

## MEN

### Team standings

1, Appalachian State 46. 2, VMI 31. 3, Western Carolina 27. 4, Marshall 22. 5, ETSU 19. 6, Davidson 6. 7, The Citadel 2. 8, Furman 1. 9, UT-Chattanooga 0.

### Individual

10,000 — 1, Tommy Holland (ASU) 31:24.0. 2, Declan Fahy (ETSU) 31:33.56. 3, John Crumbly (ASU) 31:45.68. 4, Brian Meisch (ASU) 31:57.34. 5, John Fenton (ETSU) 32:02.51. 6, Fred Reinhardt (ETSU) 32:04.38.

Hammer throw — 1, Rich Grant (ASU) 60.60 meters. 2, Heath O'Neal (Mar) 53.24. 3, Zack Scott (VMI) 50.70. 4, Jason Clendenin (VMI) 50.44. 5, Tim Broch (VMI) 48.44. 6, Bryan Gilba (VMI) 46.12.

Long jump — 1, Robert Tucker (WCU) 7.36 meters. 2, Damon Richardson (VMI) 7.32. 3, Khamisi Jackson (Mar) 7.29. 4, Chris Furman (Mar) 7.26. 5, Reggie Allison (WCU) 7.09. 6, Darrius Jackson (VMI) 7.03.

3,000 steeplechase — 1, Chris Huffstickler (ASU) 9:17.23. 2, Cronan Gantley (ETSU) 9:20.70. 3, Seth Peoples (ASU) 9:24.9. 4, Mark Gladwell (Mar) 9:36.87. 5, Russ Sweitzer (VMI) 9:46.76. 6, Rob Wilson (Furman) 9:46.82.

Javelin — 1, Jeff Capps (WCU) 57.58 meters. 2, Demond Ferebee (VMI) 55.20. 3, Ivar Kilgemaali (Davidson) 54.72. 4, David Price (WCU) 53.76. 5, Scot Sanborn (Citadel) 53.62. 6, Jim Davis (WCU) 50.16.

## WOMEN

### Team standings

1, Furman 30. 2, ETSU 27. 3, Western Carolina 14. 4, (tie) Appalachian State and UT-Chattanooga 11. 6, (tie) Davidson and Marshall 0.

### Individual

10,000 — 1, Gail Pennachio (Furman) 37:17.80. 2, Mary Jo Ferrigan (ETSU) 37:29.38. 3, Lynn Kepper (Furman) 37:31.91. 4, Holley Cooper (Furman) 38:07.91. 5, Jannica Hertman (ASU) 38:45.85. 6, Camille Banker (UTC) 38:53.10.

Long jump — 1, Rahma Mateen (WCU) 6.10 meters. 2, Shelli Clendenon (ETSU) 5.99. 3, Nikki Harris (ASU) 5.78. 4, Mochon Hill (WCU) 5.72. 5, Precious Quire (ASU) 5.61. 6, Stephanie Hawkins (ETSU) 5.55.

3,000 — 1, Mary Jane Middlekoop (UTC) 10:10.41. 2, Jennel Walby (ETSU) 10:16.21. 3, Gail Pennacio (Furman) 10:20.53. 4, Holley Cooper (Furman) 10:40.37. 5, Taylor Perin (ETSU) 10:44.11. 6, Kim Demi (ASU) 10:48.24.

## WOMEN

### Team results

1, Appalachian State 148. 2, East Tennessee State 133. 3, Western Carolina 122. 4, Furman 73. 5, UT-Chattanooga 42. 6, Marshall 28 $\frac{2}{3}$ . 7, Davidson 11 $\frac{1}{2}$ .

### Individual results

Javelin — Olander (ASU) 40.32. 2, Bahry (ASU) 37.38. 3, Wright (ASU) 37.04.

High jump — 1, Clendenon (ETSU) 1.73. 2, Miner (ASU) 1.68. 3, Hawkins (ETSU) 1.67.

Discus — Mall (David) 44.90. 2, Hypes (Mar) 40.04. 3, Jones (WCU) 39.06. ETSU: 5, Blankenship 36.90.

Triple jump — 1, Quire (ASU) 12.43. 2, Harris (ASU) 11.81. 3, Mateen (WCU) 11.66. 4, Sluss (ETSU) 11.29. 5, Newsam (ETSU) 36.90.

400 relay — 1, WCU 46.29. 2, ASU 46.84. 3, ETSU 47.01.

1,500 — 1, Gregg (ETSU) 4:40.35. 2, Walby (ETSU) 4:43.15. 3, Ginette (Fur) 4:44.10.

Shot put — 1, Jackson (WCU) 13.28. 2, Hypes (Mar) 12.94. 3, Johnson (WCU) 12.67.

100 hurdles — 1, Roundtree (ASU) 14.57. 2, Redden (ASU) 14.84. 3, Burleson (ASU) 14.92. 4, Hawkins (ETSU) 14.95.

400 — 1, Rowe (WCU) 53.55. 2, Cutts (Fur) 55.82. 3, Prather (ETSU) 57.79. 4, Grant (ETSU) 56.79.

100 — 1, Thompson (WCU) 11.98. 2, Lee (ASU) 12.21. 3, Lazenby 12.35.

800 — 1, Gregg (ETSU) 2:14.87. 2, Rowe (WCU) 2:18.37. 3, Bouze (UTC) 2:18.66.

400 hurdles — 1, Bailey (WCU) 1:02.25. 2, Burleson (ASU) 1:02.36. 3, Hawkins (ETSU) 1:04.26.

200 — 1, Lee (ASU) 24.53. 2, Cutts (Fur) 24.67. 3, Clendenon (ETSU) 24.67. Other ETSU: 5, Prather 24.96.

5,000 — 1, Middlekoop (UTC) 17:29.67. 2, Penachio (Fur) 17:31.7. 3, Walby (ETSU) 17:45.20. Other ETSU: 5, Ferrigan 18:06.27.

1,600 relay — 1, ETSU 3:50.10. 2, WCU 3:53.10. 3, ASU 3:55.10.

## MEN

### Team results

1, ASU 131. 2, VMI 119. 3, WCU 107. 4, ETSU 104. 5, Marshall 84. 6, UTC 58. 7, Furman 8. 8, Davidson 6. 9, The Citadel 2.

### Individual results

Triple jump — 1, Allison (WCU) 15:00. 2, Tucker (WCU) 14.90. 3, Ezekwe (VMI) 14.85. Other ETSU: 5, Hamilton (ETSU) 13.63.

Shot put — 1, Earley (VMI) 16.39. 2, Clendenin (VMI) 15.24. 3, Scott (VMI) 14.97.

Pole vault — 1, Capps (WCU) 4.72. 2, Poremba (ASU) 4.57. 3, Foster (WCU) 4.42.

High jump — 1, Burgess (Mar) 2.05. 2, Bock (Mar) 2.03. 3, Tucker (WCU) 2.03.

400 relay — 1, ETSU 40.36. 2, WCU 41.54. 3, VMI 42.57.

1,500 — 1, Margraves (UTC) 3:57.71. 2, Fahy (ETSU) 3:58.17. 3, Walsh (UTC) 3:59.98. Other ETSU: 6, Gantley 4:00.45.

Discus — 1, Sowers (Mar) 52.06. 2, Clenin (VMI) 45.72. 3, Scott (VMI) 44.72.

110 hurdles — 1, Anwah (VMI) 14.82. 2, Womack (Mar) 14.90. 3, Gibson (ASU) 14.97.

400 — 1, Cook (ETSU) 48.07. 2, Sidney (ETSU) 48.76. 3, Jackson (WCU) 49.22.

100 — 1, Horton (ETSU) 10.62. 2, Ellison (UTC) 10.64. 3, Boyce (WCU) 10.92.

800 — 1, Austin (ASU) 1:52.88. 2, King (ETSU) 1:53.74. 3, Griffin (Fur) 53.37.

400 hurdles — 1, DuBose (VMI) 52.23. 2, Kyle (UTC) 52.44. 3, Womack (Mar) 53.37.

200 — 1, Sidney (ETSU) 21.44. 2, Cook (ETSU) 21.61. 3, Boyce (WCU) 22.06.

5,000 — 1, Meisch (ASU) 14:49.60. 2, Holland (ASU) 14:49.80. 3, Peoples (ASU) 14:55.40. Other ETSU: 5, Fahy 15:00.2.

1,600 — 1, UTC 3:14.70. 2, ETSU 3:17.90. 3, VMI 3:19.10.