

1996 MEN'S CHAMPIONSHIP

Team results

Team	Points	Team	Points
1. Appalachian State	138	6. Chattanooga	47
2. ETSU	129	7. The Citadel	27
3. VMI	113	8. Furman	11
4. Western Carolina	78	9. Davidson	4
5. Marshall	73		

100-meter dash

1. Delevantie Brown, ETSU	10.66
2. Eric Gay, VMI	11.06
3. Mark Gochenour, MAR	11.11
4. Jonathan Boyce, WCU	11.36
5. Clarence Edwards, WCU	11.48
6. Michael Lapid, APP	11.52

200-meter dash

1. Delevantie Brown, ETSU	21.29
2. Robert Johnson, APP	21.69
3. Mark Gochenour, MAR	21.94
4. Eric Gay, VMI	22.01
5. Jonathan Boyce, WCU	22.13
6. Holm Ankoma-Sey, VMI	22.40

400-meter dash

1. Warren Robertson, UTC	48.53
2. Joe Restivo, MAR	48.70
3. Albert Juan, MAR	49.04
4. Garson Hedrick, APP	49.35
5. Chris White, ETSU	49.42
6. Holm Ankoma-Sey, VMI	49.77

800-meter run

1. Zach Whitmarsh, ETSU	1:52.20
2. Casey Price, UTC	1:52.77
3. Jon Austin, APP	1:53.44
4. Brandon Griffin, FUR	1:54.06
5. Kevin Croft, UTC	1:56.06
6. Nic Crider, UTC	1:58.51

1,500-meter run

1. Zach Whitmarsh, ETSU	3:58.30
2. Declan Fahy, ETSU	3:58.41
3. Chuck Margraves, UTC	3:59.12
4. Damian Walsh, UTC	4:01.51
5. Chris Huffstickler, APP	4:02.25
6. Jud Sarver, APP	4:02.27

5,000-meter run

1. Declan Fahy, ETSU	14:54.12
2. Fred Reinhardt, ETSU	14:54.28
3. Derek Murphy, ETSU	14:59.65
4. Collin Webster, WCU	15:01.81
5. Brian Clark, WCU	15:02.79
6. Jake Johnson, FUR	15:09.41

10,000-meter run

1. Fred Reinhardt, ETSU	31:27.37
2. Declan Fahy, ETSU	32:05.04
3. Derek Murphy, ETSU	32:05.35
4. John Fenton, ETSU	32:15.26
5. Collin Webster, WCU	32:19.56
6. Michael Murphy, MAR	32:21.99

110-meter hurdles

1. Delevantie Brown, ETSU	14.40
2. Joe Anwah, VMI	14.70
3. Phil Alicea, VMI	14.89
4. Jason Gibson, APP	14.96
5. Raymond Brewer, APP	15.00
6. Marcus Logan, MAR	15.45

400-meter hurdles

1. Joe Debose, VMI	52.77
2. Chris Upkins, UTC	52.95
3. Marcus Logan, MAR	55.27
4. Garson Hedrick, APP	55.66
5. Mike Wingler, WCU	57.23
6. Chad Wilson, WCU	57.42

3,000-meter steeplechase

1. Chris Huffstickler, APP	9:14.04
2. Russ Sweitzer, VMI	9:22.90
3. Turner Norris, WCU	9:22.91
4. Jake Johnson, FUR	9:35.10
5. Cronan Gantley, ETSU	9:46.29
6. Brent Nicolay, ETSU	9:51.13

4x100-meter relay

1. VMI	41.55
2. Appalachian State	41.77
3. Western Carolina	41.98
4. ETSU	42.52
5. Marshall	42.62
6. The Citadel	42.75

4x400-meter relay

1. ETSU	3:13.54
2. Chattanooga	3:15.99
3. VMI	3:16.36
4. Marshall	3:18.62
5. Appalachian State	3:20.27
6. Western Carolina	3:24.60

Long jump

1. Darrius Jackson, VMI	7.37m
2. Clarence Edwards, WCU	7.25m
3. Robert Johnson, APP	7.24m
4. Donnell Brinson, WCU	6.95m
5. Floyd Johnson, MAR	6.80m
6. Chad Stoneking, MAR	6.76m

Triple jump

1. Robert Johnson, APP	15.23m
2. Jimmy Johnson, WCU	14.56m
3. Floyd Johnson, MAR	14.47m
4. Andrew Wilhite, MAR	14.07m
5. Jeff Hubbard, VMI	13.72m
6. Brent Taylor, VMI	13.40m

High jump

1. Robert Johnson, APP	2.18m
2. Michael Kroeger, APP	2.03m
3. Thomas Bock, MAR	1.98m
4. Cory Cooper, WCU	1.98m
5. Chip Wood, MAR	1.93m
6. Jason Jackson, FUR	1.93m

Shot put

1. Ron Moak, CIT	16.20m
2. Ryan Earley, VMI	15.91m
3. Derek Summerour, WCU	15.58m
4. Justin May, VMI	15.22m
5. Rich Latta, APP	15.06m
6. Sidney Brandon, VMI	14.89m

Discus throw

1. Rich Latta, APP	45.96m
2. Justin May, VMI	42.62m
3. Eric Hart, APP	42.50m
4. Ryan Earley, VMI	42.16m
5. Vance Henry, WCU	40.76m
6. Shannon Rodden, WCU	40.40m

Hammer throw

1. Daniel Hall, MAR	52.32m
2. Tim Brock, VMI	51.60m
3. Rich Latta, APP	51.16m
4. Chris Botti, WCU	48.08m
5. Chris Cockerham, APP	44.68m
6. Vance Henry, WCU	43.02m

Javelin throw

1. Scot Sanborn, CIT	57.68m
2. Matthew Burnette, APP	55.18m
3. Jeff DeGroft, CIT	52.98m
4. Dan Dearing, DAV	52.18m
5. Albert Juan, MAR	50.84m
6. Tyler Milliken, FUR	49.00m

Pole vault

1. Todd Poremba, APP	4.90m
2. Jarrett Foster, WCU	4.75m
3. Jeff Fitzgerald, APP	4.75m
4. Erret Buis, VMI	4.45m
5. Jason Stewart, APP	4.30m
6. Phil Alicea, VMI	4.30m

Outstanding Performer

Robert Johnson, APP

Freshman of the Year

Zach Whitmarsh, ETSU

Coach of the Year

John Weaver, APP

NOTE

• Top three finishers in each event receive all-conference honors.

1996 WOMEN'S CHAMPIONSHIP

Team results

Team	Points	Team	Points
1. ETSU	150	5. Furman	54.5
2. Western Carolina	133.5	6. Marshall	34
3. Appalachian State	131	7. Davidson	27
4. Chattanooga	55		

100-meter dash

1. Leisa Moulton, ETSU	12.40
2. Nikki Harris, APP	12.40
3. Reshia Johnson, ETSU	12.50
4. Trice Roundtree, APP	13.00
5. Kamilah Gabriel, WCU	13.30
6. Crystal Carlton, WCU	13.50

200-meter dash

1. Salima Fountain, FUR	24.91
2. Nikki Harris, APP	25.15
3. Tracie George, ETSU	25.39
4. Leisa Moulton, ETSU	25.72
5. Karen Houston, APP	25.73
6. Kendra Prather, ETSU	25.91

400-meter dash

1. Salima Fountain, FUR	55.74
2. Shawnta Person, WCU	56.34
3. Kendra Prather, ETSU	57.60
4. Tracie George, ETSU	57.66
5. Andrea Shropshire, UTC	57.73
6. Karen Houston, APP	58.23

800-meter run

1. Emily Redmon, WCU	2:11.41
2. Michelle Gregg, ETSU	2:11.62
3. Maggie Donahue, WCU	2:13.11
4. Valerie Urchison, ETSU	2:15.17
5. Michelle Bozue, UTC	2:17.28
6. Maria Stivers, UTC	2:21.28

1,500-meter run

1. Michelle Gregg, ETSU	4:38.00
2. Valerie Urchison, ETSU	4:40.83
3. Heather VandeBrake, FUR	4:42.24
4. Kristen Savery, WCU	4:42.92
5. Jenny Chase, APP	4:44.48
6. Jennel Walby, ETSU	4:50.30

3,000-meter run

1. Mary Jane Middlekoop, UTC	9:54.60
2. Heather VandeBrake, FUR	10:02.78
3. Christina Olson, APP	10:08.42
4. Jennel Walby, ETSU	10:20.45
5. Kristen Savery, WCU	10:26.16
6. Taylor Perin, ETSU	10:35.35

5,000-meter run

1. Mary Jane Middlekoop, UTC	17:24.46
2. Mary Jo Ferrigan, ETSU	17:32.59
3. Heather VandeBrake, FUR	17:37.76
4. Christina Olson, APP	17:46.33
5. Lynn Kepper, FUR	17:55.29
6. Taylor Perin, ETSU	17:59.78

10,000-meter run

1. Mary Jo Ferrigan, ETSU	37:33.61
2. Michele MAR, UTC	39:00.97
3. Lynn Kepper, FUR	39:56.02
4. Holley Cooper, FUR	40:09.78
5. Leah Moore, UTC	40:29.00
6. Nicole Yosmali, FUR	41:11.00

100-meter hurdles

1. Erica Edmond, ETSU	14.70
2. Wykesha Bailey, WCU	14.91
3. Rahma Mateen, WCU	15.20
Jamil Sawyer, DAV	15.20
5. Kendra Hornish, MAR	16.05
6. Kamilah Gabriel, WCU	16.07

400-meter hurdles

1. Wykesha Bailey, WCU	1:04.51
2. Erica Edmond, ETSU	1:05.17
3. Jodi Bailey, MAR	1:05.49
4. Kati Pierce, MAR	1:05.83
5. Natasha Claxton, UTC	1:05.87
6. Tera Pitts, APP	1:08.20

4x100-meter relay

1. ETSU	47.18
2. Appalachian State	47.62
3. Davidson	51.25
4. Western Carolina	52.10

4x400-meter relay

1. Western Carolina	3:49.70
2. Chattanooga	3:55.81
3. Appalachian State	3:59.79
4. Marshall	4:08.03
5. Davidson	4:14.04

Long jump

1. Rahma Mateen, WCU	5.91m
2. Tracie George, ETSU	5.76m
3. Nikki Harris, APP	5.65m
4. Audra Emery, APP	5.54m
5. Lisa Roberts, APP	5.50m
6. Carla McKinney, ETSU	5.49m

Triple jump

1. Nikki Harris, APP	11.94m
2. Rahma Mateen, WCU	11.58m
3. Lisa Roberts, APP	11.47m
4. Jennifer Sluss, ETSU	11.44m
5. Trice Roundtree, APP	11.32m
6. Karen Newsam, ETSU	11.19m

High jump

1. Rahma Mateen, WCU	1.70m
2. Jennifer Sluss, ETSU	1.70m
3. Vanessa Sims, DAV	1.70m
4. Shalimar Folds, UTC	1.65m
5. Kendra Hornish, MAR	1.60m
6. Lakeeva Brooks, WCU	1.60m
Katie Condon, FUR	1.60m

Discus throw

1. Ayokka Green, UTC	43.20m
2. Danielle Mall, DAV	43.12m
3. Allyson Blakenship, ETSU	39.78m
4. Meyetta Grimes, APP	39.06m
5. LaSha Jackson, WCU	37.16m
6. Robyn Stockunas, WCU	35.08m

Javelin throw

1. Rachel Olander, APP	39.92m
2. Christine Ziemba, APP	38.10m
3. Erica Bahry, APP	37.94m
4. Robyn Stockunas, WCU	33.70m
5. LaSha Jackson, WCU	32.40m
6. Rhoda Maron, FUR	31.88m

Shot put

1. LaSha Jackson, WCU	14.58m
2. Ayokka Green, UTC	14.01m
3. Chandra Nelson, MAR	12.40m
4. Zondra Johnson, WCU	11.87m
5. Felicia Johnson, ETSU	11.47m
6. Robyn Stockunas, WCU	11.18m

Hammer throw

1. Chandra Nelson, MAR	44.04m
2. Robyn Stockunas, WCU	39.80m
3. Allyson Blakenship, ETSU	36.52m
4. Rachel Olander, APP	36.40m
5. Christina Cassidy, WCU	35.82m
6. Ayokka Green, APP	35.64m
7. Christine Ziemba, APP	35.00m
8. Erica Bahry, APP	34.94m

Outstanding Performer

Rahma Mateen, Western Carolina

Freshman of the Year

Chandra Nelson, Marshall

Coach of the Year

Michell Byrne, ETSU

NOTE

- Top three finishers in each event receive all-conference honors.