



2021 SOUTHERN CONFERENCE OUTDOOR TRACK & FIELD CHAMPIONSHIPS

CATAMOUNT ATHLETIC COMPLEX
CULLOWHEE, N.C.



SCHEDULE OF EVENTS

SATURDAY, MAY 1

Track events

8:30 a.m.	Women's 10,000m Final
9:15 a.m.	Men's 10,000m Final
1:00 p.m.	Women's 1500m Trials
1:15 p.m.	Men's 1500m Trials
2:00 p.m.	Women's 100m Hurdles Trials
2:10 p.m.	Men's 110m Hurdles Trials
2:35 p.m.	Women's 400m Trials
2:50 p.m.	Men's 400m Trials
3:10 p.m.	Women's 100m Trials
3:25 p.m.	Men's 100m Trials
3:45 p.m.	Women's 800m Trials
4:05 p.m.	Men's 800m Trials
4:25 p.m.	Women's 400m Hurdles Trials
4:40 p.m.	Men's 400m Hurdles Trials
4:55 p.m.	Women's 200m Trials
5:00 p.m.	Men's 200m Trials
5:35 p.m.	Women's 3000m SC Final
5:55 p.m.	Men's 3000m SC Final

Field events

10:00 a.m.	Women's Hammer Final
12:30 p.m.	Men's Hammer Final
1:00 p.m.	Women's Pole Vault Final
1:30 p.m.	Men's Long Jump Final
3:00 p.m.	Women's Javelin Final
4:00 p.m.	Women's Long Jump Final
4:00 p.m.	Men's Javelin Final
5:00 p.m.	Men's Pole Vault Final

Combined events

10:00 a.m.	Men's Decathlon Final
12:30 p.m.	100m, LJ, SP, HJ, 400m
10:15 a.m.	Women's Heptathlon Final
12:30 p.m.	100m Hurdles, HJ, SP, 200m

SUNDAY, MAY 2

Track events

1:00 p.m.	Women's 4x100m Final
1:10 p.m.	Men's 4x100m Final
1:20 p.m.	Women's 1500m Final
1:30 p.m.	Men's 1500m Final
1:40 p.m.	Women's 100m Hurdles Final
1:50 p.m.	Men's 110m Hurdles Final
2:00 p.m.	Women's 400m Final
2:10 p.m.	Men's 400m Final
2:20 p.m.	Women's 100m Final
2:30 p.m.	Men's 100m Final
2:40 p.m.	Women's 800m Final
2:50 p.m.	Men's 800m Final
3:00 p.m.	Women's 400m Hurdles Final
3:10 p.m.	Men's 400m Hurdles Final
3:20 p.m.	Women's 200m Final
3:30 p.m.	Men's 200m Final
3:40 p.m.	Women's 5000m Final
4:05 p.m.	Men's 5000m Final
4:25 p.m.	Women's 4x400m Final
4:40 p.m.	Men's 4x400m Final

Field events

11:15 a.m.	Men's Shot Put Final
11:15 a.m.	Women's Discus Final
12:15 p.m.	Women's High Jump Final
2:00 p.m.	Men's High Jump Final
2:30 p.m.	Men's Triple Jump Final
2:45 p.m.	Men's Discus Final
3:15 p.m.	Women's Triple Jump Final
3:20 p.m.	Women's Shot Put Final

Combined events

9:00 a.m.	Men's Decathlon Final
11:00 a.m.	110m Hurdles, DT, PV, JT, 1500m
9:15 a.m.	Women's Heptathlon Final
11:00 a.m.	LJ, JT, 800m

CHAMPIONSHIP PREVIEW

2021 OUTDOOR TRACK & FIELD CHAMPIONSHIPS KICK OFF SATURDAY

The Southern Conference Men's and Women's Outdoor Track and Field Championships will take place at Western Carolina's Catamount Athletic Complex in Cullowhee, North Carolina, this Saturday and Sunday. This year marks the 96th championship for the men and 34th for the women. The 2020 championships were not contested due to the coronavirus pandemic.

Saturday's schedule gets under way with the women's 10,000-meter run at 8:30 a.m., followed by the men's 10,000m. The decathlon and field events begin at 10, with the heptathlon starting at 10:15. A full day of events concludes with the men's 3,000-meter steeplechase and men's pole vault at 5:55 p.m. In all, 12 champions will be crowned on the first day of competition, four on the track and eight in field events.

Sunday's schedule opens with the first of the final five decathlon events at 9 a.m., with the heptathlon resuming at 9:15. Field events begin with the women's discus and men's shot put finals at 11:15 a.m. and the women's 4x100-meter relay gets the track events started at 1 p.m. The day concludes with the women's and men's 4x400-meter relays at 4:25 and 4:40, respectively, followed by the awards ceremony. Thirty events will crown champions on the final day of the meet.

Western Carolina is the four-time defending champion on the men's side, as the Catamounts overtook runner-up Samford for the team lead midway through the second day of competition in 2019 for their ninth team title. Samford's women won their third title overall and second in three seasons in 2019. The Bulldogs built a big lead on day one and never trailed on day two in running away with the team title.

Samford, which swept the men's and women's titles at the 2021 SoCon Indoor Track and Field Championships in February, holds healthy leads in this season's outdoor power rankings, determined by the top eight times or scores that are reported by the schools for each event that will be conducted at this week's championships.

The Bulldog men have totaled 226.4 points in the power rankings, scoring in 18 of 21 events to easily outdistance second-place Western Carolina (117.2 points). Samford collected at least 20 points in five events, including 30 in the 110-meter hurdles, in which Samford has posted five of the top six times in the league this season. The Catamounts scored 83.2 of their points in field events. Furman is third in the power rankings with 115 points, the majority of which came from three events. The Paladins scored 31 points each in the 5,000-meter run and 10,000-meter run and 33 in the 1,500-meter run.

Samford's women have totaled 219.83 points in the power rankings, scoring in 19 of 21 events, highlighted by 37 points in the pole vault. The Bulldogs dominate the SoCon performance list in the event, claiming seven of the top eight marks on the season. Wofford is second in the power rankings with 130.5 points on the strength of 23 points in the long jump, in which the Terriers have posted five of the top eight marks in the league this season. Western Carolina is third with 97.67 points, highlighted by 21 in the triple jump, an event in which the Catamounts have posted four of the top eight marks in the league this season.

Storylines:

- The event returns to Cullowhee for the sixth time. Previous championships hosted by Western Carolina occurred in 2005, 2008, 2012, 2016 and 2018.

- Only one of the individual superlative winners on the men's side from 2019 returns this season in Wofford's Elijah Bull, who was the SoCon Freshman of the Year. On the women's side, Samford's Maggie Johnston, who was the 2019 Most Outstanding Athlete and Most Outstanding Field Performer, returns, as does ETSU's Mekayla Brown, who was the 2019 SoCon Freshman of the Year.

- Five of the 19 men's individual event winners from 2019 are back in the field this season, including Furman's Ryan Adams, the reigning champion in both the 1,500-meter run and the 800-meter run. ETSU's Karon Delince is the reigning champion in the long jump and Samford's Emmanuel Tait and Michael McMahan are the defending champions in the 110-meter hurdles and 400-meter hurdles, respectively.

- Nine of the 19 individual event winners from 2019 are back in the field on the women's side, including double winners Maggie Johnston of Samford, who is the defending champion in both the discus and shot put, and Western Carolina's Makaila McIntyre, the defending champion in both the long jump and triple jump. Johnston is seeking her fourth career SoCon title in the discus. Also back in 2021 are reigning pole vault champion Tally Wilson, high jump champion Charlotte Krause and javelin champion Emorie Long, all of Samford, Western Carolina's Kellsie Whitehead, who won the 400-meter dash in 2019, and Furman's Gabbi Jennings, the 2019 winner of the 5,000-meter run, though she has not competed in the event this spring.

- Four meet records fell in 2019, with ETSU's Ben Johnson (discus, 54.53 meters), Samford's Karisa Nelson (1,500-meter run, 4:18.52), Wofford's Hannah Steelman (3,000-meter steeplechase, 10:00.79) and Samford's Maggie Johnston (discus, 51.40 meters) all setting new marks.

- Two SoCon individuals enter the meet inside the top 10 in the NCAA Division I Outdoor Qualifying List so far this season. Furman's Gabbi Jennings appears in the top 10 in two events, ranking second in the 3,000m steeplechase and fifth in the 1,500m. Her 9:43.48 time in the steeplechase is good for a school record and an Olympic Trials qualifying mark and is more than 17 seconds faster than Steelman's SoCon Championship record from 2019. Jennings' time of 4:12.60 in the 1,500m is also a school record and was the top time in the NCAA when she ran it at the Joe Walker Invitational on April 9. That time is nearly six seconds under the SoCon Championship record set by Nelson in 2019. The Paladins' Ryan Adams ranks seventh on the NCAA's men's 1,500m list with a school-record mark of 3:37.82, which is well under the SoCon Championship record of 3:40.04 that has stood since 1977.

2021 Power Rankings

Men		Women	
Team	Points	Team	Points
Samford	226.4	Samford	219.83
Western Carolina	117.2	Wofford	130.5
Furman	115	Western Carolina	97.67
VMI	102	Furman	90
Wofford	99.5	ETSU	89
The Citadel	80.9	Mercer	80
ETSU	55	VMI	43
UNCG	10	The Citadel	42
		Chattanooga	8
		UNCG	0



CHAMPIONSHIP RECORDS



Men's SoCon Championship records

Event	Mark	Conversion	Name, school	Year
100m dash	10.1		Greg Hatchett, VMI	1990
200m dash	20.80		Calvin Alston, East Carolina	1977
400m dash	45.77		Mario Small, VMI	1991
800m run	1:49.20		Phil Barker, Furman	1977
1,500m run	3:40.04		Kevin Cropp, William & Mary	1977
3,000m steeplechase	8:49.77		Todd Crosson, Marshall	1988
5,000m run	14:13.06		Adrian Leek, ETSU	1981
10,000m run	29:21.30		Adrian Leek, ETSU	1979
110m high hurdles	14.09		Malik Diggs, The Citadel	2018
400m intermediate hurdles	50.70		David Anderson, Furman	1977
Long jump	7.69m	25-2.75	Michael Hanks, Appalachian State	1987
Triple jump	16.06m	52-8.28	Michael Hanks, Appalachian State	1987
High jump	2.18m	7-1.75	Daryl Saunders, Appalachian State	2012
Shot put	17.72m	58-1.63	Anthony Greer, Appalachian State	2005
Discus	54.53m	178-11	Ben Johnson, ETSU	2019
Javelin	*71.82m	235-7.55	Jeff Roseme, VMI	1981
	^72.95	239-04	Capers Williamson, The Citadel	2016
Hammer throw	60.62m	198-10.61	Wes Kiser, Appalachian State	2008
Pole vault	5.50m	18-00.50	Tray Oates, Samford	2016
4x100m relay	39.91		Appalachian State (Jason Green, Sean Jackson, Kevin McLeod, Ernest Wiggins)	2003
4x400m relay	3:09.06		Western Carolina (Devaniel Dale, Henry Kiedy, Chace Washington-Saunders, Dakota Lamont)	2018
Decathlon	7,040		Brandon Bassett, Samford	2011

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

Past champions

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

Total team titles

Team	Titles
Appalachian State	19
North Carolina	14
VMI	14
William & Mary	12
Western Carolina	9
Duke	4
LSU	4
The Citadel	3
Furman	3
Maryland	3
Mississippi State	3
East Carolina	2
Samford	2
Tulane	1
Virginia	1
Virginia Tech	1
West Virginia	1



CHAMPIONSHIP RECORDS



Women's SoCon Championship records

Event	Mark	Conversion	Name(s), school	Year
100m dash	11.45		Melissa Morrison, Appalachian State	1993
200m dash	23.50		Lamonda Miller, Appalachian State	1989
400m dash	53.55		Angela Rowe, Western Carolina	1995
800m run	2:07.93		Mary Jayne Harrelson, Appalachian State	1999
1,500m run	4:18.52		Karisa Nelson, Samford	2019
3,000m steeplechase	10:00.79		Hannah Steelman, Wofford	2019
5,000m run	16:12.98		Allie Buchalski, Furman	2017
10,000m run	34:35.06		Teghan Henderson, Chattanooga	2014
100m high hurdles	13.25		Kyra Atkins, ETSU	2017
400m intermediate hurdles	58.15		Katrina Seymour, ETSU	2017
Long jump	6.53m	21-5.08	Melissa Morrison, Appalachian State	1993
Triple jump	13.16m	43-2.25	Danielle Thorpe, Appalachian State	2010
High jump	1.79m	5-10.50	Megan Kirschling, Elon	2014
Shot put	15.50m	50-10.23	Beverly Burnett, Appalachian State	2005
Discus	51.40m	168-8	Maggie Johnston, Samford	2019
Javelin	*53.32m	174-11.21	Meg Warren, Appalachian State	1987
	^44.08m	144-07	Verena Tobis, ETSU	2015
Hammer throw	60.98m	200-0.79	Emily Allen, Samford	2014
Pole vault	4.00m	13-1.48	Laura Tieszen, Western Carolina	2004
4x100m relay	44.50		Georgia Southern	2014
			(Alyssa Felton, Jasmin Walker, Aarian Tipton, Jordan Fordham)	
4x400m relay	3:41.68		Georgia Southern	2007
			(Rashedah Arnold, Nicole Brown, Shauntel Jennings, Carla Ballard)	
Heptathlon	5,361		Tyleana Hanner, Chattanooga	2001

*-Denotes record pre-1999 redesign; ^-Denotes record post-1999 redesign

Past champions

Year	Site	Champion	Year	Site	Champion
1987	Boone, N.C.	Appalachian State	2008	Cullowhee, N.C.	Western Carolina
1988	Lexington, Va.	Appalachian State	2009	Statesboro, Ga.	Appalachian State
1989	Huntington, W.Va.	Appalachian State	2010	Boone, N.C.	Western Carolina
1990	Boone, N.C.	Appalachian State	2011	Birmingham, Ala.	Appalachian State
1991	Lexington, Va.	Appalachian State	2012	Cullowhee, N.C.	Appalachian State
1992	Huntington, W.Va.	Appalachian State	2013	Statesboro, Ga.	Western Carolina
1993	Boone, N.C.	Appalachian State	2014	Spartanburg, S.C.	Samford
1994	Lexington, Va.	Appalachian State	2015	Birmingham, Ala.	Western Carolina
1995	Huntington, W.Va.	Appalachian State	2016	Cullowhee, N.C.	Western Carolina
1996	Johnson City, Tenn.	ETSU	2017	Birmingham, Ala.	Samford
1997	Boone, N.C.	Western Carolina	2018	Cullowhee, N.C.	Western Carolina
1998	Lexington, Va.	Appalachian State	2019	Birmingham, Ala.	Samford
1999	Johnson City, Tenn.	Western Carolina	2020	NO MEET (COVID-19 pandemic)	
2000	Boone, N.C.	Western Carolina			
2001	Lexington, Va.	Western Carolina			
2002	Johnson City, Tenn.	Appalachian State			
2003	Boone, N.C.	Appalachian State			
2004	Boone, N.C.	Appalachian State			
2005	Cullowhee, N.C.	Appalachian State			
2006	Statesboro, Ga.	Appalachian State			
2007	Boone, N.C.	Georgia Southern			

Total team titles	
Team	Titles
Appalachian State.....	18
Western Carolina	10
Samford.....	3
ETSU	1
Georgia Southern.....	1



TEAM ROSTERS



The Citadel Bulldogs

Head coach: Jody Huddleston

Assistant coaches: Kris Kut, Erin Leonard

Volunteer coaches: Alec Eckmayer, Lindsay Pierce

Men			Women		
Name	Class	Hometown	Name	Class	Hometown
Bryce Baglia	Fr.	Falconer, N.Y.	Anna Barfield	Sr.	Charleston, S.C.
Sam Blumer	Sr.	Greenville, S.C.	Tamia Burch	Sr.	Charlotte, N.C.
JP Caglione	Gr.	Viera, Fla.	Cyla Byrd	Fr.	Pace, Fla.
Kane Duncan	So.	Landrum, S.C.	Mya Dollard	Jr.	Johnsonville, S.C.
Wes Evans	Sr.	Greenwood, S.C.	Samantha Engel	Sr.	Placerville, Calif.
Brent Forrest	So.	Simpsonville, S.C.	Heidi Fortin	So.	Ogunquit, Maine
Reed Hamilton	Fr.	Charleston, S.C.	Emily Hickey	Fr.	Reading, Ma.
Graham Holland	Sr.	Florence, S.C.	Mecca Jackson	Fr.	Sandersville, Ga.
Prince Howard-Whitaker	Gr.	Columbia, S.C.	Casey Miller	Sr.	Johnson City, Tenn.
Stephen Kraeling	Fr.	Guyton, Ga.	Jay Mitchell	Fr.	Louisville, Ky.
Sam LaRosa	So.	Chapin, S.C.	Leah Murray	Fr.	Bowie, Md.
Tyler Manon	Fr.	Bryan, Ohio	Amber Opp	Sr.	Summerville, S.C.
Caleb McDonald	So.	Lugoff, S.C.	Joie Royer	Sr.	Stone Mountain, Ga.
Evan McDonald	Gr.	Lugoff, S.C.	Gabby Shea	Fr.	Sparkill, N.Y.
Devin Merrick	Sr.	Florence, S.C.	Milan Williams	Gr.	Suwanee, Ga.
Prince Moody	So.	Springfield, Va.	Shannon Ziccarello	Jr.	Whippany, N.J.
Treonte Newton	So.	Summerville, S.C.			
Timiebi Ogobri	Sr.	Reston, Va.			
Lindsay Pierce	Sr.	Camden, S.C.			
Will Ray	Fr.	Okinawa, Japan			
Aidan Richter	So.	Mount Pleasant, S.C.			
Sam Sharnas	So.	Holland, Mich.			
Jeremy Shipley	Sr.	Hillsborough, N.J.			
Mac Strunk	Fr.	Port Isabel, Texas			
Jonathan Toole	So.	Spring, Texas			
Jeremy Walker	Jr.	Tampa, Fla.			

ETSU Buccaneers

Head coach: George Watts

Assistant coaches: Hassaan Stamps, Catherine Layne, Michael Lockhart, Anthony Stockton

Men			Women		
Name	Class	Hometown	Name	Class	Hometown
Seth Bowden	So.	Maryville, Tenn.	Mary Brown	Jr.	Radford, Va.
Adam Bradtmueller	Jr.	Sarasota, Fla.	Mekayla Brown	So.	Elgin, S.C.
Karon Delince	Jr.	Phenix City, Ala.	Hannah Burkhart	Fr.	Knoxville, Tenn.
Marcus Evans	So.	Snellville, Ga.	Alyssa Ceja-Pena	So.	Salinas, Calif.
Spencer Fejeran	So.	Tazewell, Tenn.	Lindsay Cooper	Fr.	Charlotte, N.C.
Zachary Fejeran	Jr.	Tazewell, Tenn.	Caitlin Cutshall	Fr.	Kingsport, Tenn.
Evan Guzman	Fr.	Franklin, Tenn.	Johnaida Eliscar	So.	Columbia, S.C.
Josh Krafur	So.	Fort Collins, Colo.	Heather Feuchtenberger	Sr.	Elizabethton, Tenn.
Isaac Lockhart	Fr.	Haysi, Va.	Britney Griffith	Jr.	Kingsport, Tenn.
Phelani Maduwa	So.	Parys, Free State, South Africa	Margaret Hayden	Sr.	Ballymore Eustace, Kildare, Ireland
Isaiah Mills	Fr.	Freeport, Fla.	Lindsay Holliday	Fr.	Maryville, Tenn.
Kyle Noe	Jr.	Maryville, Tenn.	Neyasha Honorable	Sr.	Knoxville, Tenn.
Miguel Parrilla	Fr.	Knoxville, Tenn.	Nicole Johnson	So.	Chattanooga, Tenn.
Matt Scarr	Jr.	Wamberal, NSW, Australia	Julia Karsten	Fr.	Old Hickory, Tenn.
Noah Shelton	Jr.	Gray, Tenn.	Jessica Lord	Jr.	Morristown, Tenn.
Myles Stoots	Fr.	Mobile, Ala.	LaNaya Martin	So.	Columbia, S.C.
Jordan Thomas	Fr.	Knoxville, Tenn.	Emily Matson	So.	Kingsport, Tenn.
Malachi Thomas	Fr.	Chilhowie, Va.	Paige Peterson	Sr.	Alpharetta, Ga.
Bryce Turnbow	So.	Cookeville, Tenn.	Molly Rhudy	Fr.	Chilhowie, Va.
Kameron Walsh	Jr.	Hays, N.C.	Marissa Schalk-Salmeron	Fr.	Granite Falls, N.C.
Dylan Zeller	Fr.	Hixson, Tenn.	Genevieve Schwarz	So.	Oak Ridge, Tenn.
			Makayla Shaw	Jr.	Jonesborough, Tenn.
			Kiera Snyder	Fr.	Clyde, Mich.
			Lindsey Stallworth	Jr.	Knoxville, Tenn.
			Atlantis Warren	Jr.	Memphis, Tenn.
			Kendra Whitehurst	Jr.	Atlanta, Ga.
			Patra Williams	Fr.	Lithonia, Ga.
			Colbie Williamson	Jr.	Clyde, N.C.

Furman Paladins

Head coach: Robert Gary

Assistant coaches: Rita Gary, Chris Neal, Logan Roberts

Volunteer assistant: Mickey McCauley

Men			Women		
Name	Class	Hometown	Name	Class	Hometown
Ryan Adams	Sr.	Hudson, Ohio	Madelynne Cadeau	Fr.	Cumming, Ga.
David Ahlmeyer	Fr.	Hendersonville, Tenn.	Beth Donnelly	Fr.	Brentwood, Tenn.
Daniel Bernal	Jr.	El Paso, Texas	Bethany Graham	Fr.	Aldie, Va.
Adam Beucier	Fr.	Hudson, Ohio	Gabby Jennings	Sr.	Slidell, La.
Mason Coppi	Sr.	Dana Point, Calif.	Emma Kuntz	Sr.	Louisville, Ky.
Jonah Dill	Fr.	Cincinnati, Ohio	Emily Lane	Sr.	Cary, N.C.
Noah Dolhare	So.	Charlotte, N.C.	Emily Little	Fr.	Atlanta, Ga.
Nick Epstein	Fr.	Hillsborough, N.C.	Erin MacDevette	So.	Charlotte, N.C.
Adrian Gonzalez	Fr.	Chanhassen, Minn.	Megan Marvin	Fr.	Chapel Hill, N.C.
Justin Hager	Fr.	Boulder, Colo.	Nicole Matysik	So.	Key West, Fla.
Andrew Hammel	Fr.	Clyde, N.C.	Caroline Nguyen	So.	Asheville, N.C.
Trenton Mandato	Sr.	Winter Park, Fla.	Jonna Strange	Fr.	Statesville, N.C.
Evin McEntee	Fr.	Charlotte, N.C.	Sammy Trone	Jr.	Glenview, Pa.
Jake Ogden	Sr.	Dana Point, Calif.	Kylie Wittman	Fr.	Brentwood, Tenn.
Cameron Ponder	So.	Winston-Salem, N.C.			
Josh Powers	Fr.	Greenville, S.C.			
Ares Reading	Fr.	Niwot, Colo.			
Mac Roberts	So.	Munich, Germany			
Dylan Schubert	Fr.	Loveland, Colo.			
Benjamin Seeber	Fr.	Greensboro, N.C.			
Spencer Tate	Fr.	Annapolis, Md.			
Carson Williams	Fr.	Raleigh, N.C.			

Mercer Bears

Head coach: Roosevelt Lofton

Assistant coach: Josh Hayman **Graduate assistant:** Austin Hayes

Women		
Name	Class	Hometown
Jaycie Calvert	Fr.	Kenai, Alaska
Hannah Cooper	Fr.	Atlanta, Ga.
Lauryn Dancy	Sr.	Maylene, Ala.
Tara Davis	So.	Fayetteville, Ga.
Giulia Giorgi	Jr.	Perugia, Italy
Jerrica Hanson	Jr.	Crestwood, Ky.
Carlandra Jones	Sr.	Dublin, Ga.
Isabella LeBlanc	Jr.	Pine Mountain, Ga.
Ashley McMahon	Jr.	Fayetteville, Ga.
Samaiya O'dneal	So.	McKinney, Texas
Ceylani Rembert	Fr.	Midland, Ga.
Chidimma Uwaomah	So.	Woodstock, Ga.
Marina Van Sickle	Sr.	Rincon, Ga.
Kennedi Weston-Shields	Jr.	Atlanta, Ga.
Cherrish Wright	Sr.	Apopka, Fla.



TEAM ROSTERS



UNCG Spartans

Head coach: Chad Pearson

Assistant coach: Loren Donohue

Men			Women		
Name	Class	Hometown	Name	Class	Hometown
Colin Alexander	Jr.	Southern Pines, N.C.	Ashlyn Dalton	Sr.	Mastic, N.Y.
Cameron Belk	Jr.	Indian Trail, N.C.	Kassidy Dill	Sr.	Milford, Maine
Dylan Christopher	Jr.	Hendersonville, N.C.	Jillian Felton	So.	Crystal River, Fla.
Weston Clayton	Sr.	Raleigh, N.C.	Ariana Garcia	Sr.	Beulaville, N.C.
Brandon Hernandez	Jr.	Kannapolis, N.C.	Kristin Hogan	So.	Greensboro, N.C.
Ewan Hynes	Sr.	Cornelius, N.C.	Chandler McCaslin	Jr.	Mooresville, N.C.
Jonathan Kennedy	So.	Charlotte, N.C.	Madison Owings	Sr.	Apex, N.C.
Thomas Kneppshield	Jr.	Louisville, Ky.	Jenna Reiter	Fr.	Morehead City, N.C.
Juan Rodriguez	Sr.	Winston-Salem, N.C.	Meredith Roberts	Jr.	Winston-Salem, N.C.
Nicholas Thoma	Jr.	Whippany, N.J.	Jordyn Singletary	So.	Asheville, N.C.
Michael Zapherson	So.	Asheville, N.C.	Malea Smith	Sr.	Davidson, N.C.
			Shay Soukup	Fr.	Defiance, Ohio

Samford Bulldogs

Head coach: Rod Tiffin

Assistant coaches: David Clyburn, Ashley Cope, Chad Balyo

Volunteer assistant: Tyra Massey

Men			Women		
Name	Class	Hometown	Name	Class	Hometown
Louis Brogan	Fr.	Mableton, Ga.	Riley Alexander	Fr.	Arlington, Texas
Evan Brooks	Fr.	Madison, Ala.	Jackie Barnes	Jr.	Beaufort, S.C.
Matt Cahoon	Jr.	Cullman, Ala.	Morayo Bhadosh	Jr.	Powder Springs, Ga.
Jake Diggs	So.	Trussville, Ala.	Brittany Bishop	Fr.	Clinton, Tenn.
Luke Dobbins	Jr.	Daphne, Ala.	Kaitlyn Cole	Fr.	Spanish Fort, Ala.
Jack Elliott	Fr.	New Plymouth, New Zealand	Julia Colson	Fr.	Fayetteville, Ga.
Warren Fitzpatrick	Jr.	Birmingham, Ala.	Alexis Cook	Fr.	Daphne, Ala.
Gabel Fulford	Fr.	Knoxville, Tenn.	Hannah Daffin	Fr.	Mobile, Ala.
Marshall Gainer	Fr.	Hazelhurst, Ga.	Amanda Dumar	Jr.	Tampa, Fla.
Benjamin Garner	Jr.	Opelika, Ala.	Aiya Finch	Fr.	Homewood, Ala.
Matthew Grigg	Fr.	Argyle, Texas	Tatum Foreman	Fr.	Southlake, Texas
McCray Kelton	Fr.	Tomball, Texas	Emma Garner	Sr.	Opelika, Ala.
Ty Kimberlin	Fr.	Olive Branch, Miss.	Makenzie Hooton	Fr.	Kansas City, Mo.
Corey McDaniels	Fr.	Orange Park, Fla.	Caroline Huff	Jr.	Daphne, Ala.
Stockton McGuire	Jr.	Fairburn, Ga.	Maggie Johnston	Sr.	Macon, Ga.
Jack McHugh	Jr.	Alpharetta, Ga.	Charlotte Krause	Sr.	Mobile, Ala.
Michael McMahan	Jr.	Franklin, Tenn.	Emorie Long	So.	Pelham, Ala.
Titus Moore	So.	Macon, Ga.	Erin Long	Fr.	Pelham, Ala.
Don Morgan	Fr.	Kansas City, Mo.	Hannah Lueders	Jr.	Rogers, Ark.
Noah Osborne	Jr.	Bradenton, Fla.	Kaelyn McCann	Fr.	Temecula, Ca.
Thomas Ozburn Jr.	Jr.	Brentwood, Tenn.	Harper McGowan	Fr.	Auburn, Ala.
José Peñalver	Jr.	Plantation, Fla.	Mia Milasinovic	Fr.	Podgorica, Montenegro
Edwin Rainey	Fr.	Tuscaloosa, Ala.	Allison Nelson	Jr.	Brewton, Ala.
Harison Siegel	Fr.	Cumming, Ga.	Emma Nolte	Fr.	Plano, Texas
Jed Sisco	Fr.	Morrow, Ohio	Vada Samuels	So.	Huntsville, Ala.
Justin Stuckey	So.	Helena, Ala.	Katie Strozier	Fr.	Pelham, Ala.
Emmanuel Tait	Sr.	Alabaster, Ala.	Mary Grace Strozier	Sr.	Pelham, Ala.
Landon Wright	Fr.	Eads, Tenn.	Tally Wilson	Jr.	Cullman, Ala.

Chattanooga Mocs

Head coach: Andy Meyer

Assistant coaches: Tyler Griffin, Michael Gadson

Women		
Name	Class	Hometown
Faith Brown	So.	Gallatin, Tenn.
Imani Bryant	Fr.	Dandridge, Tenn.
Nicole Buehrle	Sr.	Sugarloaf, Pa.
Emmy Davis	Fr.	Chattanooga, Tenn.
Kimbra Dunning	Fr.	Chattanooga, Tenn.
Lesley Green	So.	Dayton, Tenn.
Ashtyn Hagood	Fr.	Bristol, Tenn.
Makenzie Jones	Gr.	Morristown, Tenn.
Ashlynd Miller	Sr.	Athens, Tenn.
Sophia Neglia	Sr.	Kingsport, Tenn.
Emma Russum	Fr.	Kingsport, Tenn.
McKenzie Williamson	So.	Franklin, Tenn.

VMI Keydets

Head coach: Darrin Webb

Assistant coaches: Dr. Drew Ludtke, Zack Scott, Sean Bernstein

Men			Women		
Name	Class	Hometown	Name	Class	Hometown
Herbert Brooks	R-Fr.	Nathalie, Va.	Anna Armfield	R-Jr.	Rabun Gap, Ga.
Max Burke	R-So.	Troutville, Va.	Sara Belamarich	R-So.	Chesapeake, Va.
Solomon Ghosh	R-Fr.	Blacksburg, Va.	Eliza Brooks	R-So.	Brookhaven, Pa.
Andrew Granger	Fr.	Marietta, Ga.	McKenna Dunn	R-So.	Midlothian, Va.
Jonathan Gray	R-So.	Stafford, Va.	Ariel Endicott	R-Jr.	Hurley, Va.
Dylan Haines	R-So.	Broomfield, Colo.	Judith Gonzalez	R-Fr.	Meriden, Conn.
Ty Hevener	R-Fr.	Fishersville, Va.	Naomi Hahn	Fr.	Warren, Pa.
Gavin Jenkins	R-So.	Chester Gap, Va.	Alyssa Ingerson	Fr.	Salem, Va.
Robert Jones	Fr.	Peyton, Colo.	Stephanie Jones	R-So.	Chesapeake, Va.
Andre Jordan	R-So.	Chesapeake, Va.	Jenna Kirkland	Fr.	West Point, Va.
Walt Kitson	R-Jr.	Midlothian, Va.	Sarah Leckman	R-Jr.	Alexandria, Va.
Zach Lauster	R-So.	Manassas, Va.	Marissa Linkous	R-So.	Richmond, Va.
Kevin Linko	R-Fr.	Princeton, N.J.	Ellie Miller	R-So.	Dayton, Va.
Laim McBride	Fr.	Arlington, Va.	Elizabeth Morris	Fr.	McDonough, Ga.
Keyandre Midgett	Fr.	Portsmouth, Va.	Autumn Parson	R-So.	Walkersville, Md.
Stephen Munson	Fr.	Twp of Washington, N.J.	Alexis Rocker	Fr.	Wayne, N.J.
Jayden Napier	Fr.	Kuwait City, Kuwait	Ariana Ruffin	R-Jr.	Philadelphia, Pa.
Nick Petriello	R-So.	Franklinville, N.J.	Olivia Smoot	R-So.	Auburn, Va.
Jordin Poindexter	R-So.	Richmond, Va.	Abby Soyars	Fr.	Waynesboro, Va.
Hunter Reed	Fr.	Ashburn, Va.	Suzanna Stoneburner	Fr.	Lexington, Va.
Kellen Reeves	R-Jr.	Fredericksburg, Va.	Nia Vaughan	R-So.	Richmond, Md.
Jack Rice	Fr.	Mechanicsville, Va.	Emily Wells	R-Fr.	Ljamsville, Md.
Noah Schagelin	R-Fr.	Wharton, N.J.	Ahliyah Williams	R-So.	Upper Marlboro, Md.
Jahanzib Shahbaz	R-Sr.	Stafford, Va.			
Bret Trahan	R-So.	Holly Springs, N.C.			
Johnnie Walker	R-So.	Stafford, Va.			
Ty Wesenyak	Fr.	Hawley, Pa.			
Trent Whittaker	R-Fr.	Rocky Mount, Va.			

Western Carolina Catamounts

Head coach: Jesse Norman

Assistant coaches: David Johnston, Greg Lambert

Graduate assistant coach: Josh Hall

Men			Women		
Name	Class	Hometown	Name	Class	Hometown
Noah Alleyne	Fr.	Acworth, Ga.	Marissa Blakely	So.	Concord, N.C.
Kaleb Ambrose	Jr.	Douglasville, Ga.	Jamie Blaylock	So.	Brentwood, Tenn.
Mac Bennett	Jr.	Gainesville, Ga.	Imani Boyd	Fr.	Charlotte, N.C.
Trevor Bone	Fr.	Monroe, Ga.	Chloe Cobbett	Fr.	Cumming, Ga.
Marcus Brown	Fr.	Cary, N.C.	Derica Currie	Fr.	Burlington, N.C.
Charles Cooley	So.	Morehead City, N.C.	Rylee Dean	Jr.	Hendersonville, N.C.
Ryan Eldridge	So.	Mount Airy, N.C.	Dominic Delisser	Jr.	Suwanee, Ga.
Kevin Haley Jr.	Fr.	Winder, Ga.	Kinley Drummonds	Jr.	Boone, N.C.
Michael Harris	Fr.	Simpsonville, S.C.	Amaya English	Fr.	Browns Summit, N.C.
Adam Hart	So.	Topsail, N.C.	Beckah Goras	Jr.	Elon, N.C.
Brandon Harvey	So.	Lilburn, Ga.	Nytrinity Jenkins	Fr.	Winston-Salem, N.C.
Mike Jones	Jr.	Tyrone, Ga.	Mallory Lowe	Fr.	Hampton, Ga.
Jonathan Lehe	So.	Mooreville, N.C.	Kate Mattison	So.	Oconee, Ga.
Brett Lemmons	Sr.	Valparaiso, Ind.	Omara McBride	Fr.	Apex, N.C.
Tyler Manigault	Jr.	Concord, N.C.	Makaila McIntyre	Jr.	Peachtree City, Ga.
Thomas Martin	So.	Jefferson, Ga.	Mekyll Robinson	Fr.	Charlotte, N.C.
David Miles	Fr.	Burlington, N.C.	Maddy Sherwood	Fr.	Newark Valley, N.Y.
Shon Pratcher	Jr.	Germantown, Wis.	Kayla Smith	Jr.	Concord, N.C.
Mason Robinson	Fr.	Villa Rica, Ga.	Victoria Solheim	So.	Dallas, Ga.
Tyler Rodriguez	Fr.	Dodd City, Texas	Lesleigh Tabor	Jr.	Franklin, N.C.
Zae Smith	Fr.	Greenville, S.C.	Carter Unger	So.	Chapin, S.C.
Khadevis Sneed	Jr.	Raleigh, N.C.	Kelsie Whitehead	Sr.	Raleigh, N.C.
Jay Stanley	Jr.	Maysville, Ky.	Erin Willard	Jr.	Germantown, Wis.
Joshua Stapleton	So.	Duluth, Ga.	Ronje Williams	So.	Snellville, Ga.
Elijah Stuart	So.	Hampshire, Ill.	Peyton Wood	So.	Murphy, N.C.
Drew Zink	Fr.	Sherrills Ford, N.C.			

Wofford Terriers

Head coach: Johnny Bomar

Associate head coach: Michael Wilson

Men			Women		
Name	Class	Hometown	Name	Class	Hometown
Carson Archie	Fr.	Mount Pleasant, S.C.	Alexus Atkins	Fr.	Campobello, S.C.
Theron Bradford	So.	Sumter, S.C.	Anastasia Burroughs	Sr.	Spring Lake, N.C.
Elijah Bull	Jr.	Mt. Pleasant, S.C.	Dahlia Cutler	Fr.	Waxhaw, N.C.
Isaiah Ellis	Sr.	Spartanburg, S.C.	Megan Dunn	Sr.	Dorchester, Ontario
Josh Hendry	Jr.	Kilmacoll, Scotland	Deylon Harkey	Fr.	York, S.C.
Tanner Henry	So.	Kingsport, Tenn.	Kelly Hogan	Sr.	Suffolk, Va.
Sam Kamara	So.	Burke, Va.	Janie Holecsek	Fr.	Knoxville, Tenn.
Sam Larkin	Sr.	Atlanta, Ga.	Jasmine Jefferson	Fr.	Knoxville, Tenn.
Sebastian LaTorre	Fr.	Knoxville, Tenn.	Kerrington Johnson	Fr.	Anderson, S.C.
T.J. Maxey	Sr.	Charlotte, N.C.	Rylee Jorgensen	Fr.	Maryville, Tenn.
Ford McCoy	Sr.	Greenville, S.C.	Netanya Linares	Fr.	Waxhaw, N.C.
Jaylen Muhammad	Sr.	Atlanta, Ga.	Georgia McDevitt	Fr.	Maryville, Tenn.
Conor Murphy	Fr.	London, England	Madeline McNinch	Fr.	Bradenton, Fla.
Ryan O'Malley	So.	Florence, S.C.	Lily Meetze	So.	Irmo, S.C.
Christopher Sheppard	Fr.	Wesley Chapel, Fla.	Jenna Reid	Fr.	Nova Scotia, Canada
Paul Szuba	Fr.	Pittsburgh, Pa.	Lexi Rhine	So.	Greenville, S.C.
			Chandler Robinson	So.	Mt. Pleasant, S.C.
			Destiny Shippy	So.	Spartanburg, S.C.



Furman's Ryan Adams



Western Carolina's Mac Bennett

ATHLETES OF THE WEEK

Men's track

March 25	Michael McMahan, Samford
March 31	Daniel Bernal, Furman
April 7	Titus Moore, Samford
April 14	Ryan Adams, Furman
April 21	Ryan Adams, Furman
April 28	Ryan Adams, Furman

Men's field

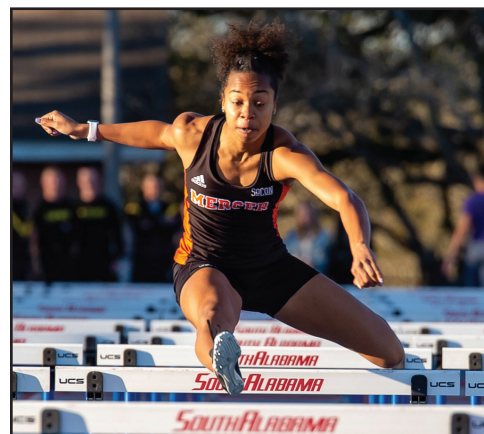
March 25	Solomon Ghosh, VMI
March 31	Mac Bennett, Western Carolina
April 7	Sam Blumer, The Citadel
April 14	JP Caglione, The Citadel
April 21	Justin Stuckey, Samford
April 28	Andrew Granger, VMI

Women's track

March 25	Amanda Dumar, Samford
March 31	Bethany Graham, Furman
April 7	Cherrish Wright, Mercer
April 14	Gabbi Jennings, Furman
April 21	Bethany Graham, Furman
April 28	Gabbi Jennings, Furman

Women's field

March 25	Maggie Johnston, Samford
March 31	Milan Williams, The Citadel
April 7	Georgia McDevitt, Wofford
April 14	Maggie Johnston, Samford
April 21	Maggie Johnston, Samford
April 28	Ellie Miller, VMI



Mercer's Cherrish Wright



Samford's Maggie Johnston