

Southern Conference Indoor Track & Field Record Book



Through 2018-19 season

MEN'S INDOOR CHAMPIONSHIP RECORDS

Event	Mark	Conversion	Athlete	Year
60m Dash	6.73		Ernest Wiggins, Appalachian State	2004
200m Dash	21.13		Delevantie Brown, ETSU	1995
400m Dash	46.97		Brunson Miller, The Citadel	2012
800m Run	1:50.92		Zach Whitmarsh, ETSU	1997
Mile run	4:03.97		Mark Scruton, ETSU	1982
3,000m Run	8:05.37		Seamus Power, ETSU	1992
5,000m Run	13:55.73		Arsène Guillorel, Samford	2016
60m Hurdles	7.90		Stanley Broaden, Appalachian State	2013
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	2000
			(Derrick High, Irving Hunter, Tim Vaught, Joe Hyman)	
Distance medley Relay	9:47.80		ETSU	1979
			(J.C. Caudell, Greg Davis, Ben Turpin, Adrian Leek)	
Heptathlon	5,127		Bo Ackerson-Gilroy, Samford	2012

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			
1965	Lexington, Va.	VMI			
1966	Lexington, Va.	William & Mary			
1967	Lexington, Va.	William & Mary			
1968	Lexington, Va.	William & Mary			
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
Duke	4
Furman	4
ETSU	2
East Carolina	1
Marshall	1
Virginia Tech	1
Washington & Lee	1
West Virginia	1

MEN'S INDIVIDUAL HONORS

Coach of the Year

1975	John Randolph, William & Mary
1976	Wake 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

Heath Whittle Award (Most Outstanding Athlete)

1970	Charles Strode, William & Mary
1971	Howell Michael, William & Mary
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	Lee 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	Darrius 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 Basset, Samford
2015	Tripp Hurt, Furman
2016	Jamie Brown, Western Carolina
2017	Patrick Taylor, ETSU
2018	Marquis Barnes, Samford
2019	Trini Feggett, Western Carolina

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 Guillorel, Samford
2017	Ryan Adams, Furman
2018	Emmanuel Tait, Samford
2019	Ryan Adams, Furman

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

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

Pinnacle Award

(highest GPA on championship team)

2017	Miles Greer, Western Carolina
2018	Dakota Wright, Western Carolina
2019	Dakota Wright, Western Carolina

MEN'S SOUTHERN CONFERENCE HONORS

Athletes of the Week

2001		2010		2015	
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)
2002		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, UNGC (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)	2016	
2003		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)
2004		2011		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	Feb. 9	Jerod Gardner, APP (Field)	Feb. 17	Ryan Adams, FUR (Track)
Feb. 18	Ernest Wiggins, APP		Brunson Miller, CIT (Track)		Tray Oates, SAM (Field)
Feb. 25	Dan Queen, APP	Feb. 16	Michael Seaman, SAM (Field)	Feb. 24	Brandon Hazouri, SAM (Track)
			Chris Moen, APP (Track)		Joel Hoisington, VMI (Field)
2005			Darius Purcell, APP (Field)		
Jan. 19	Zach DiBois, CIT	Feb. 23	Alex Richter, SAM (Track)	2017	
Jan. 26	Anthony Greer, APP		Owen Wagoner, SAM (Field)	Jan. 19	None (Track)
Feb. 2	Steven Kocsis, UTC	March 2	Chris Moen, APP (Track)		Scott Peretin, WCU (Field)
Feb. 9	Chris Martin, APP		Malcolm Styers, APP (Field)	Jan. 25	Emmanuel Tait, SAM (Track)
Feb. 16	Steven Kocsis, UTC	2012			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)
2006		Jan. 25	Paul Chelimo, UNGC (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, UNGC (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)	2018	
2007			Owen Wagoner, SAM (Field)	Jan. 17	Dakota Lamont, WCU (Track)
Jan. 18	Tom Divinnie, DAV	2013			Tray Oates, SAM (Field)
Jan. 23	Michael Mentz, UTC	Jan. 24	Nathan Hendershot, SAM (Track)	Jan. 24	Arsène Guillourel, SAM (Track)
Jan. 31	Zeb Johnson, WCU		Tyler Kemp, SAM (Field)		Keyth Fightmaster, SAM (Field)
Feb. 7	Manteo Mitchell, WCU	Jan. 30	Brandon Hairston, WCU (Track)	Jan. 31	Dakota Lamont, WCU (Track)
	Adam Van Nortwick, APP		Geno Porter, CIT (Field)		Ben Johnson, ETSU (Field)
Feb. 14	Douglas Noreen, DAV	Feb. 6	Demetrios Pagonis, DAV (Track)	Feb. 7	Aaron Templeton, FUR (Track)
			Ryan Cook, SAM (Field)		Ben Johnson, ETSU (Field)
2008		Feb. 13	Paul Katam, UNGC (Track)	Feb. 14	Frank Lara, FUR (Track)
Jan. 23	Ricky Harris, APP		Jamal Tiller, APP (Field)		Tray Oates, SAM (Field)
Jan. 31	Alex Hoyt, DAV	Feb. 20	Stanley Broaden, APP (Track)	Feb. 21	Malik Diggs, CIT (Track)
Feb. 7	Josh Houser, APP		Cole Finch, APP (Field)		Tray Oates, SAM (Field)
	Michael Mentz, UTC	Feb. 27	Brandon Hairston, WCU (Track)	2019	
Feb. 14	Michael Wilson, APP		Steven Bastien, SAM (Field)	Jan. 17	Ben Varghese, ETSU (Track)
Feb. 21	Manteo Mitchell, WCU	2014			Longinus Nnodim, WOF (Field)
Feb. 26	Joel Gaddy, APP	Jan. 22	Adam Jones, SAM (Track)	Jan. 23	Owen Bailey, SAM (Track)
			Brandon Bassett, SAM (Field)		Ben Johnson, ETSU (Field)
2009		Jan. 29	Jamaal Brantley, CIT (Track)	Jan. 30	Chace Washington-Saunders, WCU (Track)
Jan. 21	Manteo Mitchell, WCU (Track)		David Johnson, WCU (Field)		Trini Feggett, WCU (Field)
	Ryan Twiford, APP (Field)	Feb. 5	Brandon Hazouri, SAM (Track)	Feb. 6	Ben Varghese, ETSU (Track)
Jan. 29	Patrick Morgan, FUR (Track)	Feb. 12	Tripp Hurt, FUR (Track)		Conrad Heinrich, WOF (Field)
	Matt Boruff, APP (Field)		Sidney Jordan, SAM (Field)	Feb. 13	Frank Lara, FUR (Track)
Feb. 5	Joey Thompson, UNGC (Track)	Feb. 19	Tanner Hinkle, FUR, (Track)		Ben Johnson, ETSU (Field)
	Mark Sturgis, APP (Field)		Geno Porter, CIT (Field)	Feb. 20	Johnnie Walker, VMI (Track)
Feb. 12	Chris Berry, UTC (Track)	Feb. 26	Jamaal Brantley, CIT (Track)		Sam Blumer, CIT (Field)
	Patrick Morgan, FUR (Track)		Matt Layne, APP (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

Repeat Athlete of the Week Selections

Seven times

Tray Oates, SAM, 2015-18

Five times

Brandon Hazouri, SAM, 2014-16
Ben Johnson, ETSU, 2017-19

Four times

Michael Seaman, SAM, 2010-12

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, 2010

Darius Purcell, APP, 2010-11
Brunson Miller, CIT, 2011-12

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

Athletes of the Month

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

Repeat Athlete of the Month Selections

Three times

Tray Oates, SAM, 2017-18

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

MEN'S CHAMPIONSHIP MEET RESULTS

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

MEN'S CHAMPIONSHIP MEET RESULTS

1964	VMI	44	1972	William & Mary	103	1979	VMI	173	1986	Appalachian State	180.33
	West Virginia	44		East Carolina	53		ETSU	161		VMI	158.67
	Furman	32		Richmond	51		Appalachian State	90		Marshall	81
	William & Mary	26		Furman	48		Marshall	55		ETSU	73
	Virginia Tech	20		VMI	20		The Citadel	36		Western Carolina	32
	The Citadel	16		The Citadel	8		Furman	28		The Citadel	15
	Davidson	10		Davidson	5		Western Carolina	9		Furman	13
	Richmond	5					Chattanooga	4		Davidson	2
			1973	William & Mary	103		Davidson	1			
1965	VMI	64.3		East Carolina	70	1980	ETSU	153	1987	Appalachian State	147.5
	West Virginia	37.5		Furman	52		VMI	148		VMI	126.5
	Furman	34		Richmond	25		Appalachian State	104		Marshall	43
	William & Mary	24.5		VMI	9		Marshall	66		The Citadel	32
	Richmond	14		Appalachian State	7		Western Carolina	37		Western Carolina	26
	Virginia Tech	7.67		The Citadel	6		The Citadel	25		ETSU	25
	Davidson	7		Davidson	0		Furman	25		Furman	23
	The Citadel	6					Chattanooga	0		Chattanooga	10
1966	William & Mary	57	1974	William & Mary	90		Davidson	0		Davidson	0
	Furman	48		Furman	74	1981	VMI	146.5	1988	VMI	145
	VMI	35		East Carolina	52		ETSU	145		Appalachian State	98
	West Virginia	26.5		Richmond	32		Appalachian State	99.5		ETSU	71
	The Citadel	23		Appalachian State	12		Marshall	59		Western Carolina	57
	Richmond	18		VMI	7		Furman	45		Marshall	41
	East Carolina	2.5		The Citadel	4		The Citadel	16		The Citadel	35
	Davidson	0		Davidson	0		Davidson	16		Furman	8
1967	William & Mary	75	1975	William & Mary	110		Chattanooga	16		Chattanooga	6
	VMI	49		East Carolina	70		Western Carolina	16		Davidson	1
	Richmond	37		Furman	45	1982	VMI	164	1989	Appalachian State	132
	Furman	20		Richmond	26		Appalachian State	132		VMI	128
	West Virginia	10		VMI	21		ETSU	123		ETSU	96
	East Carolina	9		Appalachian State	14		Marshall	54		Western Carolina	58
	The Citadel	6		The Citadel	2		Furman	29		The Citadel	39
	Davidson	4		Davidson	0		The Citadel	24		Marshall	32
1968	William & Mary	94.5	1976	Furman	20		Western Carolina	23		Furman	7
	VMI	33		William & Mary	16		Chattanooga	11		Chattanooga	4
	Richmond	29.5		East Carolina	15	1983	Davidson	9	1990	Appalachian State	144
	East Carolina	27		VMI	9					VMI	139.5
	Furman	19		Appalachian State	2		VMI	223.5		ETSU	64
	West Virginia	14		Richmond	1		ETSU	103		Western Carolina	51
	The Citadel	7		Davidson	1		Furman	77		The Citadel	44
	Davidson	0	1977	East Carolina	67		Marshall	68.5		Chattanooga	28
1969	William & Mary	114		William & Mary	66		Western Carolina	44		Marshall	24
	East Carolina	42		VMI	58.33		The Citadel	38		Furman	0
	Furman	37		Furman	33	1984	Davidson	7	1991	VMI	157
	VMI	27		Appalachian State	25.5		Appalachian State	183		Appalachian State	104
	The Citadel	23		Marshall	19.83		VMI	158		ETSU	76
	Richmond	7		Western Carolina	10.33		ETSU	68		Marshall	74
	Davidson	5		The Citadel	7		Marshall	66		Western Carolina	42
1970	William & Mary	106		Davidson	1		Western Carolina	53		The Citadel	30
	Furman	48	1978	VMI	105		The Citadel	20		Chattanooga	16
	East Carolina	47		Appalachian State	52		Davidson	5		Furman	7
	VMI	22		Furman	39	1985	Furman	4	1992	Appalachian State	149
	The Citadel	15		The Citadel	30.5		Appalachian State	212		ETSU	96
	Richmond	15		Marshall	29		VMI	101		VMI	90
	Davidson	3		Western Carolina	16.5		Western Carolina	96		Marshall	77
1971	William & Mary	94		Davidson	6		ETSU	65		Western Carolina	58
	East Carolina	55		Chattanooga	0		Marshall	34		The Citadel	16
	Furman	43					The Citadel	29		Davidson	7
	Davidson	20					Davidson	12		Chattanooga	0
	Richmond	18					Furman	8			
	The Citadel	15									
	VMI	11									

MEN'S CHAMPIONSHIP MEET RESULTS

1993	VMI	133	2001	VMI	146	2009	Appalachian State	235	2015	Western Carolina	228	
	ETSU	105		Appalachian State	130		Western Carolina	191		Samford	155	
	Appalachian State	79		Western Carolina	74		The Citadel	60		VMI	98.50	
	Western Carolina	59		ETSU	53		Samford	46		Furman	92	
	Chattanooga	57		Chattanooga	52		Chattanooga	46		The Citadel	40.50	
	Marshall	46		The Citadel	25		Furman	36		Chattanooga	32	
	The Citadel	16		Davidson	14		Davidson	23		Wofford	12	
	Davidson	0		UNCG	1		UNCG	22		UNCG	4	
1994	Appalachian State	105	2002	Appalachian State	138	2010	Appalachian State	209	2016	Western Carolina	183	
	Western Carolina	98		Western Carolina	100		Western Carolina	207		Samford	129	
	ETSU	88		VMI	87		Samford	102.5		VMI	126	
	VMI	79		Chattanooga	69		The Citadel	42.5		ETSU	101	
	Marshall	65		ETSU	53		Davidson	30		Furman	57	
	Chattanooga	54		The Citadel	28		UNCG	24		The Citadel	35	
	The Citadel	7		Davidson	17		Chattanooga	18		Wofford	28	
1995	Appalachian State	136	2003	Appalachian State	186	2011	Furman	6	2017	UNCG	3	
	ETSU	92		Western Carolina	118.5		Wofford	3		Western Carolina	170	
	VMI	89		VMI	99		Appalachian State	216.33		Samford	155	
	Chattanooga	66		Chattanooga	87		Western Carolina	149		ETSU	137	
	Marshall	55		ETSU	62.5		Samford*	127.33		Furman	87	
	Western Carolina	47		The Citadel	51		Davidson	53.33		The Citadel	57	
	The Citadel	9		Davidson	8		The Citadel	49		Wofford	44	
	Davidson	0		Wofford	8		Chattanooga	36		UNCG	4	
1996	VMI	126	2004	Western Carolina	221.5	2012	Furman	21	2018	Western Carolina	141	
	ETSU	93		Appalachian State	200.5		Wofford	5		Samford	138	
	Marshall	87		ETSU	91.5		UNCG	1		ETSU	111	
	Chattanooga	83		Chattanooga	81.5		* later vacated three points			Furman	92	
	Appalachian State	64		The Citadel	26		Western Carolina	155		The Citadel	66	
	Western Carolina	41		UNCG	18		Appalachian State	154.50		Wofford	62	
	The Citadel	2		Davidson	11		Samford*	147.50		VMI	48	
	Davidson	0		Wofford	8		The Citadel	58		UNCG	4	
1997	Marshall	117	2005	Appalachian State	231.5	2013	Davidson	50	2019	Western Carolina	165.5	
	Appalachian State	107		Western Carolina	224.5		Chattanooga	32		Samford	138.5	
	ETSU	88		Chattanooga	64		Furman	29		Furman	90	
	Chattanooga	62		ETSU	60		UNCG	27		ETSU	89	
	VMI	55		UNCG	35		Wofford	9		The Citadel	75	
	Western Carolina	46		The Citadel	22.5		* later vacated six points			Wofford	48	
	The Citadel	21		Davidson	13.5		Appalachian State	183.50		VMI	44	
	Davidson	0		Wofford	6		Samford*	179		UNCG	11	
1998	ETSU	148	2006	Western Carolina	277	2014	Western Carolina	185				
	VMI	120		Appalachian State	213		Appalachian State	150				
	Appalachian State	93		The Citadel	43		Samford	112				
	Western Carolina	72		Chattanooga	40		The Citadel	66				
	Chattanooga	36		Davidson	33		Furman	65				
	The Citadel	25		UNCG	30		Davidson	36				
	Davidson	0		Wofford	13		Chattanooga	25				
1999	Western Carolina	159.5	2007	Appalachian State	272.5		Wofford	13				
	Appalachian State	139.5		Western Carolina	232.5	* later vacated 23 points						
	VMI	108		Davidson	57							
	Chattanooga	75		Chattanooga	32							
	ETSU	73		The Citadel	27							
	The Citadel	48		UNCG	23							
Davidson	18											
2000	Appalachian State	132.5	2008	Western Carolina	263		UNCG	9				
	Western Carolina	111		Appalachian State	256.50							
	VMI	87		Chattanooga	47							
	Chattanooga	57		Citadel	38.50							
	The Citadel	48		Davidson	26							
	ETSU	47.5		Furman	15							
	Davidson	12		UNCG	8							

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

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

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

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

* 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 Braithwaite, VMI, 4:28.6
1961 Larry Williams, VMI, 4:27.2
1962 Coppley 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 Howell Michael, W&M, 4:07.9
1970 Howell Michael, W&M, 4:19.4
1971 Howell 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 Chirs 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

3,000-meter run

1981 Adrian Leek, ETSU, 8:15.2
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

MEN'S INDIVIDUAL CHAMPIONS

1999 Nic Crider, UTC, 8:34.11
 2000 Ben Bissette, 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, UNGC, 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 Vargheese, ETSU, 8:24.65

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 Bissette, 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, UNGC, 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

* 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 Dohanac, 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

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

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 UNGC, 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 UNGC, 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

* 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"
 1986 Sam Cunningham, APP, 7'0"
 1987 Sam 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**

MEN'S INDIVIDUAL CHAMPIONS

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, 2.05 m

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 Darrius Jackson, VMI, 7.39m
 1999 Charles Mahatha, APP, 24'7.0"
 2000 Damion McLean, APP, 24'5.75"
 2001 **Marcus Lynch, 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

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, 50'10¼"
 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, 51.22m
 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

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, 54'½"
 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"
 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

MEN'S INDIVIDUAL CHAMPIONS

2017 Mateius Brown, WCU, 15.27m
2018 Mateius Brown, WCU, 16.64m
2019 Ben Johnson, ETSU, 16.39m

35-LB Weight throw

1973 Bill Dimitrouleas, FUR, 51'1½"
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

Pole vault

1930 Arnold, UNC, 12'7¾"
1931 Ray Ruble, UNC, 12'11¾"
1932 Don Zimmerman, Tulane, 13'¾"
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 Capss, 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

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

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	Lonn 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 Barha, 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	Jordan Laffette, 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

MEN'S INDIVIDUAL CHAMPIONS

1962 Coppley 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
 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 Sweetenburgh, 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, 3:1.37
 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 Pflugst, 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 Pflugst, 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 Bruson Miller, The Citadel Brandon Hairston, Western Carolina Zac Corder, 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
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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
Robert Stout, Wofford

Weight throw

Hunter Griffin, Wofford

Pole vault

Robert Stout, Wofford

Heptathlon

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

MEN'S ALL-FRESHMAN TEAMS

2018	2019		
60-meter dash Karon Delince, ETSU Timiebi Ogobri, The Citadel John Collins, VMI	60-meter dash Trini Feggett, Western Carolina Carden Williams, The Citadel Titus Moore, Samford		
200-meter dash Karon Delince, ETSU Timiebi Ogobri, The Citadel John Collins, VMI	200-meter dash Trini Feggett, Western Carolina Blaine Ashton, VMI Jordin Poindexter, VMI		
400-meter dash Kofie-Safie Boateng, VMI Tate Overbay, ETSU Preston Gaines, UNCG	400-meter dash Jordan Woodbine, Samford Johnnie Walker, VMI Rafael Mas, VMI		
800-meter run Matt Scarr, ETSU Juan Rodriguez, UNCG Jackson Betts, VMI	800-meter run Seth Corey, Samford Adam Waite, VMI Nicholas Thoma, UNCG		
Mile run None	Mile run Cameron Ponder, Furman Colin Alexander, UNCG Andre Jordan, VMI		
3,000-meter run Daniel Bernal, Furman Trent Mandato, Furman Ben Garner, Samford	3,000-meter run Cameron Belk, UNCG		
5,000-meter run Daniel Bernal, Furman Allen Clark, Furman Trent Mandato, Furman	5,000-meter run Thomas Knepshield, UNCG Andre Jordan, VMI Dalton Miles, UNCG		
60-meter hurdles Isaiah Ellis, Wofford Mike Jones, Western Carolina Jack McHugh, Samford	60-meter hurdles Titus Moore, Samford Keefe White, The Citadel		
High jump Matt Cahoon, Samford Kenya Pinckney, The Citadel Khadevis Sneed, Western Carolina	High jump Justin Stuckey, Samford Dakota Oxendine, Western Carolina Tyler Hanks, Western Carolina		
Long jump Karon Delince, ETSU Thomas Ozburn Jr., Samford Drae Butts, ETSU	Long jump Trini Feggett, Western Carolina Justin Stuckey, Samford Benjamin Okafor, Western Carolina		
Triple jump Drae Butts, ETSU Matthew Mudd, Western Carolina Isaiah Ellis, Wofford	Triple jump Blaine Ashton, VMI Ty Kimberlin, Samford Tyler Hanks, Western Carolina		
Shot put Austin Lufkin, Wofford Jay Stanley, Western Carolina Mac Bennett, Western Carolina Connor Jacobs, Wofford	Shot put Ryan Eldridge, Western Carolina Adam Hart, Western Carolina Solomon Ghosh, VMI		
Weight throw Jay Stanley, Western Carolina Matt Cahoon, Samford Mac Bennett, Western Carolina	Weight throw Adam Hart, Western Carolina Kolin Miller, ETSU Ethan Brown, Samford		
Pole vault Hugh Duggan, Samford Griffin Kowal, VMI Sam Blumer, The Citadel	Pole vault Charles Cooley, Western Carolina Thomas Martin, Western Carolina Daniel Walsh, VMI		
Heptathlon Thomas Ozburn Jr., Samford Austin Eck, Samford Matthew Mudd, Western Carolina	Heptathlon Ty Kimberlin, Samford Max Burke, VMI		

WOMEN'S RECORDS AND CHAMPIONS

Women's Indoor Championship Records

Event	Mark	Conversion	Name(s), school	Year
60m Dash	7.43		Nicole Brown, Georgia Southern	2005
	7.43		Tayla Carter, Western Carolina	2013, 2016
	7.43		Ty-Leah Hampton, Western Carolina	2018
200m Dash	23.84		Lamonda Miller, Appalachian State	1989
400m Dash	54.61		Felisha Garren, Western Carolina	2012
800m Run	2:06.10		Karisa Nelson, Samford	2019
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	4.05m	(13-3.50)	Claire Goodson, Samford	2012
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	11:39.35		Furman	2019
Pentathlon	4,118		(Krissy Gear, Carlen Baran, Emma Kuntz, Gabbi Jennings)	
			Selena Popp, Samford	2018

Past Champions

Year	Site	Champion	Year	Site	Champion
1988	Johnson City, Tenn.	Appalachian State	2010	Clemson, S.C.	Western Carolina
1989	Johnson City, Tenn.	Appalachian State	2011	Clemson, S.C.	Appalachian State
1990	Lexington, Va.	Appalachian State	2012	Birmingham, Ala.	Appalachian State
1991	Johnson City, Tenn.	Appalachian State	2013	Winston-Salem, N.C.	Western Carolina
1992	Johnson City, Tenn.	Appalachian State	2014	Winston-Salem, N.C.	Western Carolina
1993	Lexington, Va.	Appalachian State	2015	Birmingham, Ala.	Western Carolina
1994	Johnson City, Tenn.	Appalachian State	2016	Birmingham, Ala.	Samford
1995	Johnson City, Tenn.	ETSU	2017	Johnson City, Tenn.	Samford
1996	Lexington, Va.	Western Carolina	2018	Lexington, Va.	Samford
1997	Johnson City, Tenn.	Western Carolina	2019	Lexington, Va.	Samford
1998	Johnson City, Tenn.	Chattanooga			
1999	Johnson City, Tenn.	Western Carolina			
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			

Total team titles

Team	Titles
Appalachian State	17
Western Carolina	9
Samford	4
ETSU	1
Chattanooga	1

NCAA Champions

Year	Site	Event	Mark	Name, school
2017	College Station, Texas	Mile run	4:31.24	Karisa Nelson, Samford

WOMEN'S INDIVIDUAL HONORS

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

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

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

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

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

Pinnacle Award (highest GPA on championship team)

2017	Bekah Pfitzer, Samford
2018	Rachel Dixon, Samford
2019	Bekah Pfitzer, Samford

WOMEN'S CHAMPIONSHIP MEET RESULTS

1988	Appalachian State	196	1998	Chattanooga	141	2005	Appalachian State	161.83	2011	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
1989	Appalachian State	215	1999	Western Carolina	169		The Citadel	6		Davidson	8
	ETSU	99		Appalachian State	149		UNCG	4		Wofford	2
	Marshall	68		Chattanooga	118	2006	Appalachian State	148.5		Chattanooga	0
	Chattanooga	31		ETSU	100.5		Western Carolina	122	2012	Appalachian State	157.16
	Western Carolina	18		Furman	43.5		Georgia Southern	118		Western Carolina	113
	Furman	0		VMI	25		Chattanooga	108		Georgia Southern	92
1990	Appalachian State	236		Davidson	11		Furman	42		Samford	85
	Marshall	68		Wofford	4		Elon	40		Elon	72.33
	Western Carolina	56		The Citadel	3		College of Charleston	26.5		College of Charleston	59
	ETSU	32	2000	Western Carolina	145.5		The Citadel	25		UNCG	36
	Chattanooga	26		Appalachian State	119		Davidson	22		Furman	17
	Furman	18		Chattanooga	86		UNCG	8		Chattanooga	12
1991	Appalachian State	185		ETSU	71	2007	Appalachian State	161		Wofford	9.5
	Western Carolina	81		Georgia Southern	30		Western Carolina	159.5		The Citadel	9
	Chattanooga	56		Furman	21.5		Georgia Southern	122.5		Davidson	1
	Marshall	48		VMI	11		Chattanooga	46	2013	Western Carolina	149
	Furman	34		UNCG	8		Furman	42		Appalachian State	143.5
	ETSU	29		The Citadel	4		Elon	40		Samford	139
1992	Appalachian State	156	2001	Appalachian State	130		The Citadel	38		Elon	81
	Western Carolina	82		Western Carolina	128		Davidson	37		Georgia Southern	70.5
	Chattanooga	60		Chattanooga	101		College of Charleston	16		The Citadel	21
	Marshall	47		ETSU	52	2008	Western Carolina	172		College of Charleston	18
	ETSU	38		Furman	36		Appalachian State	167		Chattanooga	13
	Furman	23		Georgia Southern	19		Georgia Southern	120		UNCG	9
	Davidson	17		VMI	16		Chattanooga	78		Wofford	8
1993	Appalachian State	154		UNCG	8		Elon	35		Davidson	7
	Western Carolina	91		The Citadel	4		Davidson	32		Furman	4
	Furman	64		Davidson	2	2009	College of Charleston	23	2014	Western Carolina	132
	ETSU	46	2002	Appalachian State	139		The Citadel	22		Appalachian State	120.5
	Chattanooga	41		Western Carolina	111		Furman	14		Georgia Southern	119
	Marshall	37		Chattanooga	96	2010	Appalachian State	211		Samford	113.5
	Davidson	1		Georgia Southern	69		Western Carolina	135		Elon	88
1994	Appalachian State	156		ETSU	52		Georgia Southern	93		Chattanooga	22
	Western Carolina	73		UNCG	17		Samford	78		UNCG	18
	ETSU	63		Furman	7		College of Charleston	44		Furman	17
	Chattanooga	55		VMI	3		Chattanooga	42		Davidson	16
	Furman	54		Davidson	2		Elon	36		The Citadel	10
	Marshall	31	2003	Appalachian State	186.5		Furman	11		Wofford	3
	Davidson	2		Chattanooga	158.5		Davidson	8	2015	Western Carolina	226
1995	ETSU	114		Georgia Southern	97		The Citadel	3		Samford	155
	Western Carolina	94		Western Carolina	78		UNCG	1		ETSU	96
	Appalachian State	92		ETSU	40		Wofford	0		Furman	83
	Furman	63		VMI	24	2011	Western Carolina	174.5		Chattanooga	46
	Chattanooga	43		Furman	14		Appalachian State	122		The Citadel	24
	Marshall	26		Davidson	7		Georgia Southern	95		VMI	23
	Davidson	2		College of Charleston	6		Samford	77		Wofford	5
1996	Western Carolina	127.5		The Citadel	2		Elon	70		UNCG	5
	ETSU	108		UNCG	1		College of Charleston	38.5	2016	Samford	216
	Appalachian State	96	2004	Appalachian State	222		Chattanooga	25		Western Carolina	164
	Furman	64.5		Chattanooga	138.5		The Citadel	25		ETSU	84.50
	Chattanooga	44		Georgia Southern	105		Furman	23		Furman	80
	Marshall	17		Western Carolina	72		Davidson	12		VMI	50.50
	Davidson	7		ETSU	69.5		UNCG	0		Chattanooga	34
1997	Western Carolina	143		College of Charleston	23		Wofford	0		Wofford	20
	Chattanooga	87		Elon	16					UNCG	9
	Appalachian State	81.33		Furman	12					The Citadel	5
	ETSU	80.33		Davidson	3						
	Marshall	42.33		The Citadel	1						
	Furman	28									
	Davidson	3									

WOMEN'S CHAMPIONSHIP MEET RESULTS

2017	Samford	208
	Western Carolina	151.5
	ETSU	107.5
	Furman	97
	VMI	47
	Wofford	29
	Chattanooga	9
	UNCG	7
	The Citadel	6
2018	Samford	161
	Western Carolina	150
	Furman	107
	ETSU	103
	Wofford	67
	VMI	48
	The Citadel	16
	Chattanooga	6
	UNCG	4
2019	Samford	172
	Western Carolina	140
	ETSU	104
	Furman	91
	Wofford	78
	VMI	46
	Chattanooga	27
	The Citadel	5
	UNCG	0

WOMEN'S SOUTHERN CONFERENCE HONORS

Athletes of the Week

2001		2010		2015	
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)
2002		Jan. 28	Katie Hansen, UNGC (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)	2016	
2003		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	2011			Jordan Highsmith, SAM (Field)
2004		Jan. 26	Jane't Carothers, WCU (Track)	Feb. 3	Sarah Sanford, SAM (Track)
Jan. 21	Rhonda White, APP		Chanelle Terry, SAM (Field)		Holly Gaines, WCU (Field)
Jan. 28	Alison Frese, UTC	Feb. 2	Breanna Alston, APP (Track)	Feb. 10	Teghan Henderson, UTC (Track)
Feb. 4	Kellie Mitchell, GSU		Cassie Crawford, APP (Field)		Tatiana Taylor, SAM (Field)
Feb. 11	Laura Tieszen, WCU	Feb. 9	Dena O'Brien, CofC (Track)	Feb. 17	Laura Miller, FUR (Track)
Feb. 18	Rhonda White, APP		Ashley Schnell, UNGC (Track)		Tiffani Lewis, WCU (Field)
Feb. 25	Nikki Slocumb, GSU		Bianca Harvey, APP (Field)	Feb. 24	Yaa Agyepong-Wiafe, VMI (Track)
		Feb. 16	Dena O'Brien, CofC (Track)		Bria Anderson, VMI (Field)
			Veronica Day, Elon (Field)	2017	
2005			Lynnsey Hyter, GSU (Field)	Jan. 19	Kyrha Atkins, ETSU (Track)
Jan. 19	Beverly Burnett, APP	Feb. 23	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	2012		Feb. 8	Allie Buchalski, FUR (Track)
2006		Jan. 19	Ashley Schnell, UNGC (Track)		Meagan Meadow, SAM (Field)
Jan. 18	Alana Black, Elon		Claire Goodson, SAM (Field)	Feb. 15	Allie Buchalski, FUR (Track)
Jan. 25	Beverly Burnett, APP	Jan. 25	Shaina Sumney, UNGC (Track)		Lindsey Kessler, SAM (Field)
Feb. 1	Shannon Wommack, UTC		Emily Allen, SAM (Field)	Feb. 22	Bria Anderson, VMI (Track)
Feb. 8	Stephanie McNeill, CIT	Feb. 1	Amanda Sumner, UTC (Track)		Bria Anderson, VMI (Field)
Feb. 15	Chakosha Lance, CofC		Taylor Wade, GSU (Field)	2018	
2007		Feb. 7	Dena O'Brien, CofC (Track)	Jan. 17	Ty-Leah Hampton, WCU (Track)
Jan. 18	Vonteena Knotts, APP		Gayshawna Watkins, APP (Field)		Erin Hines, SAM (Field)
Jan. 23	Lanni Marchant, UTC	Feb. 15	Erin Barker, FUR (Track)	Jan. 24	Karisa Nelson, SAM (Track)
Jan. 31	Brenna Burns, DAV		Emily Allen, SAM (Field)		Selena Popp, SAM (Field)
	Raquel Ramseur, WCU	2013		Jan. 31	Kyra Atkins, ETSU (Track)
Feb. 7	Lanni Marchant, UTC	Jan. 24	Tayla Carter, WCU (Track)		Autumn James, WCU (Field)
Feb. 14	Stephanie McNeill, CIT		RoShani Glover, CofC (Field)	Feb. 7	Savannah Carnahan, FUR (Track)
		Jan. 30	Amanda Hamilton, APP (Track)		Simone Williams, WCU (Field)
2008			Ana DeLeon, APP (Field)	Feb. 14	Kyra Atkins, ETSU (Track)
Jan. 28	Danielle Thorpe, APP	Feb. 6	Lauren D'Alessio, SAM (Track)		Simone Williams, WCU (Field)
Jan. 31	Brenna Burns, DAV		Megan Kirschling, Elon (Field)	Feb. 21	Krissy Gear, FUR (Track)
Feb. 7	Emily Wood, UTC	Feb. 13	Chelsea Sumney, UNGC (Track)		Bria Anderson, VMI (Field)
Feb. 13	Brittani Williams, APP		Aschah Brice, WCU (Field)	2019	
Feb. 22	Kerrie Savery, WCU	Feb. 20	Sydney Griffin, Elon (Track)	Jan. 17	Karisa Nelson, SAM (Track)
			Brianna Tate, APP (Field)		Jackie Barnes, SAM (Field)
2009		Feb. 27	Lauren D'Alessio, SAM (Track)	Jan. 23	Karisa Nelson, SAM (Track)
Jan. 21	Jane't Carothers, WCU (Track)		Alisha Bradshaw, WCU (Field)		Sarah Leckman, VMI (Field)
	Rebecca Hazeltine, APP (Field)	2014		Jan. 30	Karisa Nelson, SAM (Track)
Jan. 29	Meg Gaffney, APP (Track)	Jan. 22	Teghan Henderson, UTC (Track)		Victoria Solheim, WCU (Field)
	Emily Smith, CofC (Field)		Chenell Bryan, WCU (Field)	Feb. 6	Hannah Steelman, WOF (Track)
Feb. 5	Felicia Paulding, WCU (Track)	Jan. 29	Grace Tinkey, FUR (Track)		Maggie Johnston, SAM (Field)
	Danielle Thorpe, APP (Field)		Michaela Birek, WCU (Field)	Feb. 13	Savannah Carnahan, FUR (Track)
Feb. 12	Annelia Uys, UTC (Track)	Feb. 5	Genevieve Emrick, WCU (Track)		Mekayla Brown, ETSU (Field)
	Rebecca Hazeltine, APP (Field)		Makayla Roten, APP (Field)	Feb. 20	Ariana Ruffin, VMI (Track)
Feb. 19	Meg Gaffney, APP (Track)	Feb. 12	Grace Tinkey, FUR (Track)		No nominees
	Lynnsey Hyter, GSU (Field)		Ashley Cope, SAM (Field)		
Feb. 26	Megan Jenkins, CIT (Track)	Feb. 19	Tayla Carter, WCU (Track)		
	Mary Angela Brown, SAM (Field)		Nicole Charley, SAM (Field)		
		Feb. 26	Sydney Griffin, Elon (Track)		
			Makayla Roten, APP (Field)		

WOMEN'S SOUTHERN CONFERENCE HONORS

Repeat Athletes of the Week

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

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

Athlete of the Month

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

Repeat Athletes of the Month

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

Two times

Jane't Carothers, WCU, 2009, 11
Lynnndsey Hyter, GSU, 2009, 11
Dena O'Brien, CofC, 2011-12
Ashley Cope, SAM, 2014
Allie Buchalski, FUR, 2015-16

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

200-meter dash

1988	Lamonda Miller, APP, 24.06
1989	Lamonda Miller, APP, 23.84
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, Furman, 24.66
1995	Shelli Clendenon, ETSU, 24.60
1996	Salima Fountain, Furman, 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

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, Furman, 55.88
1995	Angela Rowe, WCU, 54.64
1996	Andrea Shropshire, UTC, 58.95
1997	Salima Fountain, Furman, 56.47
1998	Keeya Mcmanus, WCU, 57.14
1999	Shawnta Person, WCU, 59.20
2000	Rosaline Addo, ETSU, 56.33
2001	Roseline 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

800-meter run

1988	Debbie Dukes, Marshall, 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, Marshall, 2:20.08
1994	Sarah Crandall, Marshall, 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 Demedicis, SAM, 2:12.90
2013	Marie Demedicis, 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

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, UT, 5:04.60
1992	Susie Gardner, WCU, 5:04.59
1993	Heather VandeBrake, Furman, 5:06.10
1994	Jennel Walby, ETSU, 5:09.09
1995	Heather VandeBrake, Furman, 4:58.87
1996	Heather VandeBrake, Furman, 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, 4:48.09
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
2019	Karisa Nelson, SAM, 4:38.23

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, Furman, 10:03.84
1992	Lucie Mayes, UTC, 9:59.51
1993	Gail Pennachio, Furman, 10:08.50
1994	Michele Marshall, UTC, 10:09.02
1995	Mary Jane Middlekoop, UTC, 10:12.55
1996	Heather VandeBrake, Furman, 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, Furman, 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
2019	Savannah Carnahan, FUR, 9:11.04

5,000-meter run

1989	Whitney Ball, APP, 16:52.46
1990	Whitney Ball, APP, 17:26.16
1991	Cate Pichon, Furman, 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, Furman, 17:36.1
1997	Mary Jo Ferrigan, ETSU, 17:36.82
1998	Anna Wright, UTC, 17:02.29
1999	Amanda Lynch, UTC, 17:35.29
2000	Catherine Berry, ETSU, 17:01.05
2001	Jill Braley, Furman, 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

WOMEN'S INDIVIDUAL CHAMPIONS

2007 Lanni Marchant, UTC, 17:02.49
 2008 Brenna Burns, DAV, 17:18.56
 2009 Andrea Seccafien, SAM, 17:55.94
 2010 Chloe Kowalski, Furman, 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
2019 Savannah Carnahan, FUR, 16:22.61

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
2015 Demeteria Edgcombe, ETSU, 8:29
 2016 Sarah Sanford, SAM, 8.44
 2017 Kyra Atkins, ETSU, 8.32
2018 Kyra Atkins, ETSU, 8.29
 2019 Amber Lust, WOF, 8.54

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
2012 Western Carolina, 3:44.98
 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

Distance medley

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

*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
2007 Kristen Meister, DAV, 1.81m
 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 Prengaman, SAM, 1.70m
 2017 Selena Popp, SAM, 1.75m
 2018 Selena Popp, SAM, 1.70m
 2019 Selena Popp, SAM, 1.70m

Long jump

1988 Sandra Davis, WCU, 19'2"
 1989 Erica West, Marshall, 18'10"
 1990 Erica West, Marshall, 18'8½"
 1991 Sabrina Hill, APP, 18'8¾"
 1992 Von Ross, WCU, 20'4"
1993 Von Ross, WCU, 20'3½" (6.21m)
 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 Lynndsey Hyter, GSU, 5.97m
 2010 Veronica Day, ELON, 5.72m
 2011 Lynndsey 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 Khiara White, ETSU, 6.01m

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
1999 Taneisha Robinson, ETSU, 13.30m
 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
2004 Ronda White, APP, 13.30m
 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 Tamilya Wright, WCU, 11.95m
 2017 Megan Meadow, SAM, 12.42m
 2018 Autumn James, WCU, 12.02m
 2019 Morayo Bhadmos, SAM, 12.32m

Shot put

1988 Angie Barker, ETSU, 54'6" (16.61m)
 1989 Angie Barker, ETSU, 45'1"
 1990 Tina Osbourne, Marshall, 42'9½"
 1991 Missy Kouns, Marshall, 41'9¾"
 1992 Michelle Rhyne, APP, 41'9¼"
 1993 Zondra Johnson, WCU, 40'11"
 1994 Beth Reck, Marshall, 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 Herndon, WCU, 40'5.5"
 2000 Ashley Herndon, WCU, 42'2.0"
 2001 Ashley Herndon, WCU, 44'9.75"
 2002 LaShana Poole, APP, 43'10.75"

WOMEN'S INDIVIDUAL CHAMPIONS

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

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
2006 Chakosha Lance, CofC, 19.54m
 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

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

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 Lynndsey Hyter, GSU, 3,551
 2010 Lynndsey Hyter, GSU, 3,494
 2011 Lynndsey 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
2018 Selena Popp, SAM, 4,118
 2019 Selena Popp, SAM, 3,558

RETIRED EVENTS

55-meter dash

1988 Lamonda Miller, APP, 6.91
1989 Lamonda Miller, APP, 6.82
 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
2003 Ronda White, APP, 7.86

Two-Mile Relay

1988 ETSU, 9:45.63
 1989 ETSU, 9:32.27
1991 Appalachian State, 9:29.56
 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

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 Stuive, 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 Builta, 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 Katelyn 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
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WOMEN'S ALL-FRESHMAN TEAMS

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

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 Kears, 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
Breneia 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

WOMEN'S ALL-FRESHMAN TEAMS

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
Ahliyah Williams, VMI

800-meter run

Peyton Wood, Western Carolina
Sammy Trone, Furman

Mile

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
Aliyah Hill, ETSU
Khiara White, ETSU

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

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.	Jahanzeb 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 Ogden, 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.	Matthew 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.	Robert 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.	Ahliyah Williams, VMI	58.16
7.	Kassidy 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.	Tamilia 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.	Tamilia 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 Bhadosh, SAM	12.32m
2.	Mekayla Brown, ETSU	11.89m
3.	Aliyah Hill, ETSU	11.77m
4.	Makaila McIntyre, WCU	11.71m
5.	Tamilia 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.	Matthew 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.	Robert 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.	Kassidy 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.	Tamilia 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.	Robert Stout, WOF	4.10m

Heptathlon

1.	Nathan Rivera, ETSU	5,041
2.	Jay Vines, SAM	4,623
3.	Robert 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.	Kassidy 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.	Tamilia 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 Prengaman, 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 Guillorel, 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 Guillorel, 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 Nosbisch, 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

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 Pregarman, 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

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 Joeseeph, 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.	Darrow 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

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, GSU	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.	Megan 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 Bomeruth, 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 Kearse, 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
	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.	Achsah 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.	Jocelyn 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
	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'Shawna 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'Shawna 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.	Cherelle King, GSU	58.94

800-meter run

1.	Marie Demedice, 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	14.15m
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.	Breanna 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 Conarroe, 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.	Shaquela 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.	Demetris 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 Conarroe, 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.	Lynnndsey 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.	Lynnndsey Hyter, GSU	5.65m
4.	Bianca Harvey, APP	5.60m
5.	Tia Jones, WCU	5.55m
6.	Demetris 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.	Lynnndsey 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.	Lynnndsey 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

Lynnndsey 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 Pfingst, 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 Pfingst, 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 Isacacs, 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.	Deidra 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.	Demetrise 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.	Demetrise 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.	Demetrise 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.	Adrianne 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.	Asmeron Desta, 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.	Chenel 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 Clendenen, 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 Brisco, 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 Harlfinger, 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, WCU

Most Outstanding Field Performer

Mark Sturgis, APP

Freshman of the Year

Josh Cox, APP

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 Guinyard, 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.	Vontonna 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.	Shamieka 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.	Shamieka 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.	Cedea 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.	Cedea 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.	Quilletta 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.	Ronetta Burgess, WCU	7.16
5.	Christina Roeberts, 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.	Cedea Bowden, WCU	18'7.75"

Triple jump

1.	Tondra White, APP	40'4.75"
2.	Ronda White, APP	40'2.25"
3.	Cedea 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.	Quiletta 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.	Cedea 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.	Cedea Brown, WCU	38'02.25"
6.	Kristen Truman, ETSU	36'09.00"

Shot put

1.	Ashley Herndon, 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 Herndon, 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.	Johnnie 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 McGhinnis, 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 Bissette, 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 Bissette, 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 Jalajas, 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 McGhinnis, 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.	Rahsaan 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.	Jaremy 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.	Keeya 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 Reader, APP	(NT)
3.	Catherine Berry, ETSU	(NT)
4.	Andrea Davis, UTC	(NT)
5.	Jenny Warford, 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 Warford, 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.	Natie 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.	Darius Jackson, VMI	6.37
3.	Obi Ezekwe, VMI	6.41
4.	Johnnie Morrison, WCU	6.45
5.	Leon Corpening, APP	6.47
6.	Kevin Pennycooke, ETSU	6.54

200-meter dash

1.	Darius 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.	Darius 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

Darius 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.	Darius 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	36'¾"
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