ty Kimberlin, SAM	5,442
2.	Landon Wright, SAM	5,129
3.	Damian Hines, SAM	4,787
4.	Bryce Williamson, SAM	4,663
5.	Kevin Linko, VMI	4,472
6.	Ethan Fulford, ETSU	4,464
7.	Zion Bennett, WOF	4,160
8.	Sebastian LaTorre, WOF	4,029

## Individual Awards

**Heath Whittle Award**  
(Most Outstanding Athlete)  
Keyandre Midgett, VMI

**Most Outstanding Track Performer**  
Cagan Campbell, Samford

**Most Outstanding Field Performer**  
Keyandre Midgett, VMI

**Freshman of the Year**  
Dohnavon Hunt, Western Carolina

**Pinnacle Award**  
(highest GPA on championship-winning team)  
Jeb Jones, Samford

**Coach of the Year**  
Rod Tiffin, Samford

# 2023 WOMEN'S CHAMPIONSHIP

## Team Results

Pl.	Team	Points
1.	Samford	183.33
2.	Wofford	120
3.	ETSU	84
T4.	Furman	82
	Western Carolina	82
6.	The Citadel	49.33
7.	VMI	38.33
8.	Chattanooga	20
9.	UNCG	3

### 60-meter dash

1. Eleyah Armstrong, VMI	7.56
2. Mecca Jackson, CIT	7.63
3. Madeline McNinch, WOF	7.66
4. Ella Tennant, WOF	7.71
5. Zeniyah Lawrence, CIT	7.72
6. Kaitlyn Cole, SAM	7.88
7. Georgia McDevitt, WOF	7.93
-- SeMore Green, VMI	FS

### 200-meter dash

1. Madeline McNinch, WOF	24.70
2. Mecca Jackson, CIT	24.71
3. Nytrinitey Jenkins, WCU	24.82
4. Jasmine Jefferson, WOF	25.01
5. Mekyll Robinson, WCU	25.23
6. Kelsey Martin, SAM	25.29
7. Amiel Dabney, SAM	25.87
8. Zeniyah Lawrence, CIT	26.19

### 400-meter dash

1. Jasmine Jefferson, WOF	56.16
2. Kaitlyn Cole, SAM	56.94
3. Grace Lueders, SAM	57.14
4. Nytrinitey Jenkins, WCU	57.22
5. Mekyll Robinson, WCU	57.54
6. Cutler, SR WOF	57.75
7. Heaven Hall, VMI	58.41
8. Ayden Drake, SAM	59.32

### 800-meter run

1. Megan Marvin, FUR	2:06.25
2. Jessica Lord, ETSU	2:08.87
3. Katie Strozier, SAM	2:09.64
4. Genevieve Schwarz, ETSU	2:13.02
5. Julia Karsten, ETSU	2:15.27
6. Reagan O'Quinn, UNCG	2:16.73
7. Gretal Shank, VMI	2:18.45
8. Callie Harper, FUR	2:19.08

### Mile run

1. Genevieve Schwarz, ETSU	4:46.22
2. Kaylie Armitage, FUR	4:47.28
3. McKenzie Hogue, SAM	4:50.19
4. Camryn Wennersten, FUR	4:55.39
5. Chanelle Kruger, ETSU	4:56.51
6. Maddie Wheatcroft, UTC	4:57.30
7. Harper McGowan, SAM	5:03.49
8. Rebekah Howard, ETSU	5:04.99

### 3,000-meter run

1. Abigail Robertson, FUR	9:26.48
2. Kiera Snyder, ETSU	9:34.01
3. Lesley Green, UTC	9:36.79
4. Jenna Mulhern, FUR	9:36.97
5. Chanelle Kruger, ETSU	9:40.69
6. Kate Mattison, WCU	9:41.69
7. Carly Wilkes, FUR	9:46.28
8. Sierra Bower, FUR	9:50.13

### 5,000-meter run

1. Abigail Robertson, FUR	16:23.42
2. Jenna Mulhern, FUR	16:36.47
3. Lesley Green, UTC	16:47.30
4. Kate Mattison, WCU	16:52.09
5. Sierra Bower, FUR	17:02.87
6. Carly Wilkes, FUR	17:04.22
7. Kiera Snyder, ETSU	17:06.28
8. Emma Russum, UTC	17:27.47

### 60-meter hurdles

1. Kerrington Johnson, WOF	8.53
2. Dami Shodeinde, WCU	8.57
3. Amiel Dabney, SAM	8.62
4. Netanya Linares, WOF	8.72
5. Imani Boyd, WCU	8.75
6. Riley Alexander, SAM	8.86
7. Meg Coleman, SAM	9.04
8. Shaneil Lysight, WCU	9.12

### Distance medley

1. Furman	11:25.60
2. Samford	11:51.44
3. ETSU	12:03.93
4. Western Carolina	12:23.42
5. The Citadel	12:28.41
6. Chattanooga	12:37.08
7. Wofford	12:38.83
8. VMI	13:26.33

### 4x400-meter relay

1. Western Carolina	3:50.26
2. Samford	3:50.59
3. ETSU	3:52.80
4. Furman	3:54.68
5. Wofford	3:55.34
6. VMI	4:05.16
7. The Citadel	4:08.30
8. Chattanooga	4:10.94

### High jump

1. Dorsey Parker, SAM	1.68m
2. Grace Gamboa, SAM	1.68m
3. Erin Long, SAM	1.63m
4. Netanya Linares, WOF	1.63m
5. Imani Boyd, WCU	1.58m
6. Jaclyn Wright, ETSU	1.58m
7. Savannah Schmidt, SAM	1.53m
Hannah Pettyjohn, SAM	1.53m

### Long jump

1. Eleyah Armstrong, VMI	5.86m
2. Georgia McDevitt, WOF	5.82m
3. Madeline McNinch, WOF	5.74m
4. Rylee Jorgensen, WOF	5.74m
5. Netanya Linares, WOF	5.60m
6. Tya Blake, ETSU	5.44m
7. Kelsey Martin, SAM	5.40m
8. Molly Rhudy, ETSU	5.39m

### Triple jump

1. Tya Blake, ETSU	11.68m
2. Derica Currie, WCU	11.66m
3. Jasmine Greene, WCU	11.49m
4. Rylee Jorgensen, WOF	11.47m
5. Erica O'Neal, WCU	11.07m
6. Grace Gamboa, SAM	10.97m
7. Kelsey Martin, SAM	10.72m
8. Anaya Young, ETSU	9.98m

### Shot put

1. Hannah Daffin, SAM	14.21m
2. Tatiana Corso, CIT	12.99m
3. Emma Nolte, SAM	12.38m
4. Ellie Sawicki, WOF	11.77m
5. Erin Long, SAM	11.64m
6. Anna Moore, ETUS	11.54m
7. Savanah Schmidt, SAM	11.30m
8. Jenna Kirkland, VMI	11.01m

### Weight throw

1. Hannah Daffin, SAM	18.37m
2. Tatiana Corso, CIT	14.50m
3. Emma Nolte, SAM	14.42m
4. Dani Emmen, WOF	14.30m
5. Anna Moore, ETSU	14.16m
6. Toria Roundtree, WCU	13.95m
7. Jenna Kirkland, VMI	13.68m
8. Alyssa Ceja-Pena, ETSU	13.39m

### Pole vault

1. Brittany Bishop, SAM	3.70m
2. Kaelyn McCann, SAM	3.55m
Blythe Hehmeyer, CIT	3.55m
Taylor Hill, VMI	3.55m
5. Lindsey Havens, SAM	3.55m
6. Riley Alexander, SAM	3.40m
7. Sydney Gallant, WCU	3.40m
8. Alexis Cook, SAM	3.40m

### Pentathlon

1. Netanya Linares, WOF	3,795
2. Erin Long, SAM	3,294
3. Hannah Pettyjohn, SAM	3,226
4. Rashni Walker, SAM	3,198
5. Savannah Schmidt, SAM	3,100
6. Olivia Bagg, WOF	3,074
7. Marga Van Der Linde, WOF	3,069
8. Shea Hart, VMI	2,930

## Individual Awards

### Most Outstanding Athlete

Netanya Linares, Wofford

### Most Outstanding Track Performer

Abigail Robertson, Furman

### Most Outstanding Field Performer

Hannah Daffin, Samford

### Freshman of the Year

Jenna Mulhern, Furman

### Pinnacle Award

(highest GPA on championship-winning team)

Erin Long, Samford

### Coach of the Year

Rod Tiffin, Samford

# 2022 MEN'S CHAMPIONSHIP

## Team Results

Pl.	Team	Points
1.	Samford	206.5
2.	Western Carolina	117
3.	VMI	90
4.	Furman	84
5.	ETSU	74
6.	The Citadel	48.5
7.	Wofford	38
8.	UNCG	2

### 60-meter dash

1.	Jordin Poindexter, VMI	6.74
2.	Evan Brooks, SAM	6.81
3.	Cagan Campbell, WOF	6.93
4.	Tyke Tabor, SAM	6.94
5.	David Miles, WCU	6.95
6.	Nolan Johnson, ETSU	7.01
7.	Jaylan Adams, CIT	7.12
8.	Tyler Manigault, WCU	7.14

### 200-meter dash

1.	Jordin Poindexter, VMI	21.41
2.	Evan Brooks, SAM	21.50
3.	David Miles, WCU	21.67
4.	Cagan Campbell, WOF	21.75
5.	Marcus Brown, WCU	21.91
6.	Jeremiah Wilks, VMI	22.23
7.	Michael Harris, WCU	22.46
8.	Tyler Manigault, WCU	26.42

### 400-meter dash

1.	Conor Murphy, WOF	48.24
2.	Johnnie Walker, VMI	48.44
3.	Matthew Grigg, SAM	48.72
4.	Michael Harris, WCU	48.87
5.	Elijah Bull, WOF	49.64
6.	Treonte Newton, CIT	49.77
7.	Jake Diggs, SAM	49.89
8.	Michael McMahan, SAM	49.92

### 800-meter run

1.	Trent Whittaker, VMI	1:51.02
2.	Miguel Parrilla, ETSU	1:51.18
3.	Phelani Maduwa, ETSU	1:51.45
4.	Jose Peñalver, SAM	1:53.00
5.	Josh Krafusur, ETSU	1:54.21
6.	Harrison Siegel, SAM	1:55.19
7.	Caleb Scheffler, SAM	1:56.55
–	Matthew Smith, FUR	DNF

### Mile run

1.	Cameron Ponder, FUR	3:59.75
2.	Aaron Wier, FUR	4:04.98
3.	Matthew Scarr, ETSU	4:06.12
4.	Evan Guzman, ETSU	4:07.73
5.	Gavin Jenkins, VMI	4:08.14
6.	Myles Stoots, ETSU	4:10.09
7.	Ben Garner, SAM	4:12.10
8.	Mac Roberts, FUR	4:12.98

### 3,000-meter run

1.	Carson Williams, FUR	8:02.87
2.	Adam Bradtmueller, ETSU	8:05.64
3.	Dylan Schubert, FUR	8:11.00
4.	Noah Dolhare, FUR	8:11.65
5.	Justin Hayes, WCU	8:18.87
6.	Adam Beucler, FUR	8:21.88
7.	Foster Wilfong, FUR	8:23.31
8.	Ben Garner, SAM	8:23.33

### 5,000-meter run

1.	Adam Bradtmueller, ETSU	14:08.18
2.	Schubert, FR FUR	14:10.92
3.	Carson Williams, FUR	14:22.30
4.	Noah Dolhare, FUR	14:23.69
5.	Adam Beucler, FUR	14:29.82
6.	Justin Hayes, WCU	14:41.96
7.	Michael Zapherson, UNCG	14:46.12
8.	Myles Stoots, ETSU	14:50.38

### 60-meter hurdles

1.	Michael McMahan, SAM	8.12
2.	Landon Wright, SAM	8.19
3.	Keyandre Midgett, VMI	8.27
4.	Kaleb Ambrose, WCU	8.30
5.	Jonah Dill, FUR	8.50
6.	Topos, VMI	8.70
7.	Grant Witherspoon, WOF	8.75
8.	Elijah Bull, WOF	8.81

### Distance medley

1.	ETSU	9:51.15
2.	Furman	9:59.00
3.	VMI	10:07.81
4.	The Citadel	10:14.11
5.	Samford	10:26.88
6.	Western Carolina	10:26.91
7.	Wofford	11:11.84

### 4x400-meter relay

1.	VMI	3:17.13
2.	Samford	3:17.89
3.	Western Carolina	3:18.46
4.	Wofford	3:18.83
5.	The Citadel	3:22.93
6.	ETSU	3:24.54
7.	Furman	3:29.33

### High jump

1.	Justin Stuckey, SAM	2.10m
2.	Stephen Kraeling, CIT	2.00m
3.	Brandon Harvey, WCU	1.95m
4.	Matt Cahoon, SAM	1.95m
	Augustine Morgan, SAM	1.95m
6.	Prince Moody, CIT	1.95m
7.	Edric Wenhold, SAM	1.90m
8.	Khadevis Snead, WCU	1.85m

### Long jump

1.	Javell Brown, WCU	7.32m
2.	Ty Kimberlin, SAM	7.22m
3.	Tyler Rodriguez, WCU	7.22m
4.	Javon Brown, WCU	7.00m
5.	Edwin Rainey, SAM	6.97m
6.	Charles Male, VMI	6.89m
7.	Brandon Harvey, WCU	6.81m
8.	Damian Hines, SAM	6.74m

### Triple jump

1.	Javell Brown, WCU	15.46m
2.	Edwin Rainey, SAM	14.66m
3.	Javon Brown, WCU	14.54m
4.	Keyandre Midgett, VMI	14.32m
5.	Ian Jones, SAM	14.21m
6.	Tyler Rodriguez, WCU	13.72m
7.	Evin McEntee, FUR	13.63m
8.	Owen Barr, WCU	13.56m

### Shot put

1.	Seth Wolfe, SAM	15.62m
2.	Ryan Eldridge, WCU	15.41m
3.	Matt Cahoon, SAM	15.40m
4.	Prince Howard-Whitaker, CIT	14.89m
5.	Solomon Ghosh, VMI	14.82m
6.	Adam Hart, WCU	14.40m
7.	Marshall Gainer, SAM	13.77m
8.	Riley Center, WCU	13.43m

### Weight throw

1.	Seth Wolfe, SAM	19.71m
2.	Matt Cahoon, SAM	17.50m
3.	Prince Howard-Whitaker, CIT	16.07m
4.	Andrew Granger, VMI	15.48m
5.	Noah Shelton, ETSU	15.24m
6.	Zach Fejeran, ETSU	15.04m
7.	Reggie Reynolds, CIT	14.89m
8.	Adam Hart, WCU	14.75m

### Pole vault

1.	Jed Sisco, SAM	5.20m
2.	Sam Blumer, CIT	4.75m
3.	Charles Cooley, WCU	4.60m
4.	Walker Smith, SAM	4.60m
5.	Thomas Martin, WCU	4.45m
6.	Devin Merrick, CIT	4.45m
	Stockton McGuire, SAM	4.45m
8.	Landon Wright, SAM	4.45m

### Heptathlon

1.	Ty Kimberlin, SAM	5,395
2.	Stockton McGuire, SAM	4,842
3.	McCray Kelton, SAM	4,748
4.	Bryce Williamson, SAM	4,605
5.	Damian Hines, SAM	4,520
6.	Isaiah Blount, VMI	4,348
7.	Sebastian LaTorre, WOF	4,234
8.	Ben Kendall, WOF	4,226

## Individual Awards

**Heath Whittle Award**  
**(Most Outstanding Athlete)**  
Jordin Poindexter, VMI

**Most Outstanding Track Performer**  
Jordin Poindexter, VMI

**Most Outstanding Field Performer**  
Javell Brown, Western Carolina

**Freshman of the Year**  
Justin Hayes, Western Carolina

**Pinnacle Award**  
**(highest GPA on championship-winning team)**  
Harrison Siegel, Samford

**Coach of the Year**  
Rod Tiffin, Samford



# 2022 WOMEN'S CHAMPIONSHIP

## Team Results

Pl.	Team	Points
1.	Samford	161.5
2.	ETSU	146.5
3.	Western Carolina	107.5
4.	Wofford	104
5.	Furman	92
6.	VMI	20.5
7.	The Citadel	19
8.	Chattanooga	10
9.	UNCG	2

### 60-meter dash

1.	Nicole Johnson, ETSU	7.52
2.	Makaila McIntyre, WCU	7.55
3.	Madeline McNinch, WOF	7.70
	Mekayla Brown, ETSU	7.70
5.	Eleyah Armstrong, VMI	7.73
	Destiny Shippy, WOF	7.73
7.	Lanaya Martin, ETSU	7.77
8.	Ingrid Joseph, VMI	7.79

### 200-meter dash

1.	Madeline McNinch, WOF	24.52
2.	Mekyll Robinson, WCU	24.67
3.	Nicole Johnson, ETSU	24.74
4.	Destiny Shippy, WOF	25.28
5.	Ingrid Joseph, VMI	25.44
6.	Amiel Dabney, SAM	25.54
7.	Marissa Blakely, WCU	25.57
8.	Jasmine Jefferson, WOF	25.66

### 400-meter dash

1.	Mekyll Robinson, WCU	56.72
2.	Jasmine Jefferson, WOF	57.00
3.	Lindsay Cooper, ETSU	57.22
4.	Marissa Blakely, WCU	57.63
5.	Hannah Burkhart, ETSU	57.96
6.	Kaitlyn Cole, SAM	58.12
7.	Vada Samuels, SAM	58.16
8.	Nytrinitey Jenkins, WCU	58.26

### 800-meter run

1.	Megan Marvin, FUR	2:05.68
2.	Katie Strozier, SAM	2:11.75
3.	Jessica Lord, ETSU	2:11.97
4.	Julia Karsten, ETSU	2:14.33
5.	Genevieve Schwarz, ETSU	2:14.75
6.	Callie Harper, FUR	2:18.62
7.	Rebekah Howard, ETSU	2:19.73
8.	Emmy Davis, UTC	2:19.87

### Mile run

1.	Genevieve Schwarz, ETSU	4:51.72
2.	Bethany Graham, FUR	4:52.68
3.	McKenzie Hogue, SAM	4:55.79
4.	Meghan Ford, FUR	4:57.07
5.	Kate Mattison, WCU	4:59.49
6.	Nicole Matysik, FUR	5:07.23
7.	Ariana Garcia, UNCG	5:07.89
8.	Makayla Shaw, ETSU	5:11.51

### 3,000-meter run

1.	Madelynn Cadeau, FUR	9:36.26
2.	Lindsey Stallworth, ETSU	9:37.49
3.	Emily Little, FUR	9:45.80
4.	Sierra Bower, FUR	9:48.30
5.	Meghan Ford, FUR	9:50.66
6.	Kate Mattison, WCU	9:52.61
7.	Allie Nelson, SAM	9:57.19
8.	Kiera Snyder, ETSU	10:02.51

### 5,000-meter run

1.	Madelynn Cadeau, FUR	16:43.03
2.	Lindsey Stallworth, ETSU	16:43.63
3.	Emily Little, FUR	16:47.81
4.	Bethany Graham, FUR	16:55.07
5.	Sierra Bower, FUR	17:10.34
6.	Kate Mattison, WCU	17:23.51
7.	Justine Glass, UTC	17:25.10
8.	Lesley Green, UTC	17:36.67

### 60-meter hurdles

1.	Kerrington Johnson, WOF	8.48
2.	Destiny Shippy, WOF	8.55
3.	Lindsay Cooper, ETSU	8.71
4.	Amiel Dabney, SAM	8.82
5.	Dami Shodeinde, WCU	8.86
6.	Riley Alexander, SAM	8.98
7.	Jaciya Guthrie, ETSU	8.99
8.	Mallory Lowe, WCU	9.04

### Distance medley

1.	Furman	11:31.56
2.	Samford	12:21.15
3.	ETSU	12:26.61
4.	Chattanooga	12:40.22
5.	Wofford	12:47.22
6.	Western Carolina	12:50.86
7.	VMI	13:00.36
8.	The Citadel	13:24.00

### 4x400-meter relay

1.	ETSU	3:53.96
2.	Western Carolina	3:54.24
3.	Wofford	3:55.58
4.	Samford	3:58.12
5.	VMI	4:02.07
6.	Furman	4:05.41
7.	The Citadel	4:06.17
8.	Chattanooga	4:18.86

### High jump

1.	Netanya Linares, WOF	1.64m
2.	Savanah Schmidt, SAM	1.64m
3.	Makenzie Hooton, SAM	1.59m
4.	Mia Milasinovic, SAM	1.59m
5.	Marissa Blakely, WCU	1.59m
6.	Erin Long, SAM	1.54m
7.	Jaclyn Wright, ETSU	1.54m
8.	Omara McBride, WCU	1.49m

### Long jump

1.	Makaila McIntyre, WCU	5.88m
2.	Madeline McNinch, WOF	5.79m
3.	Mekayla Brown, ETSU	5.75m
4.	Eleyah Armstrong, VMI	5.72m
5.	Georgia McDevitt, WOF	5.64m
6.	Rylee Jorgensen, WOF	5.61m
7.	Destiny Shippy, WOF	5.43m
8.	Omara McBride, WCU	5.34m

### Triple jump

1.	Makaila McIntyre, WCU	12.32m
2.	Morayo Bhadmos, SAM	11.94m
3.	Mekayla Brown, ETSU	11.74m
4.	Omara McBride, WCU	11.69m
5.	Tya Blake, ETSU	11.49m
6.	Derica Currie, WCU	11.39m
7.	Kelsey Martin, SAM	11.33m
8.	Rylee Jorgensen, WOF	11.21m

### Shot put

1.	Carisma Holland, CIT	14.23m
2.	Hannah Daffin, SAM	13.63m
3.	Emma Nolte, SAM	13.14m
4.	Symphony Buxton, ETSU	13.05m
5.	Victoria Solheim, WCU	13.04m
6.	Alex Webb, SAM	12.51m
7.	Tatiana Corso, CIT	12.29m
8.	Ellie Miller, VMI	11.52m

### Weight throw

1.	Hannah Daffin, SAM	18.61m
2.	Symphony Buxton, ETSU	17.62m
3.	Victoria Solheim, WCU	15.77m
4.	Alyssa Ceja-Pena, ETSU	15.63m
5.	Emma Nolte, SAM	15.28m
6.	Jenna Reid, WOF	14.98m
7.	Tatiana Corso, CIT	14.96m
8.	Mary Brown, ETSU	14.92m

### Pole vault

1.	Brittany Bishop, SAM	4.06m
2.	Alexis Cook, SAM	3.65m
	Jackie Barnes, SAM	3.65m
4.	Riley Alexander, SAM	3.65m
5.	Kaelyn McCann, SAM	3.35m
	Carter Unger, WCU	3.35m
7.	Emily Hickey, CIT	3.35m
8.	Netanya Linares, WOF	3.35m

### Pentathlon

1.	Netanya Linares, WOF	3,673
2.	Mia Milasinovic, SAM	3,626
3.	Erin Long, SAM	3,291
4.	Savanah Schmidt, SAM	3,152
5.	Jaclyn Wright, ETSU	3,078
6.	Britney Griffith, ETSU	2,989
7.	Caroline Huff, SAM	2,985
8.	Marga Van Der Linde, WOF	2,735

## Individual Awards

### Most Outstanding Athlete

Makaila McIntyre, Western Carolina

### Most Outstanding Track Performer

Madelynn Cadeau, Furman

### Most Outstanding Field Performer

Netanya Linares, Wofford

### Freshman of the Year

Sierra Bower, Furman

### Pinnacle Award

(highest GPA on championship-winning team)

Erin Long, Samford

### Coach of the Year

Rod Tiffin, Samford

# 2021 MEN'S CHAMPIONSHIP

## Team Results

Pl.	Team	Points
1.	Samford	191
2.	Western Carolina	129
3.	Furman	118
4.	VMI	66
5.	Wofford	55
6.	ETSU	51.5
7.	The Citadel	45.5
8.	UNCG	7

### 60-meter dash

1. Evan Brooks, SAM	6.80
2. Jordin Poindexter, VMI	6.92
3. Timiebi Ogobri, CIT	6.95
4. David Miles, WCU	6.96
5. Titus Moore, SAM	7.05
6. Bai Kamara, WOF	7.10
7. Shon Pratcher, WCU	7.11
8. Tyler Manigault, WCU	7.12

### 200-meter dash

1. Evan Brooks, SAM	21.50
2. David Miles, WCU	21.81
3. Jordin Poindexter, VMI	21.95
4. Shon Pratcher, WCU	22.08
5. Tyler Manigault, WCU	22.29
6. Zeante Smith, WCU	22.33
7. Samuel Larkin III, WOF	22.46
8. Jonathan Gray, VMI	22.53

### 400-meter dash

1. Michael McMahan, SAM	48.68
2. Johnnie Walker, VMI	49.28
3. Conor Murphy, WOF	49.50
4. Zeante Smith, WCU	49.73
5. Elijah Bull, WOF	49.77
6. Jonathan Gray, VMI	49.94
7. Kane Duncan, CIT	50.08
8. Jake Diggs, SAM	50.34

### 800-meter run

1. Jose Peñalver, SAM	1:49.77
2. Cameron Ponder, FUR	1:50.86
3. Phelani Maduwa, ETSU	1:51.92
4. Miguel Parrilla, ETSU	1:51.93
5. Aaron Wier, FUR	1:53.36
6. Nick Epstein, FUR	1:53.95
7. Gavin Jenkins, VMI	1:54.24
8. Trent Whittaker, VMI	2:00.15

### Mile run

1. Cameron Ponder, FUR	4:02.62
2. Aaron Wier, FUR	4:03.14
3. Jake Ogden, FUR	4:07.47
4. Carson Williams, FUR	4:08.39
5. Daniel Bernal, FUR	4:09.11
6. Matt Scarr, ETSU	4:11.78
7. Evan Guzman, ETSU	4:13.63
8. Mason Coppi, FUR	4:14.53

### 3,000-meter run

1. Matt Scarr, ETSU	8:24.38
2. Noah Dolhare, FUR	8:27.77
3. Mason Coppi, FUR	8:29.58
4. Adam Beucler, FUR	8:31.26
5. Jake Ogden, FUR	8:32.34
6. Ares Reading, FUR	8:34.09
7. Ben Garner, SAM	8:34.96
8. Dylan Christopher, UNCG	8:41.42

### 5,000-meter run

1. Adam Beucler, FUR	14:20.86
2. Ares Reading, FUR	14:23.55
3. Daniel Bernal, FUR	14:25.44
4. Matt Scarr, ETSU	14:27.04
5. Dylan Schubert, FUR	14:27.86
6. Trent Mandato, FUR	14:39.74
7. Ben Garner, SAM	14:51.06
8. Andrew Hammel, FUR	14:56.48

### 60-meter hurdles

1. Titus Moore, SAM	7.93
2. Michael McMahan, SAM	8.09
3. Jack McHugh, SAM	8.10
4. Isaiah Ellis, WOF	8.10
5. Kaleb Ambrose, WCU	8.34
6. Kameron Walsh, ETSU	8.43
7. Landon Wright, SAM	8.50
8. Keyandre Midgett, VMI	8.60

### Distance medley

1. Furman	10:08.90
2. Samford	10:11.39
3. ETSU	10:15.67
4. VMI	10:23.57
5. UNCG	10:27.46
6. Western Carolina	10:28.84
7. The Citadel	10:35.60
8. Wofford	10:55.81

### 4x400-meter relay

1. VMI	3:19.18
2. Wofford	3:19.42
3. The Citadel	3:20.04
4. ETSU	3:20.85
5. Western Carolina	3:21.81
6. Samford	3:21.97
7. UNCG	3:28.80
8. Furman	3:29.26

### High jump

1. Justin Stuckey, SAM	2.17m
2. Matt Cahoon, SAM	2.05m
3. Tanner Henry, WOF	2.00m
4. Louis Brogan, SAM	1.95m
5. Brandon Harvey, WCU	1.90m
6. Augustine Morgan, SAM	1.90m
7. Khadevis Snead, WCU	1.90m
Malachi Thomas, ETSU	1.90m

### Long jump

1. Shon Pratcher, WCU	7.25m
2. Ty Kimberlin, SAM	7.23m
3. Justin Stuckey, SAM	7.15m
4. Brandon Harvey, WCU	7.14m
5. Tyler Rodriguez, WCU	7.06m
6. Tanner Henry, WOF	6.95m
7. Christopher Sheppard, WOF	6.89m
8. Edwin Rainey, SAM	6.83m

### Triple jump

1. Keyandre Midgett, VMI	14.53m
2. Edwin Rainey, SAM	14.40m
3. Jayden Napier, VMI	14.16m
4. Shon Pratcher, WCU	13.80m
5. Tyler Rodriguez, WCU	13.72m
6. Christopher Sheppard, WOF	13.67m
7. Noah Osborne, SAM	13.59m
8. Brandon Harvey, WCU	13.46m

### Shot put

1. Matt Cahoon, SAM	15.85m
2. Mac Bennett, WCU	15.42m
3. Jay Stanley, WCU	14.96m
4. Ryan Eldridge, WCU	14.87m
5. Adam Hart, WCU	14.37m
6. Prince Howard-Whitaker, CIT	14.29m
7. Solomon Ghosh, VMI	13.82m
8. Marshall Gainer, SAM	13.54m

### Weight throw

1. Matt Cahoon, SAM	17.30m
2. Jay Stanley, WCU	17.06m
3. Prince Howard-Whitaker, CIT	16.61m
4. Noah Shelton, ETSU	15.65m
5. Mac Bennett, WCU	15.61m
6. Herbert Brooks, VMI	15.56m
7. Adam Hart, WCU	15.12m
8. Reginald Reynolds, CIT	14.76m

### Pole vault

1. Charles Cooley, WCU	4.85m
2. Sam Blumer, CIT	4.70m
3. Devin Merrick, CIT	4.70m
4. Brady Cassell, SAM	4.55m
5. Sam LaRosa, CIT	4.40m
Jonathan Lehe, WCU	4.40m
7. Lindsay Pierce, CIT	4.40m
8. Thomas Maxey, WOF	4.10m

### Heptathlon

1. Ty Kimberlin, SAM	5,203
2. Tanner Henry, WOF	4,867
3. Landon Wright, SAM	4,859
4. Thomas Ozburn, SAM	4,646
5. McCray Kelton, SAM	4,620
6. Bryce Williamson, SAM	4,505
7. Thomas Maxey, WOF	4,429
8. Sebastian LaTorre, WOF	4,283

## Individual Awards

**Heath Whittle Award  
(Most Outstanding Athlete)**  
Matt Cahoon, Samford  
Ty Kimberlin, Samford

**Most Outstanding Track Performer**  
Evan Brooks, Samford

**Most Outstanding Field Performer**  
Matt Cahoon, Samford

**Freshman of the Year**  
Keyandre Midgett, VMI

**Pinnacle Award  
(highest GPA on championship-winning team)**  
Jeb Jones, Samford

**Coach of the Year**  
Rod Tiffin, Samford

# 2021 WOMEN'S CHAMPIONSHIP

## Team Results

Pl.	Team	Points
1.	Samford	155.5
2.	Wofford	131
3.	ETSU	125.5
4.	Furman	102
5.	Western Carolina	94
6.	VMI	36
7.	Chattanooga	12
8.	The Citadel	6
9.	UNCG	1

### 60-meter dash

1.	Nicole Johnson, ETSU	7.43
2.	Mekayla Brown, ETSU	7.62
3.	Madeline McNinch, WOF	7.67
4.	Makaila McIntyre, WCU	7.70
5.	Hannah Lueders, SAM	7.70
6.	Destiny Shippy, WOF	7.73
7.	Georgia McDevitt, WOF	7.75
8.	Rylee Jorgensen, WOF	7.94

### 200-meter dash

1.	Nicole Johnson, ETSU	24.37
2.	Madeline McNinch, WOF	24.61
3.	Georgia McDevitt, WOF	24.61
4.	Hannah Lueders, SAM	25.04
5.	Destiny Shippy, WOF	25.14
6.	Ariana Ruffin, VMI	25.36
7.	Mekyll Robinson, WCU	25.65
8.	Rylee Jorgensen, WOF	26.09

### 400-meter dash

1.	Ariana Ruffin, VMI	56.74
2.	Jasmine Jefferson, WOF	56.95
3.	Lindsay Cooper, ETSU	57.29
4.	Amanda Dumar, SAM	57.39
5.	Ahlyiah Williams, VMI	58.05
6.	Dahlia Cutler, WOF	58.16
7.	Kaitlyn Cole, SAM	58.74
8.	Marissa Linkous, VMI	59.68

### 800-meter run

1.	Megan Marvin, FUR	2:07.72
2.	Emma Kuntz, FUR	2:09.97
3.	Katie Strozier, SAM	2:11.56
4.	Jessica Lord, ETSU	2:13.99
5.	Julia Karsten, ETSU	2:18.51
6.	Mary Grace Strozier, SAM	2:18.78
7.	Janie Holecek, WOF	2:21.68
8.	Emmy Davis, UTC	2:22.62

### Mile run

1.	Genevieve Schwarz, ETSU	5:01.46
2.	Beth Donnelly, FUR	5:02.15
3.	Nicole Matsysik, FUR	5:03.69
4.	Allie Nelson, SAM	5:04.44
5.	Mary Grace Strozier, SAM	5:06.88
6.	Ashtyn Hagood, UTC	5:12.28
7.	Kylie Wittman, FUR	5:13.73
8.	Shay Soukup, UNCG	5:14.92

### 3,000-meter run

1.	Madelynne Cadeau, FUR	9:31.01
2.	Bethany Graham, FUR	9:32.85
3.	Jonna Strange, FUR	9:33.52
4.	Lindsey Stallworth, ETSU	9:34.43
5.	Makayla Shaw, ETSU	10:03.44
6.	Emily Little, FUR	10:04.55
7.	Tatum Foreman, SAM	10:06.32
8.	Kylie Wittman, FUR	10:25.34

### 5,000-meter run

1.	Madelynne Cadeau, FUR	16:32.11
2.	Bethany Graham, FUR	16:32.34
3.	Jonna Strange, FUR	16:48.52
4.	Lindsey Stallworth, ETSU	16:57.18
5.	Beth Donnelly, FUR	17:07.06
6.	Makenzie Jones, UTC	17:25.97
7.	Tatum Foreman, SAM	17:28.25
8.	Kate Mattison, WCU	17:28.80

### 60-meter hurdles

1.	Kerrington Johnson, WOF	8.49
2.	Destiny Shippy, WOF	8.51
3.	Lindsay Cooper, ETSU	8.55
4.	Riley Alexander, SAM	8.66
5.	Dami Shodeinde, WCU	8.83
6.	Amaya English, WCU	8.89
7.	Netanya Linares, WOF	8.90
8.	Kennedi Johnson, ETSU	9.11

### Distance medley

1.	Furman	11:44.17
2.	Samford	11:54.56
3.	ETSU	11:57.50
4.	Western Carolina	12:26.42
5.	Chattanooga	12:41.81
6.	The Citadel	12:47.04
7.	Wofford	12:48.08
8.	VMI	13:08.42

### 4x400-meter relay

1.	Samford	3:52.44
2.	ETSU	3:53.13
3.	VMI	3:53.16
4.	Wofford	3:53.17
5.	Western Carolina	3:53.38
6.	The Citadel	4:02.60
7.	Furman	4:03.32
8.	Chattanooga	4:20.36

### High jump

1.	Megan Elliott, SAM	1.65m
2.	Imani Boyd, WCU	1.65m
3.	Makenzie Hooten, SAM	1.60m
4.	Netanya Linares, WOF	1.60m
5.	Patra Williams, ETSU	1.55m
	Savanah Schmidt, SAM	1.55m
7.	Erin Long, SAM	1.55m
8.	Marissa Blakely, WCU	1.55m
	Ronje Williams, WCU	1.55m

### Long jump

1.	Makaila McIntyre, WCU	5.99m
2.	Georgia McDevitt, WOF	5.87m
3.	Madeline McNinch, WOF	5.80m
4.	Kendra Whitehurst, ETSU	5.74m
5.	Rylee Jorgensen, WOF	5.73m
6.	Mekayla Brown, ETSU	5.66m
7.	Aiya Finch, SAM	5.60m
8.	Molly Rhudy, ETSU	5.53m

### Triple jump

1.	Morayo Bhadmos, SAM	12.57m
2.	Mekayla Brown, ETSU	12.16m
3.	Makaila McIntyre, WCU	12.16m
4.	Omara McBride, WCU	11.85m
5.	Paige Peterson, ETSU	11.67m
6.	Kendra Whitehurst, ETSU	11.34m
7.	Derica Currie, WCU	11.19m
8.	Erica O'Neal, WCU	11.05m

### Shot put

1.	Hannah Daffin, SAM	14.10m
2.	Lesleigh Tabor, WCU	13.41m
3.	Sarah Leckman, VMI	13.26m
4.	Victoria Solheim, WCU	13.23m
5.	Atlantis Warren, ETSU	11.71m
6.	Ellie Miller, VMI	11.56m
7.	Kelly Hogan, WOF	11.39m
8.	Jenna Reid, WOF	11.18m

### Weight throw

1.	Victoria Solheim, WCU	17.25m
2.	Lesleigh Tabor, WCU	16.55m
3.	Hannah Daffin, SAM	16.41m
4.	Kelly Hogan, WOF	14.88m
5.	Jenna Reid, WOF	14.45m
6.	Mary Brown, ETSU	14.25m
7.	Atlantis Warren, ETSU	13.90m
8.	Alyssa Ceja-Pena, ETSU	13.88m

### Pole vault

1.	Brittany Bishop, SAM	3.80m
2.	Netanya Linares, WOF	3.65m
	Tally Wilson, SAM	3.65m
4.	Jackie Barnes, SAM	3.65m
5.	Kaelyn McCann, SAM	3.65m
6.	Alexis Cook, SAM	3.65m
7.	McKenna Dunn, VMI	3.50m
8.	Riley Alexander, SAM	3.50m

### Pentathlon

1.	Megan Dunn, WOF	3,604
2.	Netanya Linares, WOF	3,561
3.	Mia Milasinovic, SAM	3,248
4.	Erin Long, SAM	3,114
5.	Caroline Huff, SAM	3,088
6.	Ronje Williams, WCU	2,972
7.	Imani Boyd, WCU	2,897
8.	Dami Shodeinde, WCU	2,872

## Individual Awards

### Most Outstanding Athlete

Nicole Johnson, ETSU  
Makaila McIntyre, Western Carolina  
Netanya Linares, Wofford

### Most Outstanding Track Performer

Nicole Johnson, ETSU

### Most Outstanding Field Performer

Hannah Daffin, Samford

### Freshman of the Year

Madeline McNinch, Wofford

### Pinnacle Award

(highest GPA on championship-winning team)

Amanda Dumar, Samford

### Coach of the Year

Johnny Bomar, Wofford

# 2020 MEN'S CHAMPIONSHIP

## Team Results

Pl.	Team	Points
1.	Samford	190
2.	Western Carolina	160
3.	Furman	101
4.	VMI	64
5.	Wofford	56
6.	The Citadel	48
7.	ETSU	34
8.	UNCG	10

### 60-meter dash

1.	Emmanuel Tait, SAM	6.81
2.	Evan Brooks, SAM	6.87
3.	Jaylen Muhammad, WOF	6.94
4.	Jordin Poindexter, VMI	6.95
5.	Tyler Manigault, WCU	6.99
6.	Montrell Washington, SAM	7.00
7.	Bai Kamara, WOF	7.02
8.	Titus Moore, SAM	7.03

### 200-meter dash

1.	Devaniel Dale, WCU	21.56
2.	Emmanuel Tait, SAM	21.64
3.	Evan Brooks, SAM	21.69
4.	Jordin Poindexter, VMI	21.92
5.	Jaylen Muhammad, WOF	21.92
6.	Chace Washington-Saunders, WCU	22.02
7.	David Miles, WCU	22.40
8.	Michael Harris, WCU	22.65

### 400-meter dash

1.	Devaniel Dale, WCU	47.66
2.	Chace Washington-Saunders, WCU	47.79
3.	Michael Harris, WCU	48.38
4.	Shon Pratcher, WCU	49.19
5.	Bradford Smith, WOF	49.23
6.	Elijah Bull, WOF	49.27
7.	Jonathan Gray, VMI	49.30
8.	Michael McMahan, SAM	49.77

### 800-meter run

1.	Ryan Adams, FUR	1:50.37
2.	Jahanzib Shahbaz, VMI	1:52.07
3.	Jose Peñalver, SAM	1:52.11
4.	Miguel Parrilla, ETSU	1:53.53
5.	Trent Whittaker, VMI	1:55.96
6.	Zach Lauster, VMI	1:56.06
7.	Madison Daniel, FUR	1:57.42
8.	Nick Epstein, FUR	1:58.78

### Mile run

1.	Cameron Ponder, FUR	4:07.81
2.	Aaron Wier, FUR	4:07.95
3.	Jahanzib Shahbaz, VMI	4:07.99
4.	Luke Meade, FUR	4:11.73
5.	Daniel Bernal, FUR	4:13.36
6.	Jeb Jones, SAM	4:17.56
7.	Colin Alexander, UNCG	4:19.85
8.	Ben Varghese, ETSU	4:19.99

### 3,000-meter run

1.	Luke Meade, FUR	8:15.38
2.	Aaron Wier, FUR	8:16.32
3.	Matt Scarr, ETSU	8:16.59
4.	Dillon Dean, SAM	8:18.18
5.	David Ahlmeyer, FUR	8:25.99
6.	Ares Reading, FUR	8:27.05
7.	Soresa Gemechu, ETSU	8:27.62
8.	Alex Roy, UNCG	8:37.63

### 5,000-meter run

1.	Daniel Bernal, FUR	14:37.77
2.	Dillon Dean, SAM	14:42.46
3.	David Ahlmeyer, FUR	14:50.77
4.	Ares Reading, FUR	14:53.44
5.	Soresa Gemechu, ETSU	14:54.42
6.	James LaLonde, FUR	15:04.49
7.	Alex Roy, UNCG	15:04.83
8.	Matt Scarr, ETSU	15:08.97

### 60-meter hurdles

1.	Titus Moore, SAM	7.92
2.	Emmanuel Tait, SAM	8.05
3.	Isaiah Ellis, WOF	8.08
4.	Mike Jones, WCU	8.19
5.	Michael McMahan, SAM	8.37
6.	James Granderson, VMI	8.46
7.	Jonathan Hall, WOF	8.51
8.	Keefe White, CIT	8.53

### Distance medley

1.	Furman	10:03.39
2.	VMI	10:07.55
3.	ETSU	10:09.86
4.	Samford	10:22.10
5.	UNCG	10:27.52
6.	The Citadel	10:32.26
7.	Wofford	10:34.23
8.	Western Carolina	10:35.13

### 4x400-meter relay

1.	Western Carolina	3:16.43
2.	VMI	3:17.11
3.	Samford	3:17.60
4.	Wofford	3:18.83
5.	ETSU	3:24.52
6.	Furman	3:25.48
7.	UNCG	3:26.41
--	The Citadel	DQ

### High jump

1.	Justin Stuckey, SAM	2.05m
2.	Dakota Oxendine, WCU	2.05m
3.	Matt Cahoon, SAM	2.05m
4.	Brandon Harvey, WCU	1.95m
	Jon Waarvik, SAM	1.95m
6.	Dijoun Huiit, WCU	1.95m
7.	Tanner Henry, WOF	1.95m
8.	Khadevis Snead, WCU	1.90m

### Long jump

1.	Benjamin Okafor, WCU	7.38m
2.	Shon Pratcher, WCU	7.22m
3.	Jacquary Bradford, CIT	7.15m
4.	Jon Waarvik, SAM	7.14m
5.	Titus Moore, SAM	7.11m
6.	Justin Stuckey, SAM	7.04m
7.	Ty Kimberlin, SAM	7.03m
8.	Brandon Harvey, WCU	6.94m

### Triple jump

1.	Dijoun Huiit, WCU	15.54m
2.	Benjamin Okafor, WCU	14.34m
3.	Justin Stuckey, SAM	13.96m
4.	Brandon Harvey, WCU	13.68m
5.	Noah Osborne, SAM	13.60m
6.	Ty Kimberlin, SAM	13.55m
7.	Shon Pratcher, WCU	13.51m
8.	McCray Kelton, SAM	13.38m

### Shot put

1.	Matt Cahoon, SAM	16.06m
2.	Prince Howard-Whitaker, CIT	15.25m
3.	Mac Bennett, WCU	14.85m
4.	Daniel Usher, VMI	14.73m
5.	Jay Stanley, WCU	14.42m
6.	Ryan Eldridge, WCU	14.34m
7.	Kolin Miller, ETSU	13.86m
8.	Adam Hart, WCU	13.74m

### Weight throw

1.	Matt Cahoon, SAM	17.10m
2.	Prince Howard-Whitaker, CIT	16.65m
3.	Jay Stanley, WCU	16.62m
4.	Adam Hart, WCU	15.72m
5.	Nathan Myers, WOF	15.60m
6.	Kolin Miller, ETSU	15.43m
7.	Daniel Usher, VMI	15.29m
8.	Mac Bennett, WCU	15.04m

### Pole vault

1.	Sam Blumer, CIT	4.80m
2.	Devin Merrick, CIT	4.80m
3.	Charles Cooley, WCU	4.65m
	Hugh Duggan, SAM	4.65m
5.	Brady Cassell, SAM	4.65m
6.	Griffin Kowal, VMI	4.65m
7.	John Retenbach, WCU	4.50m
8.	Sam LaRosa, CIT	4.35m

### Heptathlon

1.	Ty Kimberlin, SAM	5,010
2.	William Stout, WOF	4,781
3.	Jon Waarvik, SAM	4,765
4.	Tanner Henry, WOF	4,724
5.	Thomas Ozburn, SAM	4,558
6.	Thomas Maxey, WOF	4,181
7.	Max Burke, VMI	4,123
8.	Khadevis Snead, WCU	4,045

## Individual Awards

**Heath Whittle Award  
(Most Outstanding Athlete)**  
Matt Cahoon, Samford  
Emmanuel Tait, Samford

**Most Outstanding Track Performer**  
Emmanuel Tait, Samford

**Most Outstanding Field Performer**  
Matt Cahoon, Samford

**Freshman of the Year**  
Evan Brooks, Samford

**Pinnacle Award  
(highest GPA on championship-winning team)**  
Hunter Poole, Samford

**Coach of the Year**  
Rod Tiffin, Samford

# 2020 WOMEN'S CHAMPIONSHIP

## Team Results

Pl.	Team	Points
1.	Samford	177.5
2.	ETSU	134
3.	Furman	109
4.	Wofford	97.5
5.	Western Carolina	78
6.	VMI	45
7.	Chattanooga	10
8.	The Citadel	9
9.	UNCG	3

### 60-meter dash

1.	Nicole Johnson, ETSU	7.40
2.	Kennedie Carithers, ETSU	7.57
3.	Mekayla Brown, ETSU	7.59
4.	Georgia McDevitt, WOFF	7.65
5.	Hannah Lueders, SAM	7.67
6.	Lanaya Martin, ETSU	7.67
7.	Makaila McIntyre, WCU	7.73
8.	Kaitlyn Cole, SAM	7.82

### 200-meter dash

1.	Hannah Lueders, SAM	24.47
2.	Georgia McDevitt, WOF	24.50
3.	Nicole Johnson, ETSU	24.56
4.	Kennedie Carithers, ETSU	24.85
5.	Vada Samuels, SAM	25.12
6.	Ingrid Joseph, VMI	25.26
7.	Ariana Ruffin, VMI	25.54
8.	Mekyll Robinson, WCU	25.64

### 400-meter dash

1.	Ahlyiah Williams, VMI	56.66
2.	Ariana Ruffin, VMI	56.68
3.	Vada Samuels, SAM	56.87
4.	Kassidy Morton, WOF	56.88
5.	Marissa Blakely, WCU	57.28
6.	Mekyll Robinson, WCU	57.68
7.	Dahlia Cutler, WOF	58.08
8.	Marissa Linkous, VMI	1:00.41

### 800-meter run

1.	Emma Kuntz, FUR	2:07.68
2.	Gabbi Jennings, FUR	2:07.87
3.	Veronica Lyle, SAM	2:11.10
4.	Shian Mallory, SAM	2:11.77
5.	Heather Feuchtenberger, ETSU	2:12.50
6.	Katie Strozier, SAM	2:13.36
7.	Abigail Robertson, FUR	2:18.16
8.	Madison Paraskeva, WOF	2:18.65

### Mile run

1.	Gabbi Jennings, FUR	4:50.77
2.	Savannah Carnahan, FUR	4:52.54
3.	Hannah Steelman, WOF	4:54.61
4.	Emma Grace Hurley, FUR	4:58.63
5.	McKenzie Hogue, SAM	5:01.79
6.	Genevieve Schwarz, ETSU	5:02.86
7.	Nicole Matysik, FUR	5:04.97
8.	Mary Grace Strozier, SAM	5:05.68

### 3,000-meter run

1.	Hannah Steelman, WOF	9:14.48
2.	Savannah Carnahan, FUR	9:31.31
3.	Grace Dwyer, FUR	10:01.01
4.	Mary Grace Strozier, SAM	10:01.60
5.	Lindsey Stallworth, ETSU	10:03.86
6.	McKenzie Hogue, SAM	10:06.18
7.	Jennifer Stephenson, FUR	10:08.04
8.	Quinn McConnell, FUR	10:12.71

### 5,000-meter run

1.	Savannah Carnahan, FUR	16:38.38
2.	Emma Grace Hurley, FUR	16:57.09
3.	Grace Dwyer, FUR	17:15.43
4.	Jennifer Stephenson, FUR	17:19.37
5.	Makenzie Jones, UTC	17:20.83
6.	Lauren Peterson, FUR	17:39.94
7.	Lindsey Stallworth, ETSU	17:40.01
8.	Quinn McConnell, FUR	17:53.55

### 60-meter hurdles

1.	Destiny Shippy, WOF	8.70
2.	Riley Alexander, SAM	8.79
3.	Kerrington Johnson, WOF	8.88
4.	Kennedi Johnson, ETSU	8.88
5.	Netanya Linares, WOF	8.97
6.	Erin Hines, SAM	9.04
7.	Ronje Williams, WCU	9.10
8.	Megan Dunn, WOF	9.16

### Distance medley

1.	Furman	11:54.42
2.	Samford	11:59.96
3.	ETSU	12:06.41
4.	Wofford	12:24.25
5.	Chattanooga	12:27.05
6.	Western Carolina	12:31.97
7.	UNCG	12:47.53
8.	VMI	12:51.52

### 4x400-meter relay

1.	Samford	3:49.55
2.	Western Carolina	3:50.10
3.	Wofford	3:50.62
4.	VMI	3:52.78
5.	Furman	3:55.73
6.	ETSU	3:57.36
7.	Chattanooga	4:09.51
8.	UNCG	4:10.34

### High jump

1.	Charlotte Krause, SAM	1.65m
2.	Megan Elliott, SAM	1.65m
3.	Mya Dollard, CIT	1.60m
4.	Ronje Williams, WCU	1.60m
5.	Tally Wilson, SAM	1.55m
	Patra Williams, ETSU	1.55m
7.	Mekayla Brown, ETSU	1.55m
	Sarah Morelock, ETSU	1.55m
	Shakaiya Bradford, WOF	1.55m
	Megan Dunn, WOF	1.55m

### Long jump

1.	Aliyah Hill, ETSU	5.91m
2.	Makaila McIntyre, WCU	5.87m
3.	Georgia McDevitt, WOF	5.85m
4.	Mekayla Brown, ETSU	5.85m
5.	Erin Hines, SAM	5.74m
6.	Kendra Whitehurst, ETSU	5.71m
7.	Caroline Huff, SAM	5.64m
8.	Khiara White, ETSU	5.62m

### Triple jump

1.	Mekayla Brown, ETSU	12.63m
2.	Morayo Bhadmos, SAM	12.40m
3.	Aliyah Hill, ETSU	12.40m
4.	Makaila McIntyre, WCU	12.31m
5.	Paige Peterson, ETSU	11.70m
6.	Kendra Whitehurst, ETSU	11.49m
7.	Charlotte Krause, SAM	11.46m
8.	Kaeleigh Guth, CIT	11.41m

### Shot put

1.	Sarah Leckman, VMI	14.50m
2.	Maggie Johnston, SAM	14.42m
3.	Amy Yarborough, WCU	13.86m
4.	Lesleigh Tabor, WCU	13.65m
5.	Rachel Rouse, WCU	13.55m
6.	Hannah Daffin, SAM	13.13m
7.	Symphony Buxton, ETSU	13.05m
8.	Jataya Wilson, ETSU	12.90m

### Weight throw

1.	Maggie Johnston, SAM	18.27m
2.	Symphony Buxton, ETSU	17.61m
3.	Victoria Solheim, WCU	17.51m
4.	Lesleigh Tabor, WCU	17.15m
5.	Jataya Wilson, ETSU	16.95m
6.	Margaret Hayden, ETSU	16.89m
7.	Jess Page, CIT	16.34m
8.	Jaden Finch, ETSU	15.71m

### Pole vault

1.	Brittany Bishop, SAM	3.85m
2.	Tally Wilson, SAM	3.85m
3.	Jackie Barnes, SAM	3.85m
4.	McKenna Dunn, VMI	3.55m
5.	Carter Unger, WCU	3.40m
	Kinley Drummonds, WCU	3.40m
7.	Riley Alexander, SAM	3.40m
8.	Lauryn Dougherty, WCU	3.25m

### Pentathlon

1.	Megan Dunn, WOF	3,552
2.	Erin Hines, SAM	3,538
3.	Netanya Linares, WOF	3,381
4.	Shakaiya Bradford, WOF	3,374
5.	Caroline Huff, SAM	3,266
6.	Kennedi Johnson, ETSU	3,061
7.	Erin Willard, WCU	2,734
8.	Peyton Wood, WCU	2,536

## Individual Awards

### Most Outstanding Athlete

Savannah Carnahan, Furman

### Most Outstanding Track Performer

Savannah Carnahan, Furman

### Most Outstanding Field Performer

Maggie Johnston, Samford

### Freshman of the Year

Georgia McDevitt, Wofford

### Pinnacle Award

(highest GPA on championship-winning team)

Amanda Dumar, Samford

### Coach of the Year

Rod Tiffin, Samford

# 2019 MEN'S CHAMPIONSHIP

## Team Results

Pl.	Team	Points
1.	Western Carolina	165.5
2.	Samford	138.5
3.	Furman	90
4.	ETSU	89
5.	The Citadel	75
6.	Wofford	48
7.	VMI	44
8.	UNCG	11

### 60-meter dash

1.	Josiah Johnson, CIT	6.76
2.	Emmanuel Tait, SAM	6.82
3.	Trini Feggett, WCU	6.93
4.	Jaylen Muhammad, WOF	6.95
5.	Kashif Warren, ETSU	7.03
6.	Carden Williams, CIT	7.04
7.	Titus Moore, SAM	7.07
8.	John Bapoupeleh, WOF	7.17

### 200-meter dash

1.	Trini Feggett, WCU	21.48
2.	Josiah Johnson, CIT	21.68
3.	Jaylen Muhammad, WOF	21.80
4.	Devaniel Dale, WCU	22.02
5.	Emmanuel Tait, SAM	22.04
6.	Chace Washington-Saunders, WCU	22.24
7.	Blaine Ashton, VMI	22.43
8.	Tyler Manigault, WCU	22.58

### 400-meter dash

1.	Devaniel Dale, WCU	48.09
2.	Chace Washington-Saunders, WCU	48.13
3.	Trey Richardson, CIT	49.47
4.	Miles Greer, WCU	49.57
5.	Warren Fitzpatrick, SAM	50.00
6.	Jordan Woodbine, SAM	50.23
7.	Johnnie Walker, VMI	52.05
--	Elijah Bull, WOF	DQ

### 800-meter run

1.	Ryan Adams, FUR	1:53.18
2.	Khayvonn Benson, ETSU	1:53.61
3.	Juan Rodriguez, UNCG	1:54.60
4.	Jahanzib Shahbaz, VMI	1:55.10
5.	Ben Garner, SAM	1:55.85
6.	Seth Corey, SAM	1:57.08
7.	Stephan Kulick, CIT	1:57.18
8.	Joe Harbacevich, WOF	2:10.67

### Mile run

1.	Jake Ogdan, FUR	4:19.15
2.	Ryan Adams, FUR	4:19.78
3.	Cameron Ponder, FUR	4:20.23
4.	Ben Varghese, ETSU	4:21.35
5.	Owen Bailey, SAM	4:22.50
6.	Matt Scarr, ETSU	4:23.34
7.	Josh Routh, ETSU	4:23.88
8.	Wes Pectol, ETSU	4:24.25

### 3,000-meter run

1.	Ben Varghese, ETSU	8:24.65
2.	Mason Coppi, FUR	8:29.79
3.	Luke Meade, FUR	8:30.26
4.	Frank Lara, FUR	8:31.20
5.	Daniel Bernal, FUR	8:33.23
6.	Noah Charles, ETSU	8:36.67
7.	Dillon Dean, SAM	8:40.66
8.	Colin Martin, CIT	8:41.37

### 5,000-meter run

1.	Frank Lara, FUR	14:18.66
2.	Adam Bradtmueller, ETSU	14:30.69
3.	Mason Coppi, FUR	14:38.56
4.	Daniel Bernal, FUR	14:41.73
5.	Trent Mandato, FUR	14:52.10
6.	Jordan Bostian, WCU	14:52.61
7.	Noah Charles, ETSU	14:53.88
8.	Dillon Dean, SAM	14:54.13

### 60-meter hurdles

1.	Titus Moore, SAM	8.06
2.	Jack McHugh, SAM	8.08
3.	Emmanuel Tait, SAM	8.10
4.	Isaiah Ellis, WOF	8.17
5.	Mike Jones, WCU	8.27
6.	Michael McMahan, SAM	8.27
7.	James Granderson, VMI	8.53
8.	Cory Alston, WCU	8.63

### Distance medley

1.	ETSU	10:00.71
2.	Furman	10:07.11
3.	Samford	10:10.81
4.	Western Carolina	10:12.96
5.	VMI	10:18.64
6.	UNCG	10:37.96
7.	The Citadel	10:44.39
8.	Wofford	10:54.40

### 4x400-meter relay

1.	Western Carolina	3:18.78
2.	VMI	3:20.06
3.	Samford	3:20.13
4.	The Citadel	3:22.80
5.	Wofford	3:22.97
6.	ETSU	3:29.43
7.	UNCG	3:30.27
--	Furman	DQ

### High jump

1.	Matt Cahoon, SAM	2.05m
2.	Justin Stuckey, SAM	2.05m
3.	Dakota Oxendine, WCU	2.05m
4.	Tyler Hanks, WCU	1.95m
5.	Kenya Pinckney, CIT	1.90m
6.	Gavin Jenkins, VMI	1.90m
7.	Noah Shelton, ETSU	1.90m
8.	Khadevis Snead, WCU	1.90m

### Long jump

1.	Trini Feggett, WCU	7.54m
2.	Jacquary Bradford, CIT	7.05m
3.	Dijoun Huitt, WCU	6.92m
4.	Jon Waarvik, SAM	6.86m
5.	Justin Stuckey, SAM	6.78m
6.	Nicholas Lyons, WCU	6.75m
7.	Benjamin Okafor, WCU	6.74m
8.	Jordan Williams, CIT	6.73m

### Triple jump

1.	Dijoun Huitt, WCU	15.12m
2.	Blaine Ashton, VMI	14.29m
3.	Yohana Koko, ETSU	14.27m
4.	Ty Kimberlin, SAM	14.24m
5.	Tyler Hanks, WCU	14.05m
6.	Nicholas Lyons, WCU	13.97m
7.	Benjamin Okafor, WCU	13.66m
8.	Torrey Hollis, CIT	13.06m

### Shot put

1.	Ben Johnson, ETSU	16.39m
2.	Dakota Wright, WCU	15.81m
3.	Mac Bennett, WCU	15.58m
4.	Ja'lon Williams, CIT	15.50m
5.	Ryan Eldridge, WCU	15.10m
6.	Longinus Nnodim, WOF	14.93m
7.	Matt Cahoon, SAM	14.86m
8.	Daniel Usher, VMI	14.57m

### Weight throw

1.	Ben Johnson, ETSU	21.60m
2.	Dakota Wright, WCU	18.97m
3.	Longinus Nnodim, WOF	17.08m
4.	Ja'lon Williams, CIT	16.47m
5.	Matt Cahoon, SAM	16.37m
6.	Adam Hart, WCU	15.53m
7.	Kolin Miller, ETSU	15.27m
8.	Daniel Usher, VMI	15.00m

### Pole vault

1.	Hugh Duggan, SAM	5.00m
2.	Sam Blumer, CIT	4.85m
3.	Devin Merrick, CIT	4.85m
4.	Charles Cooley, WCU	4.55m
5.	Andrew Arlint, VMI	4.55m
	Griffin Kowal, VMI	4.55m
7.	Thomas Martin, WCU	4.40m
	Hunter Schlatter, SAM	4.40m

### Heptathlon

1.	Conrad Heinrich, WOF	4,810
2.	Thomas Ozburn, SAM	4,545
3.	William Stout, WOF	4,532
4.	Cory Alston, WCU	4,086
5.	Ty Kimberlin, SAM	3,950
6.	Hunter Schlatter, SAM	3,914
7.	Khadevis Snead, WCU	3,912
8.	Max Burke, VMI	3,884

## Individual Awards

**Heath Whittle Award**  
(Most Outstanding Athlete)  
Trini Feggett, Western Carolina

**Most Outstanding Track Performer**  
Ryan Adams, Furman

**Most Outstanding Field Performer**  
Ben Johnson, ETSU

**Freshman of the Year**  
Trini Feggett, Western Carolina

**Pinnacle Award**  
(highest GPA on championship-winning team)  
Dakota Wright, Western Carolina

**Coach of the Year**  
Jesse Norman, Western Carolina

# 2019 WOMEN'S CHAMPIONSHIP

## Team Results

Pl.	Team	Points
1.	Samford	172
2.	Western Carolina	140
3.	ETSU	104
4.	Furman	91
5.	Wofford	78
6.	VMI	46
7.	Chattanooga	27
8.	The Citadel	5
9.	UNCG	0

### 60-meter dash

1. McLeod Dean, WOF	7.52
2. Kiana Davis, ETSU	7.53
3. Mia Little, WCU	7.67
4. Lanaya Martin, ETSU	7.71
5. Hannah Lueders, SAM	7.72
6. Amber Lust, WOF	7.77
7. Mekayla Brown, ETSU	7.84
8. Keysia Grant, WCU	7.98

### 200-meter dash

1. McLeod Dean, WOF	24.28
2. Hannah Lueders, SAM	24.69
3. Lamisha Simmons, ETSU	25.15
4. Kellsie Whitehead, WCU	25.40
5. Amber Lust, WOF	25.45
6. Ariana Ruffin, VMI	25.46
7. Mia Little, WCU	25.47
8. Starr Graham, ETSU	25.49

### 400-meter dash

1. Kellsie Whitehead, WCU	55.69
2. Eliza Brooks, VMI	56.62
3. Vicki Franse, ETSU	56.67
4. Ariana Ruffin, VMI	56.70
5. Vada Samuels, SAM	57.76
6. Ahlyiah Williams, VMI	58.16
7. Cassidy Morton, WOF	58.24
8. Rachel Dixon, SAM	58.49

### 800-meter run

1. Karisa Nelson, SAM	2:06.10
2. Krissy Gear, FUR	2:09.11
3. Kennedy Thomson, UTC	2:09.91
4. Shian Mallory, SAM	2:13.11
5. Jessica Lord, ETSU	2:16.34
6. Christina Nikolaou, WCU	2:16.60
7. Madison Paraskeva, WOF	2:17.29
8. Emma Kuntz, FUR	2:19.79

### Mile run

1. Karisa Nelson, SAM	4:38.23
2. Gabbi Jennings, FUR	4:40.51
3. Hannah Steelman, WOF	4:43.14
4. Kennedy Thomson, UTC	4:47.76
5. Krissy Gear, FUR	4:51.19
6. Lindsey Stallworth, ETSU	4:53.42
7. Mary Grace Strozier, SAM	4:55.90
8. Genevieve Schwarz, ETSU	4:56.02

### 3,000-meter run

1. Savannah Carnahan, FUR	9:11.04
2. Hannah Steelman, WOF	9:11.16
3. Emma Grace Hurley, FUR	9:29.40
4. Lindsey Stallworth, ETSU	9:32.36
5. Grace Dwyer, FUR	9:59.50
6. Emily Lane, FUR	10:02.03
7. Emily Poole, UTC	10:10.27
8. Jennifer Stephenson, FUR	10:14.93

### 5,000-meter run

1. Savannah Carnahan, FUR	16:22.61
2. Emma Grace Hurley, FUR	16:36.44
3. Gabbi Jennings, FUR	16:46.87
4. Jennifer Stephenson, FUR	17:29.51
5. Grace Dwyer, FUR	17:32.73
6. Emily Poole, UTC	17:36.96
7. Makenzie Jones, UTC	17:47.05
8. Emily Lane, FUR	18:04.74

### 60-meter hurdles

1. Amber Lust, WOF	8.54
2. Lamisha Simmons, ETSU	8.75
3. Sarah Sanford, SAM	8.78
4. Tamilya Wright, WCU	8.84
5. Destiny Shippy, WOF	8.99
6. Charnessa Reid, WCU	9.02
7. Lanaya Martin, ETSU	9.15
8. Sally Woerner, WCU	9.27

### Distance medley

1. Furman	11:39.35
2. Samford	12:04.67
3. Chattanooga	12:23.62
4. ETSU	12:28.72
5. VMI	12:31.86
6. Western Carolina	12:34.38
7. Wofford	12:36.35
8. The Citadel	13:15.52

### 4x400-meter relay

1. Samford	3:50.90
2. Western Carolina	3:51.70
3. VMI	3:53.77
4. Wofford	3:55.30
5. ETSU	3:59.27
6. Chattanooga	3:59.60
7. Furman	4:06.46
8. The Citadel	4:25.97

### High jump

1. Selena Popp, SAM	1.70m
2. Jaelyn Warren, WCU	1.70m
3. Ronje Williams, WCU	1.70m
4. Tally Wilson, SAM	1.60m
5. Charlotte Krause, SAM	1.60m
6. Megan Elliott, SAM	1.60m
7. Marisa Scott, WCU	1.60m
8. Mya Dollard, CIT	1.55m

### Long jump

1. Khiara White, ETSU	6.01m
2. Erin Hines, SAM	5.74m
3. Selena Popp, SAM	5.73m
4. Tamilya Wright, WCU	5.50m
5. Mekayla Brown, ETSU	5.43m
6. Makaila McIntyre, WCU	5.42m
7. Nyambi Shoates, ETSU	5.37m
8. Jada Woods, WCU	5.35m

### Triple jump

1. Morayo Bhados, SAM	12.32m
2. Mekayla Brown, ETSU	11.89m
3. Aliyah Hill, ETSU	11.77m
4. Makaila McIntyre, WCU	11.71m
5. Tamilya Wright, WCU	11.71m
6. Autumn James, WCU	11.65m
7. Jada Woods, WCU	11.63m
8. Paige Peterson, ETSU	11.60m

### Shot put

1. Lesleigh Tabor, WCU	14.03m
2. Sarah Leckman, VMI	13.50m
3. Tatiana Taylor, SAM	13.38m
4. Maggie Johnston, SAM	13.36m
5. Symphony Buxton, ETSU	13.31m
6. Victoria Solheim, WCU	13.15m
7. Tiffany Quick, VMI	12.99m
8. Simone Williams, WCU	12.80m

### Weight throw

1. Victoria Solheim, WCU	18.52m
2. Symphony Buxton, ETSU	18.49m
3. Simone Williams, WCU	17.99m
4. Maggie Johnston, SAM	17.54m
5. Camille Caldwell, SAM	17.42m
6. Lesleigh Tabor, WCU	16.71m
7. Tatiana Taylor, SAM	16.66m
8. Jaden Finch, ETSU	16.09m

### Pole vault

1. Tally Wilson, SAM	3.85m
2. Jackie Barnes, SAM	3.70m
3. Kinley Drummonds, WCU	3.70m
4. McKenna Dunn, VMI	3.55m
5. Carter Unger, WCU	3.40m
6. Jayme-Claire Eubanks, SAM	3.25m
7. Sam Engel, CIT	3.25m
8. Amanda Dumar, SAM	3.10m

### Pentathlon

1. Selena Popp, SAM	3,558
2. Megan Dunn, WOF	3,428
3. Sally Woerner, WCU	3,390
4. Ronje Williams, WCU	3,210
5. Shakaiya Bradford, WOF	3,110
6. Amanda Dumar, SAM	2,983
7. Brenea Thomas, VMI	2,590
8. Caroline Huff, SAM	2,327

## Individual Awards

### Most Outstanding Athlete

Selena Popp, Samford

### Most Outstanding Track Performers

Karisa Nelson, Samford  
McLeod Dean, Wofford

### Most Outstanding Field Performer

Selena Popp, Samford

### Freshman of the Year

Mekayla Brown, ETSU

### Pinnacle Award

(highest GPA on championship-winning team)

Bekah Pfitzer, Samford

### Coach of the Year

Rod Tiffin, Samford

# 2018 MEN'S CHAMPIONSHIP

## Team Results

Pl.	Team	Points
1.	Western Carolina	141
2.	Samford	138
3.	ETSU	111
4.	Furman	92
5.	The Citadel	66
6.	Wofford	62
7.	VMI	48
8.	UNCG	4

### 60-meter dash

1.	Josiah Johnson, CIT	6.76
2.	Emmanuel Tait, SAM	6.78
3.	Keion Crossen, WCU	6.79
4.	Karon Delince, ETSU	6.86
5.	Levi Whitt, VMI	7.08
6.	Marquis Barnes, SAM	7.08
7.	Omar Mingo, WOF	7.10
8.	John Bapoupeleh, WOF	7.18

### 200-meter dash

1.	Karon Delince, ETSU	21.62
2.	Emmanuel Tait, SAM	21.65
3.	Keion Crossen, WCU	21.73
4.	Devin Singleton, CIT	21.85
5.	Devaniel Dale, WCU	21.88
6.	Dakota Lamont, WCU	21.89
7.	Josiah Johnson, CIT	22.04
8.	Henry Kiedy, WCU	22.49

### 400-meter dash

1.	Henry Kiedy, WCU	48.29
2.	Dakota Lamont, WCU	48.34
3.	Devin Singleton, CIT	49.00
4.	Miles Greer, WCU	49.55
5.	Hunter Sampson, ETSU	49.55
6.	Trey Richardson, CIT	49.66
7.	Andrew Gould, VMI	50.16
--	Devaniel Dale, WCU	DQ

### 800-meter run

1.	Joe Harbacevich, WOF	1:53.94
2.	Josh Willard, VMI	1:54.11
3.	Jake Ogden, FUR	1:54.41
4.	Matt Scarr, ETSU	1:54.64
5.	Jack Zemp, WOF	1:56.06
6.	Josh Salter, SAM	1:56.57
7.	Haydn Borghetti-Metz, ETSU	1:56.59
8.	Juan Rodriguez, UNCG	1:57.77

### Mile run

1.	Troy Reeder, FUR	4:13.83
2.	Jake Ogden, FUR	4:14.21
3.	Simeon Roberts, ETSU	4:14.92
4.	Adam Bradtmueller, ETSU	4:15.77
5.	Mason Coppi, FUR	4:16.80
6.	Arsène Guillorel, SAM	4:17.21
7.	Josh Salter, SAM	4:18.62
8.	Noah Charles, ETSU	4:20.67

### 3,000-meter run

1.	Frank Lara, FUR	8:13.79
2.	Mason Coppi, FUR	8:17.76
3.	Simeon Roberts, ETSU	8:17.90
4.	Arsène Guillorel, SAM	8:18.20
5.	Daniel Bernal, FUR	8:19.55
6.	Aaron Templeton, FUR	8:22.11
7.	Malick Gemechu, ETSU	8:23.11
8.	Dillon Dean, SAM	8:35.38

### 5,000-meter run

1.	Frank Lara, FUR	14:19.75
2.	Mason Coppi, FUR	14:29.76
3.	Daniel Bernal, FUR	14:30.12
4.	Malick Gemechu, ETSU	14:32.94
5.	Arsène Guillorel, SAM	14:36.57
6.	Aaron Templeton, FUR	14:40.29
7.	Allen Clark, FUR	14:50.12
8.	Trent Mandato, FUR	14:58.12

### 60-meter hurdles

1.	Malik Diggs, CIT	7.94
2.	Emmanuel Tait, SAM	8.00
3.	Lee Warren, VMI	8.25
4.	Isaiah Ellis, WOF	8.33
5.	Mike Jones, WCU	8.33
6.	Devyn Jones, WCU	8.38
7.	J'len Wilson, WCU	8.40
8.	Jack McHugh, SAM	8.45

### Distance medley

1.	ETSU	10:07.32
2.	Furman	10:11.02
3.	VMI	10:14.92
4.	Western Carolina	10:15.59
5.	The Citadel	10:16.56
6.	Wofford	10:27.39
7.	Samford	10:39.66
8.	UNCG	11:11.80

### 4x400-meter relay

1.	Western Carolina	3:15.77
2.	The Citadel	3:17.15
3.	ETSU	3:19.93
4.	Wofford	3:25.49
5.	Samford	3:25.68
6.	VMI	3:28.52
7.	UNCG	3:33.27
8.	Furman	3:34.71

### High jump

1.	Keyth Fightmaster, SAM	2.03m
2.	Jordan Scott, ETSU	1.98m
3.	Matt Cahoon, SAM	1.93m
4.	J'len Wilson, WCU	1.93m
5.	Marquis Barnes, SAM	1.93m
6.	Jon Waarvik, SAM	1.88m
7.	Kenya Pinckney, CIT	1.88m
8.	Khadevis Sneed, WCU	1.88m

### Long jump

1.	Marquis Barnes, SAM	7.38m
2.	Karon Delince, ETSU	7.31m
3.	James Granderson, VMI	7.11m
4.	Kevin Hires, WCU	7.05m
5.	Jon Waarvik, SAM	6.98m
6.	Jordan Williams, CIT	6.96m
7.	Omar Mingo, WOF	6.89m
8.	Thomas Ozburn Jr., SAM	6.87m

### Triple jump

1.	Kevin Hires, WCU	14.94m
2.	Drae Butts, ETSU	14.66m
3.	Omar Mingo, WOF	14.35m
4.	Dijoun Huitt, WCU	14.06m
5.	Marquis Barnes, SAM	14.06m
6.	Nicholas Lyons, WCU	13.88m
7.	Yohana Koko, ETSU	13.59m
8.	Nick Lawson, WCU	13.30m

### Shot put

1.	Mateius Brown, WCU	16.64m
2.	Ben Johnson, ETSU	16.13m
3.	Austin Lufkin, WOF	16.00m
4.	Dakota Wright, WCU	15.79m
5.	Jay Stanley, WCU	14.77m
6.	Chase Stehling, WCU	14.75m
7.	Derrick Freeland, CIT	14.60m
8.	Mac Bennett, WCU	14.35m

### Weight throw

1.	Ben Johnson, ETSU	21.99m
2.	Derrick Freeland, CIT	18.10m
3.	Dakota Wright, WCU	17.88m
4.	Chase Stehling, WCU	17.46m
5.	Longinus Nnodim, WOF	16.90m
6.	Daryn Hughes, WCU	16.37m
7.	Mateius Brown, WCU	15.95m
8.	Jay Stanley, WCU	15.45m

### Pole vault

1.	Tray Oates, SAM	5.00m
2.	Gavin Gautreau, SAM	4.85m
3.	Hugh Duggan, SAM	4.70m
4.	Griffin Kowal, VMI	4.70m
5.	Andrew Arlint, VMI	4.55m
6.	Corey Ginley, WCU	4.55m
7.	Sam Blumer, CIT	4.25m
8.	Lindsay Pierce, CIT	4.25m

### Heptathlon

1.	Marquis Barnes, SAM	4,951
2.	Conrad Heinrich, WOF	4,650
3.	William Stout, WOF	4,552
4.	Thomas Ozburn Jr., SAM	4,420
5.	Desmond Weinberg-Jones, VMI	4,413
6.	Austin Eck, SAM	4,370
7.	Jon Waarvik, SAM	4,337
8.	Matthew Mudd, WCU	4,261

## Individual Awards

**Heath Whittle Award**  
(Most Outstanding Athlete)  
Marquis Barnes, Samford

**Most Outstanding Track Performer**  
Emmanuel Tait, Samford

**Most Outstanding Field Performer**  
Marquis Barnes, Samford

**Freshman of the Year**  
Karon Delince, ETSU

**Pinnacle Award**  
(highest GPA on championship-winning team)  
Dakota Wright, Western Carolina

**Coach of the Year**  
Cale McDaniel, Western Carolina



# 2018 WOMEN'S CHAMPIONSHIP

## Team Results

Pl.	Team	Points
1.	Samford	161
2.	Western Carolina	150
3.	Furman	107
4.	ETSU	103
5.	Wofford	67
6.	VMI	48
7.	The Citadel	16
8.	Chattanooga	6
9.	UNCG	4

### 60-meter dash

1. Ty-Leah Hampton, WCU.....	7.43
2. Kiana Davis, ETSU.....	7.54
3. Kerisha Goode, VMI.....	7.58
4. Kyra Atkins, ETSU.....	7.64
5. Mia Little, WCU.....	7.67
6. Tonia McKinley, SAM.....	7.68
7. McLeod Dean, WOF.....	7.69
8. Bria Anderson, VMI.....	7.89

### 200-meter dash

1. Ty-Leah Hampton, WCU.....	24.07
2. Kerisha Goode, VMI.....	24.24
3. Kiana Davis, ETSU.....	24.46
4. McLeod Dean, WOF.....	24.50
5. Kyra Atkins, ETSU.....	24.71
6. Lamisha Simmons, ETSU.....	24.91
7. Dasha Arnaut, WCU.....	24.96
8. Tonia McKinley, SAM.....	24.98

### 400-meter dash

1. Allison Holland, SAM.....	55.62
2. Dasha Arnaut, WCU.....	56.16
3. Kellsie Whitehead, WCU.....	56.74
4. Cassidy Morton, WOF.....	56.98
5. Ariana Ruffin, VMI.....	57.69
6. Rachel Dixon, SAM.....	57.81
7. Joie Royer, CIT.....	58.08
8. Sarah Sanford, SAM.....	58.43

### 800-meter run

1. Krissy Gear, FUR.....	2:10.28
2. Emma Kuntz, FUR.....	2:11.07
3. Riley Burr, FUR.....	2:11.51
4. Heather Feuchtenberger, ETSU.....	2:12.82
5. Madison Paraskeva, WOF.....	2:15.01
6. Jessica Lord, ETSU.....	2:15.46
7. Christina Nikolaou, WCU.....	2:21.15
-- Kaitlyn Lingard, WCU.....	DQ

### Mile run

1. Krissy Gear, FUR.....	4:52.34
2. Riley Burr, FUR.....	4:53.72
3. Gabbi Jennings, FUR.....	4:55.14
4. Hannah Steelman, WOF.....	4:57.83
5. Emily Williams-McElroy, ETSU.....	5:01.63
6. Abbey Zane, SAM.....	5:02.29
7. Jacquelyn Crow, FUR.....	5:04.14
8. Bethany King, VMI.....	5:07.53

### 3,000-meter run

1. Emma Grace Hurley, FUR.....	9:54.74
2. Hannah Steelman, WOF.....	9:58.41
3. Grace Dwyer, FUR.....	9:59.92
4. Haley Ward, SAM.....	10:09.43
5. Taylor Delaney, UNCG.....	10:13.89
6. Allie Nelson, SAM.....	10:17.25
7. Taryn Schoen, WOF.....	10:17.61
8. Sophia Neglia, UTC.....	10:20.05

### 5,000-meter run

1. Savannah Carnahan, FUR.....	16:24.84
2. Emma Grace Hurley, FUR.....	16:30.43
3. Hannah Steelman, WOF.....	16:44.88
4. Haley Ward, SAM.....	17:03.41
5. Grace Dwyer, FUR.....	17:10.84
6. Gabbi Jennings, FUR.....	17:42.04
7. Reilly Caldwell, FUR.....	17:43.30
8. Emily Poole, UTC.....	17:55.52

### 60-meter hurdles

1. Kyra Atkins, ETSU.....	8.29
2. Lamisha Simmons, ETSU.....	8.62
3. Amber Lust, WOF.....	8.63
4. Timia Easley, ETSU.....	8.89
5. Dasha Arnaut, WCU.....	8.93
6. Sarah Sanford, SAM.....	8.96
7. Qiona Payton, SAM.....	9.05
8. Erin Hines, SAM.....	9.10

### Distance medley

1. Furman.....	11:52.94
2. Samford.....	12:00.30
3. ETSU.....	12:01.71
4. VMI.....	12:09.17
5. Western Carolina.....	12:12.84
6. Chattanooga.....	12:23.84
7. Wofford.....	12:25.44
8. The Citadel.....	13:09.90

### 4x400-meter relay

1. Western Carolina.....	3:46.71
2. Samford.....	3:49.82
3. Wofford.....	3:50.93
4. ETSU.....	3:53.44
5. Furman.....	3:55.49
6. VMI.....	4:00.82
7. The Citadel.....	4:09.86
8. Chattanooga.....	4:11.43

### High jump

1. Selena Popp, SAM.....	1.70m
2. Julia Logan, VMI.....	1.70m
3. Jaelyn Warren, WCU.....	1.65m
4. Rebekah Fox, ETSU.....	1.65m
5. Ashley Parker, WCU.....	1.60m
6. Marisa Scott, WCU.....	1.60m
Charlotte Krause, SAM.....	1.60m
8. Carrie Neill, SAM.....	1.60m

### Long jump

1. Selena Popp, SAM.....	6.04m
2. Erin Hines, SAM.....	5.90m
3. Kyra Atkins, ETSU.....	5.82m
4. Jazmine Gooden, WCU.....	5.81m
5. Timia Easley, ETSU.....	5.80m
6. Makaila McIntyre, WCU.....	5.73m
7. Asyria Daniels, CIT.....	5.65m
8. Sara Hayes, WOF.....	5.60m

### Triple jump

1. Autumn James, WCU.....	12.02m
2. Megan Meadow, SAM.....	11.97m
3. Makaila McIntyre, WCU.....	11.92m
4. Timia Easley, ETSU.....	11.83m
5. Tamilya Wright, WCU.....	11.72m
6. Jazmine Gooden, WCU.....	11.53m
7. Jada Woods, WCU.....	11.51m
8. Charlotte Krause, SAM.....	11.47m

### Shot put

1. Simone Williams, WCU.....	13.56m
2. Alisha Blackmon, WCU.....	13.33m
3. Tatiana Taylor, SAM.....	12.97m
4. Maggie Johnston, SAM.....	12.92m
5. Amy Yarborough, WCU.....	12.64m
6. Sarah Leckman, VMI.....	12.46m
7. Jaden Finch, ETSU.....	12.40m
8. Atlantis Warren, ETSU.....	12.07m

### Weight throw

1. Camille Caldwell, SAM.....	18.29m
2. Symphony Buxton, ETSU.....	17.62m
3. Simone Williams, WCU.....	17.02m
4. Jess Page, CIT.....	16.69m
5. Alisha Blackmon, WCU.....	16.63m
6. Maggie Johnston, SAM.....	16.46m
7. Tatiana Taylor, SAM.....	16.27m
8. Mady Riegel, CIT.....	15.12m

### Pole vault

1. Sarah Lee, SAM.....	3.50m
2. Tally Wilson, SAM.....	3.35m
3. Lauren Torsch, SAM.....	3.20m
Kinley Drummonds, WCU.....	3.20m
5. Megan Roach, SAM.....	3.20m
6. Sam Engel, CIT.....	3.05m
7. Catrena Schumacher, VMI.....	2.75m
8. Emily Fulton, VMI.....	2.75m

### Pentathlon

1. Selena Popp, SAM.....	4,118
2. Amber Lust, WOF.....	3,532
3. Julia Logan, VMI.....	3,433
4. Marisa Scott, WCU.....	3,330
5. Sara Hayes, WOF.....	3,295
6. Megan Dunn, WOF.....	3,091
7. Autumn James, WCU.....	3,050
8. Amanda Dumar, SAM.....	2,977

## Individual Awards

### Most Outstanding Athlete

Selena Popp, Samford

### Most Outstanding Track Performer

Ty-Leah Hampton, Western Carolina

### Most Outstanding Field Performer

Selena Popp, Samford

### Freshman of the Year

Krissy Gear, Furman

### Pinnacle Award

(highest GPA on championship-winning team)

Rachel Dixon, Samford

### Coach of the Year

Rod Tiffin, Samford

# 2017 MEN'S CHAMPIONSHIP

## Team Results

Pl.	Team	Points
1.	Western Carolina	170
2.	Samford	155
3.	ETSU	137
4.	Furman	87
5.	The Citadel	57
6.	Wofford	44
7.	UNCG	4

### 60-meter dash

1. Matthew Moore, ETSU	6.77
2. Emmanuel Tait, SAM	6.81
3. Josiah Johnson, CIT	6.82
4. Patrick Taylor, ETSU	6.90
5. Shelby Campbell, SAM	6.98
6. John Bapoupeleh, WOF	7.13
7. Josh Little, WCU	7.13
8. Henry Kiedy, WCU	7.14

### 200-meter dash

1. Patrick Taylor, ETSU	21.88
2. Dominic Smith Jr., SAM	21.94
3. Josiah Johnson, CIT	22.01
4. Dakota Lamont, WCU	22.10
5. Henry Kiedy, WCU	22.18
6. Devaniel Dale, WCU	22.33
7. Carson Howe, SAM	22.83
8. John Bapoupeleh, WOF	22.98

### 400-meter dash

1. Dakota Lamont, WCU	48.41
2. Michael Williams, ETSU	48.73
3. Henry Kiedy, WCU	49.02
4. Trey Richardson, CIT	49.78
5. Devaniel Dale, WCU	50.09
6. Dylan Andrade, WCU	50.23
7. Bradford Smith, WOF	50.58
8. Carson Howe, SAM	51.96

### 800-meter run

1. Ryan Adams, FUR	1:53.02
2. Harper Sigler, ETSU	1:53.07
3. Ashton Wilson, ETSU	1:53.89
4. Thomas Miller, ETSU	1:54.23
5. Jack Zemp, WOF	1:55.55
6. Miles Greer, WCU	1:55.73
7. Thomas Moore, FUR	1:56.88
8. Madison Daniel, FUR	1:59.34

### Mile run

1. Troy Reeder, FUR	4:14.06
2. Ryan Adams, FUR	4:16.35
3. Jake Ogden, FUR	4:18.36
4. Ben Bryant, SAM	4:19.52
5. Josh Salter, SAM	4:21.21
6. Haydn Borghetti-Metz, ETSU	4:22.16
7. Kyle Polman, FUR	4:22.43
8. Liam Brooks, WCU	4:25.03

### 3,000-meter run

1. Arsène Guillorel, SAM	8:15.26
2. Simeon Roberts, ETSU	8:17.08
3. Tanner Hinkle, FUR	8:18.25
4. Ben Bryant, SAM	8:20.34
5. Aaron Templeton, FUR	8:23.62
6. Adam Bradtmueller, ETSU	8:24.38
7. Luke Meade, FUR	8:26.61
8. Matt Lange, FUR	8:27.20

### 5,000-meter run

1. Arsène Guillorel, SAM	14:21.39
2. Tanner Hinkle, FUR	14:27.22
3. Simeon Roberts, ETSU	14:28.84
4. Aaron Templeton, FUR	14:32.41
5. Mason Coppi, FUR	14:36.72
6. Josh Brickell, FUR	14:36.82
7. David Winchester, ETSU	14:38.21
8. Ben Bryant, SAM	14:41.02

### 60-meter hurdles

1. Emmanuel Tait, SAM	8:13
2. Michael Williams, ETSU	8:17
3. Malik Diggs, CIT	8:23
4. Devyn Jones, WCU	8:29
5. Anthony Richardson, WCU	8:44
6. J'Len Wilson, WCU	8:46
7. Cory Alston, WCU	8:62
8. Nathan Rivera, ETSU	8:76

### Distance medley

1. Furman	10:05.42
2. Western Carolina	10:11.88
3. Samford	10:16.97
4. ETSU	10:23.75
5. Wofford	10:41.01
6. The Citadel	12:06.19

### 4x400-meter relay

1. Western Carolina	3:16.68
2. The Citadel	3:20.99
3. Wofford	3:24.44
4. Furman	3:29.88
5. UNCG	3:34.47
-- ETSU	DNF
-- Samford	DQ

### High jump

1. Keyth Fightmaster, SAM	2.16m
2. Khalil Jackson, WCU	2.05m
3. Mick Noel, CIT	1.95m
P Jackson Nosbisich, CIT	1.95m
5. Jon Waarvik, SAM	1.95m
6. Nathan Rivera, ETSU	1.90m
7. Dijoun Huitt, WCU	1.85m
8. J'Len Wilson, WCU	1.80m

### Long jump

1. Patrick Taylor, ETSU	7.41m
2. Marquis Barnes, SAM	7.35m
3. Nathan Rivera, ETSU	7.00m
4. Javion Lee, SAM	6.91m
5. Dijoun Huitt, WCU	6.88m
6. Andrew Patterson, SAM	6.78m
7. Kevin Hires, WCU	6.74m
8. Jon Waarvik, SAM	6.72m

### Triple jump

1. Javion Lee, SAM	14.95m
2. Kevin Hires, WCU	14.62m
3. Dijoun Huitt, WCU	14.42m
4. Marquis Barnes, SAM	14.05m
5. Omar Mingo, WOF	13.91m
6. Tremaine Kernes, WCU	13.57m
7. Dondray Copeland, CIT	13.32m
8. Jon Waarvik, SAM	13.04m

### Shot put

1. Mateius Brown, WCU	15.27m
2. Scott Peretin, WCU	14.78m
3. Chase Stehling, WCU	14.71m
4. Jacob Dunlap, ETSU	14.48m
5. Dakota Wright, WCU	14.34m
6. Evan Albertson, WCU	14.18m
7. Tyler Schiemann, CIT	13.85m
8. Ben Johnson, ETSU	13.36m

### Weight throw

1. Scott Peretin, WCU	18.91m
2. Derrick Freeland, CIT	18.88m
3. Chase Stehling, WCU	18.00m
4. Dakota Wright, WCU	17.56m
5. Ben Johnson, ETSU	17.41m
6. James Hayworth, WOF	16.10m
7. Mateius Brown, WCU	15.08m
8. Longinus Nnodim, WOF	14.58m

### Pole vault

1. Tray Oates, SAM	5.20m
2. Brett Squibbs, ETSU	5.10m
3. Chris Thrasher, SAM	4.85m
4. Gavin Gautreau, SAM	4.70m
5. Thor Smith, WCU	4.70m
6. Corey Ginley, WCU	4.55m
7. Sage Murphy, ETSU	4.55m
8. William Stout, WOF	4.10m

### Heptathlon

1. Nathan Rivera, ETSU	5,041
2. Jay Vines, SAM	4,623
3. William Stout, WOF	4,525
4. Conrad Heinrich, WOF	4,439
5. Samuel Robinson, WOF	4,373
6. Hunter Schlatter, SAM	4,200
7. Anthony Richardson, WCU	3,997
8. Austin Billings, WCU	3,948

## Individual Awards

### Most Outstanding Athlete

Patrick Taylor, ETSU

### Most Outstanding Track Performer

Ryan Adams, Furman

### Most Outstanding Field Performer

Nathan Rivera, ETSU

### Freshman of the Year

Emmanuel Tait, Samford

### Pinnacle Award

(highest GPA on championship-winning team)

Miles Greer, Western Carolina

### Coach of the Year

Cale McDaniel, Western Carolina

# 2017 WOMEN'S CHAMPIONSHIP

## Team Results

Pl.	Team	Points
1.	Samford	208
2.	Western Carolina	151.5
3.	ETSU	107.5
4.	Furman	97
5.	VMI	47
6.	Wofford	29
7.	Chattanooga	9
8.	UNCG	7
9.	The Citadel	6

### 60-meter dash

1. Katrina Seymour, ETSU	7.57
2. Tiffani Lewis, WCU	7.58
3. Mia Little, WCU	7.61
4. Kiana Davis, ETSU	7.63
5. Kerisha Goode, VMI	7.64
6. Tonia McKinley, SAM	7.68
7. Yaa Agyepong-Wiafe, VMI	7.75
8. Jazmine Gooden, WCU	7.84

### 200-meter dash

1. Katrina Seymour, ETSU	24.32
2. Kyra Atkins, ETSU	24.33
3. Tonia McKinley, SAM	24.56
4. Kiana Davis, ETSU	24.66
5. Laura Dean, WOF	25.01
6. Jazmine Gooden, WCU	25.05
7. Kerisha Goode, VMI	25.07
8. Abigail Cutcliffe, SAM	25.40

### 400-meter dash

1. Katrina Seymour, ETSU	55.91
2. Abigail Cutcliffe, SAM	56.53
3. Victoria Wicks, SAM	57.46
4. Rachel Dixon, SAM	57.63
5. Dasha Arnaut, WCU	57.82
6. Sally Woerner, WCU	57.85
7. Cassidy Morton, WOF	58.16
8. Sarah Fairchild, SAM	58.52

### 800-meter run

1. Presley Weems, SAM	2:13.91
2. Riley Burr, FUR	2:16.26
3. Shian Mallory, SAM	2:16.61
4. Kennedy Thomson, UTC	2:17.79
5. Christina Hill, VMI	2:18.14
6. Jacquelyn Crow, FUR	2:18.93
7. Nicki Smith, ETSU	2:19.63
8. Taylor Delaney, UNCG	2:19.83

### Mile run

1. Karisa Nelson, SAM	4:43.96
2. Allie Buchalski, FUR	4:45.70
3. Emma Garner, SAM	4:48.47
4. Gabbi Jennings, FUR	4:52.30
5. Emma Grace Hurley, FUR	4:57.62
6. Ann Sisson, FUR	4:58.87
7. Taylor Delaney, UNCG	5:05.51
8. Kaitlyn Lay, ETSU	5:07.10

### 3,000-meter run

1. Karisa Nelson, SAM	9:34.87
2. Emma Garner, SAM	9:35.90
3. Emma Grace Hurley, FUR	9:38.86
4. Gabbi Jennings, FUR	9:40.11
5. Savannah Carnahan, FUR	9:43.72
6. Laura Miller, FUR	10:01.03
7. Grace Dwyer, FUR	10:16.77
8. Macy Carrier, ETSU	10:23.24

### 5,000-meter run

1. Savannah Carnahan, FUR	16:41.82
2. Laura Miller, FUR	17:26.00
3. Anna Hayden, FUR	17:37.30
4. Grace Dwyer, FUR	17:48.36
5. Kaitlyn Stone, UNCG	17:49.82
6. Jennifer Stephenson, FUR	17:56.85
7. Macy Carrier, ETSU	17:59.11
8. Logan Luckett, VMI	18:30.88

### 60-meter hurdles

1. Kyra Atkins, ETSU	8.32
2. Yaa Agyepong-Wiafe, VMI	8.64
3. Lamisha Simmons, ETSU	8.66
4. Amber Lust, WOF	8.83
5. Jazmine Gooden, WCU	8.85
6. Danyel Desouza, WCU	9.09
7. Allison Wilson, ETSU	9.54
8. Imani Bennett, WCU	9.76

### Distance medley

1. Furman	11:54.34
2. Samford	12:10.63
3. ETSU	12:11.75
4. VMI	12:31.54
5. Western Carolina	12:34.87
6. Chattanooga	12:39.76
7. Wofford	13:02.98
8. The Citadel	14:04.19

### 4x400-meter relay

1. ETSU	3:50.04
2. Samford	3:51.00
3. Western Carolina	3:52.12
4. Wofford	3:53.28
5. Furman	4:02.53
6. The Citadel	4:03.40
7. VMI	4:04.97
8. Chattanooga	4:05.98

### High jump

1. Selena Popp, SAM	1.75m
2. Courtney Prengaman, SAM	1.75m
3. Tiffani Lewis, WCU	1.65m
4. Charlotte Krause, SAM	1.65m
5. Rebekah Fox, ETSU	1.65m
6. Julie Logan, VMI	1.65m
7. Carrie Neill, SAM	1.60m
8. Imani Bennett, WCU	1.55m
Marisa Scott, WCU	1.55m

### Long jump

1. Tiffani Lewis, WCU	6.05m
2. Kyra Atkins, ETSU	6.03m
3. Jazmine Gooden, WCU	6.02m
4. Bria Anderson, VMI	5.69m
5. Selena Popp, SAM	5.66m
6. Erin Hines, SAM	5.63m
7. Chenell Bryan, WCU	5.61m
8. Megan Meadow, SAM	5.59m

### Triple jump

1. Megan Meadow, SAM	12.42m
2. Tiffani Lewis, WCU	11.94m
3. Tiana Pisoni, SAM	11.88m
4. Imani Bennett, WCU	11.87m
5. Jazmine Gooden, WCU	11.64m
6. Chenell Bryan, WCU	11.62m
7. Adriana Watkins, ETSU	11.38m
8. Tamilya Wright, WCU	11.37m

### Shot put

1. Hailey Cook, WCU	14.84m
2. Simone Williams, WCU	13.02m
3. Tiffany Quick, VMI	12.79m
4. Maggie Johnston, SAM	12.72m
5. Tatiana Taylor, SAM	12.60m
6. Alisha Blackmon, WCU	12.59m
7. Mahogani Holiday, WCU	12.05m
8. Amy Yarborough, WCU	11.98m

### Weight throw

1. Hailey Cook, WCU	17.96m
2. Aerial Horton, SAM	17.22m
3. Camille Caldwell, SAM	16.85m
4. Tatiana Taylor, SAM	15.31m
5. Simone Williams, WCU	15.29m
6. Alisha Blackmon, WCU	15.10m
7. Jess Page, CIT	15.08m
8. Elizabeth Johnston, VMI	14.23m

### Pole vault

1. Meghan Breden, WCU	3.80m
2. Lindsey Kessler, SAM	3.70m
3. Emily Eustace, SAM	3.30m
3. Korie Bennett, WCU	3.30m
5. Rebecca Pfitzer, SAM	3.15m
6. Lauren Torsch, SAM	3.00m
6. Savannah Bowne, ETSU	3.00m
-- Catrena Schumacher, VMI	NH

### Pentathlon

1. Selena Popp, SAM	3,779
2. Amber Lust, WOF	3,435
3. Marisa Scott, WCU	3,352
4. Erin Hines, SAM	3,319
5. Julia Logan, VMI	3,152
6. Sara Hayes, WOF	2,902
7. Marabeth Clark, ETSU	2,876
8. Kiara Price, ETSU	2,859

## Individual Awards

### Most Outstanding Athlete

Katrina Seymour, ETSU

### Most Outstanding Track Performer

Katrina Seymour, ETSU

### Most Outstanding Field Performer

Selena Popp, Samford

### Freshman of the Year

Savannah Carnahan, Furman  
Presley Weems, Samford

### Pinnacle Award (highest GPA on championship-winning team)

Bekah Pfitzer, Samford

### Coach of the Year

Rod Tiffin, Samford

# 2016 MEN'S CHAMPIONSHIP

## Team Results

Team Finish	Points
1. Western Carolina	183
2. Samford	129
3. VMI	126
4. ETSU	101
5. Furman	57
6. The Citadel	35
7. Wofford	28
8. UNCG	3

### 60-meter dash

1. Matthew Moore, ETSU	6.79
2. Patrick Taylor, ETSU	6.89
3. Jermaine Lewis, WCU	6.90
4. Greg Henderson, VMI	6.93
5. Shelby Campbell, SAM	7.00
6. Josiah Johnson, CIT	7.02
7. Quan Myers, VMI	7.13

### 200-meter dash

1. Greg Henderson, VMI	22.91
2. Aron Long, VMI	22.01
3. Dakota Lamont, WCU	22.06
4. Jermaine Lewis, WCU	22.25
5. Lamaris Reed, VMI	22.58
6. Dante Ortado, WCU	22.44
7. A'Darrius Sanders, ETSU	22.50

### 400-meter dash

1. Michael Williams, ETSU	48.39
2. Dakota Lamont, WCU	48.52
3. Henry Kiedy, WCU	48.68
4. Andrew Gould, VMI	49.58
5. Devin Singleton, CIT	49.74
6. Tevin Williams, CIT	49.99
7. Jay Vines, SAM	50.26
8. Deondre Anderson, VMI	50.80

### 800-meter run

1. Brandon Hazouri, SAM	1:51.31
2. Avery Martin, VMI	1:51.57
3. Joe Harbacevich, WOF	1:53.06
4. Ryan Adams, FUR	1:53.78
5. Jamie Bigby, WCU	1:54.46
6. Adam Jones, SAM	1:54.84
7. Caleb Albrecht, WCU	1:56.33
8. Justin Kenard, WCU	1:57.93

### Mile run

1. Brandon Hazouri, SAM	4:10.17
2. Avery Martin, VMI	4:10.80
3. Troy Reeder, FUR	4:11.43
4. Simeon Roberts, ETSU	4:11.97
5. Ryan Adams, FUR	4:13.22
6. James Broom, VMI	4:17.40
7. Alex Michaels, WOF	4:18.62
8. Owen Bailey, SAM	4:21.30

### 3,000-meter run

1. Arsène Guillorel, SAM	8:09.62
2. Troy Reeder, FUR	8:17.37
3. Simeon Roberts, ETSU	8:18.25
4. Aaron Templeton, FUR	8:19.32
5. Tanner Hinkle, FUR	8:30.01
6. Liam Brooks, WCU	8:30.85
7. Daniel DeNijs, VMI	8:38.23
8. Austin Sprague, FUR	8:40.07

### 5,000-meter run

1. Arsène Guillorel, SAM	13:55.73
2. Tanner Hinkle, FUR	14:20.00
3. Aaron Templeton, FUR	14:35.34
4. Troy Reeder, FUR	14:51.50
5. Liam Brooks, WCU	14:54.38
6. Luke Weishaar, SAM	14:54.44
7. Austin Sprague, FUR	14:59.54
8. Sean Helmke, VMI	15:11.66

### 60-meter hurdles

1. Michael Williams, ETSU	8.14
2. Davon Guerrier, VMI	8.20
3. Lee Warren, VMI	8.27
4. Tyler Houston, ETSU	8.29
5. Conrad Heinrich, WOF	8.63
6. Kevin Hires, WCU	8.64
7. Malik Diggs, CIT	8.67
8. Jay Vines, SAM	14.77

### Distance medley

1. Samford	10:11.67
2. VMI	10:17.04
3. ETSU	10:17.11
4. Wofford	10:21.08
5. The Citadel	10:22.82
6. Western Carolina	10:23.47
7. Furman	10:31.52
8. UNCG	11:04.04

### 4x400-meter relay

1. Samford	3:48.69
2. Western Carolina	3:50.37
3. ETSU	3:50.49
4. Wofford	3:59.51
5. VMI	4:04.75
6. The Citadel	4:06.42
7. Chattanooga	4:07.22
8. Furman	4:09.68
9. UNCG	4:28.27

### High jump

1. Tyrie Adams, WCU	2.09m
2. Jamie Brown, WCU	2.06m
3. Khalil Jackson, WCU	2.06m
4. Keyth Fightmaster, SAM	2.03m
5. Jordan Scott, ETSU	2.00m
6. Christian Carswell, WCU	1.95m
7. Jackson Nosbisch, CIT	1.95m
8. Mick Noel, CIT	1.95m

### Long jump

1. Jamie Brown, WCU	7.28m
2. Marquis Barnes, SAM	7.20m
3. Patrick Taylor, ETSU	7.04m
4. Javion Lee, SAM	6.88m
5. Tevin Johnson, WOF	6.86m
6. Christian Carswell, WCU	6.83m
7. David Johnson, WCU	6.72m
8. Tyrie Adams, WCU	6.71m

### Triple jump

1. David Johnson	14.94m
2. Javion Lee, SAM	14.89m
3. Jamie Brown, WCU	14.75m
4. Kevin Hires, WCU	14.50m
5. Mikel Halim, ETSU	13.75m
6. Yohana Koko, ETSU	13.72m
7. Jerry Bryant, WCU	13.40m
8. Omar Mingo, WOF	13.36m

### Shot put

1. Joel Hoisington, VMI	16.28m
2. Jordan White, VMI	16.20m
3. Jared Johnson, WCU	16.09m
4. Derrick Freeland, CIT	15.36m
5. Grant Sanchez, VMI	15.23m
6. Scott Peretin, WCU	15.00m
7. William Condrey, VMI	14.79m
8. Jacob Dunlap, ETSU	14.53m

### Weight throw

1. Jordan White, VMI	19.21m
2. Jared Johnson, WCU	18.50m
3. Scott Peretin, WCU	17.33m
4. Derrick Freeland, CIT	16.84m
5. Dakota Wright, WCU	16.39m
6. Chase Stehling, WCU	16.36m
7. James Hayworth, WOF	16.06m
8. Mateius Brown, WCU	

### Pole vault

1. Tray Oates, SAM	5.10m
2. Austin Eckenroth, SAM	5.00m
3. Gavin Gautreau, SAM	5.00m
4. Brett Squibbs, ETSU	4.90m
5. Dustin Triplett, WCU	4.90m
6. Corey Ginley, WCU	4.90m
7. Chris Thrasher, SAM	4.75m
8. Grant Holmes, VMI	4.60m

### Heptathlon

1. Christian Carswell, WCU	4998
2. Nathan Rivera, ETSU	4982
3. Andrew Patterson, SAM	4706
4. Draven Crist, WCU	4614
5. Desmond Weinberg-Jones, VMI	4395
6. Austiin Billings, SAM	4368
7. Levi Whitt, VMI	4354
8. Conrad Heinrich, WOF	4314

## Individual Awards

### Most Outstanding Athlete

Jamie Brown, Western Carolina

### Most Outstanding Track Performer

Arsène Guillorel, Samford

### Most Outstanding Field Performer

Jordan White, VMI

### Freshman of the Year

Jamie Brown, Western Carolina

### Coach of the Year

Danny Williamson, Western Carolina

# 2016 WOMEN'S CHAMPIONSHIP

## Team Results

Pl.	Team	Points
1.	Samford	216
2.	Western Carolina	164
3.	ETSU	84.50
4.	Furman	80
5.	VMI	50.50
6.	Chattanooga	34
7.	Wofford	20
8.	UNCG	9
9.	The Citadel	5

### 60-meter dash

1. Tayla Carter, WCU	7.43
2. Kimberly Ruch, SAM	7.59
3. Keturah Williams, ETSU	7.61
4. Mia Little, WCU	7.66
5. Tiffani Lewis, WCU	7.67
6. BriAnna Williams, WCU	7.70
7. Kiana Davis, ETSU	7.74
8. Tonia McKinley, SAM	7.85

### 200-meter dash

1. Tayla Carter, WCU	24.15
2. Kimberly Ruch, SAM	24.51
3. BriAnna Adams, WCU	25.03
4. Kerisha Goode, VMI	25.06
5. Kiana Davis, ETSU	25.11
6. Tonia McKinley, SAM	25.32
7. Daijah White, SAM	25.52
8. Abigail Cutcliffe, SAM	26.58

### 400-meter dash

1. Katrina Seymour, ETSU	55.12
2. Sarah Sanford, SAM	55.51
3. Abigail Cutcliffe, SAM	56.44
4. Corina Archie-McMillan, WCU	56.49
5. Dasha Arnaut, WCU	58.08
6. Holly Gaines, WCU	58.46
7. Sally Woerner, WCU	58.50
8. Victoria Wicks, SAM	58.62

### 800-meter run

1. Maddison Melchionna, UTC	2:12.38
2. Karisa Nelson, SAM	2:13.38
3. Jacquelyn Crow, FUR	2:13.88
4. Emma Garner, SAM	2:14.68
5. Nicki Smith, ETSU	2:18.32
6. Ann Sisson, FUR	2:18.42
7. Christina Hill, VMI	2:20.03
8. Sahara Fletcher, ETSU	2:20.22

### Mile run

1. Allie Buchalski, FUR	4:51.84
2. Karisa Nelson, SAM	4:53.22
3. Ansley Bos, SAM	4:53.97
4. Emma Garner, SAM	4:55.99
5. Laura Miller, FUR	4:57.43
6. Teghan Henderson, UTC	4:57.47
7. Eira Jensen, UNCG	4:57.97
8. Jessica York, UTC	5:05.40

### 3,000-meter run

1. Allie Buchalski, FUR	9:55.05
2. Laura Miller, FUR	9:56.97
3. Emma Mashburn, FUR	9:57.40
4. Ansley Bos, SAM	10:01.68
5. Katy Link, UNCG	10:18.95
6. Victoria Hutchens, ETSU	10:25.18
7. Anna Kate Chance, UTC	10:29.31
8. Laney Browder, WCU	10:44.71

### 5,000-meter run

1. Allie Buchalski, FUR	17:23.19
2. Emma Mashburn, FUR	17:24.97
3. Laura Miller, FUR	17:25.42
4. Teghan Henderson, UTC	17:25.72
5. Bethany King, VMI	18:00.84
6. Victoria Hutchens, ETSU	18:04.37
7. Kathleen Mansure, UNCG	18:04.58
8. Emily Drouin, UTC	18:05.38

### 60-meter hurdles

1. Sarah Sanford, SAM	8.44
2. Kyra Atkins, ETSU	8.56
3. Alyiah Riley, WCU	8.68
4. Yaa Agyepong-Wiafe, VMI	8.70
5. Amber Lust, WOF	8.91
6. Kimberly Ruch, SAM	8.92
7. Qiona Payton, SAM	9.03
8. Jordan Highsmith, SAM	9.05

### Distance medley

1. Chattanooga	12:03.10
2. Furman	12:12.33
3. ETSU	12:25.08
4. VMI	12:28.33
5. Wofford	12:33.16
6. Western Carolina	12:33.28
7. Samford	12:41.08
8. UNCG	13:04.95

### 4x400-meter relay

1. Samford	3:48.69
2. Western Carolina	3:50.37
3. ETSU	3:50.49
4. Wofford	3:59.51
5. VMI	4:04.75
6. The Citadel	4:06.42
7. Chattanooga	4:07.22
8. Furman	4:09.68

### High jump

1. Courtney Pregarman, SAM	1.70m
2. Carrie Neill, SAM	1.64m
3. Selena Popp, SAM	1.64m
4. Julia Logan, VMI	1.56m
Tiffani Lewis, WCU	1.56m
6. Rebekah Fox, ETSU	1.56m
Ashley Parker, WCU	1.56m
8. Holly Gaines, WCU	1.56m

### Long jump

1. Mia McClainn, VMI	5.34m
2. Kerisha Goode, VMI	5.24m
3. Tamilia Wright, WCU	5.22m
4. Asyria Daniels, CIT	5.13m
5. Mia Little, WCU	5.03m
6. Tiana Pisoni, SAM	5.03m
7. Kennedy Smith, VMI	4.99m
8. Tayla Carter, WCU	4.96m

### Triple jump

1. Hannah Hardy, SAM	11.63m
2. Kyra Atkins, ETSU	11.38m
3. Kasey Widmyer, WOF	11.07m
4. Timia Easley, ETSU	10.91m
5. Asyria Daniels, CIT	10.73m
6. Nidonna Nicholson, WCU	10.56m
7. Bria Anderson, VMI	10.37m
8. Ashley Parker, WCU	10.13m

### Shot put

1. Hailey Cook, WCU	14.65m
2. Aerial Horton, SAM	13.28m
3. Tyesha Jones, ETSU	12.73m
4. Tatiana Taylor, SAM	12.68m
5. Simone Williams, WCU	11.76m
6. Elizabeth Johnston, VMI	11.56m
7. Kameron Cass, CIT	11.54m
8. Camille Caldwell, SAM	11.48m

### Weight throw

1. Hailey Cook, WCU	17.23m
2. Aerial Horton, SAM	16.49m
3. Tatiana Taylor, SAM	16.24m
4. Tyesha Jones, ETSU	15.58m
5. Logan Edwards, VMI	15.15m
6. Camille Caldwell, SAM	14.91m
7. Simone Williams, WCU	14.33m
8. Alexandra King, WOF	12.93m

### Pole vault

1. Ashley Kessler, ETSU	3.75m
2. Lindsey Kessler, SAM	3.75m
3. Korie Bennett, WCU	3.65m
4. Meghan Breden, WCU	3.65m
5. Sage Proffitt, WCU	3.65m
6. Sarah Lee, SAM	3.55m
7. Emily Eustace, SAM	3.20m
8. Savvanah Bowe, ETSU	3.05m

### Pentathlon

1. Holly Gaines, WCU	3,492
2. Hannah Hardy, SAM	3,425
3. Selena Popp, SAM	3,377
4. Jordan Highsmith, SAM	3,374
5. Amber Lust, WOF	3,130
6. Megan Meadow, SAM	3,085
7. Nidonna Nicholson, WCU	3,078
8. Marisa Scott, WCU	3,014

## Individual Awards

### Most Outstanding Athlete

Allie Buchalski, Furman

### Most Outstanding Track Performer

Allie Buchalski, Furman

### Most Outstanding Field Performer

Hailey Cook, Western Carolina

### Freshman of the Year

Kyra Atkins, ETSU

### Coach of the Year

Rodd Tiffin, Samford

# 2015 MEN'S CHAMPIONSHIP

## Team Results

Pl.	Team	Points
1.	Western Carolina	228
2.	Samford	155
3.	VMI	98.50
4.	Furman	92
5.	The Citadel	40.50
6.	Chattanooga	32
7.	Wofford	12
8.	UNCG	4

### 60-meter dash

1. Jermaine Lewis, WCU.....	6.83
2. Brenden Caldwell, WCU.....	6.93
3. Chris Hancock, WCU.....	6.98
4. Jerry Wickerson, WCU.....	7.04
5. Demari Boswell, WCU.....	7.07
6. Shelby Campbell, SAM.....	7.11
7. Lamaris Reed, VMI.....	7.12
8. Aron Long, VMI.....	7.14

### 200-meter dash

1. Chris Hancock, WCU.....	21.91
2. Jerry Wickerson, WCU.....	22.08
3. Aron Long, VMI.....	22.13
4. Dakota Lamont, WCU.....	22.32
5. Henry Kiedy, WCU.....	22.38
6. Jacob Noorbergen, UTC.....	22.43
7. Julian Jackson, VMI.....	22.50
8. Demari Boswell, WCU.....	30.27

### 400-meter dash

1. Aaron Tribble, WCU.....	48.66
2. Dakota Lamont, WCU.....	48.96
3. Julian Jackson, VMI.....	49.29
4. Carson Howe, SAM.....	49.72
5. Devin Singleton, CIT.....	49.84
6. Kaleb McEntyre, WCU.....	53.97
7. Demari Boswell, WCU.....	1:00.28
8. Henry Kiedy, WCU.....	DQ

### 800-meter run

1. Brandon Hazouri, SAM.....	1:54.73
2. Avery Martin, VMI.....	1:55.58
3. Marquis Carter, UTC.....	1:55.67
4. William Ivey, FUR.....	1:56.99
5. Jamie Bigby, WCU.....	1:57.95
6. Trevor Janssen, UTC.....	1:58.13
7. Nate Gray Wolf Riech, FUR.....	1:58.47
8. Michael Cornwell, WCU.....	2:01.05

### Mile run

1. Troy Reeder, FUR.....	4:08.21
2. Brandon Hazouri, SAM.....	4:08.35
3. Avery Martin, VMI.....	4:09.19
4. Brock Baker, FUR.....	4:12.52
5. James Perez, FUR.....	4:12.78
6. William Ivey, FUR.....	4:13.79
7. Michael Cornwell, WCU.....	4:14.33
8. Austin Sprague, FUR.....	4:14.37

### 3,000-meter run

1. Tripp Hurt, FUR.....	8:29.81
2. Arsène Guillourel, SAM.....	8:30.20
3. Brock Baker, FUR.....	8:30.55
4. Luke Weishaar, SAM.....	8:32.84
5. Tanner Hinkle, FUR.....	8:33.18
6. Lee Shearer, FUR.....	8:38.78
7. Paul Stuart, UTC.....	8:40.45
8. Patrick Spahn, VMI.....	8:42.17

### 5,000-meter run

1. Tripp Hurt, FUR.....	14:18.23
2. Arsène Guillourel, SAM.....	14:18.45
3. Tanner Hinkle, FUR.....	14:25.53
4. Josh Brickell, FUR.....	14:35.72
5. Aaron Templeton, FUR.....	14:42.97
6. Troy Reeder, FUR.....	14:44.16
7. Paul Stuart, UTC.....	14:53.45
8. Luke Weishaar, SAM.....	14:57.80

### 60-meter hurdles

1. Marquis Bailey, WCU.....	8.14
2. Abraham Faison, WCU.....	8.22
3. Quincy Murphy, VMI.....	8.39
4. Lee Warren, VMI.....	8.58
5. Drake Watson, UTC.....	8.74
6. Marquis Barnes, SAM.....	8.84
7. Davon Guerrier, VMI.....	8.86
8. Samuel Robinson, WOF.....	8.97

### Distance medley

1. Furman.....	10:06.16
2. Chattanooga.....	10:11.17
3. Western Carolina.....	10:12.81
4. Samford.....	10:25.00
5. VMI.....	10:28.21
6. The Citadel.....	10:40.37
7. UNCG.....	10:42.91
8. Wofford.....	10:48.11

### 4x400-meter relay

1. Western Carolina.....	3:17.07
2. The Citadel.....	3:18.54
3. Samford.....	3:20.49
4. VMI.....	3:22.46
5. Chattanooga.....	3:25.17
6. Wofford.....	3:28.48
7. UNCG.....	3:29.75
8. Furman.....	3:36.18

### High jump

1. Keyth Fightmaster, SAM.....	2.15m
2. Mick Noel, CIT.....	1.96m
3. Jaquell Bryant, WCU.....	1.93m
4. Christian Carswell, WCU.....	1.93m
5. Jackson Nobsisch, CIT.....	1.93m
6. Tevin Johnson, WOF.....	1.88m
7. Austin Billings, SAM.....	1.88m
8. Andrew Patterson SAM.....	1.88m

### Long jump

1. Brendan Caldwell, WCU.....	6.89m
2. Javion Lee, SAM.....	6.79m
3. Abraham Faison, WCU.....	6.76m
4. Lamaris Reed, VMI.....	6.76m
5. Jordan Santana, WCU.....	6.75m
6. Tevin Johnson, WOF.....	6.69m
7. Quincy Murphy, VMI.....	6.67m
8. David Johnson, WCU.....	6.64m

### Triple jump

1. David Johnson, WCU.....	14.80m
2. Javion Lee, SAM.....	14.51m
3. Kevin Hires, WCU.....	13.98m
4. Jordan Santana, WCU.....	13.64m
5. Marquis Barnes, SAM.....	13.38m
6. Lamaris Reed, VMI.....	13.16m
7. Christian Carswell, WCU.....	13.11m
8. Andrew Patterson, SAM.....	12.99m

### Shot put

1. Jordan White, VMI.....	16.26m
2. Jared Johnson, WCU.....	15.76m
3. Sidney Jordan, SAM.....	15.64m
4. Scott Peretin, WCU.....	15.01m
5. Grant Sanchez, VMI.....	14.67m
6. Derrick Freeland, CIT.....	14.37m
7. Brian Smith, SAM.....	14.31m
8. William Condrey, VMI.....	14.08m

### Weight throw

1. Jared Johnson, WCU.....	18.64m
2. Geno Porter, CIT.....	17.77m
3. Sidney Jordan, SAM.....	17.35m
4. Jordan White, VMI.....	16.28m
5. Brian Hill, SAM.....	15.56m
6. Scott Peretin, WCU.....	15.35m
7. Sadarius Lucas, CIT.....	15.21m
8. James Hayworth, WOF.....	15.07m

### Pole vault

1. Tray Oates, SAM.....	5.02m
2. Austin Eckenroth, SAM.....	5.02m
3. Chris Thrasher, SAM.....	4.62m
4. Thor Smith, WCU.....	4.62m
5. Dustin Triplett, WCU.....	4.42m
Grant Holmes, VMI.....	4.42m
7. Christian Carswell, WCU.....	4.27m
8. Sean Connolly, VMI.....	4.12m

### Heptathlon

1. Quincy Murphy, VMI.....	4,952
2. Christian Carswell, WCU.....	4,755
3. Marquis Barnes, SAM.....	4,688
4. Josh Davies, SAM.....	4,463
5. Andrew Patterson, SAM.....	4,415
6. Dustin Triplett, WCU.....	4,357
7. Austin Billings, SAM.....	4,330
8. Jordan Santana, WCU.....	4,277

## Individual Awards

### Most Outstanding Athlete

Tripp Hurt, Furman

### Most Outstanding Track Performer

Tripp Hurt, Furman

### Most Outstanding Field Performer

Jared Johnson, Western Carolina

### Freshman of the Year

Brenden Caldwell, Western Carolina

### Coach of the Year

Danny Williamson, Western Carolina

# 2015 WOMEN'S CHAMPIONSHIP

## Team Results

Pl.	Team	Points
1.	Western Carolina	226
2.	Samford	155
3.	ETSU	96
4.	Furman	83
5.	Chattanooga	46
6.	The Citadel	24
7.	VMI	23
T8.	Wofford	5
T8.	UNCG	5

### 60-meter dash

1. Tayla Carter, WCU	7.49
2. Keturah Williams, ETSU	7.60
3. Demeteria Edgecombe, ETSU	7.66
4. Kayla Williams, WCU	7.78
5. Tiffani Lewis, WCU	7.83
6. Chenell Bryan, WCU	7.87
7. Kimberly Ruch, SAM	7.93
8. Xaviera Bass, WCU	7.98

### 200-meter dash

1. Tayla Carter, WCU	24.46
2. Keturah Williams, ETSU	24.61
3. Tanisha Bethel, CIT	25.22
4. Demeteria Edgecombe, ETSU	25.35
5. Genevieve Emrick, WCU	25.51
6. Kayla Williams, WCU	25.79
7. Marabeth Clark, ETSU	25.96
8. Corina Archie-McMillan, WCU	26.36

### 400-meter dash

1. Genevieve Emrick, WCU	55.44
2. Sarah Sanford, SAM	56.43
3. Corina Archie-McMillan, WCU	57.08
4. Sarah Johnson, CIT	57.90
5. Emani Little, CIT	57.94
6. Lena Elliott, WCU	58.32
7. Michaela Williams, WCU	59.12
8. Kianna Howard, UTC	59.53

### 800-meter run

1. Marie DeMedicis, SAM	2:11.58
2. Anna Irvine, SAM	2:12.73
3. Maddison Melchionna, UTC	2:13.39
4. Jacquelyn Crow, FUR	2:13.41
5. Katelyn Brock, SAM	2:14.85
6. Hannah Chamblin, UTC	2:15.25
7. Carolyn Hinch, ETSU	2:21.06
8. Lena Elliott, WCU	2:38.46

### Mile run

1. Jacquelyn Crow, FUR	4:58.17
2. Ansley Bos, SAM	4:58.91
3. Jacquelyn Crow, FUR	4:59.13
4. Karisa Nelson, SAM	5:00.22
5. Amanda Cotter, UTC	5:00.69
6. Laura Miller, FUR	5:01.50
7. Eira Jensen, UNCG	5:03.25
8. Jessica York, UTC	5:06.14

### 3,000-meter run

1. Sinead Haughey, FUR	9:27.51
2. Allie Buchalski, FUR	9:45.21
3. Rachel Wooten, SAM	10:03.02
4. Emma Mashburn, FUR	10:06.62
5. Emily Drouin, UTC	10:09.11
6. Keeley Stewart, UTC	10:11.41
7. Francis Bernard, SAM	10:11.69
8. Bryce Seymour, FUR	10:37.73

### 5,000-meter run

1. Sinead Haughey, FUR	16:33.51
2. Allie Buchalski, FUR	17:08.87
3. Emma Mashburn, FUR	17:10.33
4. Amanda Cotter, UTC	17:11.27
5. Laura Miller, FUR	17:21.85
6. Emily Drouin, UTC	17:23.05
7. Katy Link, UNCG	17:25.99
8. Rachel Wooten, SAM	17:33.53

### 60-meter hurdles

1. Demeteria Edgecombe, ETSU	8.29
2. Xaviera Bass, WCU	8.50
3. Sarah Sanford, SAM	8.51
4. Kayla Williams, WCU	8.76
5. Alyiah Riley, WCU	8.90
6. Qiona Payton, SAM	8.95
7. Yaa Agyepong-Wiafe, VMI	8.97
8. Michaela Birek, WCU	9.13

### Distance medley

1. Chattanooga	11:49.59
2. Samford	12:04.05
3. ETSU	12:12.28
4. Furman	12:20.35
5. VMI	12:28.77
6. Western Carolina	12:34.70
7. The Citadel	12:53.78
8. UNCG	13:01.02

### 4x400-meter relay

1. Western Carolina	3:46.42
2. Samford	3:51.55
3. The Citadel	3:54.06
4. ETSU	3:58.26
5. Chattanooga	3:58.85
6. VMI	4:04.31
7. Furman	4:08.52
8. Wofford	4:17.63

### High jump

1. Xaviera Bass, WCU	1.69m
2. Anisia Starege, WCU	1.66m
3. Molly Fagan, WCU	1.66m
4. Courtney Pregelaman, SAM	1.63m
5. Carrie Neill, SAM	1.57m
6. Julia Logan, VMI	1.57m
7. Nicole Sumida, UTC	1.57m
8. Danielle Blanco, SAM	1.52m

### Long jump

1. Tiffani Lewis, WCU	5.90m
2. Timia Easley, ETSU	5.69m
3. Tiana Pisoni, SAM	5.53m
4. Chenell Bryan, WCU	5.52m
5. Xaviera Bass, WCU	5.47m
6. Michaela Birek, WCU	5.43m
7. Molly Fagan, WCU	5.28m
8. Asyria Daniels, CIT	5.09m

### Triple jump

1. Tiana Pisoni, SAM	11.99m
2. Adriana Watkins, ETSU	11.42m
3. Nicole Alexander, ETSU	11.30m
4. Tiffani Lewis, WCU	11.04m
5. Chenell Bryan, WCU	11.03m
6. Xaviera Bass, WCU	10.94m
7. Kennedy Smith, VMI	10.75m
8. Molly Fagan, WCU	10.65m

### Shot put

1. Alisha Bradshaw, WCU	15.04m
2. Hailey Cook, WCU	14.51m
3. Renee Reives, VMI	14.04m
4. Katelyn Poole, SAM	13.61m
5. Aerial Horton, SAM	13.02m
6. Tyesha Jones, ETSU	12.77m
7. Alisha Blackmon, WCU	12.44m
8. Jasmin Brown, WCU	12.21m

### Weight throw

1. Alisha Bradshaw, WCU	17.80m
2. Kristin Brining, SAM	17.25m
3. Aerial Horton, SAM	16.80m
4. Katelyn Poole, SAM	16.03m
5. Hailey Cook, WCU	15.48m
6. Tyesha Jones, ETSU	15.18m
7. Logan Edwards, VMI	14.89m
8. Alisha Blackmon, WCU	14.71m

### Pole vault

1. Devyn Ressler, WCU	3.90m
2. Ashley Kessler, ETSU	3.80m
3. Morgan Johnson, SAM	3.80m
4. Korie Bennett, WCU	3.50m
5. Emily Eustace, SAM	3.35m
6. Cara June Elyea, WCU	3.35m
7. Meghan Breden, WCU	3.35m
8. Emily Fulton, VMI	3.20m

### Pentathlon

1. Michaela Birek, WCU	3,511
2. Nicole Alexander, ETSU	3,352
3. Danielle Blanco, SAM	3,328
4. Jordan Highsmith, SAM	3,278
5. Katie Beuerlein, WOF	3,251
6. Anne Greer, WCU	3,154
7. Holly Gaines, WCU	3,099
8. Victoria Wicks, SAM	2,987

## Individual Awards

### Most Outstanding Athlete

Xaviera Bass, Western Carolina  
Allie Buchalski, Furman

### Most Outstanding Track Performer

Allie Buchalski, Furman

### Most Outstanding Field Performer

Xaviera Bass, Western Carolina  
Alisha Bradshaw, Western Carolina

### Freshman of the Year

Tiana Pisoni, Samford

### Coach of the Year

Danny Williamson, Western Carolina

# 2014 MEN'S CHAMPIONSHIP

## Team Results

Pl.	Team	Points
1.	Western Carolina	185
2.	Appalachian State	150
3.	Samford	112
4.	The Citadel	66
5.	Furman	65
6.	Davidson	36
7.	Chattanooga	25
8.	Wofford	13
9.	UNCG	9

### 60-meter dash

1. Jamaal Brantley, CIT	6.82
2. Marshall McRae, APP	6.85
3. Justin Emerson, SAM	6.89
4. Jeffery Hendricks, WCU	6.91
5. Jerry Wickerson, WCU	6.94
6. Jermaine Lewis, WCU	6.96
7. William Buckley, APP	7.00
8. Earl Rahming, WCU	7.06

### 200-meter dash

1. Jamaal Brantley, CIT	21.97
2. Jeffery Hendricks, WCU	22.16
3. Jerry Wickerson, WCU	22.29
4. William Buckley, APP	22.44
5. Earl Rahming, WCU	22.47
6. Justin Emerson, SAM	22.62
7. Adrian Ortado, WCU	22.80
8. Demari Boswell, WCU	22.83

### 400-meter dash

1. Aaron Harris, WCU	48.48
2. Raphael Rojas, APP	48.56
3. Earl Rahming, WCU	48.80
4. Adrian Ortado, WCU	49.70
5. Joshua Hann, APP	50.15
6. Demari Boswell, WCU	50.43
7. Trey Edgerton, APP	50.56
8. Eric Blake, WCU	50.98

### 800-meter run

1. Nathan Hendershot, SAM	1:51.69
2. Brandon Hazouri, SAM	1:52.14
3. William Ivey, FUR	1:53.26
4. Patrick Rollo, DAV	1:55.40
5. Wesley Laytham, DAV	1:56.29
6. Michael Cornwell, WCU	1:56.41
7. Marquis Carter, UTC	1:57.23
8. Trevor Janssen, UTC	2:01.13

### Mile run

1. Adam Jones, SAM	4:17.52
2. Brock Baker, FUR	4:18.27
3. Layton Dorsett, SAM	4:18.37
4. Tyron Alston, UNCG	4:21.42
5. Grayam Sailor-Tynes, DAV	4:21.67
6. JC Cornett, WCU	4:22.44
7. Alex Michaels, WOF	4:26.03
8. Brandon Cain, UNCG	4:26.52

### 3,000-meter run

1. Tripp Hurt, FUR	8:18.04
2. Tanner Hinkle, FUR	8:23.05
3. Kyle McFoy, APP	8:27.46
4. Whitner Chase, DAV	8:30.35
5. Harry Smithers, UTC	8:35.41
6. Luke Weishaar, SAM	8:36.11
7. Nathan Wanuch, UTC	8:41.26
8. Travis Alfaro, WCU	8:45.23

### 5,000-meter run

1. Tripp Hurt, FUR	14:30.76
2. Tanner Hinkle, FUR	14:32.82
3. Kyle McFoy, APP	14:46.89
4. Nathan Wanuch, UTC	14:48.11
5. John Klecker, FUR	14:48.67
6. Chris Anderson, APP	14:50.53
7. Whitner Chase, DAV	14:50.74
8. Dylan Belles, UNCG	14:58.80

### 60-meter hurdles

1. Marquis Bailey, WCU	8.35
2. Abraham Faison, WCU	8.35
3. Brandon Bassett, SAM	8.45
4. Charles Rappe, DAV	8.51
5. Sam Lusty, WCU	8.62
6. Kenley Joeseph, APP	8.65
7. Matthew Beausoleil, CIT	8.68
8. Iman Isang, UTC	8.69

### Distance medley

1. Samford	10:02.54
2. Furman	10:06.83
3. Davidson	10:10.55
4. Appalachian State	10:20.95
5. Chattanooga	10:34.61
6. Western Carolina	10:26.95
7. UNCG	10:37.56
8. Wofford	10:44.61

### 4x400-meter relay

1. Western Carolina	3:19.35
2. Appalachian State	3:21.44
3. The Citadel	3:22.26
4. Davidson	3:25.70
5. Chattanooga	3:29.09
6. Furman	3:33.13
7. Wofford	3:42.44
-- Samford	DNS

### High jump

1. Brandon Bassett, SAM	2.09m
2. Samuel Allen, APP	2.04m
3. Bob Elliott II, SAM	1.99m
4. Jackson Nosbisch, CIT	1.94m
5. Tevin Johnson, WOF	1.89m
6. Darrow Goff, APP	1.89m
7. Bob McNeil, WCU	1.89m
8. Mick Noel, CIT	1.84m

### Long jump

1. Brandon Bassett, SAM	2.09m
2. Samuel Allen, APP	2.04m
3. Bob Elliott II, SAM	1.99m
4. Jackson Nosbisch, CIT	1.94m
5. Tevin Johnson, WOF	1.89m
6. Darro Goff, APP	1.89m
7. Bob McNeil, WCU	1.89m
8. Noel Mick, CIT	1.84m

### Triple jump

1. Jamal Tiller, APP	15.44m
2. Adedeji Adeneye, APP	15.29m
3. Josh McSwain, WCU	15.19m
4. Bob McNeil, WCU	14.84m
5. David Johnson, WCU	14.43m
6. Henry Bustle, APP	14.33m
7. James Stovall, UTC	14.07m
8. Bob Elliott II, SAM	13.79m

### Shot put

1. Jared Johnson, WCU	15.51m
2. Dylan Gidado, CIT	15.23m
3. Sidney Jordan, SAM	15.03m
4. Nathan Milch, APP	14.72m
5. Brian Smith, SAM	14.60m
6. John Leonard, APP	14.56m
7. Ian VanderGulik, CIT	14.55m
8. Brian Hill, SAM	14.47m

### Weight throw

1. Jared Johnson, WCU	18.18m
2. Jonathan Howes, APP	16.63m
3. Brian Hill, SAM	16.32m
4. John Leonard, APP	16.09m
5. Geno Porter, CIT	16.05m
6. Ian VanderGulik, CIT	15.51m
7. Dylan Gidado, CIT	15.43m
8. Sidney Jordan, SAM	15.39m

### Pole vault

1. Phillip Thomas, APP	4.70m
2. Dustin Triplett, WCU	4.70m
3. Matt Layne, APP	4.55m
4. Alex Lomax, APP	4.55m
5. Brandon Bassett, SAM	4.55m
6. Keith Leonard, WCU	4.55m
7. David Melton, CIT	4.55m
8. Chris Thrasher, SAM	4.55m

### Heptathlon

1. Christian Carswell, WCU	4,681
2. Sam Lusty, WCU	4,648
3. Jackson Powers, APP	4,351
4. Tyler Bell, WCU	4,072
5. Andrew Patterson, SAM	4,020
6. Ian Aikman, CIT	3,838
7. Sam Parrott, WOF	3,057

## Individual Awards

### Most Outstanding Track Performer

Jamaal Brantley, The Citadel

### Most Outstanding Field Performer

Jared Johnson, Western Carolina

### Most Outstanding Athlete

Brandon Bassett, Samford

### Freshman of the Year

Josh McSwain, Western Carolina

### Coach of the Year

Danny Williamson, Western Carolina



# 2014 WOMEN'S CHAMPIONSHIP

## Team Results

Pl.	Team	Points
1.	Western Carolina	132
2.	Appalachian State	120.50
3.	Georgia Southern	119
4.	Samford	113.50
5.	Elon	88
6.	Chattanooga	22
7.	UNCG	18
8.	Furman	17
9.	Davidson	16
10.	The Citadel	10
11.	Wofford	3

### 60-meter dash

1.	Tayla Carter, WCU	7.45
2.	Jasmin Walker, GSU	7.51
3.	Breanna Alston, APP	7.62
4.	Jordan Fordham, GSU	7.74
5.	Janise Robinson, WCU	7.75
6.	Alyssa Felton, GSU	7.78
7.	Kimberly Ruch, SAM	7.82
8.	Tiffani Lewis, WCU	7.85

### 200-meter dash

1.	Breanna Alston, APP	24.42
2.	Tayla Carter, WCU	24.63
3.	Aarian Tipton, APP	24.81
4.	Jasmin Walker, GSU	24.98
5.	Jordan Fordham, GSU	25.14
6.	Sydney Griffin, Elon	25.17
7.	Tanisha Bethel, CIT	25.59
8.	Bria Bell, Elon	26.19

### 400-meter dash

1.	Genevieve Emrick, WCU	55.62
2.	Asha Stegall, GSU	55.96
3.	Bria Bell, Elon	56.28
4.	Jennifer Pash, Elon	57.41
5.	Lena Elliott, WCU	57.44
6.	Corina Archie-McMillan, WCU	57.87
7.	Jennifer Esposito, Elon	58.67
8.	Dana Edwards, GSU	59.08

### 800-meter run

1.	Sherril McFarlane, GSU	2:10.54
2.	Marie Demedicis, SAM	2:11.82
3.	Shelby Howell, APP	2:12.26
4.	Hayley Tomlinson, WCU	2:12.28
5.	Anna Irvine, SAM	2:13.02
6.	Taryn Stern, APP	2:13.94
7.	Jocelyn Keen, WCU	2:15.12
8.	Brigid Behrens, DAV	2:19.97

### Mile run

1.	Lauren D'Alessio, SAM	4:58.51
2.	Chelsea Sumney, UNCG	5:00.85
3.	Tereza Novotna, Elon	5:01.15
4.	Sarah Paddon, DAV	5:01.73
5.	Allie Buchalski, FUR	5:08.27
6.	Justine Stocks, APP	5:08.32
7.	Francis Bernard, SAM	5:10.71
8.	Rebecca Greenwall, UTC	5:12.70

### 3,000-meter run

1.	Allyson Oram, Elon	9:34.97
2.	Teghan Henderson, UTC	9:38.15
3.	Allie Buchalski, FUR	10:04.48
4.	Kaitlin Cagle, APP	10:05.37
5.	Elyse Bierut, Elon	10:05.97
6.	Tristin Van Ord, APP	10:06.30
7.	Rachel Wooten, SAM	10:10.52
8.	Keeley Stewart, UTC	10:19.86

### 5,000-meter run

1.	Shaina Sumney, UNCG	16:39.02
2.	Allyson Oram, Elon	16:53.28
3.	Teghan Henderson, UTC	16:53.70
4.	Grace Tinkey, FUR	17:01.03
5.	Tristin Van Ord, APP	17:19.44
6.	Kaitlin Cagle, APP	17:26.87
7.	Erin Osment, DAV	17:29.23
8.	Elyse Bierut, Elon	17:44.03

### 60-meter hurdles

1.	Sydney Griffin, Elon	8.60
2.	Alyssa Felton, GSU	8.74
3.	Xaveria Bass, WCU	8.75
4.	Ashley Cope, SAM	8.79
5.	Dana Edwards, GSU	8.88
6.	Shermell Wilkins, WCU	8.91
7.	Brittany Diggs, WCU	9.01
8.	Jennifer Esposito, Elon	9.12

### Distance medley

1.	Samford	11:52.66
2.	Appalachian State	11:59.48
3.	Western Carolina	12:04.90
4.	Davidson	12:14.60
5.	Chattanooga	12:32.82
6.	Wofford	12:40.51
7.	Furman	12:46.97
8.	The Citadel	12:52.97

### 4x400-meter relay

1.	Georgia Southern	3:50.02
2.	Appalachian State	3:51.12
3.	Elon	3:52.42
4.	The Citadel	3:59.06
5.	Samford	3:59.60
6.	Davidson	4:02.98
7.	Chattanooga	4:03.74
8.	Western Carolina	4:07.15

### High jump

1.	Anisisa Starege, WCU	1.75m
2.	Keyanna Harris, GSU	1.70m
3.	Xaveria Bass, WCU	1.70m
4.	Molly Fagan, WCU	1.65m
5.	Audrey Florence, APP	1.65m
6.	Haley Laird, Elon	1.65m
7.	Carrie Abraham, Elon	1.65m
	Megan Kirschling, Elon	1.65m

### Long jump

1.	Jasmin Walker, GSU	6.01m
2.	Charley Nicole, SAM	5.97m
3.	Breanna Alston, APP	5.90m
4.	Tiffani Lewis, WCU	5.72m
5.	Carrie Abraham, Elon	5.72m
6.	Camryn Coleman, GSU	5.68m
7.	Ashleigh Rasheed, GSU	5.61m
8.	Alyssa Felton, GSU	5.60m

### Triple jump

1.	Nicole Charley, SAM	12.58m
2.	Ashleigh Rasheed, GSU	12.31m
3.	Tiffani Lewis, WCU	11.33m
4.	Carrie Abraham, Elon	11.27m
5.	Brianna Charles, GSU	11.17m
6.	Xaveria Bass, WCU	11.16m
7.	Kinnari Badger, WCU	11.09m
8.	Jayna Coyle, Elon	11.00m

### Shot put

1.	Brianna Tate, APP	14.82m
2.	Charlise Morgan, Elon	14.78m
3.	Hailey Cook, WCU	14.14m
4.	Aerial Horton, SAM	13.96m
5.	Jasmine Suydam, APP	13.69m
6.	Alisha Bradshaw, WCU	13.49m
7.	Katelyn Poole, SAM	13.48m
8.	Breanna Warren, Elon	13.14m

### Weight throw

1.	Alisha Bradshaw, WCU	19.27m
2.	Gayshawna Watkins, APP	17.60m
3.	Ana DeLeon, APP	17.37m
4.	Jocelyn Parnell, APP	17.30m
5.	Brianna Tate, APP	17.11m
6.	Kelsey Arnold, GSU	16.97m
7.	Aerial Horton, SAM	15.94m
8.	Morgan Withers, WCU	15.23m

### Pole vault

1.	Morgan Johnson, SAM	3.87m
2.	Cassandra Crawford, APP	3.77m
3.	Ashley Cope, SAM	3.77m
4.	Claire Goodson, SAM	3.77m
5.	Debra Bomermuth, APP	3.62m
6.	Chelsea Farr, APP	3.62m
7.	Devyn Ressler, WCU	3.62m
8.	Emily Eustace, SAM	3.62m

### Pentathlon

1.	Ashley Cope, SAM	3,461
2.	Ashleigh Rasheed, GSU	3,409
3.	Nicole Levermann, CIT	3,336
4.	Danielle Blanco, SAM	3,269
5.	Michaela Birek, WCU	3,224
6.	Holly Gaines, WCU	3,193
7.	LeNiesha Kears, WCU	3,085
8.	Morgan Johnson, SAM	3,037

## Individual Awards

### Most Outstanding Track Performer

Breanna Alston, Appalachian State

### Most Outstanding Field Performers

Ashley Cope, Samford

### Co-Most Outstanding Athlete

Breanna Alston, Appalachian State

### Freshman of the Year

Morgan Johnson, Samford

### Coach of the Year

Danny Williamson, Western Carolina

# 2013 MEN'S CHAMPIONSHIP

## Team Results

Pl.	Team	Points
1.	Appalachian State	183.50
2.	Samford	179*
3.	Western Carolina	161.50
4.	Davidson	30
5.	UNCG	29
6.	Chattanooga	27
6.	The Citadel	27
8.	Furman	22
9.	Wofford	3

\* later vacated 23 points

### 60-meter dash

1.	Justin Emerson, SAM	6.85
2.	Brandon Hairston, WCU	6.86
3.	Ron Duncan, WCU	6.87
4.	Justin Thomas, APP	6.88
5.	Jamaal Brantley, CIT	6.94
6.	Owen Wagoner, SAM	6.98
7.	Jermaine Lewis, WCU	7.07
8.	Marshall McRae, APP	7.10

### 200-meter dash

1.	Brandon Hairston, WCU	22.12
2.	Stanley Broaden, APP	22.34
3.	Justin Thomas, APP	22.37
4.	Demari Boswell, WCU	22.42
5.	Aaron Tribble, WCU	22.46
6.	Jonathon Bush, SAM	22.64
7.	Marshall McRae, APP	22.90
--	Jamaal Brantley, CIT	DQ

### 400-meter dash

1.	Aaron Harris, WCU	49.15
2.	Earl Rahming, WCU	49.15
3.	Brandon Hairston, WCU	49.35
4.	Jonathon Bush, SAM	49.49
5.	Aaron Tribble, WCU	49.78
6.	Cole Warren, FUR	50.30
7.	Tevin Williams, CIT	50.72
8.	Trey Edgerton, APP	50.76

### 800-meter run

1.	Nathan Hendershot, SAM*	1:53.68
2.	Marquis Carter, UTC	1:54.21
3.	Raphael Rojas, APP	1:54.35
4.	Trevor Janssen, UTC	1:55.29
5.	William Ivey, FUR	1:55.39
6.	Adam Jones, SAM	1:55.49
7.	Wesley Laytham, DAV	1:57.78
8.	Alex Taylor, APP	1:59.92

### Mile run

1.	Alex Taylor, APP	4:12.20
2.	Chris Moen, APP	4:13.88
3.	Wilkerson Given, FUR	4:14.36
4.	Brandon Hazouri, SAM	4:14.81
5.	Layton Dorsett, SAM	4:15.12
6.	Nolan Clark, WCU	4:16.81
7.	James Perez, FUR	4:17.11
8.	Josh Crawford, UNCG	4:20.10

### 3,000-meter run

1.	Paul Chelimo, UNCG	8:09.07
2.	Paul Katam, UNCG	8:10.75
3.	Demetrios Pagonis, DAV	8:13.02
4.	Chris Moen, APP	8:22.57
5.	Brian Graves, APP	8:24.27
6.	Nathan Wanuch, UTC	8:24.93
7.	Vincent Weir, DAV	8:25.03
8.	Michael Lilley, APP	8:26.28

### 5,000-meter run

1.	Paul Katam, UNCG*	14:13.77
2.	Demetrios Pagonis, DAV	14:29.63
3.	Chris Moen, APP	14:42.22
4.	Josey Weaver, WCU	14:46.39
5.	Michael Lilley, APP	14:48.15
6.	Brian Graves, APP	14:52.00
7.	Nathan Wanuch, UTC	14:52.87
8.	Travis Alfaro, WCU	15:02.14

### 60-meter hurdles

1.	Stanley Broaden, APP	7.90
2.	Bo Ackerson-Gilroy, SAM	8.22
3.	Marquis Bailey, WCU	8.24
4.	Sam Lusty, WCU	8.38
5.	Abraham Faison, WCU	8.39
6.	Ben Davies, SAM	8.43
7.	Iman Isang, UTC	8.49
8.	Tyler Bentley, WCU	8.56

### Distance medley

1.	Appalachian State	10:05.77
2.	Samford*	10:06.61
3.	Western Carolina	10:09.39
4.	Davidson	10:10.08
5.	Furman	10:13.09
6.	Chattanooga	10:29.79
7.	The Citadel	10:36.58
8.	Wofford	10:58.14

### 4x400-meter relay

1.	Western Carolina	3:17.95
2.	Appalachian State	3:20.48
3.	The Citadel	3:20.92
4.	Samford*	3:21.13
5.	Chattanooga	3:26.78
6.	Davidson	3:27.86
7.	Furman	3:29.13
8.	Wofford	3:29.77

### High jump

1.	Bob Elliott II, SAM	2.03m
2.	Tyler Kemp, SAM	2.03m
3.	Aaron Tribble, WCU	1.98m
4.	Bo Ackerson-Gilroy, SAM	1.98m
5.	Brandon Bassett, SAM	1.98m
6.	Christian Carswell, WCU	1.88m
7.	Cole Finch, APP	1.88m
	Bob McNeil, WCU	1.88m

### Long jump

1.	Steven Bastien, SAM	7.19m
2.	Henry Bustle, APP	7.07m
3.	Jamal Tiller, APP	6.96m
4.	Bob McNeil, WCU	6.89m
5.	Sam Lusty, WCU	6.79m
6.	Stewart Dalton, DAV	6.76m
7.	Adedeji Adeneye, APP	6.68m
8.	Brandon Bassett, SAM	6.68m

### Triple jump

1.	Jamal Tiller, APP	15.41m
2.	Bob McNeil, WCU	14.76m
3.	Adedeji Adeneye, APP	14.40m
4.	Bob Elliott II, SAM	14.38m
5.	Henry Bustle, APP	14.33m
6.	Sam Lusty, WCU	13.93m
7.	Edward Jones, CIT	13.53m
8.	Tevin Johnson, WOF	13.33m

### Shot put

1.	Jared Stalling, APP	15.98m
2.	Jared Johnson, WCU	15.56m
3.	Sydney Jordan, SAM	15.34m
4.	Zane Lail, APP	15.12m
5.	Nick Sansotta, APP	15.12m
6.	John Leonard, APP	15.11m
7.	Dylan Gidado, CIT	14.91m
8.	Scott Des Marias, FUR	14.59m

### Weight throw

1.	Jared Stalling, APP	18.83m
2.	Jamie Van Pelt, WCU	18.26m
3.	Geno Porter, CIT	17.24m
4.	Joe Korac, WCU	16.62m
5.	Zane Lail, APP	16.20m
6.	Jared Johnson, WCU	15.39m
7.	Clay Allen, CIT	15.02m
8.	Dylan Gidado, CIT	14.91m

### Pole vault

1.	Ryan Cook, SAM	4.89m
2.	Ben Davies, SAM	4.89m
3.	Owen Wagoner, SAM	4.74m
4.	Jacob Stowe, APP	4.74m
5.	Alex Lomas, APP	4.59m
6.	Steven Bastien, SAM	4.59m
7.	Patrick Quinn, APP	4.59m
8.	Michael Lorentsen, DAV	4.44m

### Heptathlon

1.	Steven Bastien, SAM	4,916
2.	Brandon Bassett, SAM	4,658
3.	Cody Russell, SAM	4,558
4.	Ben Davies, SAM	4,450
5.	Josh Davies, SAM	4,329
6.	Bo Ackerson-Gilroy, SAM	4,294
7.	Dustin Triplett, WCU	4,103
8.	Tyler Bentley, WCU	4,013

\* later vacated

## Individual Awards

**Most Outstanding Track Performer**  
Brandon Hairston, Appalachian State

**Most Outstanding Field Performer**  
Steven Bastien, Samford

**Most Outstanding Athlete**  
Brandon Hairston, Appalachian State

**Freshman of the Year**  
Steven Bastien, Samford

**Coach of the Year**  
Rod Tiffin, Samford

# 2013 WOMEN'S CHAMPIONSHIP

## Team Results

Pl.	Team	Points
1.	Western Carolina	149
2.	Appalachian State	143.50
3.	Samford	139
4.	Elon	81
5.	Georgia Southern	70.50
6.	The Citadel	21
7.	College of Charleston	18
8.	Chattanooga	13
9.	UNCG	9
10.	Wofford	8
11.	Davidson	7
12.	Furman	4

### 60-meter dash

1. Tayla Carter, WCU	7.45
2. Ebony Carter, GSU	7.59
3. Breanna Alston, APP	7.65
4. Jasmine Walker, GSU	7.68
5. Raven Parrish, WCU	7.69
6. Janise Robinson, WCU	7.77
7. Amber Vaughn, GSU	7.81
8. Alyssa Felton, GSU	7.86

### 200-meter dash

1. Breanna Alston, APP	24.38
2. Tayla Carter, WCU	24.66
3. Ebony Carter, GSU	25.064
4. Sydney Griffin, Elon	25.070
5. Brittany Diggs, WCU	25.15
6. Alyssa Felton, GSU	25.18
7. Jasmine Walker, GSU	25.63
8. Bria Bell, Elon	26.02

### 400-meter dash

1. Breanna Alston, APP	56.70
2. Bria Bell, Elon	57.14
3. Genevieve Emrick, WCU	57.49
4. Breahna Morrison, APP	57.65
5. Jennifer Pash, Elon	58.84
6. Kendra Douglas, WCU	58.90
7. Corina Archie-McMillan, WCU	59.15
8. Kimberly Thomas, GSU	59.17

### 800-meter run

1. Marie Demedicis, SAM	2:11.20
2. Jocelyn Keen, WCU	2:12.26
3. Micah Wessinger, CIT	2:12.70
4. Anna Irvine, SAM	2:13.40
5. Hayley Tomlinson, WCU	2:14.36
6. Lena Elliott, WCU	2:14.89
7. Shelby Howell, APP	2:15.21
8. Hayley McMahon, CofC	2:20.34

### Mile run

1. Lauren D'Alessio, SAM	4:57.60
2. Amanda Hamilton, APP	4:59.24
3. Rachel Wooten, SAM	5:04.82
4. Justine Stocks, APP	5:05.63
5. Kayla Schneider, APP	5:06.14
6. Chelsea Treadway, SAM	5:06.42
7. Mara Smith, WCU	5:06.86
8. Niki Klasnic, WOF	5:06.92

### 3,000-meter run

1. Lauren D'Alessio, SAM	9:51.06
2. Rachel Roberts, SAM	9:52.58
3. Amanda Hamilton, APP	9:53.38
4. Allyson Oram, Elon	9:58.03
5. Justine Stocks, APP	10:05.49
6. Natalie Atabek, DAV	10:05.93
7. Aleshia Reese, WCU	10:07.96
8. Sarah Williamson, APP	10:12.96

### 5,000-meter run

1. Lauren D'Alessio, SAM	17:05.48
2. Chelsea Sumney, UNCG	17:05.51
3. Rachel Roberts, SAM	17:14.88
4. Amanda Hamilton, APP	17:21.76
5. Teghan Henderson, UTC	17:28.61
6. Sarah Williamson, APP	17:36.21
7. Sinead Haughey, FUR	17:38.00
8. Allyson Oram, Elon	17:43.49

### 60-meter hurdles

1. Sydney Griffin, Elon	8.65
2. Jasmine Billings, GSU	8.69
3. Ashley Cope, SAM	8.79
4. Brittany Diggs, WCU	8.87
5. Xaviera Bass, WCU	9.05
6. Rachel Leder, CofC	9.29
7. Shermell Wilkins, WCU	9.32
8. Lauren Toomer, GSU	9.33

### Distance medley

1. Western Carolina	11:52.62
2. Chattanooga	12:01.72
3. Samford	12:05.20
4. Wofford	12:09.36
5. Davidson	12:15.69
6. Appalachian State	12:18.02
7. Furman	12:27.08
8. UNCG	12:38.17

### 4x400-meter relay

1. Western Carolina	3:47.95
2. Appalachian State	3:54.34
3. The Citadel	3:55.04
4. Samford	3:57.17
5. Georgia Southern	3:57.39
6. Elon	3:58.42
7. Wofford	4:00.46
8. Chattanooga	4:04.81

### High jump

1. Chenelle Terry, SAM	1.75m
2. Megan Kirschling, Elon	1.72m
3. Mary Theresa Montgomery, APP	1.67m
4. Keyanna Harris, GSU	1.62m
5. Xaviera Bass, WCU	1.62m
6. Louise PrevotEAU, Elon	1.62m
7. Janet Watson, APP	1.62m
8. Haley Laird, Elon	1.62m

### Long jump

1. Alyssa Felton, GSU	5.85m
2. Jamine Walker, GSU	5.79m
3. Emily Allen, SAM	5.74m
4. Louise PrevotEAU, Elon	5.61m
5. Raven Parrish, WCU	5.57m
6. Breanna Alston, APP	5.47m
7. Tatyana Bryant, APP	5.42m
8. Ashley Cope, SAM	5.29m

### Triple jump

1. Emily Allen, SAM	11.95m
2. Jamie Glenn, APP	11.86m
3. Achsa Brice, WCU	11.82m
4. Ashleigh Rasheed, GSU	11.62m
5. RoShani Glover, CofC	11.54m
6. Tatyana Bryant, APP	11.24m
7. Janelle McNeil, Elon	11.17m
8. Brittany Powell, WCU	11.08m

### Shot put

1. Alisha Bradshaw, WCU	14.38m
2. Charlise Morgan, Elon	14.26m
3. Sarah Sisk, CofC	13.97m
4. Jasmine Suydam, APP	13.59m
5. Adriana Love, CIT	13.27m
6. Brianna Tate, APP	13.17m
7. Jasmin Brown, WCU	12.99m
8. Kimberlyn Holt, Elon	12.94m

### Weight throw

1. Alisha Bradshaw, WCU	17.56m
2. Ana DeLeon, APP	17.34m
3. Jasmine Suydam, APP	16.86m
4. Jocelyne Parnell, APP	16.78m
5. Charlise Morgan, Elon	16.37m
6. Katelyn Poole, SAM	16.12m
7. Kimberlyn Holt, Elon	15.92m
8. Emily Allen, SAM	15.90m

### Pole vault

1. Devyn Ressler, WCU	3.75m
2. Cassandra Crawford, APP	3.75m
3. Claire Goodson, SAM	3.75m
4. Ashley Wala, WCU	3.75m
5. Laura Bedsole, SAM	3.60m
6. Chelsea Farr, APP	3.60m
7. Ashley Cope, SAM	3.60m
8. Audrey Diener, APP	3.60m

### Pentathlon

1. Louise PrevotEAU, Elon	3,711
2. Ashley Cope, SAM	3,332
3. Michaela Birek, WCU	3,330
4. Nicole Levermann, CIT	3,327
5. Kaitlin McWhorter, CofC	3,269
6. Christian McGuire, SAM	3,214
7. Ashleigh Rasheed, GSU	3,076
8. Leslie Graf, SAM	3,053

## Individual Awards

### Most Outstanding Track Performer

Lauren D'Alessio, Samford

### Most Outstanding Field Performers

Alisha Bradshaw, Appalachian State

### Co-Most Outstanding Athlete

Laren D'Alessio, Samford  
Breanna Alston, Appalachian State

### Freshman of the Year

Tayla Carter, Western Carolina

### Coach of the Year

Danny Williamson, Western Carolina

# 2012 MEN'S CHAMPIONSHIP

## Team Results

Pl.	Team	Points
1.	Western Carolina	155
2.	Appalachian State	154.50
3.	Samford	147.50*
4.	The Citadel	58
5.	Davidson	50
6.	Chattanooga	32
7.	Furman	29
8.	UNCG	27
9.	Wofford	9

\* later vacated six points

### 60-meter dash

1.	Justin Emerson, SAM	6.86
2.	Brandon Hairston, WCU	6.91
3.	Ron Duncan, WCU	6.94
4.	Landon Powell, APP	6.95
5.	Willie Bowman, WCU	6.96
6.	Dennis Moore, APP	6.97
7.	Jamaal Brantley, CIT	6.99
8.	Justin Thomas, APP	7.04

### 200-meter dash

1.	Benny Davis, WCU	21.35
2.	Brunson Miller, CIT	21.58
3.	Justin Emerson, SAM	21.78
4.	Landon Powell, APP	21.93
5.	Jeffery Hendricks, WCU	22.21
6.	Alex Richter, SAM*	22.32
7.	Demari Boswell, WCU	22.46
--	Brandon Hairston, WCU	FS

### 400-meter dash

1.	Brunson Miller, CIT	46.97
2.	Benny Davis, WCU	48.51
3.	Brandon Hairston, WCU	48.51
4.	Aaron Tribble, WCU	48.58
5.	Jonathan Bush, SAM	48.90
6.	Demari Boswell, WCU	49.53
7.	Alex Richter, SAM*	49.60
8.	Henry Stevens-Carty	49.83

### 800-meter run

1.	Andrew Lantz, DAV	1:52.18
2.	Alex Taylor, APP	1:52.32
3.	Ramsey White, SAM	1:54.12
4.	William Ivey, FUR	1:54.77
5.	Garrett West, WCU	1:56.44
6.	Drew Austell, UTC	1:57.53
7.	Layton Dorsett, SAM	2:00.66
8.	Taylor Hurst, UNCG	2:03.94

### Mile run

1.	Paul Chelimo, UNCG	4:06.57
2.	Lee Gilmer, FUR	4:09.51
3.	Alex Taylor, APP	4:11.98
4.	Chris Moen, APP	4:13.40
5.	Tripp Hurt, FUR	4:13.96
6.	Layton Dorsett, SAM	4:14.44
7.	Wilkerson Give, FUR	4:14.48
8.	James Perez, FUR	4:14.65

### 3,000-meter run

1.	Lucas Cotter, UTC	8:09.89
2.	Chris Moen, APP	8:11.52
3.	Demetrios Pagonis, DAV	8:16.27
4.	Ryan Hopkins, DAV	8:18.76
5.	Joey Thompson, UNCG	8:19.83
6.	Will Raby, APP	8:22.65
7.	Sean Soderman, APP	8:29.38
8.	Vincent Weir, DAV	8:30.42

### 5,000-meter run

1.	Demetrios Pagonis, DAV	14:22.47
2.	Lucas Cotter, UTC	14:29.31
3.	Will Raby, APP	14:30.43
4.	Chris Moen, APP	14:31.45
5.	Ryan Hopkins, DAV	14:31.80
6.	Chris Berry, UTC	14:33.04
7.	Emmanuel Kirwa, UTC	14:35.41
8.	Sean Soderman, APP	14:40.18

### 60-meter hurdles

1.	AJ Dohanic, APP	8.01
2.	Stanley Broaden-Branch, APP	8.21
3.	Cavan Corcoran, SAM	8.34
4.	Bo Ackerson-Gilroy, SAM	8.35
5.	Abraham Faison, WCU	8.37
6.	Marquis Bailey, WCU	8.47
7.	Tyler Bentley, WCU	8.60
8.	Matthew Beausoleil, CIT	8.74

### Distance medley

1.	UNCG*	9:59.73
2.	Appalachian State	10:00.90
3.	Furman	10:01.35
4.	Samford	10:17.71
5.	Western Carolina	10:21.15
6.	Davidson	10:22.05
7.	Chattanooga	10:24.90
8.	The Citadel	10:43.73

### 4x400-meter relay

1.	Western Carolina	3:15.08
2.	The Citadel	3:18.47
3.	Appalachian State	3:19.10
4.	Davidson	3:24.95
5.	Chattanooga	3:26.93
6.	Wofford	3:31.68
7.	UNCG	3:32.57
8.	Samford*	3:48.88

### High jump

1.	Darius Purcell, APP	2.21m
2.	Tyler Kemp, SAM	2.05m
3.	Bo Ackerson-Gilroy, SAM	2.05m
4.	Daryl Saunders, APP	2.05m
5.	Jordan Orr, WCU	2.05m
6.	Bob Elliot II, SAM	1.95m
7.	Stephen Davis, APP	1.95m
	Donald Cooper, SAM	1.95m

### Long jump

1.	Bob McNeil, WCU	7.25m
2.	Jamal Tiller, APP	7.00m
3.	Stewart Dalton, DAV	6.68m
4.	Abraham Faison, WCU	6.62m
5.	Tim Smith, CIT	6.57m
6.	Mike McCrimon, WOF	6.57m
7.	Willie Bowman, WCU	6.52m
8.	Darius Purcell, APP	6.51m

### Triple jump

1.	Bob McNeil, WCU	15.08m
2.	Jamal Tiller, APP	14.93m
3.	Bob Elliot II, SAM	14.24m
4.	Edward Jones, CIT	14.03m
5.	Patrick Hill, APP	13.65m
6.	Mike McCrimon, WOF	13.06m
7.	Valian Brown, CIT	12.93m
8.	Abraham Faison, WCU	12.80m

### Shot put

1.	Jared Stalling, APP	16.97m
2.	Quintin Turner, CIT	15.42m
3.	Nick Sansotta, APP	14.49m
4.	Jonathan Newton, WCU	14.27m
5.	Dylan Gidado, CIT	14.18m
6.	Scott Des Marais, FUR	13.62m
7.	Jamie Van Pelt, WCU	13.61m
8.	Andy Benesh, WCU	13.57m

### Weight throw

1.	Kyle Kirby, SAM	19.23m
2.	Jared Stalling, APP	18.02m
3.	Jamie Van Pelt, WCU	17.55m
4.	Kanon Burt, SAM	16.68m
5.	Jonathan Newton WCU	16.23m
6.	Caleb Poplin, APP	15.96m
7.	Quintin Turner, CIT	15.42m
8.	Dylan Gidado, CIT	14.81m

### Pole vault

1.	Michael Seaman, SAM	5.45m
2.	Owen Wagoner, SAM	4.90m
3.	Matt Stenger, WCU	4.75m
4.	Ryan Cook, SAM	4.75m
5.	Keith Leonard, WCU	4.60m
6.	Bo Ackerson-Gilroy, SAM	4.60m
7.	Wayne Parker, WCU	4.45m
8.	Cory Sears, SAM	4.45m

### Heptathlon

1.	Bo Ackerson-Gilroy, SAM	5,127
2.	Josh Davies, SAM	4,780
3.	Luke Burton, WCU	4,711
4.	Donald Cooper, SAM	4,395
5.	Cody Russell, SAM	4,163
6.	Tyler Bentley, WCU	4,077
7.	Ellison Glenn, CIT	3,883
8.	Kyle Bernier, WCU	3,818

\* later vacated

## Individual Awards

**Most Outstanding Track Performer**  
Brunson Miller, The Citadel

**Most Outstanding Field Performer**  
Bo Ackerson-Gilroy, Samford

**Most Outstanding Athlete**  
Bo Ackerson-Gilroy, Samford

**Freshman of the Year**  
Abraham Faison, Western Carolina

**Coach of the Year**  
John Weaver, Appalachian State

# 2012 WOMEN'S CHAMPIONSHIP

## Team Results

Pl.	Team	Points
1.	Appalachian State	157.17
2.	Western Carolina	113
3.	Georgia Southern	92
4.	Samford	85
5.	Elon	72.33
6.	College of Charleston	59
7.	UNCG	36
8.	Furman	17
9.	Chattanooga	12
10.	Wofford	9.50
11.	The Citadel	9
12.	Davidson	1

### 60-meter dash

1.	Ebony Carter, GSU	7.56
2.	Breanna Alston, APP	7.63
3.	Janise Robinson, WCU	7.74
4.	Jasmine Walker, GSU	7.77
5.	Jasmine Billings, GSU	7.81
6.	D'Shawrna McLucas, APP	7.81
7.	Dana Cataldo, Elon	7.85
8.	Kristen Campbell, APP	7.87

### 200-meter dash

1.	Breanna Alston, APP	24.31
2.	Ebony Carter, GSU	24.70
3.	Felisha Garren, WCU	24.74
4.	D'Shawrna McLucas, APP	25.01
5.	Raven Parrish, WCU	25.09
6.	Brittany Diggs, WCU	25.20
7.	Amy Salek, Elon	25.32
8.	Bria Bell, Elon	25.35

### 400-meter dash

1.	Felisha Garren, WCU	54.61
2.	Asia Dunlap, APP	55.58
3.	Amy Salek, Elon	55.78
4.	Genevieve Emrick, WCU	56.81
5.	Bria Bell, Elon	57.50
6.	Jessica Watson, SAM	57.57
7.	Shenita Martin, APP	58.48
8.	Cherrelle King, GSU	58.94

### 800-meter run

1.	Marie Demedicis, SAM	2:12.90
2.	Amanda Irvine, SAM	2:13.36
3.	Alyssa D'Orazio, CofC	2:13.48
4.	Hayley Tomlinson, WCU	2:14.63
5.	Jocelyn Keen, WCU	2:15.27
6.	Asea Mayfield, GSU	2:15.39
7.	Micah Wessinger, CIT	2:17.50
8.	Lena Elliot, WCU	2:18.99

### Mile run

1.	Ashley Schnell, UNCG	4:46.42
2.	Dena O'Brien, CofC	4:53.46
3.	Erin Barker, FUR	4:54.74
4.	Amanda Hamilton, APP	4:59.72
5.	Holly Benson, SAM	5:00.66
6.	Hayley McMahon, CofC	5:03.51
7.	Mara Smith, WCU	5:04.18
8.	Presley Parkes, DAV	5:04.78

### 3,000-meter run

1.	Dena O'Brien, CofC	9:38.11
2.	Amanda Hamilton, APP	9:44.38
3.	Erin Barker, FUR	9:49.53
4.	Shaina Sumney, UNCG	9:53.27
5.	Amanda Sumner, UTC	9:54.46
6.	Kerry Hartman, UNCG	9:56.45
7.	Emily Tryon, Elon	10:05.79
8.	Sarah Williamson, APP	10:05.98

### 5,000-meter run

1.	Dena O'Brien, CofC	16:39.47
2.	Chelsea Sumney, UNCG	16:51.25
3.	Amanda Sumner, UTC	17:05.22
4.	Amanda Hamilton, APP	17:06.71
5.	Brooke Mosteller, FUR	17:18.51
6.	Sarah Williamson, APP	17:19.10
7.	Allyson Oram, Elon	17:19.14
8.	Hannah Orders, APP	17:25.90

### 60-meter hurdles

1.	Jasmine Billings, GSU	8.49
2.	Julie McDonald, SAM	8.65
3.	Stephanie Hicks, GSU	8.73
4.	Ashley Cope, SAM	8.87
5.	Taylor Wade, GSU	8.89
6.	Xaviera Bass, WCU	9.01
7.	Veronica Luedke, Elon	9.07
8.	Molly Vaughn, APP	9.09

### Distance medley

1.	UNCG	11:43.99
2.	Western Carolina	12:02.71
3.	Samford	12:06.47
4.	Appalachian State	12:12.62
5.	Wofford	12:18.93
6.	College of Charleston	12:26.95
7.	Chattanooga	12:29.71
8.	Elon	12:39.48

### 4x400-meter relay

1.	Western Carolina	3:44.98
2.	Appalachian State	3:47.39
3.	Elon	3:49.14
4.	Georgia Southern	3:50.96
5.	Samford	3:54.66
6.	The Citadel	3:57.75
7.	Wofford	4:02.38
8.	Furman	4:12.91

### High jump

1.	Emily Smith, CofC	1.70m
2.	Haley Laird, Elon	1.60m
	Mary Theresa Montgomery, APP	1.60m
	Shaquiela Robinson, APP	1.60m
5.	Janet Watson, APP	1.60m
	Kaitlin Brown, WOF	1.60m
7.	Xaviera Bass, WCU	1.60m
8.	Nicole Levermann, CIT	1.55m

### Long jump

1.	Jasmine Walker, GSU	5.61m
2.	Stephanie Hicks, GSU	5.58m
3.	Tatyana Bryant, APP	5.54m
4.	Raven Parrish, WCU	5.52m
5.	Louise PrevotEAU, Elon	5.40m
6.	Michaela Birek, WCU	5.30m
7.	Millice Brooks-Millender, GSU	5.22m

### Triple jump

1.	Emily Allen, SAM	12.02m
2.	Erika Ivey, APP	11.83m
3.	Raven Parrish, WCU	11.52m
4.	Jelain McArthur, CofC	11.42m
5.	Millice Brooks-Millender, GSU	11.41m
6.	Tatyana Bryant, APP	11.32m
7.	Janelle McNeil, Elon	11.07m
8.	Jettana Thomas, WCU	11.07m

### Shot put

1.	Gayshawna Watkins, APP	13.67m
2.	Alisha Bradshaw, WCU	13.68m
3.	Jasmine Suydam, APP	13.18m
4.	Charlise Morgan, Elon	13.07m
5.	Sarah Sisk, CofC	12.73m
6.	Charnelle Wray, GSU	12.57m
7.	Sarah Hall, GSU	12.55m
8.	Katelyn Poole, SAM	12.29m

### Weight throw

1.	Gayshawna Watkins, APP	17.09m
2.	Charlise Morgan, Elon	15.58m
3.	Alyssa Girvin, Elon	15.36m
4.	Alisha Bradshaw, WCU	15.34m
5.	Jocelyn Parnell, APP	15.11m
6.	Jasmine Suydam, APP	14.90m
7.	Emily Allen, SAM	14.89m
8.	Sarah Hall, GSU	14.72m

### Pole vault

1.	Claire Goodson, SAM	4.05m
2.	Chelsea Farr, APP	3.85m
3.	Cassandra Crawford, APP	3.85m
4.	Ashley Wala, WCU	3.55m
5.	Cara June Elyea, WCU	3.55m
6.	Debra Domermuth, APP	3.40m
7.	Claire Smith, Elon	3.40m
8.	Laura Bedsole, SAM	3.40m

### Pentathlon

1.	Louise PrevotEAU, Elon	3,566
2.	Ashley Cope, SAM	3,449
3.	Stephanie Hicks, GSU	3,347
4.	Michaela Birek, WCU	3,328
5.	Macy Conger, SAM	3,308
6.	Nicole Levermann, CIT	3,255
7.	Jettana Thomas, WCU	3,152
8.	Veronica Luedke, Elon	3,111

## Individual Awards

### Most Outstanding Track Performer

Dena O'Brien, College of Charleston

### Most Outstanding Field Performers

Gayshawna Watkins, Appalachian State

### Most Outstanding Athlete

Dena O'Brien, College of Charleston

### Freshman of the Year

Jasmine Walker, Georgia Southern

### Coach of the Year

Danny Williamson, Western Carolina

# 2011 MEN'S CHAMPIONSHIP

## Team Results

Pl.	Team	Points
1.	Appalachian State	216.33
2.	Western Carolina	149
3.	Samford	127.33*
4.	Davidson	53.33
5.	The Citadel	49
6.	Chattanooga	36
7.	Furman	21
8.	Wofford	5
9.	UNCG	1

\* later vacated three points

### 60-meter dash

1.	Dennis Moore, APP	6.79
2.	Justin Emerson, SAM	6.81
3.	Landon Powell, APP	6.84
4.	Brandon Hairston, WCU	6.86
5.	Ron Duncan, WCU	6.87
6.	Justin Thomas, APP	6.89
7.	Cortez Johnson, FUR	6.99
8.	Christian Graham, CIT	7.02

### 200-meter dash

1.	Dennis Moore, APP	21.62
2.	Landon Powell, APP	22.18
3.	Brandon Hairston, WCU	22.26
4.	Justin Thomas, APP	22.37
5.	Donald Cooper, SAM	22.39
6.	Cordell Livingston, WCU	22.56
7.	Phillip Bush, APP	22.94
8.	Alex Richter, SAM*	23.02

### 400-meter dash

1.	Brunson Miller, CIT	48.11
2.	Brandon Hairston, WCU	48.36
3.	Benny Davis, WCU	49.32
4.	JinHan Song, DAV	50.10
5.	Blake Woodfin, CIT	50.58
6.	Sidney Rhodes, WCU	50.84
7.	Alex Richter, SAM*	51.03
--	Aaron Tribble, WCU	DQ

### 800-meter run

1.	Andrew Lantz, DAV	1:54.99
2.	Henry Stevens-Carty, SAM	1:55.10
3.	Lee Gilmer, FUR	1:55.29
4.	Drew Tucker, WCU	1:55.65
5.	David Moore, UTC	1:56.21
6.	Scott Cope, SAM	1:56.90
7.	Chris Moen, APP	2:08.86
8.	Alex Taylor, APP	2:09.31

### Mile run

1.	Alex Taylor, APP	4:12.35
2.	Chris Moen, APP	4:12.48
3.	Lee Gilmer, FUR	4:12.87
4.	Blaise Carie, SAM	4:14.95
5.	Layton Dorsett, SAM	4:15.14
6.	Brandon Hudgins, APP	4:16.89
7.	Garrett West, WCU	4:17.41
8.	Andrew Yarchin, APP	4:18.28

### 3,000-meter run

1.	Chris Moen, APP	8:23.42
2.	Charlie Schmitt, DAV	8:24.88
3.	Chris Berry, UTC	8:25.43
4.	Ryan Hopkins, DAV	8:26.62
5.	Blaise Carie, SAM	8:27.33
6.	Nicholas Kelly, APP	8:29.23
7.	Sean Soderman, APP	8:30.03
8.	Demetrios Pagonis, DAV	8:31.18

### 5,000-meter run

1.	Sean Soderman, APP	14:39.59
2.	Charlie Schmitt, DAV	14:41.03
3.	Emmanuel Kirwa, UTC	14:46.13
4.	Chris Berry, UTC	14:46.51
5.	Ryan Hopkins, DAV	14:46.89
6.	Nicholas Kelly, APP	14:49.16
7.	Demetrios Pagonis, DAV	14:52.49
8.	Joey Thompson, UNCG	14:53.75

### 60-meter hurdles

1.	Cordell Livingston, WCU	8.11
2.	Cavan Corcoran, SAM	8.26
3.	AJ Dohanic, APP	8.28
4.	Trey Jones, APP	8.28
5.	Jordan Blazer, WCU	8.32
6.	Tyler Bentley, WCU	8.48
7.	Chris Sievert, CIT	8.59
8.	Bo Ackerson-Gilroy	8.88

### Distance medley

1.	Chattanooga	10:15.20
2.	Appalachian State	10:17.31
3.	Samford	10:17.90
4.	Western Carolina	10:20.65
5.	Davidson	10:20.77
6.	Furman	10:22.24
7.	Wofford	10:50.46
8.	The Citadel	10:53.27

### 4x400-meter relay

1.	The Citadel	3:17.76
2.	Samford	3:26.04
3.	Davidson	3:28.54
4.	Chattanooga	3:28.74
5.	Furman	3:29.91
6.	Wofford	3:32.04

### High jump

1.	Darius Purcell, APP	2.18m
2.	James Harris, CIT	2.05m
3.	Bob Elliot II, SAM	2.00m
4.	Bo Ackerson-Gilroy, SAM	1.95m
5.	Donald Cooper, SAM	1.95m
6.	Tyler Kemp, SAM	1.95m
7.	Jordan Orr, WCU	1.90m
	Aaron Tribble, WCU	1.90m
	Brandon Bassett, SAM	1.90m

### Long jump

1.	Lawren Willard, WCU	7.59m
2.	Cordell Livingston, WCU	7.20m
3.	Bob McNeil, WCU	7.08m
4.	Phillip Bush, APP	7.07m
5.	Jamal Tiller, APP	6.91m
6.	Tim Smith, CIT	6.85m
7.	Darius Purcell, APP	6.79m
8.	Brandon Bassett, SAM	6.77m

### Triple jump

1.	Jamal Tiller, APP	15.59m
2.	Cordell Livingston, WCU	15.23m
3.	Lawren Willard, WCU	14.62m
4.	Cornelius Williams, WCU	14.59m
5.	Bob McNeil, WCU	14.33m
6.	Justin Strickland, WCU	14.22m
7.	Patrick Hill, APP	14.18m
8.	Bob Elliot II, SAM	14.09m

### Shot put

1.	Jerod Gardner, APP	16.67m
2.	Malcolm Styers, APP	15.50m
3.	Ryan Pless, WCU	15.05m
4.	Jacob Lane, APP	14.92m
5.	Cameron McRae, WCU	14.68m
6.	Jonathan Newton, WCU	14.51m
7.	Chris Davis, SAM	13.98m
8.	Jamie Van Pelt, WCU	13.87m

### Weight throw

1.	Malcolm Styers, APP	18.96m
2.	Kyle Kirby, SAM	18.87m
3.	Timothy Daly, APP	18.15m
4.	Chris Castagno, CIT	17.52m
5.	Ryan Pless, WCU	17.12m
6.	Jerod Gardner, APP	16.99m
7.	Jamie Van Pelt, WCU	16.28m
8.	Jacob Lane, APP	15.36m

### Pole vault

1.	Michael Seaman, SAM	4.95m
2.	Ryan Twiford, APP	4.95m
3.	Mike Wilson, APP	4.65m
4.	David Melton, CIT	4.50m
5.	Landon Hunt, APP	4.50m
6.	Zac Epperson, SAM	4.50m
7.	Wayne Parker, WCU	4.50m
8.	Jake Goodchild, APP	4.35m
	Brandon Bassett, SAM	4.35m
	Bryce Jones, DAV	4.35m

### Heptathlon

1.	Brandon Bassett, SAM	5,063
2.	Donald Cooper, SAM	4,926
3.	Jake Goodchild, APP	4,770
4.	Luke Burton, WCU	4,668
5.	Sam Lusty, WCU	4,630
6.	Bo Ackerson-Gilroy, SAM	3,922
7.	Tyler Bentley, WCU	3,467

\* later vacated

## Individual Awards

### Most Outstanding Track Performer

Chris Moen, Appalachian State

### Most Outstanding Field Performer

Malcolm Styers, Appalachian State

### Most Outstanding Athlete

Cordell Livingston, Western Carolina

### Freshman of the Year

Jamal Tiller, Appalachian State

### Coach of the Year

John Weaver, Appalachian State

# 2011 WOMEN'S CHAMPIONSHIP

## Team Results

Pl.	Team	Points
1.	Appalachian State	185
2.	Western Carolina	110.5
3.	Georgia Southern	97
4.	Elon	84
5.	Samford	62.5
6.	College of Charleston	49
7.	UNCG	31
8.	Furman	21
9.	The Citadel	13
10.	Davidson	8
11.	Wofford	2
12.	Chattanooga	0

### 60-meter dash

1.	Breanna Alston, APP	7.58
2.	Kwajelin Holsendolph, GSU	7.65
3.	Crystal Dukes, APP	7.67
4.	Jane't Carothers, WCU	7.70
5.	Ebony Carter, GSU	7.72
6.	Kristen Campbell, APP	7.74
7.	Lynnsey Hyter, GSU	7.82
8.	Janise Robinson, WCU	7.89

### 200-meter dash

1.	Breanna Alston, APP	24.48
2.	Jane't Carothers, WCU	24.59
3.	Felisha Garren, WCU	25.14
4.	Kristen Campbell, APP	25.26
5.	Bria Bell, Elon	25.38
6.	Kayleigh Birks, Elon	25.42
7.	D'Shawna Mclucas, APP	25.73
8.	Shalyn McMichael, WCU	26.35

### 400-meter dash

1.	Jane't Carothers, WCU	55.34
2.	Felisha Garren, WCU	55.60
3.	Amy Salek, Elon	55.70
4.	Bria Bell, Elon	57.37
5.	Breahna Morrison, APP	57.69
6.	Shalyn McMichael, WCU	57.94
7.	Nadia Liriano, APP	58.11
8.	Tatum Moffett, SAM	58.14

### 800-meter run

1.	Hillary Neal, SAM	2:10.42
2.	Chenel McFadden, APP	2:12.66
3.	Micah Wessinger, CIT	2:12.79
4.	Asia Dunlap, APP	2:12.88
5.	Julie Hart, Elon	2:14.21
6.	Alyssa D'Orazio, CofC	2:19.24
7.	Katie Kessler, WOF	2:19.47
8.	Monique Ositelu, FUR	2:30.22

### Mile run

1.	Lauren D'Alessio, SAM	4:59.79
2.	Jenna Callahan, FUR	5:05.14
3.	Shaina Sumney, UNCG	5:06.45
4.	Kerry Hartman, UNCG	5:06.59
5.	Morgan Turner, WCU	5:08.07
6.	Jordan Gaddy, WCU	5:08.62
7.	Erin Barker, FUR	5:09.82
8.	Brittney Caudle, APP	5:10.10

### 3,000-meter run

1.	Ashley Schnell, UNCG	9:52.39
2.	Dena O'Brien, CofC	9:53.32
3.	Deanna Zidar, SAM	10:10.07
4.	Allyson Oram, Elon	10:12.04
5.	Brittney Caudle, APP	10:13.42
6.	Emily Fournier, Elon	10:14.20
7.	Morgan Turner, WCU	10:19.48
8.	Sarah Cline, DAV	10:23.32

### 5,000-meter run

1.	Dena O'Brien, CofC	16:46.59
2.	Allyson Oram, Elon	17:49.14
3.	Amy Neilson, APP	17:51.13
4.	Heather Conarro, DAV	17:51.18
5.	Emily Fournier, Elon	17:54.04
6.	Jillian Klassen, SAM	17:56.49
7.	Morgan Turner, WCU	18:11.68
8.	Sara Curry, GSU	18:14.71

### 60-meter hurdles

1.	Nicole Okolo, WCU	8.52
2.	Kwajelin Holsendolph, GSU	8.58
3.	Jasmine Billings, GSU	8.72
4.	Lynnsey Hyter, GSU	8.88
5.	Misha Holmes, FUR	8.95
6.	Stephanie Hicks, GSU	8.97
7.	Michelle Brutus, APP	9.08
8.	Julie McDonald, SAM	9.17

### Distance medley

1.	UNCG	11:55.95
2.	Appalachian State	12:05.05
3.	Samford	12:05.23
4.	Western Carolina	12:05.40
5.	Furman	12:06.35
6.	College of Charleston	12:19.30
7.	Elon	12:22.85
8.	Georgia Southern	12:35.85

### 4x400-meter relay

1.	Western Carolina	3:50.35
2.	Elon	3:50.41
3.	Appalachian State	3:53.11
4.	Georgia Southern	3:58.61
5.	Samford	3:59.20
6.	College of Charleston	4:02.83
7.	Furman	4:03.30
8.	The Citadel	4:04.49

### High jump

1.	Rebecca Hazeltine, APP	1.71m
2.	Chenelle Terry, SAM	1.70m
3.	Shaquiela Robinson, APP	1.70m
4.	Emily Smith, CofC	1.65m
5.	Alex Cassagnol, GSU	1.60m
6.	Nicole Levermann, CIT	1.60m
7.	Erin Lupher, DAV	1.60m
8.	Jane't Carothers, WCU	1.60m

### Long jump

1.	Lynnsey Hyter, GSU	6.06m
2.	Veronica Day, Elon	5.95m
3.	Bianca Harvey, APP	5.82m
4.	Crystal Dukes, APP	5.81m
5.	Stephanie Hicks, GSU	5.72m
6.	Millicent Brooks-Millender, GSU	5.55m
7.	Lauren Hawkesworth, Elon	5.49m
8.	Raven Parrish, WCU	5.44m
	Jettana Thomas, WCU	5.44m

### Triple jump

1.	Veronica Day, Elon	12.24m
2.	Lynnsey Hyter, GSU	12.20m
3.	Millicent Brooks-Millender, GSU	12.02m
4.	Lauren Hawkesworth, Elon	11.95m
5.	Erika Ivey, APP	11.88m
6.	Bianca Harvey, APP	11.78m
7.	Crystal Dukes, APP	11.55m
8.	Emily Allen, SAM	11.22m
	Nicole Okolo, WCU	11.22m

### Shot put

1.	Gayshawna Watkins, APP	15.06m
2.	Norjai Palma, APP	14.23m
3.	Zakiyyah Stewart, WCU	13.91m
4.	Whitney Smyre, APP	13.66m
5.	Natash Creasy, GSU	13.20m
6.	Justine Robertson, Elon	12.75m
7.	Charlise Morgan, Elon	12.54m
8.	Ana DeLeon, APP	12.36m

### Weight throw

1.	Whitney Smyre, APP	17.92m
2.	Gayshawna Watkins, APP	17.29m
3.	Ana DeLeon, APP	16.36m
4.	Zakiyyah Stewart, WCU	16.14m
5.	Michaela McGriff, APP	15.01m
6.	Norjai Palma, APP	14.93m
7.	Alyssa Girvin, Elon	14.64m
8.	Kassandra Polson, CIT	14.04m

### Pole vault

1.	Cassandra Crawford, APP	3.80m
2.	Laura Bedsole, SAM	3.65m
3.	Kassie McKie, WCU	3.50m
4.	Claire Goodson, CofC	3.50m
5.	Ashley Wala, WCU	3.50m
6.	Mary Barron, SAM	3.35m
7.	Meredith Wilson, APP	3.35m
8.	Rachel Gregory, SAM	3.35m

### Pentathlon

1.	Lynnsey Hyter, GSU	3,578
2.	Isabel Boersma, CofC	3,411
3.	Jettana Thomas, WCU	3,409
4.	Stephanie Hicks, GSU	3,369
5.	Brynne Johnson, CofC	3,331
6.	Carlyn Wright, WCU	3,257
7.	Nicole Levermann, CIT	3,243
8.	Macy Conger, SAM	3,194

## Individual Awards

### Most Outstanding Track Performer

Jane't Carothers, Western Carolina

### Most Outstanding Field Performers

Lynnsey Hyter, Georgia Southern

### Most Outstanding Athlete

Lynnsey Hyter, Georgia Southern

### Freshman of the Year

Breanna Alston, Appalachian State

### Coach of the Year

John Weaver, Appalachian State

# 2010 MEN'S CHAMPIONSHIP

## Team Results

Pl.	Team	Points
1.	Appalachian State	209
2.	Western Carolina	207
3.	Samford	102.5
4.	The Citadel	42.5
5.	Davidson	30
6.	UNCG	24
7.	Chattanooga	18
8.	Furman	6
9.	Wofford	3

### 60-meter dash

1.	Dominique Young, WCU	6.84
2.	Landon Powell, APP	6.91
3.	John Svoboda, APP	6.94
4.	Christian Bethune, WCU	6.97
5.	Brandon Hairston, WCU	7.01
6.	Christian Graham, CIT	7.07
7.	Dennis Moore, APP	7.09

### 200-meter dash

1.	Dominique Young, WCU	21.84
2.	John Svoboda, APP	22.15
3.	Cordell Livingston, WCU	22.43
4.	Landon Powell, APP	22.43
5.	Benny Davis, WCU	22.45
6.	Dennis Moore, APP	22.56
7.	Donald Cooper, SAM	22.71
8.	Brandon Hairston, WCU	23.07

### 400-meter dash

1.	Brunson Miller, CIT	48.65
2.	John Svoboda, APP	49.15
3.	Nick Zeller, APP	49.18
4.	Benny Davis, WCU	49.37
	Brandon Hairston, WCU	49.37
6.	Zac Corder, SAM	51.04
7.	Tyler Combs, APP	51.06
8.	Stephon Roach, WCU	51.37

### 800-meter run

1.	Brandon Hudgins, APP	1:54.14
2.	Drew Tucker, WCU	1:54.89
3.	Chas Keithan, SAM	1:55.24
4.	Nick O'Keefe, APP	1:55.45
5.	Alex Taylor, APP	1:55.95
6.	Josh Houser, APP	1:56.13
7.	Terry Wyatt, UNCG	1:56.28
8.	Scott Cope, SAM	1:56.71

### Mile run

1.	Patrick Morgan, APP	4:13.70
2.	Joey Thompson, UNCG	4:13.93
3.	Alex Taylor, APP	4:14.84
4.	Brandon Hudgins, APP	4:15.24
5.	Josh Houser, APP	4:15.49
6.	Blaise Carie, SAM	4:15.98
7.	Lee Gilmer, FUR	4:17.18
8.	Blake Evitt, DAV	4:18.01

### 3,000-meter run

1.	Cameron Bean, SAM	8:15.74
2.	Joey Thompson, UNCG	8:15.81
3.	Tom Divinnie, DAV	8:20.39
4.	Patrick Morgan, APP	8:21.38
5.	Lee Gilmer, FUR	8:28.18
6.	Ryan Hopkins, DAV	8:28.83
7.	Blaise Carie, SAM	8:30.75
8.	Emmanuel Kirwa, UTC	8:31.14

### 5,000-meter run

1.	Cameron Bean, SAM	14:29.12
2.	Chris Berry, UTC	14:30.20
3.	Tom Divinnie, DAV	14:36.29
4.	Emmanuel Kirwa, UTC	14:40.93
5.	Patrick Morgan, APP	14:47.99
6.	Ryan Hopkins, DAV	14:49.09
7.	Sean Soderman, APP	14:49.10
8.	Mike Koech, UNCG	14:50.41

### 60-meter hurdles

1.	Cordell Livingston, WCU	8.10
2.	Matt Boruff, APP	8.31
3.	Christian Bethune, WCU	8.37
4.	Cavan Corcoran, SAM	8.40
5.	Trey Jones, APP	8.41
6.	Bo Ackerson-Gilroy, SAM	8.69
7.	Sean Reardon, WCU	8.87

### Distance medley

1.	Appalachian State	10:09.92
2.	Western Carolina	10:10.29
3.	Davidson	10:16.61
4.	Samford	10:18.44
5.	Chattanooga	10:29.78
6.	The Citadel	10:32.98
7.	UNCG	10:35.58
8.	Wofford	11:32.28

### 4x400-meter relay

1.	Western Carolina	3:18.18
2.	Appalachian State	3:20.47
3.	The Citadel	3:20.60
4.	Samford	3:25.49
5.	Davidson	3:30.00
6.	UNCG	3:33.17
7.	Wofford	3:35.61

### High jump

1.	Matt Evans, WCU	2.09m
2.	Darius Purcell, APP	2.04m
3.	Donald Cooper, SAM	1.99m
4.	James Harris, CIT	1.99m
	Bo Ackerson-Gilroy, SAM	1.99m
6.	Collin Reber, APP	1.94m
7.	Brad Triplett, APP	1.94m
8.	Matt Boruff, APP	1.94m

### Long jump

1.	Kevin Hardy, CIT	7.23m
2.	Alex Dollard, WCU	7.19m
3.	Cordell Livingston, WCU	6.89m
4.	Phillip Bush, APP	6.89m
5.	Lawren Willard, WCU	6.89m
6.	DeSean Pearce, APP	6.69m
7.	Brandon Bassett, SAM	6.68m
8.	Ethan Dunn, DAV	6.41m

### Triple jump

1.	Alex Dollard, WCU	14.29m
2.	Cordell Livingston, WCU	14.13m
3.	Cornelius Williams, WCU	13.88m
4.	Chinedu Amah, SAM	13.81m
5.	Matt Evans, WCU	13.26m
6.	Lawren Willard, WCU	13.06m
7.	Brandon Bassett, SAM	12.98m
8.	Jestin Jennings, WCU	12.88m

### Shot put

1.	Malcolm Styers, APP	16.29m
2.	Cale McDaniel, WCU	15.85m
3.	Ryan Pless, WCU	15.71m
4.	Jerod Gardner, APP	15.54m
5.	Quincy Marshall, WCU	14.87m
6.	Quintin Turner, CIT	14.77m
7.	Jared Stalling, APP	14.70m
8.	Jamie Van Pelt, WCU	13.73m

### Weight throw

1.	Malcolm Styers, APP	18.54m
2.	Cale McDaniel, WCU	17.66m
3.	Kyle Kirby, SAM	17.38m
4.	Timothy Daly, APP	17.12m
5.	Jerod Gardner, APP	16.98m
6.	Quincy Marshall, WCU	16.48m
7.	Quintin Turner, CIT	16.11m
8.	Matt Earls, CIT	16.01m

### Pole vault

1.	Michael Seaman, SAM	5.07m
2.	Patrick Wells, SAM	4.92m
3.	Matt Boruff, APP	4.77m
4.	Mike O'Steen, WCU	4.77m
5.	Zac Epperson, SAM	4.62m
6.	Ryan Cook, SAM	4.47m
7.	Sean Reardon, WCU	4.32m
8.	Chas Keithan, SAM	4.32m

### Heptathlon

1.	Matt Evans, WCU	4,998
2.	Matt Boruff, APP	4,919
3.	Bo Ackerson-Gilroy, SAM	4,878
4.	Brandon Bassett, SAM	4,770
5.	Sean Reardon, WCU	4,697
6.	Donald Cooper, SAM	4,564
7.	David Gift, WCU	4,516
8.	Jake Goodchild, APP	4,107

## Individual Awards

### Most Outstanding Track Performer

Cameron Bean, Samford

### Most Outstanding Field Performer

Matt Evans, Western Carolina

### Most Outstanding Athlete

Cordell Livingston, Western Carolina

### Freshman of the Year

Cordell Livingston, Western Carolina

### Co-Coaches of the Year

Rod Tiffin, Samford  
Danny Williamson, Western Carolina



# 2010 WOMEN'S CHAMPIONSHIP

## Team Results

Pl.	Team	Points
1.	Western Carolina	174.5
2.	Appalachian State	122
3.	Georgia Southern	95
4.	Samford	77
5.	Elon	70
6.	College of Charleston	38.5
T7.	Chattanooga	25
T7.	The Citadel	25
9.	Furman	23
10.	Davidson	12
T11.	UNCG	0
T11.	Wofford	0

### 60-meter dash

1.	Ashley McKiver, APP	7.62
2.	Felicia Paulding, WCU	7.68
3.	Jane't Carothers, WCU	7.70
4.	Demetrise Anthony, GSU	7.74
5.	Sherelle Fronberger, WCU	7.75
6.	Raven Parrish, WCU	7.76
7.	Valerie Parks, WCU	7.95
8.	Veronica Day, Elon	8.04

### 200-meter dash

1.	Jane't Carothers, WCU	24.94
2.	Sherelle Fronberger, WCU	25.12
3.	Felisha Garren, WCU	25.19
4.	Felicia Paulding, WCU	25.27
5.	Antoinette Jordan, GSU	25.44
6.	Ashley McKiver, APP	25.46
7.	Emma Bowers, WCU	26.09
8.	Raven Parrish, WCU	26.16

### 400-meter dash

1.	Jane't Carothers, WCU	56.05
2.	Felisha Garren, WCU	56.39
3.	JoAnn JaJa Benson, GSU	57.62
4.	Morgan Jefferson, GSU	57.63
5.	Shalyn McMichael, WCU	57.71
6.	Mary Zolga, CofC	57.83
7.	Emma Bowers, WCU	58.00
8.	Nadia Liriano, APP	58.94

### 800-meter run

1.	Micah Wessinger, CIT	2:16.10
2.	Jennine Strange, Elon	2:16.24
3.	Monique Ositelu, FUR	2:16.34
4.	Holly Benson, SAM	2:16.45
5.	Anneli Uys, UTC	2:16.86
6.	Lauren D'Alessio, SAM	2:17.17
7.	Hillary Neal, SAM	2:21.71
8.	Kristen Wolfe, CofC	2:23.81

### Mile run

1.	Hillary Neal, SAM	4:49.52
2.	Anneli Uys, UTC	4:52.83
3.	Jessica Van Ausdall, SAM	5:04.64
4.	Trinity Foreman, APP	5:06.71
5.	Morgan Turner, WCU	5:07.16
6.	Hannah Parks, APP	5:07.20
7.	Jordan Gaddy, WCU	5:10.46
8.	Courtney Whalen, Elon	5:11.84

### 3,000-meter run

1.	Trinity Foreman, APP	10:09.73
2.	Caitlin Beeler, Elon	10:13.24
3.	Olivia Jacobs, WCU	10:14.57
4.	Jordan Gaddy, WCU	10:17.33
5.	Heather Stuiwe, UTC	10:19.26
6.	Kelsey Hanger, APP	10:21.17
7.	Morgan Denecke, Elon	10:21.90
8.	Natalie Atabek, DAV	10:22.56

### 5,000-meter run

1.	Chloe Kowalski, FUR	17:39.20
2.	Caitlin Beeler, Elon	17:43.11
3.	Natalie Atabek, DAV	17:49.01
4.	Emily Fournier, Elon	17:55.02
5.	Morgan Turner, WCU	17:59.61
6.	Heather Conarro, DAV	18:00.86
7.	Brittany Johnson, FUR	18:01.78
8.	Kelsey Hanger, APP	18:04.97

### 60-meter hurdles

1.	Morgan Tyler, SAM	8.69
2.	Jasmine Billings, GSU	8.76
3.	Kiara Crutchfield, APP	8.83
4.	Jelain McArthur, CofC	8.85
5.	Lynnsey Hyter, GSU	8.97
6.	Nicole Okolo, WCU	9.15
7.	Jettana Thomas, WCU	9.42
8.	Carlyn Wright, WCU	13.60

### Distance medley (One Lap Short)

1.	Samford	11:24.73
2.	Chattanooga	11:31.29
3.	Appalachian State	11:31.47
4.	Western Carolina	11:32.38
5.	Elon	11:36.90
6.	Georgia Southern	12:02.79
7.	Furman	12:09.21
8.	College of Charleston	12:11.03

### 4x400-meter relay

1.	Western Carolina	3:49.92
2.	Georgia Southern	3:56.70
3.	Elon	3:57.53
4.	Appalachian State	3:58.53
5.	Samford	4:01.98
6.	Furman	4:06.37
7.	College of Charleston	4:07.62
8.	Chattanooga	4:11.85

### High jump

1.	Emily Smith, CofC	1.73m
2.	Chenelle Terry, SAM	1.68m
3.	Rebecca Hazeltine, APP	1.68m
4.	Julie Ward, APP	1.63m
5.	Courtney Weathers, Elon	1.63m
6.	Alex Cassagnol, GSU	1.58m
7.	Erin Lupher, DAV	1.58m
8.	Brynne Johnson, CofC	1.53m

### Long jump

1.	Veronica Day, Elon	5.72m
2.	Shaunta Hamilton, GSU	5.68m
3.	Lynnsey Hyter, GSU	5.65m
4.	Bianca Harvey, APP	5.60m
5.	Tia Jones, WCU	5.55m
6.	Demetrise Anthony, GSU	5.45m
7.	Danielle Thorpe, APP	5.44m
8.	Jelain McArthur, CofC	5.43m

### Triple jump

1.	Danielle Thorpe, APP	12.43m
2.	Lynnsey Hyter, GSU	12.20m
3.	Shaunta Hamilton, GSU	11.97m
4.	Morgan Tyler, SAM	11.96m
5.	Veronica Day, Elon	11.91m
6.	Tia Jones, WCU	11.83m
7.	Jelain McArthur, CofC	11.83m
8.	Lauren Hawkesworth, Elon	11.74m

### Shot put

1.	Deirdra Morrison, WCU	12.98m
2.	Zakiyyah Stewart, WCU	12.96m
3.	Gayshawna Watkins, APP	12.76m
4.	Justine Robertson, Elon	12.68m
5.	Ashley Thomas, GSU	11.56m
6.	Jocelyn Rice, WCU	11.52m
7.	Julie Ward, APP	11.30m
8.	Charnelle Wray, GSU	10.82m

### Weight throw

1.	Monique Edwards, CIT	16.25m
2.	Deirdra Morrison, WCU	15.51m
3.	Gayshawna Watkins, APP	15.27m
4.	Zakiyyah Stewart, WCU	14.84m
5.	Emily Green, CIT	14.75m
6.	Alyssa Girvin, Elon	14.26m
7.	Amanda Spivy, GSU	13.97m
8.	Megan Fannon, GSU	13.10m

### Pole vault

1.	Julie Ward, APP	3.55m
2.	Ashley Beale, APP	3.55m
	Mackenzie Wills, SAM	3.55m
4.	Laura Bedsole, SAM	3.40m
5.	Ashley Wala, WCU	3.40m
	Chelsea Taylor, CofC	3.40m
7.	Meredith Wilson, APP	3.25m

### Pentathlon

1.	Lynnsey Hyter, GSU	3,494
2.	Kiara Crutchfield, APP	3,361
3.	Jettana Thomas, WCU	3,314
4.	Brynne Johnson, CofC	3,251
5.	Isabel Boersma, CofC	3,110
6.	Carlyn Wright, WCU	3,068
7.	Emily Allen, SAM	3,064
8.	Kelsi Billings, CIT	3,045

## Individual Awards

### Most Outstanding Track Performer

Jane't Carothers, Western Carolina

### Co-Most Outstanding Field Performers

Lynnsey Hyter, Georgia Southern  
Deirdra Morrison, Western Carolina

### Most Outstanding Athlete

Jane't Carothers, Western Carolina

### Freshman of the Year

Trinity Foreman, Appalachian State

### Coach of the Year

Danny Williamson, Western Carolina

# 2009 MEN'S CHAMPIONSHIP

## Team Results

Pl.	Team	Points
1.	Appalachian State	235
2.	Western Carolina	191
3.	The Citadel	60
T4.	Samford	46
T4.	Chattanooga	46
6.	Furman	36
7.	Davidson	23
8.	UNCG	22
9.	Wofford	4

### 60-meter dash

1.	Manteo Mitchell, WCU	6.80
2.	Dennis Moore, APP	6.92
3.	Christian Bethune, WCU	6.93
4.	Dominique Young, WCU	6.94
5.	Thomas Funderburk, WCU	6.98
6.	Brian Sutherland, UTC	7.01
7.	Ricky Harris, APP	7.02
8.	Kevin Hardy, CIT	7.06

### 200-meter dash

1.	Manteo Mitchell, WCU	21.57
2.	Dennis Moore, APP	21.91
3.	Dominique Young, WCU	21.92
4.	Mark Sturgis, APP	22.26
5.	John Oros, WCU	22.38
6.	John Svoboda, APP	22.39
7.	Phillip Bush, APP	22.66
8.	Benny Davis, WCU	22.79

### 400-meter dash

1.	Manteo Mitchell, WCU	49.12
2.	John Svoboda, APP	49.62
3.	Benny Davis, WCU	49.83
4.	Thomas Funderburk, WCU	50.15
5.	John Oros, WCU	50.51
6.	Kevin Johnson, WCU	50.79
7.	Jestin Jennings, WCU	51.04
8.	Brian Smith, WOF	51.22

### 800-meter run

1.	Michael Danehy, UTC	1:55.59
2.	Lee Gilmer, FUR	1:56.05
3.	Taylor Hurst, UNCG	1:56.27
4.	Terry Wyatt, UNCG	1:56.92
5.	Zach Johnson, CIT	1:56.97
6.	Nick O'Keefe, APP	1:57.23
7.	Matt Baltimore, UTC	2:05.45
8.	Chris Moen, APP	2:17.49

### Mile run

1.	Chris Moen, APP	4:11.08
2.	Patrick Morgan, FUR	4:11.16
3.	Josh Houser, APP	4:15.71
4.	Thad Sieracki, DAV	4:16.47
5.	Asmeron Desta, APP	4:17.13
6.	Bud Galloway, APP	4:17.22
7.	Joey Thompson, UNCG	4:17.89
8.	Scott Cope, SAM	4:21.72

### 3,000-meter run

1.	Patrick Morgan, FUR	8:26.45
2.	Chris Berry, UTC	8:26.94
3.	Joey Thompson, UNCG	8:30.40
4.	Josh Houser, APP	8:32.65
5.	Asmeron Desta, APP	8:32.68
6.	Thad Sieracki, DAV	8:38.52
7.	Alex Hoyt, DAV	8:43.89
8.	David Moore, UTC	8:47.11

### 5,000-meter run

1.	Chris Berry, UTC	14:55.12
2.	Asmeron Desta, APP	15:06.72
3.	Lance Harden, DAV	15:11.93
4.	Sean Soderman, APP	15:20.11
5.	Josh Houser, APP	15:21.45
6.	Alex Plasencia, FUR	15:24.85
7.	Michael Walker, APP	15:25.01
8.	Josey Weaver, WCU	15:29.83

### 60-meter hurdles

1.	Christian Bethune, WCU	8.25
2.	Jamel Brown, CIT	8.29
3.	Daniel Neal, APP	8.32
4.	Jordan Blazer, WCU	8.37
5.	Cavan Corcoran, SAM	8.38
6.	Matt Boruff, APP	8.42
7.	Christopher Graham, CIT	8.45
8.	Phillip Bush, APP	8.46

### Distance medley

1.	Appalachian State	10:16.38
2.	Samford	10:18.90
3.	Furman	10:23.26
4.	Western Carolina	10:24.53
5.	Chattanooga	10:25.56
6.	The Citadel	10:33.58
7.	Davidson	10:35.37
8.	Wofford	12:49.36

### 4x400-meter relay

1.	Western Carolina	3:19.60
2.	The Citadel	3:22.22
3.	Appalachian State	3:26.49
4.	Chattanooga	3:28.09
5.	Samford	3:29.60
6.	UNCG	3:32.48
7.	Davidson	3:33.40
8.	Furman	3:39.09

### High jump

1.	Matt Evans, WCU	2.11m
2.	Darius Purcell, APP	2.07m
3.	Donald Cooper, SAM	1.98m
4.	James Harris, CIT	1.93m
5.	Matt Boruff, APP	1.93m
6.	Shaquill Smith, CIT	1.88m
7.	Daniel Joseph, WCU	1.83m
8.	Aaron Overton, CIT	1.83m

### Long jump

1.	Kevin Hardy, CIT	7.37m
2.	Thomas Funderburk, WCU	7.33m
3.	Ricky Harris, APP	7.22m
4.	Alex Dollard, WCU	7.04m
5.	Phillip Bush, APP	6.98m
6.	Buster Skrine, UTC	6.94m
7.	Elias Contis, WOF	6.58m
8.	Mark Sturgis, APP	6.48m

### Triple jump

1.	Mark Sturgis, APP	15.25m
2.	Ricky Harris, APP	14.26m
3.	Daniel Joseph, WCU	14.12m
4.	Shaquill Smith, CIT	14.04m
5.	Alex Dollard, WCU	13.61m
6.	Matt Evans, WCU	13.43m
7.	Cornelius Williams, WCU	13.37m
8.	Matt Pflugst, APP	13.26m

### Shot put

1.	Malcolm Styers, APP	16.56m
2.	Jerod Gardner, APP	15.61m
3.	Jared Stalling, APP	15.22m
4.	Cale McDaniel, WCU	15.11m
5.	Ryan Pless, WCU	15.07m
6.	Will Funderburg, DAV	14.63m
7.	Chris Page, WCU	14.56m
8.	Quintin Turner, CIT	14.25m

### Weight throw

1.	Malcolm Styers, APP	17.24m
2.	Cale McDaniel, WCU	17.13m
3.	Chris Page, WCU	16.32m
4.	Jared Stalling, APP	15.76m
5.	Quintin Turner, CIT	15.22m
6.	Kyle Brown, SAM	15.20m
7.	Matt Earls, CIT	14.53m
8.	Kyle Kirby, SAM	13.78m

### Pole vault

1.	Patrick Wells, SAM	4.75m
2.	Ryan Twiford, APP	4.75m
3.	Mike O'Steen, WCU	4.60m
4.	Matt Boruff, APP	4.60m
5.	Zac Epperson, SAM	4.60m
6.	Mike Wilson, APP	4.60m
7.	Joel Lynch, WCU	4.45m
8.	Zach Smith, APP	4.45m

### Heptathlon

1.	Matt Boruff, APP	5,021
2.	Matt Evans, WCU	4,776
3.	Jake Goodchild, APP	4,633
4.	Donald Cooper, SAM	4,614
5.	Matt Pflugst, APP	4,540
6.	Brian Baize, CIT	4,534
7.	David Gift, WCU	4,517
8.	Sean Reardon, WCU	4,486

## Individual Awards

### Most Outstanding Track Performer

Manteo Mitchell, Western Carolina

### Most Outstanding Field Performer

Joel Gaddy, Appalachian State

### Most Outstanding Performer

Manteo Mitchell, Western Carolina

### Freshman of the Year

Drew Tucker, Western Carolina

### Coach of the Year

Danny Williamson, Western Carolina

# 2009 WOMEN'S CHAMPIONSHIP

## Team Results

Pl.	Team	Points
1.	Appalachian State	211
2.	Western Carolina	135
3.	Georgia Southern	93
4.	Samford	78
5.	College of Charleston	44
6.	Chattanooga	42
7.	Elon	36
8.	Furman	11
9.	Davidson	8
10.	The Citadel	3
11.	UNCG	1
12.	Wofford	0

### 60-meter dash

1. Felicia Paulding, WCU	7.62
2. Demetrise Anthony, GSU	7.69
3. Ashley McKiver, APP	7.735
4. Jane't Carothers, WCU	7.739
5. Crystal Dukes, APP	7.81
6. Sherelle Fronberger, WCU	7.87
7. Monica Johnson, APP	7.88
8. Courtney Ware, GSU	7.90

### 200-meter dash

1. Felicia Paulding, WCU	24.82
2. Sherelle Fronberger, WCU	25.27
3. Jane't Carothers, WCU	25.50
4. Emma Bowers, WCU	25.51
5. Monica Johnson, APP	25.59
6. Shalyn McMichael, WCU	25.70
7. Danielle Thorpe, APP	25.74
-- Ashley McKiver, APP	DQ

### 400-meter dash

1. Jane't Carothers, WCU	56.06
2. Shalyn McMichael, WCU	56.48
3. Amy Salek, ELON	56.85
4. Ashley Bush-Hardy, GSU	56.87
5. Lynda Hiller, APP	57.85
6. Asia Dunlap, APP	58.41
7. Ashley Dance, SAM	58.58
8. Mary Zolga, CofC	58.74

### 800-meter run

1. Monique Ositelu, FUR	2:15.98
2. Lauran Anderson, UTC	2:16.02
3. Alyssa D'Orazio, CofC	2:16.94
4. Hillary Neal, SAM	2:16.95
5. Cori Christensen, SAM	2:17.24
6. Jordan Gaddy, WCU	2:19.96
7. Megan Isaccs, WCU	2:21.19
8. Annie Bailey, WCU	2:22.70

### Mile run

1. Hillary Neal, SAM	4:59.19
2. Meghan Gaffney, APP	5:01.53
3. Jennifer Povick, APP	5:01.58
4. Anneli Uys, UTC	5:02.90
5. Shelley Taylor, UTC	5:07.88
6. Jessica Van Ausdall, SAM	5:13.02
7. Emily Fournier, ELON	5:13.11
8. Kristen Wolfe, CofC	5:15.33

### 3,000-meter run

1. Meghan Gaffney, APP	9:47.21
2. Andrea Seccafien, SAM	9:51.33
3. Jennifer Povick, APP	9:53.41
4. Emily Fournier, ELON	10:18.75
5. Erin Stoddard, CofC	10:22.26
6. Shelley Taylor, UTC	10:28.54
7. Jordyn Radke, UTC	10:29.03
8. Sabrina Lefort, UTC	10:31.66

### 5,000-meter run

1. Andrea Seccafien, SAM	17:55.94
2. Erin Stoddard, CofC	18:03.30
3. Tara Gietema, UTC	18:05.59
4. Meghan Gaffney, APP	18:09.72
5. Sabrina Lefort, UTC	18:16.78
6. Emily Fournier, ELON	18:17.28
7. Emily King, DAV	18:21.93
8. Allyson Costa, ELON	18:23.04

### 60-meter hurdles

1. Morgan Tyler, SAM	8.71
2. Lynnndsey Hyter, GSU	8.79
3. Michelle Brutus, APP	8.874
4. Kristin Olson, GSU	8.878
5. Morgan Joseph, WCU	8.99
6. Kiara Crutchfield, APP	9.01
7. Porsha' Evans-Hardy, APP	9.07
8. Tori Jones, WCU	9.38

### Distance medley

1. Samford	11:52.69
2. Appalachian State	12:12.61
3. Chattanooga	12:21.02
4. College of Charleston	12:26.85
5. Western Carolina	12:27.72
6. The Citadel	12:44.33
7. Georgia Southern	12:49.77
8. Furman	12:51.27

### 4x400-meter relay

1. Western Carolina	3:48.01
2. Appalachian State	3:52.42
3. Georgia Southern	3:53.00
4. Samford	3:56.30
5. College of Charleston	4:03.69
6. Chattanooga	4:06.78
7. Davidson	4:09.54
8. UNCG	4:16.22

### High jump

1. Emily Smith, CofC	1.78m
2. Melanie Trumbo, GSU	1.68m
3. Rebecca Hazeltine, APP	1.68m
4. Bridgette Hills, APP	1.63m
5. Alex Cassagnol, GSU	1.58m
Jasmine Lightning, GSU	1.58m
Crystal Dukes, APP	1.58m
8. Julie Ward, APP	1.58m

### Long jump

1. Lynnndsey Hyter, GSU	5.97m
2. Danielle Thorpe, APP	5.76m
3. Shaunta Hamilton, GSU	5.71m
4. Demetrise Anthony, GSU	5.59m
5. Tia Jones, WCU	5.50m
6. Veronica Day, ELON	5.49m
7. Bianca Harvey, APP	5.48m
8. Morgan Joseph, WCU	5.44m

### Triple jump

1. Danielle Thorpe, APP	12.68m
2. Lynnndsey Hyter, GSU	12.25m
3. Tia Jones, WCU	12.01m
4. Shaunta Hamilton, GSU	11.73m
5. Morgan Tyler, SAM	11.55m
6. Crystal Dukes, APP	11.48m
7. Lauren Hawkesworth, ELON	11.43m
8. Kennesia Martin, DAV	11.26m

### Shot put

1. Whitney Smyre, APP	13.14m
2. Lily Tallent, APP	12.79m
3. Justine Robertson, ELON	12.29m
4. Carla Durham, APP	12.20m
5. Deidra Morrison, WCU	12.14m
6. Kittery Neale, DAV	11.86m
7. Crystal Dukes, APP	11.81m
8. Michaela McGriff, APP	11.79m

### Weight throw

1. Whitney Smyre, APP	17.79m
2. Chelsea McLean, WCU	15.65m
3. Michaela McGriff, APP	15.64m
4. Carla Durham, APP	15.22m
5. Justine Robertson, ELON	14.58m
6. Lily Tallent, APP	14.10m
7. Deirdra Morrison, WCU	13.96m
8. Alyssa Girvin, ELON	13.68m

### Pole vault

1. Julie Ward, APP	3.60m
2. Shea Snow, APP	3.50m
3. Ashley Beale, APP	3.50m
4. Megan Irwin, APP	3.35m
5. Jessica Cumbee, CofC	3.20m
6. Mary Barron, SAM	3.20m
7. Kassie McKie, WCU	3.20m
8. Jessie Wilson, WCU	3.20m

### Pentathlon

1. Lynnndsey Hyter, GSU	3,551
2. Kiara Crutchfield, APP	3,265
3. Alicia Gainey, WCU	3,156
4. Jettana Thomas, WCU	3,008
5. Christian McGuire, SAM	2,979
6. Jacqueline Beliveau, ELON	2,931
7. Carlyn Wright, WCU	2,926
8. Brynne Johnson, CofC	2,913

## Individual Awards

### Most Outstanding Track Performer

Jane't Carothers, Western Carolina

### Most Outstanding Field Performer

Lynnndsey Hyter, Georgia Southern

### Most Outstanding Athlete

Lynnndsey Hyter, Georgia Southern

### Freshman of the Year

Emily Smith, College of Charleston

### Coach of the Year

John Weaver, Appalachian State

# 2008 MEN'S CHAMPIONSHIP

## Team Results

Pl.	Team	Points
1.	Western Carolin	263
2.	Appalachian State	256.50
3.	Chattanooga	47
4.	The Citadel	38.50
5.	Davidson	26
6.	Furman	15
7.	UNCG	8

### 60-meter dash

1. Manteo Mitchell, WCU	6.81
2. Dominique Young, WCU	6.85
3. Zeb Johnson, WCU	6.87
4. Christian Bethune, WCU	6.96
5. Daniel Neal, APP	6.99
6. Phillip Bush, APP	7.04
7. Ricky Harris, APP	7.05
8. Thomas Funderburke, WCU	7.10

### 200-meter dash

1. Manteo Mitchell, WCU	21.52
2. Zeb Johnson, WCU	21.70
3. Dominique Young, WCU	21.99
4. John Oros, WCU	22.33
5. Duke Craig, WCU	22.35
6. Phillip Bush, APP	22.37
7. Mark Sturgiss, APP	22.44
8. Christian Bethune, WCU	23.17

### 400-meter dash

1. Manteo Mitchell, WCU	49.12
2. John Oros, WCU	50.17
3. Thomas Funderburke, WCU	50.35
4. Zeb Johnson, WCU	50.64
5. Duke Craig, WCU	50.87
6. Jonathan Vallejo, CIT	51.14
7. Bryan Hladik, CIT	51.16
8. Nick Zeller, APP	51.33

### 800-meter run

1. Drew Tucker, WCU	1:56.93
2. Michael Danehy, UTC	1:57.27
3. Stephen George, UTC	1:57.62
4. Aaron Grant, WCU	1:57.75
5. Josh Houser, APP	1:57.87
6. Andrew Yarchin, APP	1:58.32
7. Blake Ketron, UTC	1:59.95
8. Patrick Morgan, FUR	2:01.87

### Mile run

1. Michael Mentz, UTC	4:13.99
2. Josh Houser, APP	4:14.20
3. Brian Deal, APP	4:14.87
4. Phillip Mitchell, APP	4:15.93
5. Patrick Morgan, FUR	4:17.90
6. Alex Hoyt, DAV	4:18.08
7. Alec Meyer, APP	4:19.62
8. Matt Baltimore, UTC	4:19.75

### 3,000-meter run

1. Brian Deal, APP	8:27.41
2. Michael Mentz, UTC	8:29.81
3. Phillip Mitchell, APP	8:34.05
4. Asmeron Desta, APP	8:34.73
5. Alex Hoyt, DAV	8:35.69
6. Ryan O'Keefe, APP	8:36.22
7. Thad Sieracki, DAV	8:36.55
8. Alec Meyer, APP	8:44.67

### 5,000-meter run

1. Brian Deal, APP	14:53.74
2. Asmeron Desta, APP	15:00.95
3. Phillip Mitchell, APP	15:02.75
4. Ryan O'Keefe, APP	15:06.98
5. Thad Sieracki, DAV	15:07.68
6. Alex Plasencia, FUR	15:11.81
7. Michael Mentz, UTC	15:13.83
8. Blair Teal, APP	15:14.41

### 60-meter hurdles

1. Daniel Neal, APP	8.05
2. Phillip Bush, APP	8.33
3. Jamel Brown, CIT	8.44
4. Christian Bethune, WCU	8.49
5. Matt Boruff, APP	8.54
6. Jordan Blazer, WCU	8.57
7. David Gift, WCU	8.89
8. Sean Reardon, WCU	9.09

### Distance medley

1. Appalachian State	10:18.42
2. UNCG	10:19.95
3. Western Carolina	10:25.99
4. Chattanooga	10:26.51
5. The Citadel	10:43.81
6. Furman	10:51.68
7. Davidson	10:54.46

### 4x400-meter relay

1. Western Carolina	3:22.59
2. The Citadel	3:24.58
3. Davidson	3:28.74
4. Chattanooga	3:31.00
5. Furman	3:43.78

### High jump

1. Daniel Joesph, WCU	1.95m
2. Rashad Herndon, WCU	1.95m
3. Matt Evans, WCU	1.95m
4. James Harris, CIT	1.90m
Chris Gaillard, WCU	1.90m
6. Ricky Harris, APP	1.85m
7. David Gift, WCU	1.80m

### Long jump

1. Joel Gaddy, APP	7.05m
2. Ricky Harris, APP	6.99m
3. Mark Sturgiss, APP	6.97m
4. Chris Gaillard, WCU	6.93m
5. Rashad Herndon, WCU	6.92m
6. Phillip Bush, APP	6.87m
7. Alex Dollard, WCU	6.82m
8. Daniel Joseph, WCU	6.73m

### Triple jump

1. Joel Gaddy, APP	15.54m
2. Daniel Joseph, WCU	15.12m
3. Mark Sturgis, APP	15.00m
4. Chris Gaillard, WCU	14.30m
5. Rashad Herndon, WCU	13.94m
6. Kwame Som-Pimpong, DAV	13.89m
7. Ricky Harris, APP	13.75m
8. Alex Dollard, WCU	13.65m

### Shot put

1. Patrick Morris, WCU	15.32m
2. Wes Kiser, APP	15.19m
3. Cale McDaniel, WCU	15.05m
4. Chris Page, WCU	14.91m
5. Quintin Turner, CIT	14.56m
6. Jerod Gardner, APP	14.35m
7. Malcolm Styers, APP	13.83m
8. Grant Haun, APP	13.03m

### Weight throw

1. Wes Kiser, APP	18.61m
2. Grant Haun, APP	16.84m
3. Timothy Daly, APP	16.74m
4. Cale McDaniel, WCU	15.81m
5. Chris Page, WCU	15.73m
6. Jerod Gardner, APP	15.61m
7. Will Funderburg, DAV	14.19m
8. Quintin Turner, CIT	13.31m

### Pole vault

1. Mike Wilson, APP	4.70m
2. Mike O'Steen, WCU	4.60m
3. Barron Shell, APP	4.60m
4. Zach Smith, APP	4.45m
5. Logan James, WCU	4.45m
6. Sean Reardon, WCU	4.30m
Ryan Twiford, APP	4.30m

### Heptathlon

1. Matt Boruff, APP	4,720
2. Sean Reardon, WCU	4,460
3. Matt Evans, WCU	4,426
4. David Gift, WCU	4,122
5. Barron Shell, APP	3,842
6. Brian Baize, CIT	3,828
7. Caleb Moore, CIT	3,374
8. Jose Trinidad, CIT	2,934

## Individual Awards

### Most Outstanding Track Performer

Manteo Mitchell, Western Carolina

### Most Outstanding Field Performer

Joel Gaddy, Appalachian State

### Most Outstanding Performer

Manteo Mitchell, Western Carolina

### Freshman of the Year

Drew Tucker, Western Carolina

### Coach of the Year

Danny Williamson, Western Carolina

# 2008 WOMEN'S CHAMPIONSHIP

## Team Results

Pl.	Team	Points
1.	Western Carolina	172
2.	Appalachian State	167
3.	Georgia Southern	120
4.	Chattanooga	78
5.	Elon	35
6.	Davidson	32
7.	College of Charleston	23
8.	The Citadel	22
9.	Furman	14

### 60-meter dash

1.	Tangelia Johnson, WCU	7.57
2.	Demetris Anthony, GSU	7.57
3.	Ashley McKiver, APP	7.61
4.	Felicia Paulding, WCU	7.67
5.	Sherelle Fronberger, WCU	7.81
6.	Vonteena Knotts, APP	7.83
7.	Monica Johnson, APP	8.00
8.	Raquel Ramseur, WCU	8.03

### 200-meter dash

1.	Raquel Ramseur, WCU	24.87
2.	Jane't Carothers, WCU	24.96
3.	Ashley McKiver, APP	25.19
4.	Sherelle Fronberger, WCU	25.30
5.	Shamyria Ortiz, GSU	25.37
6.	Tangelia Johnson, WCU	25.48
7.	Felicia Paulding, WCU	25.51
8.	Jodi Whittle, CIT	25.83

### 400-meter dash

1.	Raquel Ramseur, WCU	56.65
2.	Carla Ballard, GSU	56.77
3.	Jane't Carothers, WCU	56.81
4.	Ashley Bush-Hardy, GSU	58.15
5.	Amanda Alexander, UTC	59.19
6.	London Ryles, GSU	59.42
7.	Aneesha Lane, WCU	60.82
8.	Shalyn McMichael, WCU	64.56

### 800-meter run

1.	Kerri Savery, WCU	2:12.26
2.	Emily Wood, UTC	2:14.34
3.	Jennine Strange, ELON	2:14.54
4.	Shauntel Jennings, GSU	2:16.43
5.	Jennifer Povick, APP	2:16.93
6.	Kala Robertson, APP	2:18.69
7.	Annie Bailey, WCU	2:18.70
8.	Megan Issacs, WCU	2:21.24

### Mile run

1.	Kerri Savery, WCU	5:04.26
2.	Jennifer Povick, APP	5:07.15
3.	Shelley Taylor, UTC	5:07.43
4.	Megan Isaccs, WCU	5:07.84
5.	Sabrina Lefort, UTC	5:09.90
6.	Charlotte Walsh, APP	5:12.73
7.	Jordan Gaddy, WCU	5:13.86
8.	Emily Wood, UTC	5:13.96

### 3,000-meter run

1.	Shelley Taylor, UTC	10:05.02
2.	Kathleen Turchin, UTC	10:05.12
3.	Sabrina Lefort, UTC	10:07.23
4.	Caroline Sanker, DAV	10:08.59
5.	Brenna Burns, DAV	10:09.78
6.	Tara Gietema, UTC	10:16.92
7.	Emily Fournier, ELON	10:21.97
8.	Jordyn Radke, UTC	10:27.42

### 5,000-meter run

1.	Brenna Burns, DAV	17:18.56
2.	Caroline Sanker, DAV	17:30.01
3.	Kathleen Turchin, UTC	17:51.01
4.	Shelley Taylor, UTC	17:58.48
5.	Jennifer Povick, APP	17:58.98
6.	Megan Lordi, FUR	18:03.62
7.	Sabrina Lefort, UTC	18:13.20
8.	Megal Atias, DAV	18:14.09

### 60-meter hurdles

1.	Dominique Price, ELON	8.84
2.	Porsha' Evans-Hardy, APP	9.01
3.	Nashay McGriff, WCU	9.08
4.	Kristin Olson, GSU	9.12
5.	Rashanda Simmons, WCU	9.14
6.	Amber Wilson, GSU	9.23
7.	Lathcha Sanders, CIT	9.24
8.	Kiara Crutchfield, APP	9.27

### Distance medley

1.	Western Carolina	12:09.60
2.	Chattanooga	12:23.71
3.	Appalachian State	12:24.42
4.	College of Charleston	12:36.57
5.	Georgia Southern	12:41.15
6.	Elon	12:42.75
7.	Davidson	12:43.26
8.	The Citadel	12:48.86

### 4x400-meter relay

1.	Western Carolina	3:47.17
2.	Georgia Southern	3:50.09
3.	Chattanooga	3:57.84
4.	Elon	3:58.65
5.	College of Charleston	4:02.17
6.	Appalachian State	4:04.56
7.	Davidson	4:07.28
8.	Furman	4:08.70

### High jump

1.	Jessika Johnson, WCU	1.66m
2.	Rebecca Hazeltine, APP	1.63m
2.	Melanie Trumbo, GSU	1.63m
4.	Amber Wilson, GSU	1.60m
5.	Jasmine Lightning, GSU	1.55m
6.	Angela Stark, WCU	1.55m
7.	Julie Ward, APP	1.55m
	Bridget Hills, APP	1.55m

### Long jump

1.	Vonteena Knotts, APP	5.81m
2.	Shaunta Hamilton, GSU	5.71m
3.	Bianca Harvey, APP	5.62m
4.	Danielle Thorpe, APP	5.58m
5.	Demetris Anthony, GSU	5.54m
6.	Tia Jones, WCU	5.53m
7.	Veronica Day, ELON	5.48m
8.	Kiara Crutchfield, APP	5.47m

### Triple jump

1.	Chibuzo Aguocha, FUR	12.52m
2.	Danielle Thorpe, APP	12.50m
3.	Tia Jones, WCU	12.21m
4.	Demetris Anthony, GSU	12.12m
5.	Shaunta Hamilton, GSU	11.99m
6.	Lynnsey Hyter, GSU	11.83m
7.	Michelle Uzoh, GSU	11.50m
8.	Nashay McGriff, WCU	11.50m

### Shot put

1.	Brittani Williams, APP	14.72m
2.	Jennifer Charles, GSU	13.24m
3.	Lathcha Sanders, CIT	13.01m
4.	Nicole Lopez, WCU	12.87m
5.	Justine Robertson, ELON	12.15m
6.	Krystal Paszkeicz, ELON	12.14m
7.	Chelsea McLean, WCU	12.03m
8.	Lily Tallent, APP	11.87m

### Weight throw

1.	Brittani Williams, APP	18.05m
2.	Nicole Lopez, WCU	16.44m
3.	Whitney Smyre, APP	15.68m
4.	Adrienne Alexander, APP	15.48m
5.	Monique Edwards, CIT	15.36m
6.	Jessica Irizzary, GSU	15.04m
7.	Jennifer Charles, GSU	14.32m
8.	Tara Tounzen, WCU	13.45m

### Pole vault

1.	Shea Snow, APP	3.70m
2.	Kaitlyn Heeke, APP	3.50m
	Ashley Beale, APP	3.50m
4.	Summer Chambless, CofC	3.40m
5.	Megan Irwin, APP	3.40m
6.	Julie Ward, APP	3.30m
7.	Melissa Cabe, WCU	3.15m
8.	Jessica Cumbee, CofC	3.00m

### Pentathlon

1.	Melanie Trumbo, GSU	3,248
2.	Lathcha Sanders, CIT	3,210
3.	Kiara Crutchfield, APP	3,166
4.	Brynne Johnson, CofC	3,063
5.	Nashay McGriff, WCU	3,035
6.	Isabel Boersma, CofC	3,020
7.	Serenity Thompson, GSU	2,962
8.	Crystal Dukes, APP	2,943

## Individual Awards

### Outstanding Track Performer

Kerrie Savery, Western Carolina

### Outstanding Field Performer

Brittani Williams, Appalachian State

### Most Outstanding Performer

Kerrie Savery, Western Carolina

### Freshman of the Year

Kara Krutchfield, Appalachian State

### Coach of the Year

Danny Williamson, Western Carolina

# 2007 MEN'S CHAMPIONSHIP

## Team Results

Pl.	Team	Points
1.	Appalachian State	272.50
2.	Western Carolina	232.50
3.	Davidson	57
4.	Chattanooga	32
5.	The Citadel	27
6.	UNCG	23

### 60-meter dash

1.	Albert Ashcraft, WCU	6.91
2.	Charles Derrickson, APP	6.94
3.	Dominique Young, WCU	6.97
4.	Daniel Neal, APP	6.99
5.	Kevin Johnson, WCU	7.04
6.	Brandon Golder, UTC	7.06
7.	Manteo Mitchell, WCU	7.09
8.	Zeb Johnson, WCU	7.24

### 200-meter dash

1.	Zeb Johnson, WCU	21.88
2.	Dominique Young, WCU	21.93
3.	Manteo Mitchell, WCU	22.17
4.	Jordan Hazard, UTC	22.27
5.	Charles Derrickson, APP	22.32
6.	James Gregory, WCU	22.73
7.	Kevin Johnson, WCU	22.87
8.	Quintin Wright, CIT	22.92

### 400-meter dash

1.	Manteo Mitchell, WCU	49.42
2.	Zeb Johnson, WCU	49.54
3.	Greg McCain, APP	50.07
4.	James Gregory, WCU	50.10
5.	Michael Malone, WCU	50.51
6.	David Ritchie, DAV	50.81
7.	Johnny Svoboda, APP	51.68
8.	David Cherry, APP	52.59

### 800-meter run

1.	Jeff Williams, UNCG	1:54.05
2.	Adam Van Nortwick, APP	1:54.44
3.	Douglas Noreen, DAV	1:55.95
4.	Jestin Jennings, WCU	1:56.30
5.	Rance Shuler, APP	1:56.41
6.	Josh Houser, APP	1:56.61
7.	Blake Ketron, UTC	1:57.24
8.	Aaron Grant, WCU	1:57.57

### Mile run

1.	Adam Van Nortwick, APP	4:14.34
2.	Michael Mentz, UTC	4:17.64
3.	Douglas Noreen, DAV	4:18.11
4.	Phillip Mitchell, APP	4:18.19
5.	Josh Houser, APP	4:18.38
6.	Tim Clark, UTC	4:21.65
7.	Alex Hoyt, DAV	4:25.97
8.	Ryan Rodd, UNCG	4:26.30

### 3,000-meter run

1.	Adam Van Nortwick, APP	8:34.68
2.	Phillip Mitchell, APP	8:35.28
3.	Lance Harden, DAV	8:36.70
4.	Ryan O'Keefe, APP	8:40.67
5.	Asmeron Desta, APP	8:44.16
6.	Brendon Helms, APP	8:44.51
7.	Alex Hoyt, DAV	8:44.92
8.	Brendan Kight, CIT	9:00.56

### 5,000-meter run

1.	Brendon Helms, APP	15:00.77
2.	Phillip Mitchell, APP	15:01.96
3.	Ryan O'Keefe, APP	15:03.34
4.	Lance Harden, DAV	15:04.51
5.	Tim Clark, UTC	15:08.62
6.	Matt Harlfinger, APP	15:11.84
7.	Xavier Rutz, UNCG	15:12.11
8.	Josh Wyatt, UNCG	15:20.89

### 60-meter hurdles

1.	Charles Derrickson, APP	7.95
2.	Daniel Neal, APP	8.24
3.	Michael Malone, WCU	8.28
4.	Matt Harlfinger, WCU	8.42
5.	Jamel Brown, CIT	8.44
6.	Matt Boruff, APP	8.71
7.	Ashton Bennett, WCU	8.72
8.	David Gift, WCU	8.99

### Distance medley

1.	Appalachian State	10:19.14
2.	UNCG	10:19.91
3.	The Citadel	10:27.27
4.	Western Carolina	10:47.79
5.	Davidson	10:51.50
--	Chattanooga	DNF

### 4x400-meter relay

1.	Western Carolina	3:23.58
2.	Davidson	3:24.29
3.	The Citadel	3:24.68
4.	Appalachian State	3:28.77
5.	Chattanooga	3:30.21

### High jump

1.	Matt Evans, WCU	2.03m
2.	Daniel Joseph, WCU	1.93m
3.	Rashad Herndon, WCU	1.88m
3.	Dan Smith, APP	1.88m
5.	Matt Harlfinger, WCU	1.88m
6.	David Gift, WCU	1.83m
7.	Ricky Harris, APP	1.78m

### Long jump

1.	Ricky Harris, APP	7.19m
2.	Joel Gaddy, APP	7.12m
3.	Rashad Herndon, WCU	6.74m
4.	Brandon Golder, UTC	6.68m
5.	John Bialas, DAV	6.64m
6.	Ramon Jobson-Brown, UNCG	6.55m

### Triple jump

1.	Joel Gaddy, APP	14.73m
2.	Ricky Harris, APP	14.03m
3.	Tyler Ferguson, WCU	13.95m
4.	Daniel Joseph, WCU	13.84m
5.	Rashad Herndon, WCU	13.76m
6.	Lee Banks, WCU	13.44m
7.	Kwame Som-Pimpong, DAV	13.30m
8.	Matt Evans, WCU	12.84m

### Shot put

1.	Wes Kiser, APP	15.56m
2.	Will Funderburg, DAV	15.24m
3.	Chris Page, WCU	14.44m
4.	Grant Haun, APP	14.07m
5.	Alex Croskey, CIT	13.97m
6.	Kenton Stephens, CIT	13.96m
7.	Shamar Allen, WCU	13.30m
8.	Cale McDaniel, WCU	12.90m

### Weight throw

1.	Wes Kiser, APP	17.63m
2.	Grant Haun, APP	16.59m
3.	Chris Page, WCU	15.07m
4.	Daniel Fioramonti, APP	14.58m
5.	Shamar Allen, WCU	14.19m
6.	Jim Walter, DAV	14.19m
7.	Alex Croskey, CIT	14.09m
8.	Cale McDaniel, WCU	13.39m

### Pole vault

1.	Barron Shell, APP	4.56m
2.	Justin Hunnicutt, APP	4.41m
3.	Joel Lynch, WCU	4.26m
4.	Joe Irvin, APP	4.26m
5.	Mike O'Steen, WCU	4.11m
6.	Matt Boruff, APP	4.11m
7.	Matt Harlfinger, WCU	3.06m
	David Gift, WCU	3.06m

### Heptathlon

1.	Matt Harlfinger, WCU	4,620
2.	Matt Boruff, APP	4,545
3.	David Gift, WCU	4,443
4.	Ashton Bennett, WCU	4,421
5.	Josh Cox, APP	1,269

## Individual Awards

**Most Outstanding Track Performer**  
Adam Van Nortwick, Appalachian State

**Most Outstanding Field Performer**  
Wes Kiser, Appalachian State

**Coach of the Year**  
John Weaver, Appalachian State

# 2007 WOMEN'S CHAMPIONSHIP

## Team Results

Pl.	Team	Points
1.	Appalachian State	261
2.	Western Carolina	159.50
3.	Georgia Southern	122.50
4.	Chattanooga	46
5.	Furman	42
6.	Elon	40
7.	The Citadel	38
8.	Davidson	37
9.	College of Charleston	16

### 60-meter dash

1.	Nicole Brown, GSU	7.60
2.	Tangelia Johnson, WCU	7.63
3.	Ashley McKiver, APP	7.75
4.	Raquel Ramseur, WCU	7.77
5.	Vonteena Knotts, APP	7.78
6.	Demetris Anthony, GSU	7.85
7.	Sherelle Fronberger, WCU	7.86
8.	Shamyria Ortiz, GSU	7.90

### 200-meter dash

1.	Nicole Brown, GSU	24.43
2.	Raquel Ramseur, WCU	24.53
3.	Sherelle Fronberger, WCU	25.37
4.	Monica Johnson, APP	25.54
5.	Ashley McKiver, APP	25.58
6.	Alexis Moore, CIT	25.86
7.	Tangelia Johnson, WCU	26.05
8.	Vonteena Knotts, APP	26.17

### 400-meter dash

1.	Raquel Ramseur, WCU	56.33
2.	Asia Davis, WCU	57.26
3.	Rashedah Arnold, GSU	57.87
4.	Lynda Hiller, APP	58.09
5.	Aneesha Lane, WCU	58.16
6.	Carla Ballard, GSU	58.79
7.	Chanel McFadden, APP	59.15
8.	Amber Wilson, GSU	59.80

### 800-meter run

1.	Kerri Savery, WCU	2:12.83
2.	McKenzie Sharpe, FUR	2:14.95
3.	Emily Wood, UTC	2:16.85
4.	Rebecca Mullen, FUR	2:18.27
5.	Lindsey Barker, FUR	2:20.50
6.	Kala Robertson, APP	2:20.84
7.	Anna Baker, APP	2:22.85
8.	Jennifer Povick, APP	2:29.34

### Mile run

1.	Meghan Gaffney, APP	5:00.88
2.	Nettie Halcomb, UTC	5:03.71
3.	Deanna Kulesz, WCU	5:05.48
4.	Kerri Savery, WCU	5:05.49
5.	Kasey Smith, APP	5:07.73
6.	Kathleen Turchin, UTC	5:10.08
7.	Hannah Parks, APP	5:12.78
8.	Amy Laughlin, CofC	5:13.27

### 3,000-meter run

1.	Brenna Burns, DAV	9:53.83
2.	Kasey Smith, APP	9:56.76
3.	Jenna Wrieden, APP	9:57.14
4.	Lanni Marchant, UTC	10:01.59
5.	Deanna Kulesz, WCU	10:02.80
6.	Hannah Parks, APP	10:03.39
7.	Meghan Gaffney, APP	10:05.16
8.	Caroline Sanker, DAV	10:13.97

### 5,000-meter run

1.	Lanni Marchant, UTC	17:02.49
2.	Brenna Burns, DAV	17:08.63
3.	Jenna Wrieden, APP	17:26.46
4.	Kasey Smith, APP	17:38.96
5.	Anna Mae Flynn, ELON	17:44.19
6.	Nettie Halcomb, UTC	17:55.28
7.	Emily King, DAV	18:07.76
8.	Katie Williams, UTC	18:11.85

### 60-meter hurdles

1.	Dominique Price, ELON	8.67
2.	Asia Davis, WCU	8.79
3.	Amber Wilson, GSU	8.93
4.	Lauren Jacobs, GSU	9.06
5.	Nashay McGriff, WCU	9.10
6.	Kristen Meister, DAV	9.37
7.	Rashanda Simmons, WCU	9.37

### Distance medley

1.	Chattanooga	12:11.88
2.	Appalachian State	12:14.31
3.	Western Carolina	12:17.70
4.	Furman	12:18.81
5.	College of Charleston	12:42.57
6.	Elon	12:54.20
7.	The Citadel	12:55.02
8.	Georgia Southern	12:55.35

### 4x400-meter relay

1.	Western Carolina	3:48.28
2.	Georgia Southern	3:49.70
3.	Appalachian State	3:58.44
4.	The Citadel	4:03.52
5.	Furman	4:04.83
6.	Davidson	4:05.31
7.	Elon	4:07.02
8.	College of Charleston	4:07.14

### High jump

1.	Kristen Meister, DAV	1.81m
2.	Jessika Johnson, WCU	1.68m
3.	Meg Phillips, APP	1.63m
4.	Heather Collier, CofC	1.58m
5.	Melanie Trumbo, GSU	1.58m
6.	Jasmine Lightning, GSU	1.58m
7.	Nashay McGriff, WCU	1.53m
	Amber Wilson, GSU	1.53m

### Long jump

1.	Nicole Brown, GSU	6.15m
2.	Chibuzo Aguocha, FUR	5.94m
3.	Vonteena Knotts, APP	5.81m
4.	Danielle Thorpe, APP	5.72m
5.	Monique Vines, ELON	5.70m
6.	Lauren Jacobs, GSU	5.68m
7.	Tia Jones, WCU	5.56m
8.	Morgan Joseph, WCU	5.41m

### Triple jump

1.	Nicole Brown, GSU	12.76m
2.	Chibuzo Aguocha, FUR	12.35m
3.	Vonteena Knotts, APP	12.17m
4.	Danielle Thorpe, APP	11.91m
5.	Brittany Chase, GSU	11.86m
6.	Demetris Anthony, GSU	11.71m
7.	Lauren Jacobs, GSU	11.53m
8.	Morgan Broadnax, WCU	11.48m

### Shot put

1.	Brittani Williams, APP	14.54m
2.	Stephanie McNeill, CIT	14.15m
3.	Emily Greeson, GSU	13.54m
4.	Lily Tallent, APP	12.69m
5.	Nicole Lopez, WCU	12.40m
6.	Sharhonda Bell, WCU	12.11m
7.	Shaniqua Wallace, APP	12.11m
8.	Adrienne Alexander, APP	12.01m

### Weight throw

1.	Stephanie McNeill, CIT	16.30m
2.	Nicole Lopez, WCU	16.05m
3.	Monique Pitts, GSU	15.75m
4.	Emily Greeson, GSU	15.50m
5.	Jessica Irizzary, GSU	15.12m
6.	Whitney Smyre, APP	15.05m
7.	Monique Edwards, CIT	14.94m
8.	Shaniqua Wallace, APP	14.16m

### Pole vault

1.	Jessica Clending, ELON	3.97m
2.	Shea Snow, APP	3.65m
3.	Melissa Cabe, WCU	3.35m
4.	Kaitlyn Heeke, APP	3.20m
5.	Summer Chambless, CofC	3.20m
6.	Julie Ward, APP	3.20m
7.	Megan Irwin, APP	3.05m
8.	Jessica Cumbee, CofC	2.90m

### Petathlon

1.	Nashay McGriff, WCU	3,226
2.	Lathcha Sanders, CIT	3,096
3.	Kimberly Abel, ELON	3,056
4.	Morgan Broadnax, WCU	3,023
5.	Melanie Trumbo, GSU	3,001
6.	Carla Ballard, GSU	2,941
7.	Jessica Wilkerson, WCU	2,768
8.	Lauren Connelly, ELON	2,738

## Individual Awards

**Most Outstanding Track Performer**  
Brenna Burns, Davidson

**Most Outstanding Field Performer**  
Nicole Brown, Georgia Southern

**Freshman of the Year**  
Kristen Meister, Davidson

**Coach of the Year**  
Danny Williamson, Western Carolina

# 2006 MEN'S CHAMPIONSHIP

## Team Results

Pl.	Team	Points
1.	Western Carolina	277
2.	Appalachian State	213
3.	The Citadel	43
4.	Chattanooga	40
5.	Davidson	33
6.	UNCG	30
7.	Wofford	13

### 60-meter dash

1. Zeb Johnson, WCU	6.85
2. Manteo Mitchell, WCU	6.91
3. Kevin Johnson, WCU	6.93
4. Michael Malone, WCU	6.94
5. Milton Bolton, WCU	6.94
6. Thomas Pressley, CIT	7.00
7. Quintin Wright, CIT	7.00
8. Charles White, APP	7.21

### 200-meter dash

1. Zeb Johnson, WCU	21.83
2. Milton Bolton, WCU	22.01
3. Kevin Johnson, WCU	22.21
4. Charles Derrickson, APP	22.29
5. Michael Malone, WCU	22.53
6. Manteo Mitchell, WCU	22.63
7. James Gregory, WCU	22.74
8. Mark Sturgis, APP	22.97

### 400-meter dash

1. Milton Bolton, WCU	49.32
2. Zeb Johnson, WCU	49.34
3. Manteo Mitchell, WCU	49.67
4. Jonathan Vallejo, CIT	50.40
5. Charles Derrickson, APP	50.79
6. James Gregory, WCU	51.18
7. Greg McCain, APP	51.27
-- David Ritchie, DAV	DQ

### 800-meter run

1. Jeff Williams, UNCG	1:53.57
2. Dan Fassinger, WCU	1:54.68
3. Marcus Butler, CIT	1:54.72
4. Adam Puett, WCU	1:54.99
5. Douglas Noreen, DAV	1:55.41
6. Michael Mentz, UTC	1:55.90
7. Brad Troxell, DAV	1:56.02
8. Jordan Longstreth, UTC	1:58.27

### Mile run

1. Dan Fassinger, WCU	4:18.07
2. Adam Puett, WCU	4:18.16
3. Adam Van Nortwick, APP	4:18.99
4. Nick Vaccaro, UNCG	4:20.01
5. Douglas Noreen, DAV	4:20.02
6. Linas Salkauskas, UTC	4:20.88
7. Michael Mentz, UTC	4:21.26
8. Nathan Hernandez-Adams, APP	4:21.63

### 3,000-meter run

1. Adam Puett, WCU	8:30.16
2. Adam Van Nortwick, APP	8:30.85
3. Dan Fassinger, WCU	8:30.86
4. Ian Mayne, UTC	8:35.14
5. Nathan Hernandez-Adams, APP	8:38.23
6. Linas Salkauskas, UTC	8:43.40
7. Jonathan Baker, DAV	8:45.14
8. Brian Deal, APP	8:52.99

### 5,000-meter run

1. Ian Mayne, UTC	14:48.42
2. Brian Deal, APP	14:54.98
3. Lance Harden, DAV	15:02.33
4. Jonathan Baker, DAV	15:06.65
5. Linas Salkauskas, UTC	15:16.48
6. Xavier Rutz, UNCG	15:16.62
7. Austin Mercadante, DAV	15:20.46
8. Ryan O'Keefe, APP	15:20.91

### 60-meter hurdles

1. Lawrence Briscoe, WCU	8.05
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### Distance medley

1. Western Carolina	10:05.02
2. Appalachian State	10:05.03
3. The Citadel	10:18.09
4. Chattanooga	10:27.72
5. UNCG	10:37.64
6. Davidson	10:59.01

### 4x400-meter relay

1. Appalachian State	3:21.29
2. The Citadel	3:23.06
3. Western Carolina	3:23.06
4. Davidson	3:24.09
5. Chattanooga	3:33.23

### High jump

1. Ricky Harris, APP	1.98m
2. Laswrence Briscoe, WCU	1.98m
3. Daniel Joseph, WCU	1.93m
4. Dan Smith, APP	1.93m
5. Josh Cox, APP	1.93m
6. Rashad Herndon, WCU	1.93m
7. Shaquill Smith, CIT	1.83m
Michael Malone, WCU	1.83m

### Long jump

1. Mark Sturgis, APP	6.96m
2. Rashad Herndon, WCU	6.96m
3. Ricky Harris, APP	6.86m
4. Tyler Ferguson, WCU	6.83m
5. Chris Gaillard, WCU	6.68m
6. Daniel Joseph, WCU	6.64m
7. Michael Malone, WCU	6.62m
8. Joel Gaddy, APP	6.50m

### Triple jump

1. Mark Sturgis, APP	15.22m
2. Charles Jones, UNCG	15.05m
3. Tyler Ferguson, WCU	14.85m
4. Daniel Joseph, WCU	14.50m
5. Josh Cox, APP	14.37m
6. Chris Cutter, APP	14.13m
7. Rashad Herndon, WCU	14.10m
8. Joel Gaddy, APP	14.02m

### Shot put

1. Anthony Greer, APP	15.63m
2. Daniel Fioramonti, APP	12.96m
3. Nick DiLuzio, DAV	12.33m
4. Jim Walter, DAV	12.29m
5. Chris Davis, UTC	12.14m
6. Dustin Wright, APP	11.72m
7. Willie Sturgis, WCU	10.93m
8. Jason Vincent, UTC	10.57m

### Weight throw

1. Anthony Greer, APP	17.60m
2. Willie Sturgis, WCU	16.67m
3. Grant Haun, APP	16.20m
4. Wes Kiser, APP	15.33m
5. Zach DiBois, CIT	15.05m
6. Jerod Kelly, WCU	14.83m
7. Daniel Fioramonti, APP	14.50m
8. Chris Page, WCU	13.97m

### Pole vault

1. Barron Shell, APP	4.71m
2. Dan Queen, APP	4.71m
3. Wes Willoughby, WCU	4.56m
4. Justin Spormann, WCU	4.41m
5. Joe Irvin, APP	4.26m
6. Joel Lynch, WCU	3.96m
7. Dustin Wright, APP	3.96m

### Heptathlon

1. Josh Cox, APP	4,602
2. Matt Harfinger, WCU	4,551
3. Dustin Wright, APP	4,523
4. Ashton Bennett, WCU	4,126
5. Justin Spormann, WCU	4,031
6. Adam Williams, APP	3,775

## Individual Awards

### Most Outstanding Track Performer

Zeb Johnson, Western Carolina

### Most Outstanding Field Performer

Mark Sturgis, Appalachian State

### Freshman of the Year

Josh Cox, Appalachian State

### Coach of the Year

Danny Williamson, Western Carolina



# 2006 WOMEN'S CHAMPIONSHIP

## Team Results

Pl.	Team	Points
1.	Appalachian State	148.50
2.	Western Carolina	122
3.	Georgia Southern	118
4.	Chattanooga	108
5.	Furman	42
6.	Elon	40
7.	College of Charleston	26.50
8.	The Citadel	25
9.	Davidson	22
10.	UNCG	8

### 60-meter dash

1.	Tangelia Johnson, WCU	7.48
2.	Cassandra Gentry, WCU	7.72
3.	Vonteena Knotts, APP	7.72
4.	Lauren Jacobs, GSU	7.80
5.	Raquel Ramseur, WCU	7.84
6.	Brittany Chase, GSU	7.84
7.	Asia Davis, WCU	7.91
--	Nicole Brown, GSU	FS

### 200-meter dash

1.	Raquel Ramseur, WCU	24.51
2.	Nicole Brown, GSU	24.54
3.	Monica Johnson, APP	25.27
4.	Tangelia Johnson, WCU	25.29
5.	Jodi Whittle, CIT	25.55
6.	Asia Davis, WCU	25.66
7.	Vonteena Knotts, APP	26.93

### 400-meter dash

1.	Raquel Ramseur, WCU	56.24
2.	Asia Davis, WCU	56.30
3.	Amber Wilson, GSU	57.01
4.	Kristen Edgar, FUR	1:00.06
5.	Alexine Crutchfield, APP	1:01.38
6.	Brooke Saddler, WCU	1:06.43
7.	Aneesha Lane, WCU	1:15.47
--	Rashedah Arnold, GSU	DNF

### 800-meter run

1.	Shannon Wommack, UTC	2:15.27
2.	Ashley Meagher, UTC	2:18.74
3.	McKenzie Sharpe, FUR	2:18.85
4.	Rebecca Mullen, FUR	2:19.23
5.	Alana Black, ELON	2:21.45
6.	Kerri Savery, WCU	2:22.39
7.	Anna Baker, APP	2:24.03
8.	Brittney Jett, GSU	2:24.64

### Mile run

1.	Shannon Wommack, UTC	4:48.09
2.	Kathleen Turchin, UTC	5:00.46
3.	Lanni Marchant, UTC	5:01.91
4.	Meghan Gaffney, APP	5:05.75
5.	Megal Atias, DAV	5:13.39
6.	Jess Weber, UNCG	5:13.71
7.	Wells Trompeter, CofC	5:14.46
8.	Brittney Jett, GSU	5:20.29

### 3,000-meter run

1.	Shannon Wommack, UTC	9:34.01
2.	Kathleen Turchin, UTC	9:45.02
3.	Lanni Marchant, UTC	9:45.07
4.	Megal Atias, DAV	10:11.06
5.	Sabrina Lefort, UTC	10:12.04
6.	Meghan Gaffney, APP	10:12.08
7.	Caroline Sanker, DAV	10:13.07
8.	Emily King, DAV	10:30.00

### 5,000-meter run

1.	Lanni Marchant, UTC	17:17.34
2.	Kathleen Turchin, UTC	17:19.35
3.	Sabrina Lefort, UTC	17:41.23
4.	Meghan Gaffney, APP	17:45.19
5.	Katie Williams, UTC	17:58.45
6.	Heidi Pinkerton, UNCG	18:17.17
7.	Emily King, DAV	18:19.55
8.	Anna Mae Flynn, ELON	18:20.87

### 60-meter hurdles

1.	Brittany Chase, GSU	8.51
2.	Dominique Price, ELON	8.70
3.	Amber Wilson, GSU	8.84
4.	Lauren Jacobs, GSU	8.89
5.	Asia Davis, WCU	9.04
6.	Mandi Phillips, GSU	9.06
7.	Nashay McGriff, WCU	9.07
8.	Whitney Jones, FUR	9.26

### Distance medley

1.	Appalachian State	12:11.01
2.	Furman	12:11.95
3.	Chattanooga	12:14.50
4.	Elon	12:25.70
5.	Davidson	12:31.64
6.	The Citadel	12:48.04
7.	UNCG	12:50.72
8.	Western Carolina	12:59.38

### 4x400-meter relay

1.	Georgia Southern	3:54.45
2.	Western Carolina	3:55.50
3.	Furman	3:56.87
4.	Elon	4:00.64
5.	Davidson	4:04.41
6.	College of Charleston	4:06.65
7.	The Citadel	4:07.87
8.	Appalachian State	4:11.41

### High jump

1.	Jessika Johnson, WCU	1.64m
2.	Brittany Whittaker, WCU	1.64m
3.	Amber Wilson, GSU	1.59m
4.	Jasmine Lightning, GSU	1.59m
5.	Dominique Boone, CofC	1.59m
6.	Nashay McGriff, WCU	1.54m
7.	Caroline Jett, APP	1.49m
8.	Piper Taylor, APP	1.49m

### Long jump

1.	Vonteena Knotts, APP	6.07m
2.	Nicole Brown, GSU	6.04m
3.	Chibuzo Agoucha, FUR	5.77m
4.	Jessica Mayela, APP	5.67m
5.	Lauren Jacobs, GSU	5.63m
6.	Dominique Thurman, GSU	5.48m
7.	Tiffany Mack, WCU	5.44m
8.	Monica Johnson, APP	5.26m

### Triple jump

1.	Nicole Brown, GSU	12.46m
2.	Lauren Jacobs, GSU	12.32m
3.	Vonteena Knotts, APP	12.04m
4.	Chibuzo Agoucha, FUR	11.98m
5.	Jessica Mayela, APP	11.61m
6.	Mandi Phillips, GSU	11.59m
7.	Monica Johnson, APP	11.21m
8.	Jasmine Lightning, GSU	11.06m

### Shot put

1.	Beverly Burnett, APP	14.88m
2.	Stephanie McNeill, CIT	14.00m
3.	Brittani Williams, APP	13.78m
4.	Nikole Simmons, APP	13.66m
5.	Kristie Boggan, APP	13.31m
6.	Nicole Lopez, WCU	13.08m
7.	Chakosha Lance, CofC	12.41m
8.	Emily Greeson, GSU	12.40m

### Weight throw

1.	Chakosha Lance, CofC	19.54m
2.	Nikole Simmons, APP	18.15m
3.	Monique Pitts, GSU	15.92m
4.	Emily Greeson, GSU	15.84m
5.	Stephanie McNeill, CIT	15.83m
6.	Beverly Burnett, APP	15.79m
7.	Brittani Williams, APP	15.37m
8.	Charlotte Baker, APP	15.19m

### Pole vault

1.	Caren Mah, APP	3.50m
2.	Jessica Clendenning, ELON	3.50m
3.	Summer Chambless, CofC	3.20m
3.	Jessie Wilson, WCU	3.20m
5.	Shea Snow, APP	3.20m
6.	Bridgett Robinson, APP	3.20m
7.	Susan Shore, ELON	3.05m
8.	Kaitlyn Heeke, APP	2.90m
	Melissa Cabe, WCU	2.90m

### Pentathlon

1.	Kristie Boggan, APP	3,147
2.	Caroline Jett, APP	3,053
3.	Julia Hicks, ELON	2,999
4.	Rachel Glasgow, WCU	2,883
5.	Latasha Sanders, CIT	2,799
6.	Emily Wright, APP	2,579
7.	Jessica Wilkerson, WCU	2,575
8.	Kimberly Abel, ELON	2,574

## Individual Awards

### Most Outstanding Track Performer

Shannon Wommack, Chattanooga

### Most Outstanding Field Performer

Chakosha Lance, College of Charleston

### Freshman of the Year

Monica Johnson, Appalachian State

### Coach of the Year

John Weaver, Appalachian State

# 2005 MEN'S CHAMPIONSHIP

## Team Results

Pl.	Team	Points
1.	Appalachian State	231.5
2.	Western Carolina	224.5
3.	Chattanooga	64
4.	ETSU	60
5.	UNCG	35
6.	The Citadel	22.5
7.	Davidson	13.5
8.	Wofford	6

### 60-meter dash

1.	James Rainer, ETSU	6.83
2.	Michael Malone, WCU	6.92
3.	Eugene Jones, APP	6.97
4.	Thomas Pressley, CIT	6.97
5.	Darius Bryson, WCU	6.97
6.	Chris Martin, APP	6.98
7.	Darius Bryson, APP	6.97
8.	Zeb Johnson, WCU	7.38

### 200-meter dash

1.	Chris Martin, APP	21.71
2.	Michael Malone, WCU	22.13
3.	James Barr, WCU	22.14
4.	James Gregory, WCU	22.27
5.	Darius Bryson, WCU	22.28
6.	Thomas Pressley, CIT	22.34
7.	Greg McCain, APP	22.36

### 400-meter dash

1.	Bryan Burney, APP	48.42
2.	Zeb Johnson, WCU	48.44
3.	James Barr, WCU	49.18
4.	James Gregory, WCU	49.35
5.	Chris Cutter, APP	49.81
6.	Will Gillespie, APP	49.88
7.	Charleton Grant, WCU	50.05
8.	Stefan Flessa, DAV	51.64

### 800-meter run

1.	Jeff Williams, UNCG	1:55.36
2.	CR Thomas, UNCG	1:56.77
3.	Marcus Butler, CIT	1:57.05
4.	Colin Sullivan, UTC	1:57.31
5.	Douglas Noreen, DAV	1:58.13
6.	James Irwin, WCU	1:59.05
7.	Jamar Frazier, WCU	1:59.28
8.	Bryan Burney, APP	2:01.32

### Mile run

1.	Adam Puett, WCU	4:13.48
2.	Adam VanNortwick, APP	4:14.74
3.	Colin Sullivan, UTC	4:17.12
4.	Nathan Hernandez-Adams, APP	4:18.53
5.	Joshua Hicks, ETSU	4:18.94
6.	Mat Cote, APP	4:20.07
7.	James Irwin, WCU	4:23.58
8.	Fredrick Cameron, WCU	4:24.12

### 3,000-meter run

1.	Steven Kocsis, UTC	8:21.77
2.	Adam Puett, WCU	8:23.08
3.	Joe Halin, APP	8:23.54
4.	Ian Mayne, UTC	8:26.30
5.	Adam VanNortwick, APP	8:27.01
6.	Carson Blackwelder, APP	8:28.92
7.	Brendon Helms, APP	8:35.44
8.	Peter Dalton, ETSU	8:40.54

### 5,000-meter run

1.	Steven Kocsis, UTC	14:41.70
2.	Carson Blackwelder, APP	15:00.98
3.	Ian Mayne, UTC	15:01.42
4.	Joe Halin, APP	15:04.18
5.	Brendon Helms, APP	15:06.47
6.	Adam Puett, WCU	15:06.58
7.	Mark Maddox, APP	15:12.30
8.	Jordan Ladd, ETSU	15:12.51

### 60-meter hurdles

1.	Lawrence Briscoe, WCU	8.20
2.	Michael Malone, WCU	8.33
3.	Chris Harrington, UTC	8.48
4.	Matt Harlfinger, WCU	8.73
5.	Dan Queen, APP	8.89
6.	Dustin Wright, APP	8.91
7.	Ashten Bennett, WCU	8.94
8.	John Auer, CIT	8.97

### Distance medley

1.	Chattanooga	10:14.83
2.	Appalachian State	10:21.05
3.	UNCG	10:26.89
4.	ETSU	10:32.74
5.	Western Carolina	10:36.16
6.	Davidson	10:46.26
7.	The Citadel	10:49.28

### 4x400-meter relay

1.	Appalachian State	3:15.32
2.	Western Carolina	3:16.57
3.	The Citadel	3:22.52
3.	Davidson	3:22.52
5.	ETSU	3:26.54
6.	Chattanooga	3:29.63

### High jump

1.	Shane Estes, ETSU	1.97m
2.	Lawrence Briscoe, WCU	1.94m
3.	Dan Smith, APP	1.94m
4.	LaMont Reid, WCU	1.89m
5.	Jeremy Snoderly, ETSU	1.89m
6.	John Barlew, UTC	1.89m
7.	Bobby Robinson, WCU	1.79m
8.	Matt Harlfinger, WCU	1.74m

### Long jump

1.	Joel Gaddy, APP	7.09m
2.	LaMont Reid, WCU	6.91m
3.	Charles Jones, UNCG	6.90m
4.	Nathan Strickland, ETSU	6.82m
5.	Adan Blevins, ETSU	6.82m
6.	Michael Malone, WCU	6.80m
7.	Calvin Guinyard, WCU	6.78m
	Jerome Touchstone, APP	6.78m

### Triple jump

1.	Mark Sturgis, APP	14.73m
2.	Chris Cutter, APP	14.58m
3.	Calvin Guynard, WCU	13.93m
4.	Charles Jones, UNCG	13.61m
5.	Adrian Wilkinson, APP	13.55m
6.	Adan Blevins, ETSU	13.44m
7.	Nathan Strickland, ETSU	13.08m
8.	Justin Spormann, WCU	12.89m

### Shot put

1.	Anthony Greer, APP	16.68m
2.	Kerry Brown, APP	15.72m
3.	Katon Bethay, WOF	15.63m
4.	Chris Lewis, WCU	14.99m
5.	Jason Stepp, WCU	14.75m
6.	Shamar Allen, WCU	13.74m
7.	Felipe Foster, WCU	13.30m
8.	Wes Kiser, APP	12.90m

### Weight throw

1.	Anthony Greer, APP	17.11m
2.	Jason Stepp, WCU	16.94m
3.	Matt Decker, WCU	16.04m
4.	Kevin McAlmont, WCU	15.82m
5.	Wes Kiser, APP	14.88m
6.	Willis Sturgis, WCU	14.87m
7.	Chris Lewis, WCU	14.73m
8.	Grant Haun, APP	13.84m

### Pole vault

1.	Dan Queen, APP	4.90m
2.	Barron Shell, APP	4.55m
3.	Wes Willoughby, WCU	4.55m
4.	Christian Benson, WCU	4.40m
4.	Justin Hunnicutt, APP	4.40m
6.	Joe Irvin, APP	4.25m
7.	David McCall, WCU	4.10m
8.	Tyler Varnadore, APP	4.10m

### Heptathlon

1.	Dustin Wright, APP	4,581
2.	Matt Harlfinger, WCU	4,533
3.	Michael Wright, ETSU	4,375
4.	Bobby Robinson, WCU	4,335
5.	Barron Shell, APP	3,999
6.	Adam Williams, APP	3,823
7.	Ryan Fussell, WCU	3,262

## Individual Awards

### Most Outstanding Track Performer

Steven Kocsis, Chattanooga

### Most Outstanding Field Performers

Anthony Greer, Appalachian State

### Freshman of the Year

Shane Estes, ETSU

### Coach of the Year

Danny Williamson, Western Carolina

# 2005 WOMEN'S CHAMPIONSHIP

## Team Results

Pl.	Team	Points
1.	Appalachian State	161.83
2.	Western Carolina	152.5
3.	Georgia Southern	125.5
4.	Chattanooga	75.5
5.	ETSU	54
6.	Elon	27.33
7.	College of Charleston	23.33
8.	Furman	23
9.	Davidson	9
10.	The Citadel	6
11.	UNCG	4

### 60-meter dash

1.	Nicole Brown, GSU	7.43
2.	Jennifer Claud, APP	7.44
3.	Chantelle Vernon, ETSU	7.52
4.	Tangelia Johnson, WCU	7.76
5.	Alexis Hoover, APP	7.81
6.	Christinia Roberts, APP	7.84
7.	Laura Williams, GSU	7.86
8.	Raquel Ramseur, WCU	8.25

### 200-meter dash

1.	Nicole Brown, GSU	24.33
2.	Jennifer Claud, APP	24.44
3.	Raquel Ramseur, WCU	24.68
4.	Ebonie Jones, ETSU	24.98
5.	Chantelle Vernon, ETSU	25.14
6.	Alexis Hoover, APP	25.29
7.	Jenny Knox, ETSU	25.52
8.	Christina Roberts, APP	25.53

### 400-meter dash

1.	Nichola Cornish, ETSU	56.21
2.	Raquel Ramseur, WCU	56.24
3.	Asia Davis, WCU	57.53
4.	Alice Turner, Elon	57.85
5.	Jennifer Spivey, WCU	58.11
6.	McKenzie Sharpe, FUR	58.45
7.	Matasha Brown, APP	1:00.30
--	Rashedah Arnold, GSU	DQ

### 800-meter run

1.	Leslie Martin, WCU	2:14.81
2.	Kerrie Savery, WCU	2:16.85
3.	Emily Wood, UTC	2:17.32
4.	Brittney Swick, GSU	2:19.97
5.	Mallorie Williams, UTC	2:22.00
6.	Tonya Edmonds, WCU	2:23.17
7.	Elizabeth Prevette, WCU	2:24.04
8.	Megan Issacs, FUR	2:25.16

### Mile run

1.	Nettie Halcomb, UTC	5:04.99
2.	Kasey Smith, APP	5:07.37
3.	Brittney Swick, GSU	5:07.57
4.	Molly Mungovan, FUR	5:10.99
5.	Megal Atias, DAV	5:12.43
6.	Meghan Gaffney, APP	5:12.76
7.	Deanna Kulesz, WCU	5:15.02
8.	Jessica Weber, UNCG	5:17.13

### 3,000-meter run

1.	Nettie Halcomb, UTC	10:05.70
2.	Kasey Smith, APP	10:09.07
3.	Molly Mungovan, FUR	10:09.38
4.	Ashley Arnold, CofC	10:15.08
5.	Ellen Davis, UTC	10:22.94
6.	Sabrina LeFort, UTC	10:28.18
7.	Brenna Burns, DAV	10:31.06
8.	Jennifer Kelley, APP	10:32.38

### 5,000-meter run

1.	Nettie Halcomb, UTC	17:20.87
2.	Ashley Arnold, CofC	17:23.29
3.	Jennifer Kelley, APP	17:47.97
4.	Kasey Smith, APP	17:55.20
5.	Ellen Davis, UTC	18:14.11
6.	Christine Ward, ETSU	18:17.17
7.	Katie Williams, UTC	18:22.14
8.	Meghan Gaffney, APP	18:32.85

### 60-meter hurdles

1.	Brittany Chase, GSU	8.67
2.	Amber Wilson, GSU	8.98
3.	NaShay McGriff, WCU	9.06
4.	Dominique Price, Elon	9.16
5.	Brittany Boda, Elon	9.19
6.	Asia Davis, WCU	9.21
7.	Lauren Jacobs, GSU	9.24
8.	Mandi Phillips, GSU	9.26

### Distance medley

1.	Western Carolina	12:14.55
2.	Appalachian State	12:23.99
3.	Chattanooga	12:27.82
4.	Georgia Southern	12:36.88
5.	Furman	12:37.64
6.	UNCG	12:40.38
7.	ETSU	12:48.54
8.	Davidson	13:06.29

### 4x400-meter relay

1.	Western Carolina	3:46.40
2.	Georgia Southern	3:51.29
3.	ETSU	3:58.95
4.	Elon	4:00.51
5.	Chattanooga	4:02.05
6.	Furman	4:06.20
7.	Davidson	4:08.32
8.	The Citadel	4:09.46

### High jump

1.	Anna Ricciardi, ETSU	1.73m
2.	Brittany Whitaker, WCU	1.70m
3.	Jessika Johnson, WCU	1.67m
4.	Laura Tieszen, WCU	1.58m
	Jessica Wilkerson, WCU	1.58m
6.	Amber Wilson, GSU	1.53m
	Alexine Crutchfield, UTC	1.53m
	Tonya Grimes, GSU	1.53m

### Long jump

1.	Jennifer Claud, APP	5.95m
2.	Kasola Smith, UTC	5.66m
3.	Ebonie Jones, ETSU	5.58m
4.	Vontenna Knotts, APP	5.58m
5.	Paula Moore, APP	5.53m
6.	Tonya Grimes, GSU	5.52m
7.	Lauren Jacobs, GSU	5.50m
8.	Dominique Thurman, GSU	5.41m

### Triple jump

1.	Jennifer Claud, APP	12.79m
2.	Nicole Brown, GSU	12.49m
3.	Paula Moore, APP	12.38m
4.	Laura Williams, GSU	12.35m
5.	NaShay McGriff, WCU	11.72m
6.	Brittany Chase, GSU	11.71m
7.	Kasola Smith, UTC	11.59m
8.	Chibuzo Aguocha, FUR	11.39m

### Shot put

1.	Brittani Williams, APP	14.39m
2.	Beverly Burnett, APP	14.30m
3.	Nikki Slocumb, GSU	13.65m
4.	Nikole Simmons, APP	13.53m
5.	Emily Greeson, GSU	13.02m
6.	Stephanie McNeill, CIT	13.01m
7.	Jamila Minnifield, GSU	12.71m
8.	Kristie Boggan, APP	12.66m

### Weight throw

1.	Chakosha Lance, CofC	18.32m
2.	Nikki Slocumb, GSU	16.42m
3.	Miranda Long, WCU	16.39m
4.	Kristie Boggan, APP	15.81m
5.	Nikole Simmons, APP	15.61m
6.	Jenn Hawkins, WCU	15.23m
7.	Beverly Burnett, APP	15.08m
8.	Charlotte Baker, APP	15.04m

### Pole vault

1.	Laura Tieszen, WCU	3.85m
2.	Jessica Clendenning, Elon	3.35m
3.	Caren Mah, APP	3.20m
4.	Rachel Glasgow, WCU	3.05m
4.	Megan Irwin, APP	3.05m
6.	Melissa Cabe, WCU	3.05m
7.	Natalie Sayewich, APP	3.05m
8.	Susan Shore, ELON	2.90m

### Pentathlon

1.	Laura Tieszen, WCU	3,274
2.	Kristie Boggan, APP	3,227
3.	Tonya Grimes, GSU	3,042
4.	Rachel Glasgow, WCU	3,015
5.	Serenity Thompson, GSU	2,940
6.	Lauren Jacobs, GSU	2,870
7.	Tosha Sanders, CIT	2,708
8.	Caroline Jett, APP	2,584

## Individual Awards

**Most Outstanding Track Performer**  
Nettie Halcomb, Chattanooga

**Most Outstanding Field Performer**  
Laura Tieszen, Western Carolina

**Freshman of the Year**  
Raquel Ramseur, Western Carolina

**Coach of the Year**  
John Weaver, Appalachian State

# 2004 MEN'S CHAMPIONSHIP

## Team Results

Pl.	Team	Points
1.	Western Carolina	221.5
2.	Appalachian State	200.5
3.	ETSU	91.5
4.	Chattanooga	81.5
5.	The Citadel	26
6.	UNCG	18
7.	Davidson	11
8.	Wofford	8

### 60-meter dash

1.	Ernest Wiggins, APP	6.73
2.	Tee Alford, WCU	6.81
3.	James Rainer, ETSU	6.82
4.	Darius Bryson, WCU	6.93
	Sean Jackson, APP	6.93
6.	Milton Bolton, WCU	7.10
7.	Patrick Mauldin, WCU	7.80
8.	Johnny Tucker, ETSU	7.82

### 200-meter dash

1.	Ernest Wiggins, APP	21.64
2.	Tee Alford, WCU	21.83
3.	Chris Martin, APP	21.87
4.	Milton Bolton, WCU	21.94
5.	James Barr, WCU	22.01
6.	James Rainer, ETSU	22.02
7.	Darius Bryson, WCU	22.27
8.	Johnny Tucker, ETSU	27.06

### 400-meter dash

1.	Milton Bolton, WCU	48.01
2.	James Gregory, WCU	48.96
2.	James Barr, WCU	48.96
4.	Bryan Burney, APP	49.06
5.	Will Gillespie, APP	49.30
6.	Chris Martin, APP	49.48
7.	Keith Curry, APP	50.16
8.	Johnny Tucker, ETSU	59.02

### 800-meter run

1.	Robert Hatcher, UTC	1:55.85
2.	David Haefner, ETSU	1:56.16
3.	Joshua Hicks, ETSU	1:56.48
4.	Colin Sullivan, UTC	1:56.95
5.	Eddie Vick, WCU	1:57.28
6.	Vince Bechtel, CIT	1:59.04
7.	Ben Austin, APP	2:03.47

### Mile run

1.	Bradley Yewer, ETSU	4:12.86
2.	Colin Sullivan, UTC	4:14.75
3.	Adam Puett, WCU	4:15.33
4.	Linas Salkauskas, UTC	4:18.14
5.	CR Thomas, UNCG	4:18.82
6.	Gediminas Banevicius, UTC	4:21.17
7.	Nathan Adams-Hernandez, APP	4:22.14
8.	Nick Lehman, DAV	4:22.67

### 3,000-meter run

1.	Steven Kocsis, UTC	8:23.03
2.	Bradley Yewer, ETSU	8:24.24
3.	Adam Puett, WCU	8:29.68
4.	Joe Halin, APP	8:31.76
5.	Ian Mayne, UTC	8:32.89
6.	Franklin Manchester, APP	8:36.28
7.	James Grufferty, ETSU	8:36.73
8.	Gediminas Banevicius, UTC	8:37.61

### 5,000-meter run

1.	Steven Kocsis, UTC	14:41.89
2.	Bradley Yewer, ETSU	14:53.80
3.	Ian Mayne, UTC	14:57.25
4.	James Grufferty, ETSU	14:59.67
5.	Joe Halin, APP	15:00.37
6.	Carson Blackwelder, APP	15:02.52
7.	Joe Jacobs, UNCG	15:09.12
8.	Peter Dalton, ETSU	15:12.09

### 60-meter hurdles

1.	Lawrence Briscoe, WCU	8.26
2.	Alex Love, WOF	8.44
3.	Michael Malone, WCU	8.47
4.	Kaylin Chesney, ETSU	8.56
5.	Chris Harrington, UTC	8.64
5.	Deonte Cook, WCU	8.64
7.	Thomas Cummings, CIT	8.72
8.	Brett Phillips, UTC	8.93

### Distance medley

1.	UNCG	10:11.00
2.	ETSU	10:11.46
3.	Davidson	10:14.82
4.	Appalachian State	10:15.44
5.	Chattanooga	10:31.78
6.	The Citadel	10:44.78
7.	Western Carolina	11:13.17

### 4x400-meter relay

1.	Western Carolina	3:14.61
2.	Appalachian State	3:14.89
3.	The Citadel	3:21.07
4.	Chattanooga	3:26.58
5.	Davidson	3:28.60
6.	ETSU	3:33.39

### High jump

1.	Lawrence Briscoe, WCU	2.00m
2.	Dan Smith, APP	1.95m
	John Barlew, UTC	1.95m
4.	Rod Palmer, WCU	1.90m
	Bobby Robinson, WCU	1.90m
	Jeremy Snoderly, ETSU	1.90m
4.	LaMont Reid, WCU	1.90m
8.	Dishan Smith, APP	1.85m
	Travis Taylor, CIT	1.85m
	Rhette Ezzell, ETSU	1.85m

### Long jump

1.	Justin Davis, WCU	7.41m
2.	Tyler Ferguson, WCU	7.09m
3.	Arthur Robertson, APP	6.86m
4.	Gerald Foreman, APP	6.75m
5.	LaMont Reid, WCU	6.47m
6.	Rod Palmer, WCU	6.45m
7.	Marquice Miller, UNCG	6.36m
8.	Chris Cutter, APP	6.20m

### Triple jump

1.	Gerald Foreman, APP	14.79m
2.	Tyler Ferguson, WCU	14.65m
3.	Justin Davis, WCU	14.64m
4.	Donald Cabbler, ETSU	14.51m
5.	Arthur Robertson, APP	14.07m
6.	Chris Cutter, APP	13.66m
	Kaylin Chesney, ETSU	13.66m
8.	Rod Palmer, WCU	13.18m

### Shot put

1.	Bob Smith, APP	16.60m
2.	Anthony Greer, APP	16.32m
3.	Kerry Brown, APP	15.27m
4.	Charles Hyder, ETSU	15.19m
5.	Dan Utley, APP	14.19m
6.	Jason Stepp, WCU	14.11m
7.	Felipe Foster, WCU	13.29m
8.	Matt Decker, WCU	12.96m

### Weight throw

1.	Bob Smith, APP	18.72m
2.	Anthony Greer, APP	15.75m
3.	Matt Decker, WCU	15.18m
4.	Willie Sturgis, WCU	14.18m
5.	Chris Franklin, CIT	14.18m
6.	Jon Winkler, APP	14.04m
7.	Kevin McAlmont, WCU	13.67m
8.	Dan Utley, APP	13.46m

### Pole vault

1.	Wes Willoughby, WCU	4.60m
2.	Jeff Fiorello, APP	4.45m
3.	Dan Queen, APP	4.45m
4.	Joe Irvin, APP	4.15m
5.	David McCall, WCU	4.15m
6.	Bobby Robinson, WCU	4.00m
	Christian Benson, WCU	4.00m
8.	Ryan Fussell, WCU	3.85m

### Heptathlon

1.	Dan Queen, APP	4,571
2.	Bobby Robinson, WCU	4,501
3.	Dustin Wright, APP	4,420
4.	Matt Harlfinger, WCU	4,137
5.	Travis Taylor, CIT	3,747
6.	Alex Moore, APP	3,584
7.	Hunter Reid, CIT	3,247
8.	Ryan Fussell, WCU	2,983

## Individual Awards

### Most Outstanding Track Performer

Steven Kocsis, Chattanooga  
Bradley Yewer, ETSU

### Most Outstanding Field Performers

Bob Smith, Appalachian State

### Freshman of the Year

James Gregory, Western Carolina

### Coach of the Year

Danny Williamson, Western Carolina

# 2004 WOMEN'S CHAMPIONSHIP

## Team Results

Pl.	Team	Points
1.	Appalachian State	222
2.	Chattanooga	138.5
3.	Georgia Southern	105
4.	Western Carolina	72
5.	ETSU	69.5
6.	College of Charleston	12
7.	Elon	16
8.	Furman	12
9.	Davidson	3
10.	The Citadel	1

### 60-meter dash

1.	Chantelle Vernon, ETSU	7.54
2.	Jennifer Claud, APP	7.67
3.	Latavia Shores, UTC	7.72
4.	Carita Cole, UTC	7.75
5.	Cassie Gentry, WCU	7.79
6.	Laura Williams, GSU	7.81
7.	Kasola Smith, UTC	7.84
8.	Ronda White, APP	7.89

### 200-meter dash

1.	Jennifer Claud, APP	24.59
2.	Giselle Cunningham, GSU	24.93
3.	Chantelle Vernon, ETSU	24.93
4.	Christina Roberts, APP	24.98
5.	Ronda White, APP	25.03
6.	Carita Cole, UTC	25.28
7.	Laura Williams, GSU	25.43
8.	Portia Taylor, APP	25.77

### 400-meter dash

1.	Marlo Mincey, GSU	55.6
2.	Nichola Cornish, ETSU	55.7
3.	Leslie Martin, WCU	56.4
4.	Shamika Johnson, UTC	56.5
5.	Jennifer Spivey, WCU	57.43
6.	Matasha Brown, APP	57.91
7.	Candace Foster, UTC	58.04
8.	Kristen Edgar, FUR	58.08

### 800-meter run

1.	Kim Simmons, ETSU	2:14.55
2.	Jennifer Habbestad, ETSU	2:18.23
3.	Tiffany Collier, ETSU	2:20.01
4.	Katie Sujkowski, APP	2:21.56
5.	Alana Black, Elon	2:21.95
6.	Deanna Kulesz, WCU	2:23.51
7.	Nettie Halcomb, UTC	2:24.93
8.	Mallorie Williams, UTC	2:26.97

### Mile run

1.	Shannon Wommack, UTC	4:55.61
2.	Kathleen Turchin, UTC	5:00.42
3.	Katie Sujkowski, APP	5:02.32
4.	Nettie Halcomb, UTC	5:08.45
5.	Marivi Mercado, APP	5:13.47
6.	Deanna Kulesz, WCU	5:18.45
7.	Brittney Swick, GSU	5:18.85
8.	Kasey Smith, APP	5:20.35

### 3,000-meter run

1.	Shannon Womack, UTC	9:52.87
2.	Kathleen Turchin, UTC	9:59.75
3.	Kyle Palmquist, CofC	10:11.10
4.	Melanie Cooper, WCU	10:12.96
5.	Kelly Rosborough, APP	10:28.65
6.	Jennifer Kelley, APP	10:32.67
7.	Molly Mungovan, FUR	10:34.68
8.	Janelle Silverman, APP	10:35.86

### 5,000-meter run

1.	Shannon Wommack, UTC	17:40.19
2.	Kathleen Turchin, UTC	17:46.56
3.	Lanni Marchant, UTC	17:53.53
4.	Kyle Palmquist, CofC	18:20.78
5.	Kelly Rosborough, APP	18:25.60
6.	Ehrin Irvin, APP	19:30.65
7.	Janelle Silverman, APP	18:36.10
8.	Alissa Short, WCU	18:43.08

### 60-meter hurdles

1.	Ronda White, APP	8.62
2.	Lindy Petteway, GSU	8.78
3.	Shamika Johnson, UTC	8.86
4.	Tondra White, APP	8.88
5.	Marlo Mincey, GSU	8.90
6.	Alison Frese, UTC	8.92
7.	Brittany Chase, GSU	9.05
8.	Tiffany Mack, WCU	9.30

### Distance medley

1.	Chattanooga	12:20.24
2.	Appalachian State	12:24.71
3.	Western Carolina	12:27.31
4.	Furman	12:41.32
5.	Georgia Southern	12:55.54
6.	Davidson	12:55.98
7.	ETSU	13:07.04
8.	College of Charleston	13:29.89

### 4x400-meter relay

1.	Western Carolina	3:47.59
2.	Georgia Southern	3:48.17
3.	Chattanooga	3:53.72
3.	ETSU	3:53.72
5.	Furman	3:59.37
6.	Appalachian State	4:04.70
7.	Elon	4:07.88
8.	College of Charleston	4:11.94

### High jump

1.	Suzanne Makison, APP	1.68m
	Alison Frese, UTC	1.68m
3.	Kellie Mitchell, GSU	1.63m
3.	Brittany Whitaker, WCU	1.63m
5.	Tondra White, APP	1.58m
5.	Shanna Fouts, WCU	1.58m
7.	Danielle LaRue, APP	1.53m
	Alexine Crutchfield, UTC	1.53m
	Shannon Meadows, APP	1.53m

### Long jump

1.	Kasola Smith, UTC	6.05m
2.	Ronda White, APP	5.96m
3.	Shameka Harris, WCU	5.81m
4.	Kellie Mitchell, GSU	5.70m
5.	Lauren Jacobs, GSU	5.62m
6.	Paula Moore, APP	5.50m
7.	Jennifer Claud, APP	5.44m
8.	Kristin Truman, ETSU	5.33m

### Triple jump

1.	Ronda White, APP	13.30m
2.	Tondra White, APP	12.30m
3.	Jennifer Claud, APP	12.19m
4.	Kristin Truman, ETSU	11.92m
5.	Paula Moore, APP	11.90m
6.	Lauren Jacobs, GSU	11.35m
7.	Shameka Harris, WCU	11.35m
8.	Mandi Phillips, GSU	11.27m

### Shot put

1.	Beverly Burnett, APP	14.68m
2.	Nikki Slocumb, GSU	13.86m
3.	Nikole Simmons, APP	13.85m
4.	Kristie Boggan, APP	12.95m
5.	Jamila Minnifield, GSU	12.86m
6.	Crystal Miller, APP	12.68m
7.	Amber Tiggs, GSU	12.56m
8.	Stephanie McNeill, CIT	11.98m

### Weight throw

1.	Chakosha Lance, CofC	16.33m
2.	Nikole Simmons, APP	16.13m
3.	Nikki Slocumb, GSU	15.68m
4.	Amber Tiggs, GSU	15.67m
5.	Beverly Burnett, APP	15.17m
6.	Crystal Miller, APP	15.16m
7.	Kristie Boggan, APP	14.96m
8.	Charlotte Baker, APP	14.66m

### Pole vault

1.	Laura Tieszen, WCU	3.95m
2.	Suzanne Makison, APP	3.80m
3.	Jessica Clendenning, Elon	3.35m
4.	Jessica Fowler, APP	3.20m
5.	Susan Shore, Elon	3.05m
6.	Natalie Sayewich, APP	2.90m
	Bridget Robinson, APP	2.90m
	Alexis Gonzalez, CIT	NH

### Pentathlon

1.	Kellie Mitchell, GSU	3,754
2.	Kristin Truman, ETSU	3,415
3.	Tondra White, APP	3,342
4.	Kristie Boggan, APP	3,214
5.	Myra Keeter, APP	3,162
6.	Laura Tieszen, WCU	3,102
7.	Alexine Crutchfield, APP	2,787
8.	Rasheeda Ghaffar, UTC	2,711

## Individual Awards

**Most Outstanding Track Performer**  
Shannon Wommack, Chattanooga

**Most Outstanding Field Performer**  
Tondra White, Appalachian State  
Kellie Mitchell, Georgia Southern

**Freshman of the Year**  
Kathleen Turchin, Chattanooga

**Coach of the Year**  
John Weaver, Appalachian State

# 2003 MEN'S CHAMPIONSHIP

## Team Results

Pl.	Team	Points
1.	Appalachian State	186
2.	Western Carolina	118.5
3.	VMI	99
4.	Chattanooga	87
5.	ETSU	62.5
6.	The Citadel	51
T7.	Davidson	8
T7.	Wofford	8

### 55-meter dash

1. Jason Green, APP	6.26
2. Ernest Wiggins, APP	6.27
3. Tee Alford, WCU	6.29
4. Sean Jackson, APP	6.40
5. Kevin McLeod, APP	6.49
6. Holt McPherson, APP	6.54
7. Charles Watson, CIT	6.70
8. Kenyon Doyle, CIT	7.09

### 200-meter dash

1. Jason Green, APP	21.61
2. Ernest Wiggins, APP	21.76
3. Kenyon Doyle, CIT	21.94
4. Milton Bolton, WCU	22.04
5. Larry Williams, VMI	22.17
6. Jeff Witherspoon, CIT	22.21
7. Holt McPherson, APP	22.29
-- Kevin McLeod, APP	DQ

### 400-meter dash

1. Alex Prince, CIT	48.78
2. Milton Bolton, WCU	48.97
3. Chris Harrington, UTC	49.06
4. Larry Williams, VMI	49.17
5. Michael Kirk, VMI	50.56
6. Will Gillespie, APP	50.96
7. Charles Watson, CIT	50.98
8. Keith Curry, APP	51.36

### 800-meter run

1. John Robertson, WCU	1:52.11
2. Caleb Bailey, WCU	1:52.33
3. Colin Sullivan, UTC	1:53.07
4. Dale Slaughter, APP	1:54.89
5. Robert Hatcher, UTC	1:56.55
6. Michael Lokale, VMI	1:57.32
7. Ben Austin, APP	1:59.09
8. Greg Scott, DAV	2:04.86

### Mile run

1. Bradley Yewer, ETSU	4:14.36
2. Colin Sullivan, UTC	4:14.65
3. Caleb Bailey, WCU	4:17.25
4. Mike Reed, APP	4:18.54
5. Derrick Williamson, APP	4:18.95
6. Adam Puett, WCU	4:20.00
7. Greg Scott, DAV	4:20.39
8. Linas Salkauskas, UTC	4:20.84

### 3,000-meter run

1. Bradley Yewer, ETSU	8:26.06
2. Derrick Williamson, APP	8:27.95
3. James Grufferty, ETSU	8:28.65
4. Steven Kocsis, UTC	8:29.07
5. Lance Parker, APP	8:36.38
6. Adam Puett, WCU	8:42.64
7. Ian Mayne, UTC	8:43.16
8. Carson Blackwelder, APP	8:43.96

### 5,000-meter run

1. Bradley Yewer, ETSU	15:04.83
2. Steven Kocsis, UTC	15:04.93
3. Lance Parker, APP	15:08.99
4. Derrick Williamson, APP	15:10.82
5. Peter Dalton, ETSU	15:15.29
6. Franklin Manchester, APP	15:21.93
7. Robert Killian, CIT	15:24.48
8. James Grufferty, ETSU	15:27.13

### 55-meter hurdles

1. Jeff McKelvin, VMI	7.75
2. Chris Harrington, UTC	7.78
3. Deangelo Plather, VMI	7.95
4. Kaylin Chesney, ETSU	8.00
5. Cory Blanton, UTC	8.08
6. Andre Brown, WCU	8.09
7. Kevin Soloman, VMI	8.28
-- Deonte Cook, WCU	FS

### Distance medley

1. Western Carolina	10:07.84
2. ETSU	10:08.78
3. Appalachian State	10:09.20
4. Chattanooga	10:10.41
5. The Citadel	10:35.32
6. VMI	10:37.06
7. Davidson	11:14.35

### 4x400-meter relay

1. The Citadel	3:16.34
2. VMI	3:16.71
3. Western Carolina	3:18.74
4. Chattanooga	3:22.92
5. Appalachian State	3:23.92
6. Davidson	3:28.43
7. ETSU	3:28.84

### High jump

1. Garrett Brickner, VMI	6'9.75"
2. Chris Walker, VMI	6'6"
3. Kamau Hull, VMI	6'4"
4. John Barlew, UTC	6'4"
5. James Sills, UTC	6'4"
6. Travis Taylor, CIT	6'4"
7. Jeremy Snoderly, ETSU	6'2"
Bobby Robinson, WCU	6'2"

### Long jump

1. Holt McPherson, APP	24'7.25"
2. Justin Davis, WCU	23'6.75"
3. James Sills, UTC	23'6.25"
4. Deon Britton, APP	23'3.50"
5. Brian Graves, APP	23'1.75"
6. Xavier Goddard, WCU	22'8.00"
7. Kevin Soloman, VMI	22'7.75"
8. Arthur Robertson, APP	22'5.00"

### Triple jump

1. Kevin Solomon, VMI	48'0.75"
2. Michael Dodd, UTC	47'3.75"
3. Gerald Foreman, APP	47'2.50"
4. Tyler Ferguson, WCU	47'1.75"
5. Arthur Robertson, APP	46'5.25"
6. Brian Graves, APP	46'2.75"
7. Mario Brooks, UTC	46'5.20"
8. Marus Carter, CIT	45'10.00"

### Shot put

1. Anthony Greer, APP	51'8.50"
2. Katon Bethay, WOF	51'4.50"
3. Quentin Armstrong, CIT	50'2.75"
4. Charles Hyder, ETSU	48'3.50"
5. Dan Utley, APP	47'5.25"
6. David Bryce, WCU	47'2.25"
7. Travis Crittenden, VMI	46'11.75"
8. Eric Thompson, VMI	46'11.50"

### Weight throw

1. Daniel Duckworth, APP	58'1.25"
2. Nick McNeil, WCU	54'4.00"
3. Jason Stepp, WCU	48'10.0"
4. Travis Crittenden, VMI	48'4.75"
5. Matt Decker, WCU	47'11.0"
6. Eric Thompson, VMI	46'8.25"
7. Anthony Greer, APP	44'7.00"
8. Chris Franklin, CIT	44'6.00"

### Pole vault

1. Sean Heaston, WCU	15'5.75"
2. Jon Norman, APP	15'5.75"
3. Ty Denby, VMI	15'0.00"
4. Dan Queen, APP	15'0.00"
5. Jeff Fiorello, APP	14'6.00"
6. Bryan Tomlinson, APP	14'0.00"
7. David McCall, WCU	13'6.25"
8. William Pearl, VMI	13'6.25"

## Individual Awards

### Most Outstanding Track Performer

Bradley Yewer, ETSU

### Most Outstanding Field Performers

Holt McPherson, Appalachian State  
Anthony Greer, Appalachian State

### Freshman of the Year

John Robertson, Western Carolina

### Coach of the Year

John Weaver, Appalachian State

# 2003 WOMEN'S CHAMPIONSHIP

## Team Results

Pl.	Team	Points
1.	Appalachian State	186.5
2.	Chattanooga	158.5
3.	Georgia Southern	97
4.	Western Carolina	78
5.	ETSU	40
6.	VMI	24
7.	Furman	14
8.	Davidson	7
9.	College of Charleston	6
10.	The Citadel	2
11.	UNCG	1

### 55-meter dash

1. Rashedah Arnold, GSU	7.05
2. Jennifer Claud, APP	7.06
3. Chantelle Vernon, ETSU	7.13
4. Latavia Shores, UTC	7.18
5. Christina Roberts, APP	7.24
6. Ronda White, APP	7.25
7. Portia Taylor, APP	7.33
8. Jacqueline Allen, GSU	7.34

### 200-meter dash

1. Rashedah Arnold, GSU	24.64
2. Jennifer Claud, APP	24.46
3. Shamiaka Johnson, UTC	24.58
4. Candace Foster, UTC	25.04
5. Latavia Shores, UTC	25.22
6. Javonne Blackley, GSU	25.39
7. Christina Roberts, APP	25.65
8. Giselle Cunningham, GSU	25.87

### 400-meter dash

1. Tiffany Pointer, UTC	56.97
2. Marlo Mincey, GSU	57.12
3. Margo Mincey, GSU	57.21
4. Leslie Martin, WCU	57.40
5. Kim Simmons, ETSU	57.42
6. Elisabeth Sain, UTC	57.67
7. Tiffany Collier, ETSU	58.21
8. Dawn Harden, UTC	58.65

### 800-meter run

1. Katie Sujkowski, APP	2:19.45
2. Amy Doolittle, UTC	2:19.81
3. Tonya Edmonds, WCU	2:21.02
4. Channel Lemon, UTC	2:22.35
5. Becky Signoretti, WCU	2:23.86
6. Jennifer Habbestad, ETSU	2:24.12
7. Brittney Swick, GSU	2:24.99
8. Amber Blain, VMI	2:28.13

### Mile run

1. Shannon Wommack, UTC	4:58.90
2. Katie Sujkowski, APP	4:59.33
3. Amy Doolittle, UTC	5:02.55
4. Missy Dock, APP	5:14.15
5. Brittney Swick, GSU	5:17.77
6. Katie Marshall, ETSU	5:19.75
7. Deanna Kulesz, WCU	5:20.27
8. Alissa Short, WCU	5:20.78

### 3,000-meter run

1. Shannon Womack, UTC	10:10.56
2. Sarah Primeau, APP	10:14.16
3. Gina Recher, UTC	10:16.09
4. Ellen Davis, UTC	10:23.61
5. Melanie Cooper, WCU	10:27.09
6. Noel Smith, APP	10:29.29
7. Whitney Sharp, FUR	10:32.20
8. Molly Mungovan, FUR	10:40.38

### 5,000-meter run

1. Sarah Primeau, APP	17:43.56
2. Shannon Wommack, UTC	17:59.20
3. Gina Recher, UTC	18:01.59
4. Noel Smith, APP	18:13.90
5. Whitney Sharp, FUR	18:36.52
6. Ellen Davis, UTC	18:36.69
7. Melanie Cooper, WCU	18:46.72
8. Amy Doolittle, UTC	18:55.98

### 55-meter hurdles

1. Ronda White, APP	7.86
2. Shamiaka Johnson, UTC	8.20
3. Dawn Harden, UTC	8.25
4. Tondra White, APP	8.31
5. Elisabeth Sain, UTC	8.33
6. Alison Frese, UTC	8.53
7. Adrianna Di Bernardi, APP	8.54
8. Rasheeda Ghaffar, UTC	8.66

### Distance medley

1. Chattanooga	12:11.58
2. Appalachian State	12:14.98
3. Western Carolina	12:26.59
4. Georgia Southern	12:28.12
5. ETSU	12:55.88
6. Davidson	12:56.54
7. Furman	12:58.55
8. UNCG	13:01.76

### 4x400-meter relay

1. Georgia Southern	3:47.35
2. Chattanooga	3:49.59
3. Western Carolina	3:50.80
4. ETSU	3:54.30
5. Furman	4:07.25
6. VMI	4:09.39
7. The Citadel	4:09.51
8. Davidson	4:12.81

### High jump

1. Cheryl Howard, ETSU	5'5.25"
2. Suzanne Makison, APP	5'5.25"
3. Kellie Mitchell, GSU	5'5.25"
4. Tondra White, APP	5'3.25"
5. Alison Frese, UTC	5'3.25"
6. Amanda Yeck, DAV	4'11.50"
7. Laura Tieszen, WCU	4'11.50"
8. Kelia Thomas, GSU	4'09.50"

### Long jump

1. Kellie Mitchell, GSU	19'5.50"
2. Kasola Smith, UTC	19'5.50"
3. Ronda White, APP	19'1.25"
4. Cedeia Bowden, WCU	18'5.25"
5. Candace Foster, UTC	18'5.25"
6. Jacqueline Allen, GSU	18'1.00"
7. Kamata Potts, WCU	17'09.75"
8. Shameka Harris, WCU	17:03.50"

### Triple jump

1. Ronda White, APP	41'4.50"
2. Jennifer Claud, APP	40'0.00"
3. Tondra White, APP	39'3.75"
4. Jacqueline Allen, GSU	38'7.50"
5. Paula Moore, APP	38'4.75"
6. Kristin Truman, ETSU	36'11.75"
7. Cedeia Bowden, WCU	36'05.75"
8. Andrea Morrison, FUR	36'00.75"

### Shot put

1. Mildred Cooper, VMI	45'8.00"
2. LaShana Poole, APP	44'2.75"
3. Beverly Burnett, APP	43'7.25"
4. Kineta Williams-Rogers, WCU	43'3.75"
5. Kristie Boggan, APP	42'10.25"
6. Amber Tiggs, GSU	41'8.75"
7. Nikole Simmons, APP	41'08.50"
8. Crystal Miller, APP	37'05.25"

### Pole vault

1. Laura Tieszen, WCU	12'1.25"
2. Michelle Velez, WCU	11'9.25"
3. Suzanne Makison, APP	11'5.25"
4. Nadia Wendlandt, VMI	10'5.50"
-- Dana Anglin, WCU	NH
-- Tricia Shepard, WCU	NH

### Weight throw

1. LaShana Poole, APP	57'2.00"
2. Amber Tiggs, GSU	54'10.25"
3. Chakosha Lance, CofC	51'3.50"
4. Mildred Cooper, VMI	51'0.25"
5. Quiletta Dunston, WCU	49'11.75"
6. Kineta Williams-Rogers, WCU	49'11.25"
7. Nikole Simmons, APP	48'11.00"
8. Shalettha Lightfoot, GSU	47'10.00"

## Individual Awards

### Most Outstanding Track Performer

Shannon Wommack, Chattanooga

### Most Outstanding Field Performer

LaShana Poole, Appalachian State

### Freshman of the Year

Rashedah Arnold, Georgia Southern

### Coach of the Year

Bill Gautier, Chattanooga

# 2002 MEN'S CHAMPIONSHIP

## Team Results

Pl.	Team	Points
1.	Appalachian State	138
2.	Western Carolina	100
3.	VMI	87
4.	Chattanooga	69
5.	ETSU	53
6.	The Citadel	28
7.	Davidson	17
8.	UNCG	3

### 55-meter dash

1. Jason Green, APP	6.26
2. Tee Alford, WCU	6.31
3. Ernest Wiggins, APP	6.32
4. James Rainer, WCU	6.49
5. Kevin McLeod, APP	6.57
6. Reggie Williams, APP	6.66

### 200-meter dash

1. Darrus Cofield, WCU	21.64
2. Jason Green, APP	21.67
3. Tee Alford, WCU	21.74
4. Milton Bolton, WCU	21.90
5. Ernest Wiggins, APP	22.01
6. Lloyd Davis, VMI	22.70

### 400-meter dash

1. Darrus Cofield, WCU	47.45
2. Alex Prince, CIT	48.14
3. Milton Bolton, WCU	48.19
4. Marcus Littlejohn, APP	49.55
5. Reggie Williams, APP	50.11

### 800-meter run

1. Caleb Bailey, WCU	1:54.24
2. Ryan Kendall, UTC	1:54.48
3. Robert Hatcher, UTC	1:55.47
4. Dale Slaughter, APP	1:56.26
5. Johnny Johnson, VMI	1:57.26
6. Chris Green, VMI	1:57.58

### Mile run

1. Caleb Bailey, WCU	4:13.76
2. Ryan Kendall, UTC	4:14.69
3. Brad Yewer, ETSU	4:16.92
4. Mike Reed, APP	4:17.12
5. Curtis Gadula, UTC	4:20.49
6. Lars Tveters, UTC	4:20.81

### 3,000-meter run

1. Dan Gibson, DAV	8:25.66
2. Steve Kocsis, UTC	8:29.37
3. Curtis Gadula, UTC	8:30.29
4. Brad Yewer, ETSU	8:34.80
5. James Grufferty, ETSU	8:37.80
6. Lance Parker, APP	8:42.18

### 5,000-meter run

1. James Grufferty, ETSU	14:50.98
2. Steve Kocsis, UTC	14:52.22
3. Dan Gibson, DAV	14:59.22
4. Curtis Gadula, UTC	15:03.74
5. Joe Jacobs, UNCG	15:07.90
6. Jesse Norman, WCU	15:15.02

### 55-meter hurdles

1. Ryan Linebarger, APP	7.66
2. Deangelo Plather, VMI	7.97
3. Kaylin Chesney, ETSU	8.09
4. Kevin Solomon, VMI	8.09
5. Deonte Cook, WCU	8.22

### Distance medley

1. Appalachian State	10:13.20
2. Chattanooga	10:14.51
3. ETSU	10:20.19
4. The Citadel	10:21.76
5. Western Carolina	10:33.11
6. UNCG	10:37.66

### 4x400-meter relay

1. Appalachian State	3:16.35
2. The Citadel	3:17.25
3. VMI	3:19.09
4. Chattanooga	3:24.82
5. ETSU	3:25.15
6. Davidson	3:26.57

### High jump

1. Garrett Brickner, VMI	6'8"
2. Ryan Linebarger, APP	6'4"
3. Travis Taylor, CIT	6'4"
4. Teddy Burgis, WCU	6'2"
Kamau Hull, VMI	6'2"
6. Donnie Bryant, WCU	6'2"

### Long jump

1. Charvin Clark, ETSU	25'0.50"
2. Kevin Solomon, VMI	23'8.75"
3. Quez Smith, VMI	23'5.50"
4. Holt McPherson, APP	23'5.50"
5. Titus Green, VMI	22'7.75"
6. Alvin Johnson, CIT	22'3.50"

### Triple jump

1. Kevin Solomon, VMI	48'3.25"
2. Gerald Foreman, APP	47'9.75"
3. Michael Dodd, UTC	46'9.50"
4. Derik Screen, VMI	46'4.00"
5. Brian Graves, APP	45'11.25"
6. Demaj Wiley, CIT	44'0.00"

### Shot put

1. Bob Smith, APP	53'5.50"
2. Austin Wakefield, VMI	48'5.25"
3. Chad Hyder, ETSU	48'2.00"
4. Travis Crittendon, VMI	47'5.25"
5. Jeb Hall, WCU	47'4.50"
6. Josh Artau, ETSU	46'7.25"

### Weight throw

1. Bob Smith, APP	59'11.25"
2. Nick McNeil, WCU	55'8.50"
3. Larry Brock, APP	54'0.00"
4. Jamie Lyda, APP	48'11.50"
5. Tyler Burke, APP	48'4.00"
6. Jeb Hall, WCU	47'9.75"

### Pole vault

1. Charles Rice, WCU	16'3.25"
2. J.B. Rosson, VMI	16'3.25"
3. Wes Pickens, APP	15'11.25"
4. Aaron Pedrick, APP	14'11.50"
5. Seajae Hartness, WCU	14'11.50"
6. Ty Denby, VMI	14'11.50"

## Individual Awards

### Most Outstanding Track Performer

Caleb Bailey, Western Carolina

### Most Outstanding Field Performer

Kevin Solomon, VMI

### Freshman of the Year

Milton Bolton, Western Carolina

### Coach of the Year

John Weaver, Appalachian State



# 2002 WOMEN'S CHAMPIONSHIP

## Team Results

Pl.	Team	Points
1.	Appalachian State	139
2.	Western Carolina	111
3.	Chattanooga	96
4.	Georgia Southern	69
5.	ETSU	52
6.	UNCG	17
7.	Furman	7
8.	VMI	3
9.	Davidson	2

### 55-meter dash

1. Jennifer Claud, APP	7.04
2. Chantelle Vernon, ETSU	7.05
3. Jacqueline Allen, GSU	7.11
4. Javonne Blackley, GSU	7.16
5. Christina Roebrts, APP	7.17
6. Javonne Blackley, GSU	7.21

### 200-meter dash

1. Ronetta Burgess, WCU	24.64
2. Jennifer Claud, APP	24.93
3. Jennifer Howard, ETSU	25.04
4. Javonne Blackley, GSU	25.24
5. Tondra White, APP	25.43
6. Christina Roberts, APP	25.55

### 400-meter dash

1. Jennifer Howard, ETSU	56.95
2. Tiffany Pointer, UTC	57.21
3. Marlo Moncey, GSU	57.41
4. Natasha Brown, APP	57.92
5. Benetta Boyd, WCU	58.45

### 800-meter run

1. Katie Sujkowski, APP	2:13.29
2. Roseline Addo, ETSU	2:13.32
3. Morgan Thacker, WCU	2:14.26
4. Channel Lemon, UTC	2:16.04
5. Kim Simmons, ETSU	2:19.76
6. Tonya Edwards, WCU	2:22.79

### Mile run

1. Katie Sujkowski, APP	5:07.96
2. Shannon Womack, UTC	5:10.43
3. Amy Doolittle, UTC	5:11.11
4. Erin Howard, FUR	5:12.02
5. Alisha Little, APP	5:17.37
6. Morgan Cole, UNCG	5:17.94

### 3,000-meter run

1. Shannon Womack, UTC	10:29.43
2. Ellen Davis, UTC	10:29.89
3. Sarah Primeau, APP	10:36.81
4. Emily Furr, UNCG	10:39.81
5. Mary Nero, UNCG	10:40.60
6. Jackie Tugman, VMI	10:43.81

### 5,000-meter run

1. Shannon Womack, UTC	17:54.22
2. Ellen Davis, UTC	17:54.55
3. Gina Recher, UTC	17:54.95
4. Sarah Primeau, APP	17:59.28
5. Laura Puckett, DAV	18:38.02
6. Emily Furr, UNCG	18:39.77

### 55-meter hurdles

1. Lindy Petteway, GSU	8.11
2. Michelle Velez, WCU	8.32
3. Dawn Harden, UTC	8.38
4. Ronda White, APP	8.39
5. Rosalyn Hood, WCU	8.39
6. Ronetta Burgess, WCU	8.50

### Distance medley

1. Chattanooga	12:17.69
2. Western Carolina	12:20.08
3. ETSU	12:20.09
4. Appalachian State	12:30.38
5. Furman	12:33.93
6. UNCG	13:06.76

### 4x400-meter relay

1. Western Carolina	3:48.89
2. ETSU	3:51.82
3. Chattanooga	3:52.37
4. Georgia Southern	3:52.56
5. Appalachian State	4:00.85
6. Furman	4:06.94

### High jump

1. Virginia LaCombe, WCU	5'7"
2. Leigh Anne Ronk, APP	5'5"
3. Alison Frese, UTC	5'5"
4. Cheryl Howard, ETSU	5'3"
5. Kellie Mitchell, GSU	5'3"
6. Suzanne Makinson, APP	5'3"

### Long jump

1. Ronda White, APP	19'6.75"
2. Kellie Mitchell, GSU	19'5.50"
3. Jacqueline Allen, GSU	19'2.75"
4. Kelia Thomas, GSU	18'10.75"
5. Rosalyn Hood, WCU	18'9.00"
6. Cedeia Bowden, WCU	18'7.75"

### Triple jump

1. Tondra White, APP	40'4.75"
2. Ronda White, APP	40'2.25"
3. Cedeia Bowden, WCU	40'1.25"
4. Paula Moore, APP	39'10.50"
5. Jennifer Claud, APP	38'11.75"
6. Rosalyn Hood, WCU	38'11.50"

### Shot put

1. LaShana Poole, APP	43'10.75"
2. Amber Tiggs, GSU	43'2.50"
3. Nikki Slocumb, GSU	43'1.50"
4. Kineta Williams, WCU	39'10.00"
5. Mildred Cooper, VMI	39'4.50"
6. Altavise Franklin, WCU	38'7.50"

### Pole vault

1. Michelle Velez, WCU	12'7.50"
2. Laura Tieszen, WCU	12'3.50"
3. Dana Anglin, WCU	11'5.75"
4. Suzanne Makison, APP	11'5.75"
5. Chi Sawyer, WCU	10'3.50"
6. Tricia Shepard, WCU	10'3.50"

### Weight throw

1. LaShana Poole, APP	56'3.25"
2. Niki Ash, UNCG	54'8.00"
3. Quilett Dunston, WCU	50'6.75"
4. Amber Tiggs, GSU	50'3.25"
5. Nancy Hinson, APP	49'3.75"

## Individual Awards

### Most Outstanding Track Performer

Shannon Womack, Chattanooga

### Most Outstanding Field Performer

LaShana Poole, Appalachian State

### Freshman of the Year

Jennifer Claud, Appalachian State

### Coach of the Year

John Weaver, Appalachian State

# 2001 MEN'S CHAMPIONSHIP

## Team Results

Pl.	Team	Points
1.	VMI	146
2.	Appalachian State	130
3.	Western Carolina	74
4.	ETSU	53
5.	Chattanooga	52
6.	The Citadel	25
7.	Davidson	14
8.	UNCG	1

### 55-meter dash

1. Marcus Lynch, VMI	6.49
2. Akaba Galaspie, WCU	6.50
3. Quez Smith, VMI	6.52
4. Kevin McLeod, APP	6.53
5. Lloyd Davis, VMI	6.61
6. Jeff McKelvin, VMI	6.64

### 200-meter dash

1. Evan Hawkins, ETSU	21.55
2. Derrick High, WCU	21.93
3. Jeff Witherspoon, CIT	22.12
4. Marcus Lynch, VMI	22.45
5. Kevin McLeod, APP	22.74

### 400-meter dash

1. Derrick High, WCU	47.53
2. Evan Hawkins, ETSU	47.64
3. Bola Oyegunwa, WCU	49.16
4. Akaba Galaspie, WCU	49.54
5. Rob Nichols, CIT	49.56
6. Kenny Carmichael, VMI	49.85

### 800-meter run

1. Michael Lokale, VMI	1:53.43
2. John Baldwin, UTC	1:53.73
3. Ryan Kendall, UTC	1:53.75
4. Dale Slaughter, APP	1:55.40
5. Chris Green, VMI	1:56.60
6. Dan Cannon, CIT	1:57.59

### Mile run

1. Caleb Bailey, WCU	4:15.59
2. Curtis Gadula, UTC	4:15.99
3. Ryan Kendall, UTC	4:16.72
4. Ben Schowe, APP	4:21.45
5. Shon Grice, UTC	4:22.24
6. Jimmy Swansbrough, DAV	4:22.31

### 3,000-meter run

1. Curtis Gadula, UTC	8:37.42
2. Alan Marion, APP	8:37.43
3. Dan Gibson, DAV	8:38.89
4. Ben Bisette, APP	8:40.00
5. Franklin Manchester, APP	8:47.66
6. Jimmy Swansbrough, DAV	8:52.51

### 5,000-meter run

1. Ben Bisette, APP	15:02.19
2. Alan Marion, APP	15:05.16
3. Dan Gibson, DAV	15:09.45
4. Franklin Manchester, APP	15:10.69
5. Greg Sprowl, ETSU	15:11.14

### 55-meter hurdles

1. Jeff Foy, VMI	7.62
2. Ryan Linebarger, APP	7.66
3. Jeff McKelvin, VMI	7.70
4. Johnny Bomar, WCU	7.84
5. Keith Sims, APP	8.05
6. Kaylin Chesney, ETSU	8.22

### Distance medley

1. Appalachian State	10:20.20
2. VMI	10:21.76
3. Chattanooga	10:27.21
4. The Citadel	10:28.94
5. Western Carolina	10:31.59
6. UNCG	10:39.66
7. ETSU	10:46.33

### 4x400-meter relay

1. VMI	3:16.23
2. Western Carolina	3:17.42
3. ETSU	3:18.76
4. Appalachian State	3:19.87
5. Chattanooga	3:20.70
6. The Citadel	3:23.07
7. Davidson	3:36.36

### High jump

1. Jason Farr, ETSU	6'09.00"
2. Ken Millender, APP	6'09.00"
3. Donovan Williams, VMI	6'05.00"
4. Jason Palmer, APP	6'05.00"
5. Andrew Whitson, ETSU	6'03.25"
6. Jeff McKelvin, VMI	6'03.25"

### Long jump

1. Marcus Lynch, VMI	25'01.75"
2. Damion McLean, APP	24'04.25"
3. Aaron Yarbough, VMI	23'07.50"
4. Quez Smith, VMI	23'04.00"
5. Kevin Solomon, VMI	22'11.25"
6. Doug Petway, WCU	22'03.50"

### Triple jump

1. Keith Jenkins, APP	48'03.50"
2. Kevin Solomon, VMI	48'02.00"
3. Damion McLean, APP	47'08.00"
4. Derik Screen, VMI	47'05.75"
5. Quez Smith, VMI	45'06.25"
6. Doug Petway, WCU	44'09.75"

### Shot put

1. Quentin Armstrong, CIT	49'06.50"
2. Josh Artau, ETSU	48'11.50"
3. Chad Hyder, ETSU	48'08.25"
4. John Chisholm, VMI	48'02.75"
5. Jeff Chamber, WCU	47'03.00"
6. Russ Touchberry, CIT	46'11.50"

### Weight throw

1. John Chisholm, VMI	61'08.50"
2. Tony Essig, VMI	49'03.50"
3. Larry Brock, APP	49'02.25"
4. Jeff Chambers, VMI	47'11.25"
5. Dan Duckworth, APP	47'06.25"
6. Phil Weismiller, VMI	46'07.50"

### Pole vault

1. J.B. Rosson, VMI	15'05.50"
2. Aaron Pedrick, APP	15'05.50"
3. Charles Rice, WCU	15'05.50"
4. Jon Norman, APP	13'11.75"
5. Bryan Tomlinson, APP	13'05.75"
6. Adam Woods, ETSU	12'11.75"

## Individual Awards

### Most Outstanding Performer

Marcus Lynch, VMI

### Freshman of the Year

J.B. Rosson, VMI

### Coach of the Year

Mike Bozeman, VMI

# 2001 WOMEN'S CHAMPIONSHIP

## Team Results

Pl.	Team	Points
1.	Appalachian State	130
2.	Western Carolina	128
3.	Chattanooga	101
4.	ETSU	52
5.	Furman	36
6.	Georgia Southern	19
7.	VMI	16
8.	UNCG	8
9.	The Citadel	4
10.	Davidson	2

### 55-meter dash

1. Shonte' Pinkston, APP	6.90
2. Tyleana Hanner, UTC	7.17
3. Ronetta Burgess, WCU	7.20
4. LaDonna McClure, GSU	7.21
5. Cedeia Bowden, WCU	7.25
6. Benetta Boyd, WCU	7.44

### 200-meter dash

1. Shonte' Pinkston, APP	24.63
2. Ronetta Burgess, WCU	24.73
3. Roseline Addo, ETSU	25.03
4. Marna Moore, UTC	25.14
5. Tyleana Hanner, UTC	25.31
6. Jennifer Howard, ETSU	25.47

### 400-meter dash

1. Roseline Addo, ETSU	56.92
2. Jennifer Howard, ETSU	57.30
3. Marlo Mincey, GSU	57.34
4. Benetta Boyd, WCU	58.88
5. Roslyn Bingley, WCU	59.53
6. Tyler Caudle, APP	59.70

### 800-meter run

1. Mary Jayne Harrelson, APP	2:08.40
2. Lauren Campbell, ETSU	2:15.28
3. Katie Sujkowski, APP	2:16.36
4. Julie Stackhouse, FUR	2:16.41
5. Megan Thacker, WCU	2:19.97
6. Channel Lemon, UTC	2:24.65

### Mile run

1. Mary Jayne Harrelson, APP	4:59.20
2. Becky Slick, UTC	5:06.34
3. Holly Bright, WCU	5:09.11
4. Erin Howard, FUR	5:12.47
5. Amy Doolittle, UTC	5:13.19
6. Johanna Allen, APP	5:15.54

### 3,000-meter run

1. Jill Braley, FUR	10:08.58
2. Oddbjorg Haugen, UTC	10:11.45
3. Emily Campbell, ETSU	10:12.96
4. Becky Slick, UTC	10:17.74
5. Andrea Davis, UTC	10:18.09
6. Whiney Woods, WCU	10:22.98

### 5,000-meter run

1. Jill Braley, FUR	17:33.06
2. Oddbjorg Haugen, UTC	17:40.90
3. Andrea Davis, UTC	17:56.90
4. Whiney Woods, WCU	17:58.96
5. Heather Needham, APP	18:04.49
6. Johanna Allen, APP	18:18.17

### 55-meter hurdles

1. Marna Moore, UTC	8.05
2. Ronetta BURGess, WCU	8.07
3. Lindy Petteway, GSU	8.23
4. Tyleana Hanner, UTC	8.37
5. Kirsten Bowden, APP	8.62
6. Tondra White, APP	8.65

### Distance medley

1. Appalachian State	12:14.16
2. Chattanooga	12:25.09
3. Furman	12:26.82
4. Western Carolina	12:37.32
5. Davidson	12:48.65
6. VMI	12:54.20
7. Georgia Southern	12:57.16

### 4x400-meter relay

1. ETSU	3:49.11
2. Western Carolina	3:51.04
3. Appalachian State	3:51.37
4. Chattanooga	3:55.28
5. Furman	4:01.41
6. Georgia Southern	4:06.58
7. Davidson	4:10.53
8. VMI	4:15.08

### High jump

1. Virginia LaCombe, WCU	5'07.75"
2. Jennifer Carroll, VMI	5'05.75"
3. Tyleana Hanner, UTC	5'03.75"
4. Suzanne Makinson, APP	5'03.75"
5. Cheryl Howard, ETSU	5'01.75"
6. Kirsten Bowden, APP	5'01.75"

### Long jump

1. Tyleana Hanner, UTC	20'00.25"
2. Angela Pryor, APP	19'00.50"
3. Kamata Potts, WCU	18'09.75"
4. Kirsten Bowden, APP	18'07.75"
5. Star Lingo, GSU	18'02.50"
6. Ronetta Burgess, WCU	17'09.75"

### Triple jump

1. Kirsten Bowden, APP	41'02.25"
2. Tondra White, APP	40'01.25"
3. Tyleana Hanner, UTC	39'08.00"
4. Virginia LaCombe, WCU	38'06.25"
5. Cedeia Brown, WCU	38'02.25"
6. Kristen Truman, ETSU	36'09.00"

### Shot put

1. Ashley Herendon, WCU	44'09.75"
2. La Shanna Poole, APP	42'10.75"
3. Barbara Lee Palmer, WCU	41'05.00"
4. Catrina Moore, CIT	38'05.00"
5. Kitey Wright, WCU	38'04.25"
6. Angela Vizzi, VMI	38'00.00"

### Weight throw

1. La Shanna Poole, APP	55'03.75"
2. Niki Ash, UNCG	51'07.25"
3. Barbara Lee Palmer, WCU	49'04.50"
4. Quiletta Dunston	48'08.00"
5. Kineta Williams, WCU	46'06.25"
6. Ashley Herendon, WCU	46'02.00"

### Pole vault

1. Valerie Jalajas, WCU	11'11.75"
2. Michelle Velez, WCU	11'05.75"
3. Nadia Wendlandt, VMI	10'06.00"
4. Suzanne Makinson, APP	10'00.00"
4. Kelly Hawkins, APP	10'00.00"
4. Kate Minser, APP	10'00.00"

## Individual Awards

### Most Outstanding Performer

Tyleana Hanner, Chattanooga

### Freshman of the Year

Oddbjorg Haugen, Chattanooga

### Coach of the Year

John Weaver, Appalachian State

# 2000 MEN'S CHAMPIONSHIP

## Team Results

Pl.	Team	Points
1.	Appalachian State	132.5
2.	Western Carolina	111
3.	VMI	87
4.	Chattanooga	57
5.	The Citadel	48
6.	ETSU	47.5
7.	Davidson	12

### 55-meter dash

1. Johnie Morrison, WCU	6.36
2. Carlos Frank, CIT	6.41
3. Kenyon Doyle, VMI	6.43
4. Kevin Pennycooke, ETSU	6.42
5. Marcus Lynch, VMI	6.48
6. Ken White, VMI	6.49

### 200-meter dash

1. Jason McGinnis, APP	21.55
2. Kenyon Doyle, CIT	21.60
3. Joe Hyman, WCU	21.83
4. Marcus Lynch, VMI	22.04
5. Carlos Frank, CIT	22.19
6. Derrick High, WCU	22.25

### 400-meter dash

1. Evan Hawkins, ETSU	48.26
2. Derrick High, WCU	48.30
3. Joe Hyman, WCU	48.41
4. Jason McGinnis, APP	48.85
5. Michael Lokale, VMI	49.00
6. John Baldwin, UTC	49.17

### 800-meter run

1. Nic Crider, UTC	1:55.50
2. Aaron Prieur, UTC	1:55.62
3. Chris Green, VMI	1:55.81
4. Irving Hunter, WCU	1:56.65
5. Michael Lokale, VMI	1:56.94
6. Dale Slaughter, APP	1:57.29
7. Nate Haley, VMI	1:58.29
8. Terrice McClain, APP	1:59.38

### Mile run

1. Nic Crider, UTC	4:12.51
2. Aaron Prieur, UTC	4:14.12
3. Kyle McLean, UTC	4:15.50
4. Mitchell Jones, ETSU	4:17.21
5. James Layne, APP	4:18.99
6. Caleb Bailey, WCU	4:21.07
7. Brent Ferrell, DAV	4:21.17
8. Daniele Lenarduzzi, UTC	4:23.83

### 3,000-meter run

1. Ben Bisette, APP	8:29.32
2. Brent Ferrell, DAV	8:32.15
3. Mitchell Jones, ETSU	8:34.34
4. Jesse Norman, WCU	8:36.74
5. Shane Auston, APP	8:38.54
6. Kyle McLean, UTC	8:42.82
7. Curtis Gadula, UTC	8:43.24
8. Dan Gibson, DAV	8:43.68

### 5,000-meter run

1. Joe Smith, VMI	14:53.19
2. Shane Austin, APP	14:58.28
3. Ben Bisette, APP	14:58.59
4. Dan Gibson, DAV	15:03.53
5. Jesse Norman, WCU	15:12.06
6. Curtis Gadula, UTC	15:15.96
7. Andrew Cawood, CIT	15:17.38
8. Greg Sprowell, ETSU	15:19.12

### Distance medley

1. Chattanooga	10:15.88
2. ETSU	10:22.52
3. Western Carolina	10:27.65
4. VMI	10:29.93
5. Appalachian State	10:34.51
6. The Citadel	10:41.60
7. UNCG	10:45.90
8. Davidson	10:57.36

### 55-meter hurdles

1. Ryan Linebarger, APP	7.58
2. Johnny Bomar, WCU	7.63
3. Keith Sims, APP	7.69
4. Jeff McKelvin, VMI	7.78
5. Kenny Moseley, VMI	7.86
-- Omari Francis, APP	DNF

### 4x400-meter relay

1. Western Carolina	3:14.40
2. Appalachian State	3:15.22
3. VMI	3:15.29
4. Chattanooga	3:18.93
5. The Citadel	3:19.41
6. ETSU	3:23.62
7. Davidson	3:32.06

### High jump

1. Eric McClary, CIT	7'01.50"
2. Rob Waddington, CIT	6'08.00"
3. Jason Farr, ETSU	6'08.00"
4. Ken Millender, APP	6'06.00"
5. Ryan Linebarger, APP	6'06.00"
Andrew Whitson, ETSU	6'06.00"

### Long jump

1. Damion McLean, APP	24'05.75"
2. Quez Smith, VMI	24'02.50"
3. Kevin Solomon, VMI	23'11.00"
4. Charles Mahatha, APP	23'10.75"
5. Rayshan Carthen, WCU	23'06.00"
6. Marcus Lynch, VMI	23'04.00"
7. John Logan, WCU	23'00.75"

### Triple jump

1. Charles Mahatha, APP	51'03.75"
2. Quez Smith, VMI	49'02.50"
3. John Logan, WCU	48'07.50"
4. Karl Willis, WCU	43'03.25"
5. Ernest Moss, WCU	47'08.50"
6. Rayshan Carthen, WCU	46'06.75"

### Shot put

1. Jeb Hall, WCU	52'01.75"
2. John Chisholm, VMI	51'06.50"
3. Tom Hite, ETSU	47'04.50"
4. Jeff Chambers, VMI	46'00.00"
5. Adam Gilbert, APP	44'01.25"
6. Jeff Wetherell, CIT	44'00.50"

### Weight throw

1. John Chisholm, VMI	60'03.00"
2. Adam Gilbert, APP	53'09.75"
3. Jeff Chambers, VMI	50'04.00"
4. Matt Roten, APP	49'10.50"
5. Dan Duckworth, APP	47'07.00"
6. Tony Essig, VMI	44'00.50"

### Pole vault

1. Tim Thomas, WCU	15'11.25"
2. Aaron Pedrick, APP	15'05.50"
3. Wes Pickens, APP	15'05.50"
4. Charles Rice, WCU	14'11.50"
5. Ron Hull, VMI	14'05.50"
6. Adam Woods, ETSU	13'05.75"
7. Clint Stewart, APP	13'05.75"

## Individual Awards

### Most Outstanding Performer

Nic Crider, Chattanooga

### Freshman of the Year

Derrick High, Western Carolina

### Coach of the Year

John Weaver, Appalachian State

# 2000 WOMEN'S CHAMPIONSHIP

## Team Results

Pl.	Team	Points
1.	Western Carolina	145.5
2.	Appalachian State	119
3.	Chattanooga	86
4.	ETSU	71
5.	Georgia Southern	30
6.	Furman	21.5
7.	VMI	11
8.	UNCG	8
9.	The Citadel	4

### 55-meter dash

1.	Shonte' Pinkston, APP	6.95
2.	Angela Pryor, APP	7.17
3.	Jacqueline Allen, GSU	7.19
4.	Andrea Matthews, APP	7.22
5.	Keyonia Collins, GSU	7.36
6.	Shantre Mayfield, APP	7.39

### 200-meter dash

1.	Shonte' Pinkston, APP	26.36
2.	Andrea Matthews, APP	25.01
3.	Angela Pryor, APP	25.19
4.	Rosaline Addo, ETSU	25.34
5.	Shavone Neely, WCU	25.52
6.	Jacqueline Allen, GSU	26.12

### 400-meter dash

1.	Rosaline Addo, ETSU	56.33
2.	Jennifer Howard, ETSU	56.36
3.	Rosalyn Hood, WCU	58.08
4.	Angela Highbaugh, FUR	58.11
5.	Shavone Neely, WCU	58.38
6.	Andrea Matthews, APP	58.62

### 800-meter run

1.	Lauren Campbell, ETSU	2:12.96
2.	Julie Stackhouse, FUR	2:15.00
3.	Becky Slick, UTC	2:15.54
4.	Christina Smith, WCU	2:17.29
5.	Channel Lemon, UTC	2:17.32
6.	Catherine Brunk, UTC	2:18.87
7.	Karen Underwood, APP	2:22.84
8.	Erin Howard, FUR	2:24.88

### Mile run

1.	Becky Slick, UTC	5:04.25
2.	Andrea Davis, UTC	5:06.50
3.	Catherine Brunk, UTC	5:06.97
4.	Gina Recher, UTC	5:11.47
5.	Kimberly Hemstreet, ETSU	5:13.98
6.	Michelle Cooke, UTC	5:14.18
7.	Tanya Brown, ETSU	5:14.56
8.	Erin Howard, FUR	5:15.85

### 3,000-meter run

1.	Amanda Lynch, UTC	9:45.31
2.	Catherine Berry, ETSU	9:46.75
3.	Andrea Davis, UTC	10:06.50
4.	Jenny Warfford, WCU	10:17.82
5.	Heather Needham, APP	10:26.89
6.	Melanie Cooper, WCU	10:27.99
7.	Emily Campbell, ETSU	10:33.66
8.	Dana Smith, FUR	10:43.16

### 5,000-meter run

1.	Catherine Berry, ETSU	17:01.05
2.	Amanda Lynch, UTC	17:03.20
3.	Andrea Davis, UTC	17:46.04
4.	Jenny Warfford, WCU	17:52.98
5.	Heather Needham, APP	18:12.09
6.	Emily Campbell, ETSU	18:20.00
7.	Dana Smith, FUR	18:43.51
8.	Emily Eades, FUR	18:44.80

### Distance medley

1.	ETSU	12:03.81
2.	Chattanooga	12:20.71
3.	Western Carolina	12:32.89
4.	Furman	12:39.48
5.	Appalachian State	12:53.40
6.	Georgia Southern	13:17.48
7.	UNCG	13:20.83
8.	Davidson	13:35.16
9.	The Citadel	14:15.21

### 55-meter hurdles

1.	Rosalyn Hood, WCU	8.44
2.	Kristen Bowden, APP	8.45
3.	Jennifer McCalla, GSU	8.49
5.	Jackie Poage, APP	8.60
7.	Virginia LaCombe, WCU	8.85
6.	Domonique LaBeaud, GSU	9.14

### 4x400-meter relay

1.	Western Carolina	3:54.38
2.	ETSU	3:54.84
3.	Appalachian State	3:58.94
4.	Furman	3:59.91
5.	Chattanooga	3:59.97
6.	Georgia Southern	4:10.69
7.	The Citadel	4:16.64
8.	Davidson	4:27.55

### High jump

1.	Virginia LaCombe, WCU	5'05.75"
2.	Anna Hutcherson, UTC	5'05.75"
3.	Jennifer Carroll, VMI	5'01.75"
3.	Whitney Nelson, GSU	5'01.75"
5.	Altavise Franklin, WCU	5'01.75"
	Julie Stackhouse, FUR	5'01.75"

### Long jump

1.	Rosalyn Hood, WCU	19'08.25"
2.	Angela Pryor, APP	19'02.75"
3.	Jacqueline Allen, GSU	18'04.25"
4.	Altavise Franklin, WCU	18'02.25"
5.	Kristen Bowden, APP	17'11.75"
6.	Jennifer Carroll, VMI	17'09.75"

### Triple jump

1.	Rosalyn Hood, WCU	39'08.75"
2.	Kristen Bowden, APP	39'07.00"
3.	Virginia LaCombe, WCU	38'11.00"
4.	Cedea Bowden, WCU	37'11.50"
5.	Altavise Franklin, WCU	36'07.75"
6.	Monica Lockett, GSU	35'03.00"

### Shot put

1.	Ashley Herendon, WCU	42'02.00"
2.	LaShanna Poole, APP	40'08.25"
3.	Sydney Rowland, APP	39'01.75"
4.	Valerie Mertz, WCU	38'07.00"
5.	Catrina Moore, CIT	38'01.25"
6.	Angela Vizzi, VMI	38'01.25"

### Weight throw

1.	Valerie Mertz, WCU	54'07.25"
2.	Niki Ash, UNCG	52'11.50"
3.	LaShanna Poole, APP	46'09.50"
4.	Angela Vizzi, VMI	45'00.25"
5.	Carol Hamlin, CIT	44'09.00"
6.	Sydney Rowland, APP	44'09.00"

### Pole vault

1.	Valerie Jalajaz, WCU	12'00.50"
2.	Sara Searcy, APP	9'11.75"
3.	Tricia Shepard, WCU	9'11.75"
4.	Altavise Franklin, WCU	9'11.75"
5.	Virginia LaCombe, WCU	9'05.75"
6.	Kelly Hawkins, APP	9'05.75"

## Individual Awards

### Most Outstanding Performer

Rosalyn Hood, Western Carolina

### Freshman of the Year

Andrea Matthews, Appalachian State

### Coach of the Year

Danny Williamson, Western Carolina

# 1999 MEN'S CHAMPIONSHIP

## Team Results

Pl.	Team	Points
1.	Western Carolina	159.5
2.	Appalachian State	139.5
3.	VMI	108
4.	Chattanooga	75
5.	ETSU	73
6.	The Citadel	48
7.	Davidson	18

### 55-meter dash

1. Johnie Morrison, WCU	6.33
2. Ken White, VMI	6.34
3. Jan Ingram, CIT	6.41
4. Kevin Pennycooke, ETSU	6.42
5. Carlos Frank, CIT	6.53
6. Devon Scott, APP	6.55
7. Jeremy Carter, WCU	6.56
8. Quez Smith, VMI	6.59

### 200-meter dash

1. Jay Ingram, CIT	22:32
2. Keith Sims, APP	22:67
3. Jason McGinnis, APP	22:82
4. Joe Hyman, WCU	22:87
5. Kenyon Doyle, CIT	23:38
6. Jeremy Cater, WCU	23:51
7. Ken White, VMI	23:86

### 400-meter dash

1. James Yarborough, VMI	50.48
2. Kenny Carmichael, VMI	50.49
3. Joe Hyman, WCU	51.34
4. Keith Glenn, WCU	51.41
5. John Baldwin, UTC	51.48
6. Derek Lemay, WCU	51.52
7. Jason McGinnis, APP	52.01
8. Stephen Monticone, APP	52.05

### 800-meter run

1. Zach Whitmarsh, ETSU	1:58.49
2. Terrice McClain, APP	1:59.30
3. Andy Coker, UTC	1:59.90
4. Chris O'Brian, APP	2:01.49
5. Ryan Cengeri, VMI	2:02.65
6. Davey Bacon, DAV	2:03.20
7. Keith Chapman, DAV	2:03.25
8. Rich Velazquez, APP	2:08.90

### Mile run

1. Zach Whitmarsh, ETSU	4:19.14
2. Nic Crider, UTC	4:19.83
3. Derek Murphy, ETSU	4:20.67
4. Mike Leinweber, UTC	4:25.30
5. James Layne, APP	4:28.53
6. Curtis Gadula, UTC	4:29.13
7. Scott Sutter, CIT	4:29.69
8. J. Buechner, WCU	4:31.82

### 3,000-meter run

1. Nic Crider, UTC	8:34.11
2. Derek Murphy, ETSU	8:36.05
3. Rodney Stoker, UTC	8:39.61
4. Shane Auston, APP	8:42.00
5. Joe Smith, VMI	8:47.83
6. Ben Bisette, APP	8:50.74
7. Brent Ferrell, DAV	8:52.04
8. J. Buechner, WCU	8:52.14

### 5,000-meter run

1. Nic Crider, UTC	14:57.05
2. Joe Smith, VMI	15:00.17
3. Rodney Stoker, UTC	15:00.89
4. Shane Austin, APP	15:08.29
5. Ben Bisette, APP	15:28.84
6. Brent Ferrell, DAV	15:34.70
7. Kyle McClain, UTC	15:45.09
8. Greg Sprowell, ETSU	15:49.61

### Distance medley

1. Chattanooga	10:28.27
2. ETSU	10:30.43
3. Appalachian State	10:44.13
4. Western Carolina	10:53.04
5. The Citadel	10:55.06
6. Davidson	11:06.07
7. VMI	11:09.95

### 55-meter hurdles

1. Omari Francis, APP	7.61
2. Keith Sims, APP	7.62
3. Raasaan Uldaneta, WCU	7.64
4. Ryan Linebarger, APP	7.66
5. Jeremy Carter, WCU	7.75
6. Zach Harris, APP	7.76
7. Jeff McKelvin, VMI	7.81
8. Johnny Bomar, WCU	7.92

### 4x400-meter relay

1. VMI	3:24.85
2. Western Carolina	3:25.27
3. Appalachian State	3:25.49
4. Chattanooga	3:28.04
5. ETSU	3:28.28
6. The Citadel	3:29.47
7. Davidson	3:36.45

### High jump

1. Eric McClary, CIT	6'09.75"
2. Jeff McKelvin, VMI	6'06.00"
3. Aaron Wright, WCU	6'02.00"
Ryan Linebarger, APP	6'02.00"
Rob Waddington, CIT	6'02.00"
6. Scott Cargile, WCU	6'02.00"
7. Ken Millender, APP	6'00.00"
Brad Berry, WCU	6'00.00"

### Long jump

1. Charles Mahatha, APP	24'07.00"
2. Charvin Clark, ETSU	24'03.00"
3. Aaron Wright, WCU	24'01.00"
4. Rayshan Carthen, WCU	23'06.25"
5. Jeremy Carter, WCU	23'02.75"
6. Quez Smith, VMI	23'02.75"
7. Jimmy Johnson, WCU	22'10.50"
8. Damion McLean, APP	22'10.50"

### Triple jump

1. Charles Mahatha, APP	48'06.75"
2. Rayshan Carthen, WCU	48'02.50"
3. Jimmy Johnson, WCU	48'00.00"
4. Quez Smith, VMI	46'07.50"
5. Aaron Wright, WCU	45'11.75"
6. Ade Artis, DAV	43'04.50"
7. Charvin Clark, ETSU	42'09.75"
8. Damion McLean, APP	42'05.50"

### Shot put

1. Phillip Johnson, WCU	51'01.75"
2. Jordan Brandon, VMI	50'05.50"
3. Jason White, VMI	46'11.00"
4. Tom Hite, ETSU	46'06.25"
5. Jeb Hall, WCU	44'03.50"
6. James Beverly, ETSU	44'03.25"
7. Matt Roten, APP	43'09.75"
8. Jeff Chambers, VMI	43'01.00"

### Weight throw

1. Phillip Johnson, WCU	61'02.25"
2. Jason White, VMI	54'08.00"
3. Adam Gilbert, APP	52'06.00"
4. Jordan Brandon, VMI	52'04.00"
5. Jeff Chambers, WCU	48'11.75"
6. James Beverly, ETSU	45'04.50"
7. Dan Duckworth, APP	40'04.75"
8. Kelly Underwood, VMI	39'03.00"

### Pole vault

1. Tom Thomas, WCU	15'05.50"
2. Ryan Lewis, WCU	15'05.50"
3. Joe Condrey, WCU	14'11.50"
4. Wirt Cross, VMI	14'05.50"
5. Aaron Pedrick, APP	14'05.50"
6. Zach Harris, APP	14'05.50"
7. Charles Rice, WCU	14'05.50"
8. Clint Stewart, APP	13'11.75"

## Individual Awards

### Most Outstanding Performer

Nic Crider, Chattanooga

### Freshman of the Year

Jeremy Carter, Western Carolina

### Coach of the Year

Danny Williamson, Western Carolina

# 1999 WOMEN'S CHAMPIONSHIP

## Team Results

Pl.	Team	Points
1.	Western Carolina	169
2.	Appalachian State	149
3.	Chattanooga	118
4.	ETSU	105
5.	Furman	43.5
6.	VMI	25
7.	Davidson	11
8.	Wofford	4
9.	The Citadel	3

### 55-meter dash

1. Tyleana Hanner, UTC	7.10
2. Shonte' Pinkston, APP	7.25
3. Marna Moore, UTC	7.28
4. Kamilah Gabriel, WCU	7.38
5. Angela Highbaugh, FUR	7.40
5. Angela Pryor, APP	7.40
7. Latrice Sales, CIT	7.43
8. Karen Houston, APP	7.49

### 200-meter dash

1. Tyleana Hanner, UTC	25.80
2. Marna Moore, UTC	25.86
3. Jennifer Howard, ETSU	26.19
4. Shonte' Pinkston, APP	26.36
5. Shawnta Person, WCU	26.79
6. Angela Highbaugh, FUR	26.83
7. Angela Pryor, APP	26.88
8. Karen Houston, APP	27.14

### 400-meter dash

1. Shawnta Person, WCU	59.20
2. Rosaline Addo, ETSU	59.96
3. Jennifer Howard, ETSU	1:00.04
4. Maria Rivas, FUR	1:00.68
5. Susan Poole, APP	1:00.69
6. Juanita Welford, APP	1:01.44
7. Monica Hill, FUR	1:01.62
8. Rosalyn Hood, WCU	1:01.87

### 800-meter run

1. Mary J. Harrelson, APP	2:15.91
2. Keyya McManus, WCU	2:17.78
3. Val Urchison, ETCU	2:18.30
4. Ann Gardner, WCU	2:20.74
5. Christina Smith, WCU	2:21.05
6. Abby Slack, APP	2:21.92
7. Lauren Campbell, ETSU	2:24.34
8. Jessie Brown, WCU	2:24.70

### Mile run

1. Mary J. Harrelson, APP	4:57.17
2. Val Urchison, ETSU	4:59.26
3. Abby Reeder, APP	4:59.88
4. Catherine Berry, ETSU	5:07.18
5. Andrea Davis, UTC	5:07.28
6. Ann Gardner, WCU	5:14.98
7. Jessie Brown, WCU	5:19.00
8. Michelle Cooke, UTC	5:21.76

### 3,000-meter run

1. Amanda Lynch, UTC	(NT)
2. Abby Reeder, APP	(NT)
3. Catherine Berry, ETSU	(NT)
4. Andrea Davis, UTC	(NT)
5. Jenny Warfford, WCU	(NT)
6. Laurie Grey, FUR	(NT)
7. Dana Smith, FUR	(NT)
8. Corie Fuchs, APP	(NT)

### 5,000-meter run

1. Amanda Lynch, UTC	17:35.29
2. Jenny Warfford, WCU	17:45.92
3. Dana Smith, FUR	17:57.44
4. Leah Moore, UTC	18:10.33
5. Megan Fischer, FUR	18:16.04
6. Emily Campbell, ETSU	18:21.38
7. Corie Fuchs, APP	18:33.57
8. Natlie Scruggs, UTC	18:38.43

### Distance medley

1. Appalachian State	12:23.66
2. Western Carolina	12:36.34
3. Davidson	12:45.16
4. Chattanooga	12:48.70
5. Furman	12:51.59
6. ETSU	13:33.48
7. VMI	13:53.82
8. The Citadel	14:04.76

### 55-meter hurdles

1. Marna Moore, UTC	8.08
2. Tyleana Hanner, UTC	8.27
3. Kristen Bowden, APP	8.68
4. Rosalyn Hood, WCU	8.71
5. Jackie Poage, APP	8.76
6. Jamilah Sawyer, DAV	8.77
7. Virginia LaCombe, WCU	8.95
8. Ginger Denison, FUR	9.49

### 4x400-meter relay

1. Western Carolina	3:58.94
2. Furman	4:02.78
3. ETSU	4:08.91
4. Appalachian State	4:09.05
5. Chattanooga	4:14.23
6. VMI	4:22.85
7. Davidson	4:24.85

### High jump

1. Taneisha Robinson, ETSU	5'08"
2. Virginia LaCombe, WCU	5'06"
3. Karen Breeding, ETSU	5'03.75"
4. Hanna Hutcherson, UTC	5'03.75"
5. Kristen Bowden, APP	5'03.75"
6. Mary Engle, APP	5'01.75"
Tyleana Hanner, UTC	5'01.75"
Dee Mittman, WCU	5'01.75"

### Long jump

1. Taneisha Robinson, ETSU	20'03.00"
2. Tyleana Hanner, UTC	19'08.00"
3. Rosalyn Hood, WCU	19'00.75"
4. Angela Pryor, APP	18'05.25"
5. Kamilah Gabriel, WCU	18'04.25"
6. Kristen Bowden, APP	17'09.75"
7. Angela Highbaugh, FUR	17'09.50"
8. Brooke Deacon, ETSU	17'06.00"

### Triple jump

1. Taneisha Robinson, ETSU	42'05.25"
2. Kristen Bowden, APP	40'01.25"
3. Tyleana Hanner, UTC	39'11.25"
4. Kamilah Gabriel, WCU	39'06.50"
5. Dee Mittman, WCU	38'01.50"
6. Virginia LaCombe, WCU	37'07.75"
7. Altavise Franklin, WCU	36'05.75"
8. Mary Engle, APP	33'07.25"

### Shot put

1. Ashley Herendon, WCU	40'05.50"
2. Valerie Mertz, WCU	39'11.50"
3. Sydney Rowland, APP	35'07.75"
4. Robin Kennel, APP	32'10.50"
5. Altavise Franklin, WCU	32'01.00"
6. Courtney Klitzsch, APP	32'00.00"
7. Lena Summers, ETSU	31'01.00"
8. Angela Vizzi, VMI	30'11.75"

### Weight throw

1. Valerie Mertz, WCU	50'05.25"
2. Kelly Sullivan, VMI	43'10.75"
3. Courtney Klitzsch, APP	43'0.25"
4. Nicki Myers, VMI	41'02.50"
5. Alexis Abrams, VMI	40'02.00"
6. Jackie Poage, APP	39'06.50"
7. Angela Vizzi, VMI	38'06.75"
8. Ashley Herendon, WCU	36'09.50"

### Pole vault

1. Valerie Jalajas, WCU	11'07.75"
2. Karen Houston, APP	9'05.25"
3. Virginia LaCombe, WCU	8'11.50"
4. Altavise Franklin, WCU	8'11.50"
5. Page Stroup, WOF	8'05.50"
6. Sara Searcy, APP	7'11.50"
6. Lena Summers, ETSU	7'11.50"
8. Dee Mittman, WCU	7'05.75"

## Individual Awards

### Most Outstanding Performer

Taneisha Robinson, ETSU

### Freshman of the Year

Virginia LaCombe, Western Carolina

### Coach of the Year

Danny Williamson, Western Carolina

# 1998 MEN'S CHAMPIONSHIP

## Team Results

Pl.	Team	Points
1.	VMI	126
2.	ETSU	93
3.	Marshall	87
4.	Chattanooga	83
5.	Appalachian State	64
6.	Western Carolina	41
7.	The Citadel	2
8.	Davidson	0

### 55-meter dash

1. Chris Brooks, ETSU	6.24
2. Darrius Jackson, VMI	6.37
3. Obi Ezekwe, VMI	6.41
4. Johnie Morrison, WCU	6.45
5. Leon Corpening, APP	6.47
6. Kevin Pennycooke, ETSU	6.54

### 200-meter dash

1. Darrius Jackson, VMI	21.80
2. Chris Brooks, ETSU	21.96
3. Leon Corpening, APP	22.05
4. Marcus Lynch, VMI	22.13
5. Anthony Ford, UTC	22.25
6. Corey Williams, WCU	22.47

### 400-meter dash

1. Evan Hawkins, ETSU	49.01
2. Steve Monticone, APP	49.10
3. Jon Hutchins, ETSU	50.23
4. Uche Checkwa, VMI	50.33
5. Nate Haley, VMI	50.95

### 800-meter run

1. Zach Whitmarsh, ETSU	1:51.79
2. Doug Gilbert, ETSU	1:52.53
3. Andy Coker, UTC	1:54.09
4. Anthony Scanlon, ETSU	1:54.32
5. Terrice McClain, APP	1:54.61
6. Chris Wise, VMI	1:55.24

### Mile run

1. Zach Whitmarsh, ETSU	4:11.44
2. Declan Fahy, ETSU	4:12.32
3. Mitchell Jones, ETSU	4:16.46
4. Andrew Lilly, CIT	4:17.11
5. Anthony Scanlon, ETSU	4:19.80
6. Kyle McLean, UTC	4:20.97

### 3,000-meter run

1. Declan Fahy, ETSU	8:24.94
2. Mitchell Jones, ETSU	8:27.50
3. Rodney Stoker, UTC	8:29.88
4. Joe Smith, VMI	8:30.15
5. Fred Reinhardt, ETSU	8:32.33
6. Brian Clark, WCU	8:33.62

### 5,000-meter run

1. Rodney Stoker, UTC	14:45.46
2. Anthony Famiglietti, APP	14:45.61
3. Joe Smith, VMI	14:46.01
4. Fred Reinhardt, ETSU	14:47.69
5. Brian Clark, WCU	14:48.64
6. Roger Clark, ETSU	15:11.96

### Distance medley

1. Chattanooga	10:15.97
2. ETSU	10:18.18
3. Appalachian State	10:22.49
4. The Citadel	10:33.53
5. Western Carolina	10:36.78
6. VMI	10:44.39

### 55-meter hurdles

1. Joe Anwah, VMI	7.57
2. Zach Harris, APP	7.80
3. Keith Sims, APP	7.85
4. Chad Case, CIT	8.09
5. Johnny Bomar, WCU	9.34

### 4x400-meter relay

1. ETSU	3:16.79
2. Appalachian State	3:18.53
3. VMI	3:20.72
4. The Citadel	3:23.19
5. Western Carolina	3:24.13
6. Chattanooga	3:33.96

### High jump

1. Cory Cooper, WCU	2.07m
2. Mike Kroeger, APP	2.07m
3. Jason Farr, ETSU	2.02m
4. Tyler Ashley, VMI	1.97m
Rob Waddington, CIT	1.97m
6. Errett Buis, VMI	1.92m

### Long jump

1. Darrius Jackson, VMI	7.39m
2. Charles Mahatha, APP	7.18m
3. Jimmy Johnson, WCU	6.95m
4. Ruben Gresham, CIT	6.88m
5. Kevin Pennycooke, ETSU	6.86m
6. Rayshon Carthen, WCU	6.85m

### Triple jump

1. Obi Ezekwe, VMI	14.77m
2. Jimmy Johnson, WCU	14.64m
3. Kevin Pennycooke, ETSU	14.62m
4. Rayshon Carthen, WCU	14.44m
5. Derek Green, CIT	14.22m
6. Brent Taylor, VMI	14.00m

### Shot put

1. Jordan Brandon, VMI	16.46m
2. Curtis Eason, ETSU	15.38m
3. Phillip Johnson, WCU	15.36m
4. Larry Brock, APP	15.01m
5. Jason White, VMI	15.00m
6. Kelly Underwood, VMI	14.43m

### Weight throw

1. Phillip Johnson, WCU	18.26m
2. John Chishom, VMI	17.59m
3. Jordan Brandon, VMI	16.57m
4. Jason White, VMI	15.83m
5. Adam Gilbert, APP	15.51m
6. Jeff Chambers, WCU	13.10m

### Pole vault

1. Todd Poremba, APP	5.06m
2. Tim Thomas, WCU	4.76m
3. Jeff Fitzgerald, APP	4.61m
3. Joe Condrey, WCU	4.61m
5. Errett Buis, VMI	4.46m
6. Zach Harris, APP	4.46m

## Individual Awards

### Most Outstanding Performer

Darrius Jackson, VMI

### Freshman of the Year

Evan Hawkins, ETSU

### Coach of the Year

Milan Donley, ETSU



# 1998 WOMEN'S CHAMPIONSHIP

## Team Results

Pl.	Team	Points
1.	Chattanooga	141
2.	ETSU	131
3.	Western Carolina	84
4.	Appalachian State	82
5.	Furman	17
6.	Davidson	9
7.	Wofford	0
--	The Citadel	NTS
--	VMI	NTS

### 55-meter dash

1. Rashida Dodson, UTC	7:05
2. Shonte' Pinkston, APP	7.17
3. Tyleana Hanner, UTC	7.27
4. Reshia Johnson, UTC	7.30
5. Karen Houston, APP	7.40
6. Holly Arnold, APP	7.41

### 200-meter dash

1. Rashida Dodson, UTC	24.39
2. Tyleana Hanner, UTC	25.34
3. Shonte' Pinkston, APP	25.53
4. Andrea Shropshire, UTC	25.58
5. Reshia Johnson, UTC	25.89
6. Karen Houston, APP	26.08

### 400-meter dash

1. Keeya McManus, WCU	57.14
2. Michelle Gregg, ETSU	57.32
3. Angela Highbaugh, FUR	58.12
4. Summer Clomek, UTC	59.41
5. Paige Stivers, UTC	1:01.10

### 800-meter run

1. Mary Jayne Harrelson, APP	2:10.54
2. Michelle Gregg, ETSU	2:10.64
3. Jennifer Croft, UTC	2:15.35
4. Val Urchison, ETSU	2:17.40
5. Anne Gardner, WCU	2:17.69
6. Cassie Moss, UTC	2:19.26

### Mile run

1. *Val Urchison, ETSU	4:53.37
2. Jennifer Croft, UTC	4:54.40
3. Catherine Wright, UTC	4:57.39
4. Mary Jayne Harrelson, APP	4:59.48
5. Catherine Berry, ETSU	5:01.66
6. Abby Reeder, APP	5:13.10

### 3,000-meter run

1. Catherine Berry, ETSU	9:49.73
2. Anna Wright, UTC	9:52.52
3. Amanda Lynch, UTC	10:07.50
4. Jenny Warfford, WCU	10:10.55
5. Emily Campbell, ETSU	10:11.09
6. Lynn Kepper-Hudson, FUR	10:12.58

### 5,000-meter run

1. Anna Wright, UTC	17:02.29
2. Catherine Wright, UTC	17:05.77
3. Catherine Berry, ETSU	17:20.78
4. Emily Campbell, ETSU	17:30.61
5. Amanda Lynch, UTC	17:36.07
6. Jenny Warfford, WCU	17:39.91

### Distance medley

1. ETSU	11:58.99
2. Chattanooga	12:19.07
3. Appalachian State	12:45.69
4. Davidson	12:51.74
5. Furman	13:02.08
6. Western Carolina	14:10.34

### 55-meter hurdles

1. Tyleana Hanner, UTC	8:28
2. Kamilah Gabriel, WCU	8.44
3. Jackie Poage, APP	8.52
4. Jamilah Sawyer, DAV	8.60
5. Kirsten Bowden, APP	8.66
6. Emily White, WCU	8.98

### 4x400-meter relay

1. Western Carolina	3:50.64
2. Chattanooga	3:53.31
3. ETSU	3:59.69
4. Furman	4:04.26
5. Appalachian State	4:11.62
6. Davidson	4:27.86

### High jump

1. Jennifer Sluss, ETSU	1.67m
2. Taneisha Robinson, ETSU	1.62m
3. Dee Mittman, WCU	1.57m
4. Emily White, WCU	1.57m
4. Katie Condon, FUR	1.57m
6. Mary Engle, APP	1.47m

### Long jump

1. Taneisha Robinson, ETSU	5.94m
2. Tyleana Hanner, UTC	5.89m
3. Tracie George, ETSU	5.55m
4. Jennifer Sluss, ETSU	5.43m
5. Kirsten Bowden, APP	5.30m
6. Angela Highbaugh, FUR	5.30m

### Triple jump

1. Taneisha Robinson, ETSU	12.49m
2. Jennifer Sluss, ETSU	11.96m
3. Kamilah Gabriel, WCU	11.84m
4. Kirsten Bowden, APP	11.43m
5. Tyleana Hanner, UTC	11.31m
6. Dee Mittman, WCU	11.22m

### Shot put

1. Ayokka Green, APP	14.50m
2. LaSha Jackson, WCU	14.37m
3. Robyn Stockunas, WCU	13.07m
4. Kelly Weaver, ETSU	12.73m
5. Valerie Metz, WCU	12.44m
6. LaKeysha Lovette, WCU	12.08m

### Weight throw

1. Ayokka Green, APP	16.80m
2. Robyn Stockunas, WCU	15.76m
3. Valerie Metz, WCU	14.19m
4. Niki Ash, APP	14.04m
5. Allison Walker, APP	13.70m
6. Kelly Weaver, ETSU	13.64m

## Individual Awards

### Most Outstanding Performer

Taneisha Robinson, ETSU

### Freshman of the Year

Anna Wright, Chattanooga

### Coach of the Year

Bill Gautier, Chattanooga

# 1997 MEN'S CHAMPIONSHIP

## Team Results

Pl.	Team	Points
1.	Marshall	117
2.	Appalachian State	107
3.	ETSU	88
4.	Chattanooga	62
5.	VMI	55
6.	Western Carolina	46
7.	The Citadel	21
8.	Davidson	0

### 55-meter dash

1. Randy Moss, MAR.....	6.32
2. Mark Gochenour, MAR.....	6.38
3. Carlos Frank, CIT.....	6.41
4. Tobe Taylor, UTC.....	6.42
5. Romon Webb, CIT.....	6.45
6. Reuben Gresham, CIT.....	6.68

### 200-meter dash

1. Randy Moss, MAR.....	21.15
2. Mark Gochenour, MAR.....	21.88
3. Corey Williams, WCU.....	22.20
4. Darrius Jackson, VMI.....	22.27
5. Romon Webb, CIT.....	22.52
6. James Yarborough, VMI.....	22.53

### 400-meter dash

1. Bobby Horan, APP.....	50.01
2. Joe Restivo, MAR.....	50.11
3. Stephen Monticome, APP.....	50.32
4. Chris Upkins, UTC.....	50.70
5. Jason McGhinnis, APP.....	51.01
6. Derek LeMay, WCU.....	52.07

### 800-meter run

1. Zach Whitmarsh, ETSU.....	1:50.92
2. Doug Gilbert, ETSU.....	1:52.27
3. Anthony Scanlon, ETSU.....	1:54.23
4. Chris Wise, VMI.....	1:55.22
5. Scott Johnson, MAR.....	1:55.29
6. Bob Mahoney, APP.....	1:55.88

### Mile run

1. Declan Fahy, ETSU.....	4:10.19
2. Mike Leinweber, UTC.....	4:14.00
3. Cleven Brown, ETSU.....	4:15.74
4. Nic Crider, UTC.....	4:19.41
5. Anthony Scanlon, ETSU.....	4:20.51
6. Shane Austin, APP.....	4:20.83

### 3,000-meter run

1. Declan Fahy, ETSU.....	8:28.31
2. Mike Leinweber, UTC.....	8:32.96
3. Seth Peoples, APP.....	8:33.78
4. Will Dickerson, APP.....	8:35.06
5. Rodney Stoker, UTC.....	8:36.58
6. Stephen Thacker, APP.....	8:37.72

### Distance medley

1. ETSU.....	10:17.76
2. Chattanooga.....	10:20.89
3. Marshall.....	10:22.66
4. Appalachian State.....	10:29.94
5. The Citadel.....	10:37.32
6. VMI.....	10:38.61

### 5,000-meter run

1. Seth Peoples, APP.....	14:48.41
2. Rodney Stoker, UTC.....	14:48.67
3. Declan Fahy, ETSU.....	15:02.37
4. Brian Clark, WCU.....	15:04.14
5. John Fenton, ETSU.....	15:05.35
6. Stephen Thacker, APP.....	15:07.02

### 55-meter hurdles

1. Joe Anwah, VMI.....	7.65
2. Larry Henderson, UTC.....	7.68
3. Zach Harris, APP.....	7.77
4. Andre Thornton, VMI.....	7.87
5. Bernie Motte, CIT.....	7.95
6. Brian Ballard, WCU.....	8.13

### 4x400-meter relay

1. ETSU.....	3:17.19
2. Chattanooga.....	3:18.24
3. Marshall.....	3:19.90
4. Western Carolina.....	3:20.96
5. VMI.....	3:22.96
6. Appalachian State.....	3:24.46

### High jump

1. Mike Kroeger, APP.....	2.08m
2. Benjami Wittkowski, ETSU.....	2.03m
3. Thomas Bock, MAR.....	1.98m
4. Cory Cooper, WCU.....	1.93m
5. Dan Ritchey, MAR.....	1.93m
6. Andrew Wilhite, MAR.....	1.93m

### Long jump

1. Andrew Wilhite, MAR.....	7.11m
2. Obi Ezekwe, VMI.....	7.08m
3. Cory Williams, WCU.....	6.95m
4. Chad Stoneking, MAR.....	6.92m
5. Rayson Carthen, WCU.....	6.90m
6. Max Burns, VMI.....	6.77m

### Triple jump

1. Obi Ezekwe, VMI.....	15.22m
2. Floyd Johnson, MAR.....	14.57m
3. Derek Green, CIT.....	14.51m
4. Andrew Wilhite, MAR.....	14.13m
5. Brent Taylor, VMI.....	14.01m
6. Rayson, Carthen, WCU.....	13.99m

### Shot put

1. John Maynard, MAR.....	15.90m
2. Mike Long, APP.....	15.77m
3. Jordon Brandon, VMI.....	15.75m
4. Derek Summerour, WCU.....	15.70m
5. Rich Latta, APP.....	15.43m
6. Kevin Sowers, MAR.....	15.01m

### Weight throw

1. Rich Latta, APP.....	18.36m
2. John Maynard, MAR.....	16.97m
3. Mike Long, APP.....	16.50m
4. Derek Summerour, WCU.....	16.18m
5. Chris Cockerham, APP.....	16.10m
6. Daniel Hall, MAR.....	16.05m

### Pole vault

1. Jeff Fitzgerald, APP.....	4.62m
2. Tim Thomas, WCU.....	4.52m
3. Zach Harris, APP.....	4.42m
4. Dan Ritchey, MAR.....	4.42m
5. Wirt Cross, VMI.....	4.42m
6. Joe Condrey, WCU.....	4.42m

## Individual Awards

### Most Outstanding Performer

Declan Fahy, ETSU

### Freshman of the Year

Randy Moss, Marshall

### Coach of the Year

Jeff Small, Marshall

# 1997 WOMEN'S CHAMPIONSHIP

## Team Results

Pl.	Team	Points
1.	Western Carolina	143
2.	Chattanooga	87
3.	Appalachian State	81.33
4.	ETSU	80.33
5.	Marshall	42.33
6.	Furman	28
7.	Davidson	3

### 55-meter dash

1.	Daree Thompson, WCU	6.98
2.	Trice Roundtree, APP	7.21
3.	Reshia Johnson, UTC	7.22
4.	Rahma Mateen, WCU	7.29
5.	Cindy Dawson, MAR	7.31
6.	Tyleana Hanner, UTC	7.41

### 200-meter dash

1.	Daree Thompson, WCU	24.89
2.	Tyleana Hanner, UTC	25.06
3.	Salima Fountain, FUR	25.17
4.	Andrea Shropshire, UTC	25.92
5.	Shawnta Person, WCU	25.99
6.	Reshia Johnson, UTC	26.35

### 400-meter dash

1.	Salima Fountain, FUR	56.47
2.	Andrea Shropshire, UTC	57.06
3.	Shawnta Person, WCU	57.39
4.	Karen Houston, APP	59.41
5.	Michelle Simmons, APP	59.60
6.	Juanita Welford, APP	1:00.64

### 800-meter run

1.	Mary Jayne Harrelson, APP	2:13.30
2.	Maggie Donahue, WCU	2:14.19
3.	Emily Redmon, WCU	2:16.12
4.	Maria Stiver, UTC	2:17.38
5.	Valerie Urchison, ETSU	2:21.62
6.	Becky Pouch, MAR	2:22.28

### Mile run

1.	Valerie Urchison, ETSU	5:02.46
2.	Kristen Savery, WCU	5:03.54
3.	Jennifer Eckard, UTC	5:04.31
4.	Jenny Chase, APP	5:08.35
5.	Corie Fuchs, APP	5:11.60
6.	Abby Reeder, APP	5:13.16

### 3,000-meter run

1.	Mary Jane Middelkoop, UTC	10:13.25
2.	Mary Jo Ferrigan, ETSU	10:14.37
3.	Christina Olson, APP	10:24.63
4.	Amanda Lynch, UTC	10:25.03
5.	Taylor Perin, ETSU	10:29.11
6.	Lynn Kepper-Hudson, FUR	10:29.44

### Distance medley

1.	ETSU	12:06.54
2.	Chattanooga	12:08.66
3.	Appalachian State	12:09.61
4.	Western Carolina	12:36.89
5.	Marshall	13:01.58
6.	Davidson	13:04.49

### 5,000-meter run

1.	Mary Jo Ferrigan, ETSU	17:36.82
2.	Lynn Kepper-Hudson, FUR	17:49.67
3.	Mary Jane Middelkoop, UTC	17:55.76
4.	Michele Marshall, UTC	17:59.30
5.	Christina Olson, APP	18:17.10
6.	Amanda Lynch, UTC	18:19.61

### 55-meter hurdles

1.	Trice Roundtree, APP	8.07
2.	Cindy Dawson, MAR	8.19
3.	Rahma Mateen, WCU	8.22
4.	Adrienne Hundemer, MAR	8.36
5.	Jamilah Sawyer, DAV	8.48
6.	Kamilah Gabriel, WCU	8.65

### 4x400-meter relay

1.	Western Carolina	3:50.85
2.	Chattanooga	3:54.88
3.	Appalachian State	3:57.54
4.	ETSU	4:00.98
5.	Marshall	4:01.96
6.	Furman	4:03.28

### High jump

1.	Jennifer Sluss, ETSU	1.67m
2.	Rahma Mateen, WCU	1.67m
3.	Cori Telzrow, APP	1.62m
4.	Lakeeva Brooks, WCU	1.62m
5.	Katie Condon, FUR	1.57m
6.	Kelly Fisher, APP	1.57m

### Long jump

1.	Rahma Mateen, WCU	5.81m
2.	Taneisha Robinson, ETSU	5.67m
3.	Tyleana Hanner, UTC	5.65m
4.	Daree Thompson, WCU	5.49m
5.	Jennifer Sluss, ETSU	5.47m
6.	Lisa Roberts, APP	5.33m

### Triple jump

1.	Rahma Mateen, WCU	11.86m
2.	Jennifer Sluss, ETSU	11.81m
3.	Taneisha Robinson, ETSU	11.77m
4.	Lisa Roberts, APP	11.70m
5.	Tyleana Hanner, UTC	11.40m
6.	Starrbria Anderson, MAR	11.39m

### Shot put

1.	LaSha Jackson, WCU	13.49m
2.	Elizabeth Reck, MAR	13.15m
3.	Robyn Stockunas, WCU	13.07m
4.	Chandra Nelson, MAR	12.09m
5.	Christine Ziemba, APP	12.06m
6.	Allison Walker, APP	11.67m

### Weight throw

1.	Robyn Stockunas, WCU	14.88m
2.	Chandra Nelson, MAR	13.52m
3.	LaKeysha Lovette, WCU	13.04m
4.	Allison Walker, APP	12.56m
5.	Elizabeth Reck, MAR	12.49m
6.	Rachel Olander, APP	12.29m

## Individual Awards

### Most Outstanding Performer

Daree Thompson, Western Carolina

### Freshman of the Year

Tyleana Hanner, Chattanooga

### Coach of the Year

Danny Williamson, Western Carolina

# 1996 MEN'S CHAMPIONSHIP

## Team Results

Pl.	Team	Points
1.	VMI	126
2.	ETSU	93
3.	Marshall	87
4.	Chattanooga	83
5.	Appalachian State	64
6.	Western Carolina	41
7.	The Citadel	2
8.	Davidson	0

### 55-meter dash

1. Eric Gay, VMI.....	6.38
2. Delevantie Brown, ETSU.....	6.39
3. Tobe Taylor, UTC.....	6.40
4. Eric Thomas, MAR.....	6.43
5. David Patton, WCU.....	6.47
6. Donnie Abraham, ETSU.....	6.50

### 55-meter hurdles

1. Delevantie Brown, ETSU.....	7.58
2. Phil Alicea, VMI.....	7.71
3. Jason Gibson, APP.....	7.72
4. Marcus Logan, MAR.....	7.74
5. Raymond Brewer, APP.....	7.75
6. Joey Dubose, VMI.....	7.81

### 200-meter dash

1. Delevantie Brown, ETSU.....	22.32
2. Tobe Taylor, UTC.....	22.76
3. Eric Gay, VMI.....	22.78
4. Donnell Brinson, WCU.....	22.99
5. Holm Ankoma-Sey, VMI.....	23.19
6. Thomas Haskins, VMI.....	23.28

### 400-meter dash

1. Holm Ankoma-Sey, VMI.....	50.19
2. Phil Alicea, VMI.....	50.69
3. Mark Gochenour, MAR.....	50.73
4. Joe Allen, MAR.....	50.76
5. Warren Robertson, UTC.....	51.20
6. Garson Hedrick, APP.....	51.52

### 800-meter run

1. Zach Whitmarsh, ETSU.....	1:56.98
2. Chuck Margraves, UTC.....	1:57.76
3. David Chambless, WCU.....	1:58.22
4. Casey Price, UTC.....	1:58.22
5. Damian Walsh, UTC.....	2:00.82
6. Scott Johnson, MAR.....	2:02.32

### 3,000-meter run

1. Mike Leinweber, UTC.....	8:34.5
2. Tommy Holland, APP.....	8:40.5
3. John Fenton, ETSU.....	8:41.5
4. Derek Murphy, ETSU.....	8:42.5
5. Kyle McLean, UTC.....	8:45.6
6. Brian Clark, WCU.....	8:47.3

### 5,000-meter run

1. Tommy Holland, APP.....	15:00.9
2. Mike Leinweber, UTC.....	15:12.6
3. Derek Murphy, ETSU.....	15:20.3
4. Kyle McLean, UTC.....	15:20.4
5. Brian Clark, WCU.....	15:22.2
6. Fred Reinhardt, ETSU.....	15:25.7

### Mile run

1. Chuck Margraves, UTC.....	4:18.4
2. Declan Fahy, ETSU.....	4:20.1
3. John Fenton, ETSU.....	4:21.8
4. Zach Whitmarsh, ETSU.....	4:22.0
5. Ben Redman, MAR.....	4:22.9
6. Kyle McLean, UTC.....	4:27.3

### Mile relay

1. ETSU.....	3:21.60
2. Chattanooga.....	3:21.65
3. VMI.....	3:24.61
4. Appalachian State.....	3:31.41
5. Marshall.....	3:32.79
6. Western Carolina.....	3:32.95

### Distance medley

1. Chattanooga.....	10:27.4
2. ETSU.....	10:34.7
3. Marshall.....	10:36.5
4. Appalachian State.....	10:41.6
5. VMI.....	10:51.9
6. Western Carolina.....	10:51.9

### High jump

1. Dan Ritchey, MAR.....	6'9¾"
2. John Moss, APP.....	6'9¾"
3. Tommy Bock, MAR.....	6'6"
Delvell Johnson, VMI.....	6'6"
5. Mike Kroeger, APP.....	6'6"
6. Cory Cooper, WCU.....	6'6"

### Long jump

1. Andy Wilhite, MAR.....	23'10½"
2. Eric Gay, VMI.....	23'6½"
3. Khamisi Jackson, MAR.....	23'5¼"
4. Darrius Jackson, VMI.....	23'0"
5. Clarence Edwards, WCU.....	22'8¼"
6. Floyd Johnson, MAR.....	22'6½"

### Triple jump

1. Obi Ezekwe, VMI.....	48'1¾"
2. Jimmy Johnson, WCU.....	48'1¼"
3. Floyd Johnson, MAR.....	48'1"
4. Delvell Johnson, VMI.....	47'8¾"
5. Andy Wilhite, MAR.....	46'8¾"
6. Brent Taylor, VMI.....	45'9½"

### Shot put

1. Ryan Early, VMI.....	55'2¼"
2. Jason Clendenin, VMI.....	51'11"
3. Derek Summerour, WCU.....	50'11"
4. John Maynard, MAR.....	50'2"
5. Ron Moak, CIT.....	49'6½"
6. Curtis Eason, ETSU.....	48'9"

### Weight throw

1. John Maynard, MAR.....	55'5½"
2. Rich Latta, APP.....	54'8"
3. Justin May, VMI.....	52'8¾"
4. Tim Brock, VMI.....	52'5"
Jason Clendenin, VMI.....	52'5"
6. Chris Botti, WCU.....	48'2½"

### Pole vault

1. Todd Poremba, APP.....	16'1"
2. Phil Alicea, VMI.....	15'6"
3. Jarrett Foster, WCU.....	15'0"
4. Brian Butts, MAR.....	15'0"
5. Wirt Cross, VMI.....	15'0"
6. Jeff Fitzgerald, APP.....	14'6"

## Individual Awards

### Most Outstanding Performer

Delevantie Brown, ETSU

### Freshman of the Year

Zach Whitmarsh, ETSU

### Coach of the Year

Jeff Small, Marshall

# 1996 WOMEN'S CHAMPIONSHIP

## Team Results

Pl.	Team	Points
1.	Western Carolina	127.5
2.	ETSU	108
3.	Appalachian State	96
4.	Furman	64.5
5.	Chattanooga	44
6.	Marshall	17
7.	Davidson	7

### 55-meter dash

1. Nikki Harris, APP	7.25
2. Rahma Mateen, WCU	7.31
3. Talisha Goins, APP	7.34
4. Wykesha Bailey, WCU	7.48
5. Karen Houston, APP	7.52
6. Kendra Prather, ETSU	8.04

### 200-meter dash

1. Salima Fountain, FUR	25.87
2. Kendra Prather, ETSU	26.27
3. Karen Houston, APP	26.35
4. Wykesha Bailey, WCU	26.38
5. Rahma Mateen, WCU	26.55
6. Tracie George, ETSU	27.17

### 400-meter dash

1. Andrea Shropshire, UTC	58.95
2. Salima Fountain, FUR	59.15
3. Karen Houston, APP	59.20
4. Kendra Prather, ETSU	59.63
5. Tracie George, ETSU	1:00.32
6. Laura Beck, WCU	1:00.92

### 800-meter run

1. Michelle Gregg, ETSU	2:15.8
2. Emily Redmon, WCU	2:16.1
3. Maggie Donahoe, WCU	2:17.5
4. Val Urchison, WCU	2:19.8
5. Keeva McManus, WCU	2:20.9
6. Michelle Bozue, UTC	2:23.0

### 3,000-meter run

1. Heather VandeBrake, FUR	10:06.1
2. Mary Jane Middlekoop, UTC	10:13.8
3. Jennel Walby, ETSU	10:16.5
4. Christina Olson, APP	10:22.3
5. Mary Jo Ferrigan, ETSU	10:29.8
6. Lindsay Pinkney, MAR	10:35.5

### 5,000-meter run

1. Heather VandeBrake, FUR	17:36.1
2. Mary Jane Middlekoop, UTC	17:41.6
3. Mary Jo Ferrigan, ETSU	17:55.6
4. Lynn Kepper, FUR	17:55.9
5. Christina Olson, APP	17:59.6
6. Jennel Walby, ETSU	18:10.0

### Mile run

1. Heather VandeBrake, FUR	5:06.8
2. Kristen Savery, WCU	5:08.4
3. Michelle Gregg, ETSU	5:10.3
4. Mary Jane Middlekoop, UTC	5:16.3
5. Jennel Walby, ETSU	5:17.3
6. Jennifer Eckard, UTC	5:17.5

### 55-meter hurdles

1. Rahma Mateen, WCU	8.12
2. Trice Roundtree, APP	8.26
3. Erica Edmond, ETSU	8.45
4. Wykesha Bailey, WCU	8.46
5. Kamilah Gabriel, WCU	8.75
6. Faith Ninivaggi, APP	9.89

### Mile relay

1. Western Carolina	3:57.7
2. ETSU	4:01.2
3. Chattanooga	4:03.5
4. Appalachian State	4:06.4
5. Marshall	4:15.6
6. Furman	4:22.1

### Distance medley

1. ETSU	12:22.0
2. Western Carolina	12:29.4
3. Furman	12:39.2
4. Chattanooga	12:51.2
5. Davidson	13:11.3

### Long jump

1. Rahma Mateen, WCU	20'0"
2. Tracie George, ETSU	19'3"
3. Nikki Harris, APP	19'1¼"
4. Taneisha Robinson, ETSU	18'5½"
5. Jennifer Sluss, ETSU	18'2"
6. Jennifer Sluss, ETSU	18'1"

### Triple jump

1. Nikki Harris, APP	38'8¾"
2. Rahma Mateen, WCU	38'4¾"
3. Jennifer Sluss, ETSU	38'¼"
4. Lisa Roberts, APP	36'4¾"
5. Taneisha Robinson, ETSU	35'11½"
6. Karen Newsan, ETSU	35'2¾"

### High jump

1. Rahma Mateen, WCU	5'6"
2. Jennifer Sluss, ETSU	5'4¼"
3. Vanessa Sims, DAV	5'4¼"
3. Gina Richter, FUR	5'4¼"
5. Shalimar Folds, UTC	5'2¼"
6. Katie Condon, FUR	5'2¼"
Lakeeva Brooks, WCU	5'2¼"

### Shot put

1. Ayokka Green, APP	46'3"
2. LaSha Jackson, WCU	45'1½"
3. Beth Reck, MAR	43'11½"
4. Robyn Stockunas, WCU	41'7½"
5. Chandra Nelson, MAR	41'1"
6. Zondra Johnson, WCU	40'4"

### Weight throw

1. Ayokka Green, APP	48'2¾"
2. Robyn Stockunas, WCU	43'6½"
3. Erica Bahry, APP	43'5¾"
4. Chandra Nelson, MAR	42'11¾"
5. Beth Reck, MAR	42'8"
6. Zondra Johnson, WCU	41'7¼"

## Individual Awards

### Most Outstanding Performer

Heather VandeBrake, Furman

### Freshman of the Year

Karen Houston, Appalachian State

### Coach of the Year

Danny Williamson, Western Carolina