

Southern Conference Championships 2006 - 4/29/2006 to 4/30/2006

Results at www.cfpitiming.com
Hosted by Georgia Southern University

Results

Women 100 Meter Dash

SoCon Record: 11.45 S 1993 Melissa Morrison

Regional Q.: 11.75 R

Name	Yr	School	Prelims
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Heat 1 Preliminaries Wind: -3.8

1	Johnson, Tangelia	SO	W. Carolina	12.20Q
2	Ortiz, Shamyria	SO	Ga. So.	12.50Q
3	Davis, Asia	JR	W. Carolina	12.54q
4	Turner, Alice	SO	Elon	12.81
5	Rush, Bianca	FR	Ga. So.	12.89
6	Colley, Kimberly	FR	Davidson	13.21

Heat 2 Preliminaries Wind: -1.2

1	Knotts, Vonteena	SO	Appalachian	12.34Q
2	Watts, Tierra	FR	Ga. So.	12.40Q
3	Thurman, Dominique	SO	Ga. So.	12.61
4	Simmons, Danielle	ck	Elon	13.15
5	Dawson, Brittany	FR	Elon	13.42
---	Taylor, Portia	SR	Appalachian	FS

Heat 3 Preliminaries Wind: -1.6

1	Brown, Nicole	JR	Ga. So.	11.98Q
2	Gentry, Cassie	SR	W. Carolina	12.45Q
3	Johnson, Monica	FR	Appalachian	12.47q
4	Price, Dominique	FR	Elon	12.61
5	Phillips, Katurri	SO	Davidson	12.78
6	Evans- Hardy, Porscha	FR	Appalachian	12.90
7	Hannon, Bryn	FR	C. of C.	13.52

Women 100 Meter Dash

SoCon Record: 11.45 S 1993 Melissa Morrison

Regional Q.: 11.75 R

Name	Yr	School	Finals
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Section 1 Finals Wind: -0.6

1	Johnson, Tangelia	SO	W. Carolina	11.69R	10
2	Brown, Nicole	JR	Ga. So.	11.83	8
3	Knotts, Vonteena	SO	Appalachian	12.09	6
4	Watts, Tierra	FR	Ga. So.	12.15	5
5	Davis, Asia	JR	W. Carolina	12.20	4
6	Gentry, Cassie	SR	W. Carolina	12.42	3
7	Johnson, Monica	FR	Appalachian	12.54	2
---	Ortiz, Shamyria	SO	Ga. So.	FS	

Women 200 Meter Dash

SoCon Record: 23.50 S 1989 Lamonda Miller

Regional Q.: 23.96 R

Name	Yr	School	Prelims
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Heat 1 Preliminaries Wind: -0.3

1	Whittle, Jodi	SO	The Citadel	25.55Q
2	Lane, Aneesha	on	W. Carolina	25.68
3	Thurman, Dominique	SO	Ga. So.	25.79
4	Jacobs, Lauren	JR	Ga. So.	25.93
5	Colley, Kimberly	FR	Davidson	26.06

6	Rush, Bianca	FR	Ga. So.	26.09
7	Zech, Morgan	FR	Elon	26.99
8	DeVasto, Christine	SO	The Citadel	29.23

Heat 2 Preliminaries Wind: -1.9

1	Johnson, Tangelia	SO	W. Carolina	24.51Q
2	Knotts, Vonteena	SO	Appalachian	25.29q
3	Johnson, Monica	FR	Appalachian	26.04
4	Saddler, Brooke	SO	W. Carolina	26.48
5	Weaver, Jessica	er	Elon	26.70
6	Chasen, Jessica	ps	Davidson	26.95
7	Evans- Hardy, Porscha	FR	Appalachian	27.00

Heat 3 Preliminaries Wind: -0.4

1	Brown, Nicole	JR	Ga. So.	24.76Q
2	Ortiz, Shamyria	SO	Ga. So.	25.35q
3	Phillips, Katurri	SO	Davidson	25.60q
4	Taylor, Portia	SR	Appalachian	26.16
5	Taylor, Piper	SR	Appalachian	26.77
6	Williams, Courtney	SO	C. of C.	27.70
7	Hall, Kristen	SR	C. of C.	28.32

Heat 4 Preliminaries Wind: -0.2

1	Ramseur, Raquel	SO	W. Carolina	24.84Q
2	Watts, Tierra	FR	Ga. So.	25.52q
3	Gentry, Cassie	SR	W. Carolina	25.98
4	Price, Dominique	FR	Elon	26.13
5	Washington, Carla	or	C. of C.	26.81
6	Simmons, Danielle	ck	Elon	26.93
7	Hannon, Bryn	FR	C. of C.	27.71

Women 200 Meter Dash

SoCon Record: 23.50 S 1989 Lamonda Miller

Regional Q.: 23.96 R

Name	Yr	School	Finals
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Section 1 Finals Wind: -0.8

1	Johnson, Tangelia	SO	W. Carolina	24.40	10
2	Ramseur, Raquel	SO	W. Carolina	24.57	8
3	Brown, Nicole	JR	Ga. So.	24.73	6
4	Ortiz, Shamyria	SO	Ga. So.	25.37	5
5	Knotts, Vonteena	SO	Appalachian	25.75	4
6	Watts, Tierra	FR	Ga. So.	25.81	3
7	Phillips, Katurri	SO	Davidson	25.90	2
8	Whittle, Jodi	SO	The Citadel	26.12	1

Women 400 Meter Dash

SoCon Record: 53.55 S 1995 Angela Rowe

Regional Q.: 54.61 R

Name	Yr	School	Prelims
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Heat 1 Preliminaries

1	Arnold, Rashedah	JR	Ga. So.	56.69Q
2	Whittle, Jodi	SO	The Citadel	58.13Q
3	Chasen, Jessica	ps	Davidson	58.31q
4	Bush-Hardy, Ashley	FR	Ga. So.	59.42
5	Nascimento, Karina	FR	Davidson	1:01.34
6	Taylor, Katrina	SR	C. of C.	1:01.87

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Heat 1 Preliminaries ... (Women 400 Meter Dash)

Name	Yr	School	Prelims
7 DeVasto, Christine	SO	The Citadel	1:05.55

Heat 2 Preliminaries

1 Ramseur, Raquel	SO	W. Carolina	56.60Q
2 Ryles, London	FR	Ga. So.	59.03Q
3 Saddler, Brooke	SO	W. Carolina	59.38
4 Banks, Tiffany	SO	Ga. So.	59.80
5 Washington, Carla	or	C. of C.	1:00.36
6 Kostecka, Abby	FR	C. of C.	1:04.36
7 Reyes, Felipa	SO	The Citadel	1:11.81

Heat 3 Preliminaries

1 Taylor, Piper	SR	Appalachian	58.01Q
2 Crutchfield, Alexine	SR	Chattanooga	58.36Q
3 Handley, Mary Jo	SR	Furman	58.91q
4 Lane, Aneesha	on	W. Carolina	59.52
5 Weaver, Jessica	er	Elon	1:01.46
6 Jackson, Emily	FR	C. of C.	1:01.79

Women 400 Meter Dash

SoCon Record: 53.55 S 1995 Angela Rowe

Regional Q.: 54.61 R

Name	Yr	School	Finals
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Section 1 Finals

1 Ramseur, Raquel	SO	W. Carolina	54.15R	10
2 Arnold, Rashedah	JR	Ga. So.	55.64	8
3 Crutchfield, Alexine	SR	Chattanooga	57.29	6
4 Chasen, Jessica	ps	Davidson	58.08	5
5 Whittle, Jodi	SO	The Citadel	58.62	4
6 Ryles, London	FR	Ga. So.	58.83	3
7 Taylor, Piper	SR	Appalachian	59.08	2
8 Handley, Mary Jo	SR	Furman	1:00.08	1

Women 800 Meter Run

SoCon Record: 2:07.93 S 1999 Mary Jayne Harrelson

Regional Q.: 2:09.80 R

Name	Yr	School	Prelims
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Heat 1 Preliminaries

1 Sharpe, McKenzie	JR	Furman	2:14.59Q
2 Baker, Anna	SO	Appalachian	2:16.37q
3 Martin, Allie	SO	Davidson	2:16.60q
4 Jenkins, Megan	FR	The Citadel	2:17.31
5 Barker, Lindsey	FR	Furman	2:18.05
6 Shaurette, Danielle	FR	Ga. So.	2:26.96
7 Barredo, Veronica	SO	The Citadel	2:49.00

Heat 2 Preliminaries

1 Black, Alana	SR	Elon	2:11.88Q
2 McKown, Colleen	FR	Davidson	2:16.59q
3 Jett, Brittney	SR	Ga. So.	2:19.35
4 Wood, Emily	SO	Chattanooga	2:21.48
5 Wilson, Katie	JR	Ga. So.	2:24.47
6 Reyes, Felipa	SO	The Citadel	2:38.23
7 Harp, Wilma	SO	The Citadel	2:42.83

Heat 3 Preliminaries

1 Mullen, Rebecca	SO	Furman	2:13.80Q
2 Hubbard, Chavanne	FR	Elon	2:17.67
3 Bailey, Annie	FR	W. Carolina	2:20.43
4 Leister, Hilary	JR	Davidson	2:21.26
5 Chencharik, Kelly	SO	Elon	2:33.12
6 Atkinson, Meghan	SO	Elon	2:35.47

Heat 4 Preliminaries

1 Meagher, Ashley	SR	Chattanooga	2:13.25Q
2 Savery, Kerrie	SO	W. Carolina	2:13.85q
3 Weber, Jessica	JR	Unc- G.	2:19.38
4 Robertson, Kale	SO	Appalachian	2:20.09
5 Pearce, Jennifer	FR	Elon	2:24.84
6 Tucker, Christy	FR	Davidson	2:41.50

Women 800 Meter Run

SoCon Record: 2:07.93 S 1999 Mary Jayne Harrelson

Regional Q.: 2:09.80 R

Name	Yr	School	Finals
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Section 1 Finals

1 Sharpe, McKenzie	JR	Furman	2:11.24	10
2 Meagher, Ashley	SR	Chattanooga	2:12.05	8
3 Savery, Kerrie	SO	W. Carolina	2:12.52	6
4 Mullen, Rebecca	SO	Furman	2:12.59	5
5 Black, Alana	SR	Elon	2:14.72	4
6 Baker, Anna	SO	Appalachian	2:18.93	3
7 Martin, Allie	SO	Davidson	2:21.11	2
8 McKown, Colleen	FR	Davidson	2:23.06	1

Women 1500 Meter Run

SoCon Record: 4:24.14 S 1999 Mary Jayne Harrelson

Regional Q.: 4:27.80 R

Name	Yr	School	Finals
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Section 1

1 Strickland, Sarah	FR	The Citadel	4:52.35
2 Flynn, Anna Mae	FR	Elon	4:53.71
3 Lord, Erin	SR	Unc- G.	4:54.19
4 Parks, Hannah	FR	Appalachian	4:58.21
5 O'Connell, Tricia	SR	Unc- G.	4:59.01
6 Dooley, Jennifer	SO	C. of C.	5:02.80
7 Shaurette, Danielle	FR	Ga. So.	5:08.19
8 Abraham, Jaya	SR	Wofford	5:09.88
9 Chencharik, Kelly	SO	Elon	5:14.10
10 Pearce, Jennifer	FR	Elon	5:19.95
11 Harp, Wilma	SO	The Citadel	5:45.75

Section 2

1 Wommack, Shannon	SR	Chattanooga	4:22.95S	10
2 Black, Alana	SR	Elon	4:26.60R	8
3 Gaffney, Meghan	SO	Appalachian	4:35.68	6
4 Martin, Allie	SO	Davidson	4:36.84	5
5 Nettie, Halcomb	SO	Chattanooga	4:37.19	4
6 Smith, Kasey	JR	Appalachian	4:43.84	3
7 Weber, Jessica	JR	Unc- G.	4:44.97	2
8 Jenkins, Megan	FR	The Citadel	4:45.56	1

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Section 2 ... (Women 1500 Meter Run)

Name	Yr	School	Finals
9 Baker, Anna	SO	Appalachian	4:47.45
10 Jett, Brittney	SR	Ga. So.	4:49.90
11 Trompeter, Wells	SO	C. of C.	4:52.17
12 Thompson, Brittany	SR	Furman	4:58.53

Women 5000 Meter Run

SoCon Record: 16:49.10 S 1989 Whitney Ball

Regional Q.: 16:52.00 R

Name	Yr	School	Finals
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Section 1

1 Marchant, Lanni	JR	Chattanooga	16:45.22	10
2 LE Fort, Sabrina	FR	Chattanooga	17:29.94	8
3 Nettie, Halcomb	SO	Chattanooga	17:35.59	6
4 Gaffney, Meghan	SO	Appalachian	17:38.59	5
5 Sanker, Caroline	FR	Davidson	17:45.13	4
6 Smith, Kasey	JR	Appalachian	17:50.35	3
7 Arnold, Ashley	SO	C. of C.	18:09.24	2
8 Flynn, Anna Mae	FR	Elon	18:12.28	1
9 Ealer, Katelyn	SO	Elon	18:30.62	
10 King, Emily	FR	Davidson	18:39.06	
11 Wilke, Alissa	FR	Elon	18:40.33	
12 Rogers, Lucy	FR	Davidson	18:42.15	
13 Kulesz, Deanna	JR	W. Carolina	18:51.54	
14 Willis, Ashley	SR	Davidson	18:59.10	
15 Hedley, Katie	FR	C. of C.	19:08.64	
16 Ritter, Erin	FR	The Citadel	19:14.84	
17 Mulvey, Lisa	SO	Furman	19:20.55	
18 Stewart, Holly	SO	Furman	19:38.38	
19 D'Amours, Naomi	JR	Unc- G.	19:43.59	
20 Dispennette, Tessa	FR	Unc- G.	19:45.30	
21 Bosshardt, Lauren	SO	Wofford	20:04.09	
22 Rutz, Mary Ann	FR	Unc- G.	20:09.09	
23 Garrett, Guinn	JR	Furman	20:11.53	
--- Pinkerton, Heidi	SR	Unc- G.	DNF	
--- Davis, Ellen	SR	Chattanooga	DNF	

Women 10000 Meter Run

SoCon Record: 36:05.16 S 1990 Whitney Ball

Name	Yr	School	Finals
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Section 1

1 King, Emily	FR	Davidson	38:04.10	10
2 Smith, Kasey	JR	Appalachian	38:19.82	8
3 Davis, Ellen	SR	Chattanooga	38:29.37	6
4 Ealer, Katelyn	SO	Elon	38:29.48	5
5 Arnold, Ashley	SO	C. of C.	38:50.47	4
6 Parks, Hannah	FR	Appalachian	39:28.79	3
7 Kulesz, Deanna	JR	W. Carolina	40:03.62	2
8 Rogers, Lucy	FR	Davidson	40:15.56	1
9 Hewston, Laura	JR	The Citadel	41:11.48	
10 Rawl, Amanda	JR	The Citadel	41:45.27	
11 Kelley, Jennifer	SR	Appalachian	41:49.51	
12 Lanphear, Kristina	SO	C. of C.	44:16.06	
--- Jones, Kelsey	SR	Furman	DNF	

Women 100 Meter Hurdles

SoCon Record: 13.70 S 1993 Melissa Morrison

Regional Q.: 13.95 R

Name	Yr	School	Prelims
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Heat 1 Preliminaries Wind: -0.5

1 Wilson, Amber	es	Ga. So.	13.96Q
2 Davis, Asia	JR	W. Carolina	14.18Q
3 Price, Dominique	FR	Elon	14.36Q
4 Jacobs, Lauren	JR	Ga. So.	14.64q
5 Simmons, Rashanda	FR	W. Carolina	15.44
6 Jones, Whitney	SO	Furman	19.95

Heat 2 Preliminaries Wind: 0.2

1 Chase, Brittany	JR	Ga. So.	13.98Q
2 Phillips, Mandi	SR	Ga. So.	14.67Q
3 Mack, Tiffany	SR	W. Carolina	15.18Q
4 Olson, Kristin	FR	Ga. So.	15.32q
5 McGriff, NaShay	SO	W. Carolina	15.37
6 Wright, Emily	FR	Appalachian	16.03

Women 100 Meter Hurdles

SoCon Record: 13.70 S 1993 Melissa Morrison

Regional Q.: 13.95 R

Name	Yr	School	Finals
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Section 1 Finals Wind: -0.1

1 Chase, Brittany	JR	Ga. So.	13.95R	10
2 Wilson, Amber	es	Ga. So.	14.06	8
3 Price, Dominique	FR	Elon	14.20	6
4 Davis, Asia	JR	W. Carolina	14.33	5
5 Phillips, Mandi	SR	Ga. So.	14.44	4
6 Jacobs, Lauren	JR	Ga. So.	14.76	3
7 Mack, Tiffany	SR	W. Carolina	14.79	2
8 Olson, Kristin	FR	Ga. So.	14.89	1

Women 400 Meter Hurdles

SoCon Record: 59.72 S 5/2/2004 Marlo Mincey

Regional Q.: 1:00.82 R

Name	Yr	School	Prelims
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Heat 1 Preliminaries

1 Davis, Asia	JR	W. Carolina	S 59.53Q
2 Olson, Kristin	FR	Ga. So.	1:03.04Q
3 Turner, Alice	SO	Elon	1:03.09Q
4 Goodwin, Clare	FR	C. of C.	1:10.61q
5 Wright, Emily	FR	Appalachian	1:11.56

Heat 2 Preliminaries

1 Wilson, Amber	es	Ga. So.	1:01.34Q
2 Ballard, Carla	SO	Ga. So.	1:02.59Q
3 Edgar, Kristen	RD	Furman	1:03.90Q
4 McGowan, Julie	FR	Elon	1:10.16q
5 Aiello, Skye	FR	W. Carolina	1:15.28
6 Schumy, Kirsten	SO	C. of C.	1:19.28

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Women 400 Meter Hurdles

SoCon Record: 59.72 S 5/2/2004 Marlo Mincey

Regional Q.: 1:00.82 R

Name	Yr	School	Finals
Section 1 Finals			
1 Davis, Asia	JR	W. Carolina	1:00.47R 10
2 Wilson, Amber	es	Ga. So.	1:01.64 8
3 Turner, Alice	SO	Elon	1:02.78 6
4 Olson, Kristin	FR	Ga. So.	1:03.04 5
5 Edgar, Kristen	RD	Furman	1:04.92 4
6 Ballard, Carla	SO	Ga. So.	1:05.49 3
7 McGowan, Julie	FR	Elon	1:10.31 2
8 Goodwin, Clare	FR	C. of C.	1:10.63 1

Women 3000 Meter Steeplechase

SoCon Record: 10:34.87 S 4/30/200 Shannon Wommack

Regional Q.: 10:50.25 R

Name	Yr	School	Finals
Section 1			
1 Wommack, Shannon	SR	Chattanooga	10:07.54S 10
2 LE Fort, Sabrina	FR	Chattanooga	10:40.56R 8
3 Gaffney, Meghan	SO	Appalachian	10:44.09R 6
4 Bridges, Page	SO	Furman	11:19.38 5
5 Flynn, Anna Mae	FR	Elon	11:25.29 4
6 Strickland, Sarah	FR	The Citadel	11:26.45 3
7 Trompeter, Wells	SO	C. of C.	11:31.31 2
8 McCarthy, Colleen	FR	Elon	11:43.86 1
9 Bloom, Abby	SO	Ga. So.	11:50.29
10 Poole, Katie	SR	Furman	12:01.17
11 Kerzie, Jessica	JR	Ga. So.	12:09.15
12 Ritter, Erin	FR	The Citadel	12:18.49
13 Skrivaneck, Carissa	SR	Davidson	12:33.54
14 Sulser, Amy	JR	Elon	12:42.26
15 Kingston, Kimberly	JR	C. of C.	12:49.66
--- Pinkerton, Heidi	SR	Unc- G.	DNF

Women 4x100 Meter Relay

SoCon Record: 45.71 S 1993 App. State

Regional Q.: 45.70 R

Team	Relay	Finals
Section 1		
1 Georgia Southern	A	46.17 10
1) Thurman, Dominique SO	2) Arnold, Rashedah JR	
3) Watts, Tierra FR	4) Brown, Nicole JR	
2 Western Carolina	A	46.20 8
1) Gentry, Cassie SR	2) Johnson, Tangelia SO	
3) Davis, Asia JR	4) Ramseur, Raquel SO	
3 Appalachian State	A	47.16 6
1) Knotts, Vonteena SO	2) Taylor, Portia SR	
3) Evans- Hardy, Porscha FR	4) Johnson, Monica FR	
4 Elon	A	49.08 5
1) Weaver, Jessica er	2) Clendenning, Jessica SO	
3) Simmons, Danielle ck	4) Price, Dominique FR	

5 Furman	A	49.89 4
1) Edgar, Kristen RD	2) Sharpe, McKenzie JR	
3) Handley, Mary Jo SR	4) Jones, Whitney SO	
6 Davidson	A	50.18 3
1) Chasen, Jessica ps	2) Phillips, Katurri SO	
3) Martin, Kennisia 08	4) Colley, Kimberly FR	
7 C. of Charleston	A	50.85 2
1) Washington, Carla or	2) Taylor, Katrina SR	
3) Jackson, Emily FR	4) Williams, Courtney SO	
--- The Citadel	A	DQ
1) DeVasto, Christine SO	2) Taylor, Allison SO	
3) Whittle, Jodi SO	4) Phelan, Laura SO	

Women 4x400 Meter Relay

SoCon Record: 3:45.16 S 4/19/200 Georgia Southern

Regional Q.: 3:42.00 R

Team	Relay	Finals
Section 1		
1 Appalachian State	A	3:59.45 5
1) Taylor, Piper SR	2) Robertson, Kale SO	
3) Taylor, Portia SR	4) Jett, Caroline SR	
2 Davidson	A	4:02.02 4
1) Chasen, Jessica ps	2) Leister, Hilary JR	
3) Nascimento, Karina FR	4) McKown, Colleen FR	
3 Chattanooga	A	4:02.70 3
1) Wood, Emily SO	2) Crutchfield, Alexine SR	
3) Wommack, Shannon SR	4) Meagher, Ashley SR	
4 The Citadel	A	4:09.56
1) Whittle, Jodi SO	2) Jenkins, Megan FR	
3) Strickland, Sarah FR	4) DeVasto, Christine SO	
Section 2		
1 Western Carolina	A	3:43.15S 10
1) Lane, Aneasha on	2) Ramseur, Raquel SO	
3) Davis, Asia JR	4) Johnson, Tangelia SO	
2 Georgia Southern	A	3:50.79 8
1) Wilson, Amber es	2) Ryles, London FR	
3) Ballard, Carla SO	4) Arnold, Rashedah JR	
3 Furman	A	3:53.77 6
1) Edgar, Kristen RD	2) Handley, Mary Jo SR	
3) Mullen, Rebecca SO	4) Sharpe, McKenzie JR	
4 Elon	A	4:03.17 2
1) Weaver, Jessica er	2) Clendenning, Jessica SO	
3) Turner, Alice SO	4) Hubbard, Chavanne FR	
5 C. of Charleston	A	4:05.23 1
1) Washington, Carla or	2) Jackson, Emily FR	
3) Taylor, Katrina SR	4) Williams, Courtney SO	

Women High Jump

SoCon Record: 1.77m S 2001

Virginia LaCombe

Regional Q.: 1.75m R

Name	Yr	School	Finals
Flight 1			
1 Johnson, Jessika	SO	W. Carolina	1.67m 10
2 Wilson, Amber	es	Ga. So.	1.62m 8
3 Whitaker, Brittany	JR	W. Carolina	1.57m 6

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Flight 1 ... (Women High Jump)

Name	Yr	School	Finals
4 Lightning, Jasmine	FR	Ga. So.	1.52m 4.5
4 Taylor, Piper	SR	Appalachian	1.52m 4.5
6 McGriff, NaShay	SO	W. Carolina	1.52m 3
7 Boone, Dominique	SO	C. of C.	1.47m 2
8 Wilkerson, Jessica	SO	W. Carolina	1.47m 1
9 Jett, Caroline	SR	Appalachian	1.42m
--- Stark, Angela	FR	W. Carolina	NH
--- Goodwin, Clare	FR	C. of C.	NH

Women Pole Vault

SoCon Record: 4.00m S 5/1/2004 Laura Tieszen

Regional Q.: 3.80m R

Name	Yr	School	Finals
Flight 1			
1 Clendenning, Jessica	SO	Elon	3.65m 10
2 Mah, Caren	SR	Appalachian	3.35m 7
2 Snow, Shea	FR	Appalachian	3.35m 7
4 Chambless, Summer	SO	C. of C.	3.20m 5
5 Heeke, Kaitlyn	SO	Appalachian	3.20m 4
6 Robertson, Bridget	SR	Appalachian	3.20m 3
7 Wilson, Jessie	SO	W. Carolina	3.05m 2
8 Shore, Susan	SO	Elon	3.05m 1
9 Cabe, Melissa	SO	W. Carolina	3.05m
--- Cumbee, Jessica	FR	C. of C.	NH

Women Long Jump

SoCon Record: 20-05.25 S 1993 Melissa Morrison

Regional Q.: 5.97m R

Name	Yr	School	Finals
Flight 1			
1 McGriff, NaShay	SO	W. Carolina	5.37m 1
2 Thurman, Dominique	SO	Ga. So.	5.36m -2.8
3 Obidegwu, Amaka	FR	Davidson	5.20m 5.0
4 Johnson, Monica	FR	Appalachian	5.01m -0.3
5 Dawson, Brittany	FR	Elon	4.96m 0.4
6 Jackson, Emily	FR	C. of C.	4.63m 1.7
7 Hall, Kristen	SR	C. of C.	4.52m -2.3
8 McGowan, Julie	FR	Elon	4.46m 1.7
Flight 2			
1 Brown, Nicole	JR	Ga. So.	6.28mR 10
2 Knotts, Vonteena	SO	Appalachian	6.05m 8
3 Jacobs, Lauren	JR	Ga. So.	5.99mR 6
4 Aguocha, Chibuzo	SO	Furman	5.65m 5
5 Mayela, Jessica	FR	Appalachian	5.58m 4
6 Simmons, Rashanda	FR	W. Carolina	5.57m 3
7 Brown, Brittney	FR	Ga. So.	5.41m 2
8 Mack, Tiffany	SR	W. Carolina	5.31m 1.0

Women Triple Jump

SoCon Record: 42-06.75 S 1999

Taneisha Robinson

Regional Q.: 12.32m R

Name	Yr	School	Finals
Flight 1			
1 Martin, Kennisia	08	Davidson	11.46m 2
2 Lightning, Jasmine	FR	Ga. So.	11.43m 1
3 Simmons, Rashanda	FR	W. Carolina	11.03m 0.6
4 Boone, Dominique	SO	C. of C.	10.96m -0.5
5 Brown, Brittney	FR	Ga. So.	10.82m 2.7
6 Johnson, Monica	FR	Appalachian	10.63m 1.4
7 Williams, Courtney	SO	C. of C.	10.43m -0.4
8 Broadnax, Morgan	FR	W. Carolina	10.15m 1.1

Flight 2

1 Phillips, Mandi	SR	Ga. So.	12.18m 10
2 McGriff, NaShay	SO	W. Carolina	11.96m 8
3 Knotts, Vonteena	SO	Appalachian	11.93m 6
4 Chase, Brittany	JR	Ga. So.	11.82m 5
5 Brown, Nicole	JR	Ga. So.	11.78m 4
6 Jacobs, Lauren	JR	Ga. So.	11.76m 3
7 Mack, Tiffany	SR	W. Carolina	11.41m 1.5
8 Mayela, Jessica	FR	Appalachian	11.17m 1.1
--- Aguocha, Chibuzo	SO	Furman	FOUL NWI

Women Shot Put

SoCon Record: 15.50m S 5/1/2005 Beverly Burnett

Regional Q.: 14.30m R

Name	Yr	School	Finals
Flight 1			
1 Tallent, Lily	SO	Appalachian	12.68m 3
2 Borden, Brittney	FR	Appalachian	12.28m
3 Bell, Sharhonda	JR	W. Carolina	11.95m
4 Belcher, Nola	JR	Wofford	11.17m
5 Tounzen, Tara	FR	W. Carolina	10.76m
6 Corr, Michaela	SO	Davidson	8.78m

Flight 2

1 Burnett, Beverly	SR	Appalachian	14.92mR 10
2 McNeill, Stephanie	JR	The Citadel	14.30mR 8
3 Williams, Brittani	SO	Appalachian	13.27m 6
4 Greeson, Emily	JR	Ga. So.	13.15m 5
5 Boggan, Kristie	SR	Appalachian	12.90m 4
6 Lopez, Nicole	SO	W. Carolina	12.50m 2
7 Lance, Chakosha	SR	C. of C.	12.35m 1
8 Simmons, Nikole	SR	Appalachian	11.55m

Women Discus Throw

SoCon Record: 152-01 S 1998

Ayokka Green

Regional Q.: 47.30m R

Name	Yr	School	Finals
Flight 1			
1 Lopez, Nicole	SO	W. Carolina	40.19m 2
2 Bell, Sharhonda	JR	W. Carolina	36.88m
3 Borden, Brittney	FR	Appalachian	36.42m
4 Karriker, Rachel	FR	W. Carolina	35.11m

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Flight 1 ... (Women Discus Throw)

Name	Yr	School	Finals
5 Carlberg, Angela	SO	Elon	32.40m
6 Greeson, Emily	JR	Ga. So.	31.15m
7 Tounzen, Tara	FR	W. Carolina	30.96m

Flight 2

1 McNeill, Stephanie	JR	The Citadel	43.04m	10
2 Simmons, Nikole	SR	Appalachian	42.70m	8
3 Boggan, Kristie	SR	Appalachian	42.61m	6
4 Tallent, Lily	SO	Appalachian	42.57m	5
5 Williams, Brittani	SO	Appalachian	41.84m	4
6 Pitts, Monique	SO	Ga. So.	41.45m	3
7 Edwards, Monique	FR	The Citadel	39.07m	1
8 Lance, Chakosha	SR	C. of C.	34.02m	

Women Hammer Throw

SoCon Record: 55.27m S 4/30/200 Nikole Simmons

Regional Q.: 54.15m R

Name	Yr	School	Finals
1 Williams, Brittani	SO	Appalachian	48.00m 5
2 Pitts, Monique	SO	Ga. So.	45.85m 1
3 Hall, Michaela	SO	W. Carolina	42.07m
4 Bell, Sharhonda	JR	W. Carolina	41.01m
5 Lopez, Nicole	SO	W. Carolina	38.45m
6 Karriker, Rachel	FR	W. Carolina	38.12m
--- Tounzen, Tara	FR	W. Carolina	FOUL

Flight 2

1 Simmons, Nikole	SR	Appalachian	57.65mS	10
2 Miller, Crystal	JR	Appalachian	49.65m	8
3 Greeson, Emily	JR	Ga. So.	48.45m	6
4 Edwards, Monique	FR	The Citadel	47.28m	4
5 Boggan, Kristie	SR	Appalachian	46.78m	3
6 McNeill, Stephanie	JR	The Citadel	46.68m	2
7 Burnett, Beverly	SR	Appalachian	45.46m	
8 Borden, Brittney	FR	Appalachian	37.40m	
--- Lance, Chakosha	SR	C. of C.	FOUL	

Women Javelin Throw

SoCon Record: 174-11 S 1987 Meg Warren

Regional Q.: 43.45m R

Name	Yr	School	Finals
1 Boggan, Kristie	SR	Appalachian	35.71m 3
2 Simmons, Nikole	SR	Appalachian	35.66m 2
3 Glasgow, Rachel	SO	W. Carolina	34.35m 1
4 Whitaker, Brittany	JR	W. Carolina	32.83m
5 Carlberg, Angela	SO	Elon	30.49m
6 Edwards, Monique	FR	The Citadel	29.47m
7 Thompson, Serenity	SO	Ga. So.	26.14m
8 Schumy, Kirsten	SO	C. of C.	24.85m
9 Corr, Michaela	SO	Davidson	17.80m

Flight 2

1 Belcher, Nola	JR	Wofford	38.71m	10
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2 Brown, Nicole	JR	Ga. So.	37.66m	8
3 Tounzen, Tara	FR	W. Carolina	37.46m	6
4 Taylor, Allison	SO	The Citadel	36.76m	5
5 Phelan, Laura	SO	The Citadel	36.39m	4
6 Phillips, Mandi	SR	Ga. So.	32.24m	
7 Lamitie, Lysie	SO	W. Carolina	32.13m	
8 Chambless, Summer	SO	C. of C.	30.46m	
9 Tallent, Lily	SO	Appalachian	28.00m	

Women Heptathlon

SoCon Record: 5361 S 2001 Tylenana Hanner

Name	Yr	School	Finals
1 Boggan, Kristie	SR	Appalachian	4332 10
2 Thompson, Serenity	SO	Ga. So.	3983 8
3 Whitaker, Brittany	JR	W. Carolina	3952 6
4 Sanders, Tosha	SO	The Citadel	3887 5
5 Jett, Caroline	SR	Appalachian	3758 4
6 Wilkerson, Jessica	SO	W. Carolina	3526 3
7 Broadnax, Morgan	FR	W. Carolina	3318 2
8 Wright, Emily	FR	Appalachian	3292 1
9 Goodwin, Clare	FR	C. of C.	3141
10 Schumy, Kirsten	SO	C. of C.	1831

Men 100 Meter Dash

SoCon Record: 10.1h S 1990 Greg Hatcvhett

Regional Q.: 10.50 R

Name	Yr	School	Prelims
1 Malone, Michael	JR	W. Carolina	10.92Q
2 Jones, Eugene	SR	Appalachian	10.99Q
3 Hubbard, Ryan	SO	Davidson	11.06q
4 Pressley, Thomas	JR	The Citadel	11.09q
5 Merriweather, Wesley	FR	The Citadel	11.15
6 McElveen, Jason	JR	Wofford	11.74

Heat 2 Preliminaries Wind: 0.2

1 Johnson, Zeb	ll	W. Carolina	10.92Q
2 Forrest, Will	SO	Furman	11.11Q
3 Neal, Daniel	FR	Appalachian	11.15
4 Stephenson, Zwide	FR	Furman	11.28
5 Lesko, Adam	FR	Wofford	11.54

Heat 3 Preliminaries Wind: -2.8

1 Johnson, Kevin	FR	W. Carolina	11.03Q
2 White, Charles	JR	Appalachian	11.13Q
3 Cox, Josh	FR	Appalachian	11.29
4 Song, Justin	FR	Davidson	11.48
5 Craig, Duke	SO	W. Carolina	11.50
6 Easley, Cameron	JR	The Citadel	11.69

Men 100 Meter Dash

SoCon Record: 10.1h S 1990 Greg Hatcvhett

Regional Q.: 10.50 R

Name	Yr	School	Finals
1 Johnson, Zeb	ll	W. Carolina	10.88 10

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Section 1 Finals Wind: -1.2 ... (Men 100 Meter Dash)

Name	Yr	School	Finals
2 Johnson, Kevin	FR	W. Carolina	10.96 8
3 Malone, Michael	JR	W. Carolina	10.99 6
4 Jones, Eugene	SR	Appalachian	11.02 5
5 White, Charles	JR	Appalachian	11.12 4
6 Hubbard, Ryan	SO	Davidson	11.14 3
7 Pressley, Thomas	JR	The Citadel	11.31 2
8 Forrest, Will	SO	Furman	11.31 1

Men 200 Meter Dash

SoCon Record: 20.80 S 1977 Calvin Alston

Regional Q.: 21.19 R

Name	Yr	School	Prelims
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Heat 1 Preliminaries Wind: -0.4

1 Johnson, Zeb	ll	W. Carolina	22.39Q
2 Craig, Duke	SO	W. Carolina	22.56Q
3 Forrest, Will	SO	Furman	22.77
4 Svbeda, Johnny	FR	Appalachian	23.10
5 Lesko, Adam	FR	Wofford	23.87
6 McElveen, Jason	JR	Wofford	24.06

Heat 2 Preliminaries Wind: +0.0

1 Bolton, Milton	SR	W. Carolina	22.02Q
2 Johnson, Kevin	FR	W. Carolina	22.10Q
3 Hubbard, Ryan	SO	Davidson	22.24q
4 White, Charles	JR	Appalachian	22.64
5 Cutter, Chris	SR	Appalachian	22.74
6 Bialas, John	ng	Davidson	23.04

Heat 3 Preliminaries Wind: 0.1

1 Mitchell, Manteo	FR	W. Carolina	21.62Q
2 Gregory, James	JR	W. Carolina	22.22Q
3 Jones, Eugene	SR	Appalachian	22.48q
4 Pressley, Thomas	JR	The Citadel	22.59
5 Song, Justin	FR	Davidson	22.84
6 Cherry, David	SO	Appalachian	23.17
7 Easley, Cameron	JR	The Citadel	23.34

Men 200 Meter Dash

SoCon Record: 20.80 S 1977 Calvin Alston

Regional Q.: 21.19 R

Name	Yr	School	Finals
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Section 1 Finals Wind: -1.3

1 Johnson, Zeb	ll	W. Carolina	21.63 10
2 Mitchell, Manteo	FR	W. Carolina	21.67 8
3 Bolton, Milton	SR	W. Carolina	21.94 6
4 Hubbard, Ryan	SO	Davidson	22.13 5
5 Johnson, Kevin	FR	W. Carolina	22.14 4
6 Gregory, James	JR	W. Carolina	22.46 3
7 Jones, Eugene	SR	Appalachian	22.70 2
8 Craig, Duke	SO	W. Carolina	22.74 1

Men 400 Meter Dash

SoCon Record: 45.77 S 1991 Mario Small

Regional Q.: 47.26 R

Name	Yr	School	Prelims
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Heat 1 Preliminaries

1 Mitchell, Manteo	FR	W. Carolina	48.38Q
2 Gregory, James	JR	W. Carolina	48.94Q
3 Svbeda, Johnny	FR	Appalachian	49.74Q
4 Oros, John	FR	W. Carolina	49.85q
5 Cutter, Chris	SR	Appalachian	50.21
6 Lesko, Adam	FR	Wofford	51.54
7 Gittemeier, Luke	SR	Furman	51.99
8 Moore, Caleb	FR	The Citadel	52.70

Heat 2 Preliminaries

1 Bolton, Milton	SR	W. Carolina	48.70Q
2 Grant, Charleton	SR	W. Carolina	49.59Q
3 Vallejo, Jonathan	er	The Citadel	49.69Q
4 Sagmiller, Dan	SO	The Citadel	49.86q
5 Hladik, Bryan	FR	The Citadel	49.87
6 Cherry, David	SO	Appalachian	50.04

Men 400 Meter Dash

SoCon Record: 45.77 S 1991 Mario Small

Regional Q.: 47.26 R

Name	Yr	School	Finals
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Section 1 Finals

1 Mitchell, Manteo	FR	W. Carolina	47.20R 10
2 Bolton, Milton	SR	W. Carolina	47.50 8
3 Gregory, James	JR	W. Carolina	49.00 6
4 Svbeda, Johnny	FR	Appalachian	49.56 5
5 Grant, Charleton	SR	W. Carolina	49.60 4
6 Vallejo, Jonathan	er	The Citadel	49.90 3
7 Oros, John	FR	W. Carolina	49.94 2
8 Sagmiller, Dan	SO	The Citadel	50.56 1

Men 800 Meter Run

SoCon Record: 1:49.20 S 1977 Phil Barker

Regional Q.: 1:50.40 R

Name	Yr	School	Prelims
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Heat 1 Preliminaries

1 Morgan, Patrick	FR	Furman	1:56.22Q
2 Noreen, Douglas	JR	Davidson	1:56.53Q
3 Longstreth, Jordan	FR	Chattanooga	1:56.60Q
4 Butler, Marcus	SR	The Citadel	1:56.76q
5 Haight, Matt	SO	The Citadel	1:58.53
6 Harten, Zach	FR	The Citadel	1:59.96
7 Isaac, Robert	SO	The Citadel	2:09.66

Heat 2 Preliminaries

1 Williams, Jeff	FR	Unc- G.	1:54.79Q
2 Puett, Adam	SR	W. Carolina	1:55.28Q
3 Fassinger, Dan	JR	W. Carolina	1:55.97Q

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Heat 2 Preliminaries ... (Men 800 Meter Run)

Name	Yr	School	Prelims
4 Billingsley, Michael	FR	Chattanooga	1:56.12q
5 Shuler, Rance	JR	Appalachian	1:57.93
6 Kwak, Tim	SO	Unc- G.	2:06.44
--- Cousins, Chris	SR	Unc- G.	DNF

Men 800 Meter Run

SoCon Record: 1:49.20 S 1977 Phil Barker

Regional Q.: 1:50.40 R

Name	Yr	School	Finals
Section 1 Finals			
1 Williams, Jeff	FR	Unc- G.	1:51.79 10
2 Morgan, Patrick	FR	Furman	1:52.37 8
3 Puett, Adam	SR	W. Carolina	1:53.29 6
4 Noreen, Douglas	JR	Davidson	1:54.56 5
5 Butler, Marcus	SR	The Citadel	1:54.86 4
6 Longstreth, Jordan	FR	Chattanooga	1:55.98 3
7 Billingsley, Michael	FR	Chattanooga	1:56.54 2
8 Fassinger, Dan	JR	W. Carolina	2:11.89 1

Men 1500 Meter Run

SoCon Record: 3:40.04 S 1977 Kevin Cropp

Regional Q.: 3:47.80 R

Name	Yr	School	Finals
Section 1			
1 Puett, Adam	SR	W. Carolina	3:56.93 10
2 Noreen, Douglas	JR	Davidson	3:58.68 8
3 Mentz, Michael	SO	Chattanooga	3:59.21 6
4 Taylor, Jeff	SO	Chattanooga	4:00.19 5
5 Mullen, Andrew	SR	Furman	4:00.71 4
6 Kutz, Charles	JR	The Citadel	4:01.43 3
7 Fassinger, Dan	JR	W. Carolina	4:01.96 2
8 Vaccaro, Nicolas	JR	Unc- G.	4:02.31 1
9 Salkauskas, Linas	SR	Chattanooga	4:02.73
10 Longstreth, Jordan	FR	Chattanooga	4:03.02
11 Hoyt, Alex	FR	Davidson	4:03.80
12 Wilson, William	JR	The Citadel	4:05.68
13 Rodd, Ryan	FR	Unc- G.	4:09.53
14 Isaac, Robert	SO	The Citadel	4:19.06
15 Hermelee, Dylan	JR	W. Carolina	4:26.61

Men 5000 Meter Run

SoCon Record: 14:13.06 S 1981 Adrian Leek

Regional Q.: 14:10.00 R

Name	Yr	School	Finals
Section 1			
1 Sullivan, Colin	SR	Chattanooga	14:42.18 10
2 Johnson, Tyler	SR	Furman	14:45.55 8
3 Mayne, Ian	SR	Chattanooga	14:50.19 6
4 Puett, Adam	SR	W. Carolina	14:57.83 5
5 Baker, Jonathan	SR	Davidson	14:58.77 4
6 Deal, Brian	SO	Appalachian	15:02.63 3
7 Robinson, Sam	JR	Furman	15:09.40 2
8 O'Keefe, Ryan	SO	Appalachian	15:10.12 1

9 Rutz, Xavier	FR	Unc- G.	15:13.85
10 Harden, Lance	FR	Davidson	15:15.77
11 Morris, Sam	SO	Davidson	15:17.63
12 Teal, Blair	FR	Appalachian	15:23.04
13 Albrecht, Eric	JR	Furman	15:23.78
14 Desta, Asmeron	SO	Appalachian	15:31.56
15 Wyatt, Josh	SO	Unc- G.	15:35.00
16 Orr, Andrew	SO	Furman	15:39.77
17 Mercadante, Austin	SR	Davidson	15:45.74
18 Huwe, Kevin	FR	Chattanooga	15:53.43
19 Craig, Steven	SO	The Citadel	16:53.17
--- Taylor, Jeff	SO	Chattanooga	DNF

Men 10000 Meter Run

SoCon Record: 29:21.30 S 1979 Adrian Leek

Name	Yr	School	Finals
Section 1			
1 Baker, Jonathan	SR	Davidson	31:54.27 10
2 Harden, Lance	FR	Davidson	32:04.77 8
3 Teal, Blair	FR	Appalachian	32:06.94 6
4 Deal, Brian	SO	Appalachian	32:38.24 5
5 Wyatt, Josh	SO	Unc- G.	32:44.61 4
6 Desta, Asmeron	SO	Appalachian	32:47.69 3
7 Taylor, Jeff	SO	Chattanooga	32:57.76 2
8 Robinson, Sam	JR	Furman	33:01.79 1
9 Huwe, Kevin	FR	Chattanooga	33:13.85
10 Gruchacz, Keith	SO	Unc- G.	33:18.34
11 Holmes, Matt	JR	The Citadel	33:21.03
12 Dowlen, John	JR	Furman	35:31.97
13 Craig, Steven	SO	The Citadel	36:54.22

Men 110 Meter Hurdles

SoCon Record: 14.1h S 1977 Marvin Rank, Tim Bridges

Regional Q.: 14.30 R

Name	Yr	School	Prelims
Heat 1 Preliminaries Wind: -3.2			
1 Derrickson, Charles	FR	Appalachian	14.82Q
2 Cox, Josh	FR	Appalachian	15.20Q
3 Bennett, Ashten	JR	W. Carolina	15.64Q
4 Harlfinger, Matt	JR	W. Carolina	15.73q

Heat 2 Preliminaries Wind: -1.2

1 Briscoe, Lawrence	SR	W. Carolina	14.51Q
2 Neal, Daniel	FR	Appalachian	15.25Q
3 Malone, Michael	JR	W. Carolina	15.26Q
4 Love, Alex	SR	Wofford	15.47q
--- Wright, Dustin	JR	Appalachian	DQ

Men 110 Meter Hurdles

SoCon Record: 14.1h S 1977 Marvin Rank, Tim Bridges

Regional Q.: 14.30 R

Name	Yr	School	Finals
Section 1 Finals Wind: 1.4			
1 Derrickson, Charles	FR	Appalachian	14.17R 10
2 Briscoe, Lawrence	SR	W. Carolina	14.38 8

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Section 1 Finals Wind: 1.4 ... (Men 110 Meter Hurdles)

Name	Yr	School	Finals
3 Cox, Josh	FR	Appalachian	14.97 6
4 Neal, Daniel	FR	Appalachian	15.14 5
5 Bennett, Ashten	JR	W. Carolina	15.55 4
6 Harlfinger, Matt	JR	W. Carolina	15.61 3
--- Malone, Michael	JR	W. Carolina	DNF
--- Love, Alex	SR	Wofford	DQ

Men 400 Meter Hurdles**SoCon Record: 50.70 S 1977 David Anderson****Regional Q.: 52.51 R**

Name	Yr	School	Prelims
Heat 1 Preliminaries			
1 Neal, Daniel	FR	Appalachian	54.68Q
2 Cummings, Thomas	SR	The Citadel	54.75Q
3 Ritchie, David	JR	Davidson	55.48Q
4 Morales, Francisco	SR	Davidson	58.03
5 Auer, John	JR	The Citadel	58.22
6 Bennett, Ashten	JR	W. Carolina	1:00.10

Heat 2 Preliminaries

1 Briscoe, Lawrence	SR	W. Carolina	54.15Q
2 Malone, Michael	JR	W. Carolina	54.18Q
3 Derrickson, Charles	FR	Appalachian	54.96Q
4 Brown, Jamal	SO	The Citadel	55.01q
5 Sagmiller, Dan	SO	The Citadel	57.17q
6 Grant, Charleton	SR	W. Carolina	57.45
7 Matz, Dan	SO	Furman	59.60

Men 400 Meter Hurdles**SoCon Record: 50.70 S 1977 David Anderson****Regional Q.: 52.51 R**

Name	Yr	School	Finals
Section 1 Finals			
1 Malone, Michael	JR	W. Carolina	52.71 10
2 Neal, Daniel	FR	Appalachian	52.77 8
3 Briscoe, Lawrence	SR	W. Carolina	52.78 6
4 Ritchie, David	JR	Davidson	53.05 5
5 Derrickson, Charles	FR	Appalachian	54.17 4
6 Cummings, Thomas	SR	The Citadel	55.19 3
7 Sagmiller, Dan	SO	The Citadel	56.59 2
8 Brown, Jamal	SO	The Citadel	56.75 1

Men 3000 Meter Steeplechase**SoCon Record: 8:49.77 S 1988 Todd Crosson****Regional Q.: 9:07.00 R**

Name	Yr	School	Finals
Section 1			
1 Johnson, Tyler	SR	Furman	9:09.22 10
2 Mayne, Ian	SR	Chattanooga	9:10.13 8
3 Salkauskas, Linas	SR	Chattanooga	9:32.31 6
4 O'Keefe, Ryan	SO	Appalachian	9:34.99 5
5 Mercadante, Austin	SR	Davidson	9:40.71 4
6 Albrecht, Eric	JR	Furman	9:43.38 3

7 Wilson, William	JR	The Citadel	10:01.68 2
8 Goodwin, FJ	SO	Furman	10:02.91 1
9 Rodd, Ryan	FR	Unc- G.	10:07.64
10 Hermelee, Dylan	JR	W. Carolina	10:30.18

Men 4x100 Meter Relay**SoCon Record: 39.91 S 4/19/200 Appalachian State****Regional Q.: 40.66 R**

Team	Relay	Finals
Section 1		
1 Western Carolina	A	40.58R 10
1) Johnson, Zeb II	2) Malone, Michael JR	
3) Bolton, Milton SR	4) Johnson, Kevin FR	
2 Appalachian State	A	41.69 8
1) Jones, Eugene SR	2) Svoboda, Johnny FR	
3) Cox, Josh FR	4) Derrickson, Charles FR	
3 Davidson	A	42.18 6
1) Song, Justin FR	2) Som-Pimpong, Kwame en	
3) Bialas, John ng	4) Hubbard, Ryan SO	
4 The Citadel	A	42.29 5
1) Merriweather, Wesley FR	2) Pressley, Thomas JR	
3) Easley, Cameron JR	4) Vallejo, Jonathan er	
5 Furman	A	43.44 4
	2) Gittemeier, Luke SR	
	4) Forrest, Will SO	

Men 4x400 Meter Relay**SoCon Record: 3:10.50 S 1984 VMI****Regional Q.: 3:10.00 R**

Team	Relay	Finals
Section 1		
1 Western Carolina	A	3:14.30 10
1) Bolton, Milton SR	2) Mitchell, Manteo FR	
3) Gregory, James JR	4) Malone, Michael JR	
2 Appalachian State	A	3:15.53 8
1) Cherry, David SO	2) Neal, Daniel FR	
	4) Cutter, Chris SR	
3 The Citadel	A	3:18.02 6
1) Vallejo, Jonathan er	2) Hladik, Bryan FR	
3) Butler, Marcus SR	4) Sagmiller, Dan SO	
4 Davidson	A	3:18.48 5
1) Bialas, John ng	2) Song, Justin FR	
3) Noreen, Douglas JR	4) Ritchie, David JR	
5 Furman	A	3:29.36 4
1) Morgan, Patrick FR	2) Forrest, Will SO	
3) Gittemeier, Luke SR		
6 Chattanooga	A	3:30.04 3
1) Billingsley, Michael FR	2) Mentz, Michael SO	
3) Longstreth, Jordan FR	4) Salkauskas, Linas SR	

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Men High Jump

SoCon Record: 7-01.25 S 1984 Charles Mack

Regional Q.: 2.10m R

Name	Yr	School	Finals
Flight 1			
1 Smith, Shaquill	FR	The Citadel	2.00m 10
2 Cox, Josh	FR	Appalachian	1.95m 8
3 Briscoe, Lawrence	SR	W. Carolina	1.90m 6
4 Gaillard, Chris	FR	W. Carolina	1.90m 4.5
4 Harris, Ricky	SO	Appalachian	1.90m 4.5
6 Royal, Kareem	FR	The Citadel	1.85m 3
7 Joseph, Daniel	FR	W. Carolina	1.85m 2
8 Harlfinger, Matt	JR	W. Carolina	1.85m 1
9 Herndon, Rashad	FR	W. Carolina	1.80m
--- Smith, Daniel	JR	Appalachian	NH
--- Palmer, Rod	SR	W. Carolina	NH
--- Barlew, John	JR	Chattanooga	DQ

Men Pole Vault

SoCon Record: 17-05.25 S 1989 Todd Poremba

Regional Q.: 5.05m R

Name	Yr	School	Finals
Flight 1			
1 Shell, Barron	SO	Appalachian	4.75m 10
2 Queen, Dan	SR	Appalachian	4.75m 8
3 Lynch, Joel	FR	W. Carolina	4.30m 6
4 Irvin, Joe	JR	Appalachian	4.30m 5
5 Hunicutt, Justin	SO	Appalachian	4.15m 4
6 Spormann, Justin	SO	W. Carolina	4.15m 3
7 Benson, Christian	SR	W. Carolina	4.15m 2
8 Wright, Dustin	JR	Appalachian	4.15m 1
9 Rhyne, Scott	SR	Appalachian	4.00m
10 Harlfinger, Matt	JR	W. Carolina	4.00m
11 Fussell, Ryan	JR	W. Carolina	3.70m
--- Johnson, Alex	FR	The Citadel	NH

Men Long Jump

SoCon Record: 25-03 S 1987 Michael Hanks

Regional Q.: 7.34m R

Name	Yr	School	Finals
Flight 1			
1 Malone, Michael	JR	W. Carolina	6.61m 3
2 Joseph, Daniel	FR	W. Carolina	6.53m 2
3 Smith, Shaquill	FR	The Citadel	6.52m 1
4 Scheffers, William	SR	Davidson	6.38m 2.2
5 Jobson-Brown, Ramon	FR	Unc- G.	6.18m 1.7
6 Som-Pimpong, Kwame	en	Davidson	6.12m -0.6
7 Bialas, John	ng	Davidson	6.07m 1.9
Flight 2			
1 Harris, Ricky	SO	Appalachian	7.13m 10
2 Gaillard, Chris	FR	W. Carolina	6.97m 8
3 Gaddy, Joel	SO	Appalachian	6.82m 6
4 Ferguson, Tyler	JR	W. Carolina	6.66m 5
5 Cox, Josh	FR	Appalachian	6.63m 4

6 Hubbard, Ryan	SO	Davidson	6.39m 0.5
7 Herndon, Rashad	FR	W. Carolina	6.35m 0.1
--- Sturgis, Mark	SO	Appalachian	FOUL NWI

Men Triple Jump

SoCon Record: 52-08.50 S 1987 Michael Hanks

Regional Q.: 15.08m R

Name	Yr	School	Finals
Flight 1			
1 Sturgis, Mark	SO	Appalachian	15.27mR 10
2 Gaddy, Joel	SO	Appalachian	14.81m 8
3 Cox, Josh	FR	Appalachian	14.63m 6
4 Harris, Ricky	SO	Appalachian	14.57m 5
5 Smith, Shaquill	FR	The Citadel	14.43m 4
6 Gaillard, Chris	FR	W. Carolina	14.26m 3
7 Cutter, Chris	SR	Appalachian	14.18m 2
8 Joseph, Daniel	FR	W. Carolina	14.09m 1
9 Ferguson, Tyler	JR	W. Carolina	13.87m -0.2
10 Herndon, Rashad	FR	W. Carolina	13.78m -0.2
11 Som-Pimpong, Kwame	en	Davidson	13.63m 2.1
12 Jobson-Brown, Ramon	FR	Unc- G.	13.09m 1.9

Men Shot Put

SoCon Record: 17.72m S 5/1/2005 Anthony Greer

Regional Q.: 16.80m R

Name	Yr	School	Finals
Flight 1			
1 Walter, Jim	JR	Davidson	12.68m
2 DiLuzio, Nick	SO	Davidson	12.45m
3 Fioramonti, Daniel	SO	Appalachian	11.62m
4 Bowles, David	SO	W. Carolina	11.51m
5 Sturgis, Willie	JR	W. Carolina	11.32m
6 Wright, Dustin	JR	Appalachian	10.75m
7 Lee, Josh	SR	W. Carolina	10.15m
Flight 2			
1 Bethay, Katon	SR	Wofford	16.13m 10
2 Funderburg, Will	FR	Davidson	14.63m 8
3 Kiser, Wes	SO	Appalachian	14.52m 6
4 Croskey, Alex	JR	The Citadel	14.12m 5
5 Page, Chris	SO	W. Carolina	14.03m 4
6 Haun, Grant	SO	Appalachian	13.39m 3
7 Adams, Steve	SO	Furman	13.01m 2
8 Austin, Erick	SR	The Citadel	12.81m 1

Men Discus Throw

SoCon Record: 170-10 S 1995 Kevin Showers

Regional Q.: 51.70m R

Name	Yr	School	Finals
Flight 1			
1 DiBois, Zach	JR	The Citadel	43.50m 4
2 Funderburg, Will	FR	Davidson	42.92m 3
3 Adams, Steve	SO	Furman	40.54m
4 Bowles, David	SO	W. Carolina	39.76m
5 Fioramonti, Daniel	SO	Appalachian	39.73m
6 VanRensburg, Shaun	FR	Furman	39.68m

Southern Conference Championships 2006 - 4/29/2006 to 4/30/2006**Results at www.cfpitiming.com****Hosted by Georgia Southern University****Results****Flight 1 ... (Men Discus Throw)**

Name	Yr	School	Finals
7 MC Guire, Dusty	JR	Appalachian	37.19m
--- Sellers, Doug	FR	Furman	FOUL

Flight 2

1 Walter, Jim	JR	Davidson	46.81m	10
2 Bethay, Katon	SR	Wofford	45.23m	8
3 Page, Chris	SO	W. Carolina	44.88m	6
4 Kiser, Wes	SO	Appalachian	44.52m	5
5 Sturgis, Willie	JR	W. Carolina	42.05m	2
6 Haun, Grant	SO	Appalachian	42.05m	1
7 Croskey, Alex	JR	The Citadel	38.83m	
8 Austin, Erick	SR	The Citadel	37.52m	

Men Hammer Throw**SoCon Record: 198-08 S 1986 Sheldon Johnson****Regional Q.: 55.60m R**

Name	Yr	School	Finals
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Flight 1

1 Haun, Grant	SO	Appalachian	50.91m	10
2 Kiser, Wes	SO	Appalachian	49.93m	8
3 Austin, Erick	SR	The Citadel	49.14m	6
4 Fioramonti, Daniel	SO	Appalachian	47.13m	5
5 DiBois, Zach	JR	The Citadel	45.80m	4
6 MC Guire, Dusty	JR	Appalachian	45.54m	3
7 Page, Chris	SO	W. Carolina	43.63m	2
8 Sturgis, Willie	JR	W. Carolina	43.54m	1
9 Spencer, Brandon	JR	Unc- G.	41.29m	
10 Croskey, Alex	JR	The Citadel	37.38m	
11 Bethay, Katon	SR	Wofford	36.30m	

Men Javelin Throw**SoCon Record: 235-07 S 1981 Jeff Roseme****Regional Q.: 61.60m R**

Name	Yr	School	Finals
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Flight 1

1 Moseley, David	SO	Furman	58.83m	10
2 Lee, Josh	SR	W. Carolina	57.19m	8
3 Bowles, David	SO	W. Carolina	53.42m	6
4 Austin, Erick	SR	The Citadel	50.99m	5
5 Fussell, Ryan	JR	W. Carolina	50.49m	4
6 Williams, Adams	SO	Appalachian	50.31m	3
7 Ferguson, Tyler	JR	W. Carolina	49.84m	2
8 MC Guire, Dusty	JR	Appalachian	49.65m	1
9 Fioramonti, Daniel	SO	Appalachian	46.50m	
10 Taylor, Joe	SR	Davidson	44.09m	
11 DiBois, Zach	JR	The Citadel	43.83m	
12 Royal, Kareem	FR	The Citadel	42.99m	
13 Wright, Dustin	JR	Appalachian	38.12m	

Men Decathlon**SoCon Record: 6287 S 2000 Andrew Whitson**

Name	Yr	School	Finals
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1 Wright, Dustin	JR	Appalachian	6263	10
2 Harlfinger, Matt	JR	W. Carolina	6068	8

3 Queen, Dan	SR	Appalachian	6063	6
4 Bennett, Ashten	JR	W. Carolina	5526	5
5 Williams, Adams	SO	Appalachian	5259	4
6 Palmer, Rod	SR	W. Carolina	4866	3
7 Schmid, Doug	JR	The Citadel	4182	2

SoCon Record: 8:49.77 S 1988 Todd Crosson**Regional Q.: 9:07.00 R****Women - Team Rankings - 21 Events Scored**

1) Appalachian State	197.5
2) Georgia Southern	182.5
3) Western Carolina	144
4) Chattanooga	79
5) Elon	55
6) The Citadel	48
7) Furman	40
8) Davidson	39
9) C. of Charleston	20
10) Wofford	10
11) UNC- Greensboro	2

Men - Team Rankings - 21 Events Scored

1) Western Carolina	258.5
2) Appalachian State	244.5
3) Davidson	84
4) The Citadel	77
5) Furman	58
6) Chattanooga	51
7) Wofford	18
8) UNC- Greensboro	15