

Southern Conference Championships - 4/30/2005 to 5/1/2005

Results at www.cfpitiming.com
Hosted by Western Carolina University

Results

Women 100 Meter Dash

SoCon Record: 11.45 S 1993 Melissa Morrison

Regional: 11.75 R

Name	Yr	School	Prelims
Preliminaries			
1 Claud, Jennifer	SR	Appalachian	11.86Q-1.8
2 Brown, Nicole	SO	Georgia Sout	11.99Q-1.6
3 Cunningham, Giselle	SR	Georgia Sout	12.19Q-1.3
4 Vernon, Chantelle	SR	E.T.S.U.	12.06Q-1.6
5 Roberts, Christina	SR	Appalachian	12.13Q-1.8
6 Hoover, Alexis	JR	Appalachian	12.23Q-1.3
7 Johnson, Tangelia	FR	W. Carolina	12.15q-1.8
8 Knox, Jenny	JR	E.T.S.U.	12.33q-1.3
9 Berry, Melissa	FR	W. Carolina	12.36 -1.6
10 Gentry, Cassie	JR	W. Carolina	12.45 -1.3
11 Taylor, Portia	SR	Appalachian	12.49 -1.6
12 Turner, Alice	SO	Elon- women	12.55 -1.8
12 Smith, Kasola	SR	Chattanooga	12.55 -1.3
14 Thurman, Dominique		Georgia Sout	12.64 -1.6
15 Yarborough, Cassandra	FR	C. of Charle	12.74 -1.8
16 Sullivan, Autumn	SO	Furman	12.84 -1.8
16 Crawford, Miriam	JR	The Citadel	12.84 -1.6
18 Knotts, Vonteen	FR	Appalachian	12.87 -1.6
19 Price, Dominique	FR	Elon- women	13.09 -1.3
20 Simmons, Danielle	SO	Elon- women	13.45 -1.8
21 Dawson, Brittany	FR	Elon- women	13.67 -1.3
22 Bell, Jennifer	FR	Georgia Sout	13.74 -1.6

Women 100 Meter Dash

SoCon Record: 11.45 S 1993 Melissa Morrison

Regional: 11.75 R

Name	Yr	School	Finals
Finals			
1 Brown, Nicole	SO	Georgia Sout	11.50 5.4
2 Claud, Jennifer	SR	Appalachian	11.66 5.4
3 Roberts, Christina	SR	Appalachian	11.77 5.4
4 Vernon, Chantelle	SR	E.T.S.U.	11.85 5.4
5 Johnson, Tangelia	FR	W. Carolina	11.90 5.4
6 Hoover, Alexis	JR	Appalachian	11.95 5.4
7 Knox, Jenny	JR	E.T.S.U.	12.09 5.4
8 Cunningham, Giselle	SR	Georgia Sout	12.20 5.4

Women 200 Meter Dash

SoCon Record: 23.50 S 1989 Lamonda Miller

Regional: 23.96 R

Name	Yr	School	Prelims
Preliminaries			
1 Cunningham, Giselle	SR	Georgia Sout	24.13Q0.7
2 Brown, Nicole	SO	Georgia Sout	24.28Q1.5
3 Claud, Jennifer	SR	Appalachian	24.37Q1.6
4 Hoover, Alexis	JR	Appalachian	24.63Q0.7
5 Ramseur, Raquel	FR	W. Carolina	24.46q 1.5
6 Knox, Jenny	JR	E.T.S.U.	24.69q 0.7
7 Roberts, Christina	SR	Appalachian	24.69q 1.6

8 Jones, Ebonie	JR	E.T.S.U.	24.76q 0.7
9 Vernon, Chantelle	SR	E.T.S.U.	24.81 0.7
10 Johnson, Tangelia	FR	W. Carolina	24.85 1.6
11 Whittle, Jodi	FR	The Citadel	25.14 1.5
12 Taylor, Portia	SR	Appalachian	25.21 0.7
13 Berry, Melissa	FR	W. Carolina	25.26 0.7
14 Spivey, Jennifer	JR	W. Carolina	25.41 1.5
15 Brown, Matasha	SR	Appalachian	25.49 0.7
16 Gentry, Cassie	JR	W. Carolina	25.50 1.6
17 Thurman, Dominique		Georgia Sout	25.80 1.6
18 Crawford, Miriam	JR	The Citadel	25.98 0.7
19 Price, Dominique	FR	Elon- women	26.13 0.7
20 Zech, Morgan	FR	Elon- women	26.16 1.5
21 Sullivan, Autumn	SO	Furman	26.42 1.5
22 Hayden, Jessica	SR	Elon- women	26.58 0.7
23 Booker, Montair	JR	The Citadel	26.73 0.7
24 Small, Trina	SO	Furman	26.88 1.5
25 Finnegan, Sarah	FR	C. of Charle	26.89 1.6
26 Smith, Kasola	SR	Chattanooga	54.08 0.7

Women 200 Meter Dash

SoCon Record: 23.50 S 1989 Lamonda Miller

Regional: 23.96 R

Name	Yr	School	Finals
Finals			
1 Claud, Jennifer	SR	Appalachian	23.76R1.8
2 Brown, Nicole	SO	Georgia Sout	23.98 1.8
3 Ramseur, Raquel	FR	W. Carolina	24.40 1.8
4 Jones, Ebonie	JR	E.T.S.U.	24.47 1.8
5 Roberts, Christina	SR	Appalachian	24.55 1.8
6 Cunningham, Giselle	SR	Georgia Sout	24.60 1.8
7 Hoover, Alexis	JR	Appalachian	24.64 1.8
8 Knox, Jenny	JR	E.T.S.U.	24.68 1.8

Women 400 Meter Dash

SoCon Record: 53.55 S 1995 Angela Rowe

Regional: 54.61 R

Name	Yr	School	Prelims
Preliminaries			
1 Cornish, Nichola	SR	E.T.S.U.	55.15Q
2 Arnold, Rashedah		Georgia Sout	55.48Q
3 Ramseur, Raquel	FR	W. Carolina	55.74Q
4 Spivey, Jennifer	JR	W. Carolina	55.85Q
5 Martin, Leslie	SR	W. Carolina	56.08Q
6 Brown, Matasha	SR	Appalachian	57.02Q
7 Crutchfield, Alexine	JR	Chattanooga	57.18q
8 Taylor, Piper	JR	Appalachian	57.65q
9 Edmonds, Tonya	SR	W. Carolina	57.99
10 Whittle, Jodi	FR	The Citadel	58.03
11 Saddler, Brooke	FR	W. Carolina	58.64
12 Banks, Tiffany	FR	Georgia Sout	59.54
13 Walter, Summerlee	FR	Davidson	59.60
14 Edgar, Kristen	JR	Furman	59.96
15 Reid, Rochelle		Elon- women	1:01.15
16 Chasen, Jessica	SO	Davidson	1:01.91

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Preliminaries ... (Women 400 Meter Dash)

Name	Yr	School	Prelims
17 Washington, Carla		C. of Charle	1:02.04
18 Nascimento, Karina	FR	Davidson	1:02.47
19 Moulden, Katrina	SO	E.T.S.U.	1:03.60
20 Zech, Morgan	FR	Elon- women	1:04.46

Women 400 Meter Dash

SoCon Record: 53.55 S 1995 Angela Rowe

Regional: 54.61 R

Name	Yr	School	Finals
Finals			
1 Cornish, Nichola	SR	E.T.S.U.	54.59R
2 Arnold, Rashedah		Georgia Sout	55.30
3 Ramseur, Raquel	FR	W. Carolina	55.40
4 Spivey, Jennifer	JR	W. Carolina	56.81
5 Martin, Leslie	SR	W. Carolina	57.00
6 Crutchfield, Alexine	JR	Chattanooga	58.23
7 Taylor, Piper	JR	Appalachian	58.68
8 Brown, Matasha	SR	Appalachian	58.87

Women 800 Meter Run

SoCon Record: 2:07.93 S 1999 Mary Jayne Harrelson

Regional: 2:09.80 R

Name	Yr	School	Prelims
Preliminaries			
1 Sujkowski, Katie	SR	Appalachian	2:14.62Q
2 Sharpe, McKenzie	SO	Furman	2:15.71Q
3 Martin, Leslie	SR	W. Carolina	2:16.29Q
4 Habbestad, Jennifer	SR	E.T.S.U.	2:17.45Q
5 Meagher, Ashley	JR	Chattanooga	2:17.95Q
6 Savery, Kerrie	FR	W. Carolina	2:15.23q
7 Collier, Tiffany	SR	E.T.S.U.	2:17.11q
8 Mullen, Rebecca	FR	Furman	2:17.66q
9 Kulesz, Deanna	JR	W. Carolina	2:18.18
10 Swick, Brittney	JR	Georgia Sout	2:18.23
11 LaBonte, MacKenzie	FR	E.T.S.U.	2:18.52
12 Leister, Hilary	JR	Davidson	2:18.57
13 Flaherty, Jenny	FR	Appalachian	2:18.95
14 Thompson, Brittany	JR	Furman	2:19.19
15 Williams, Mallorie	SR	Chattanooga	2:19.57
16 Wood, Emily		Chattanooga	2:19.68
17 Isaacs, Megan	SO	Furman	2:21.34
18 Griffith, Ashley	SR	Davidson	2:21.66
19 Dooley, Jennifer	FR	C. of Charle	2:22.20
20 Trompeter, Wells	FR	C. of Charle	2:23.74
21 Clark, Heather	FR	C. of Charle	2:25.54
22 Saddler, Brooke	FR	W. Carolina	2:26.39
23 Kingston, Kimberly	SO	C. of Charle	2:27.09
24 Carr, Clarissa	SR	Davidson	2:27.39
25 Johnson, Sarah	SR	Furman	2:27.61
26 McKown, Colleen		Davidson	2:28.88
27 Pearce, Jennifer	FR	Elon- women	2:29.79
28 Prevette, Elizabeth	FR	W. Carolina	2:30.46
29 Wilson, Katie	SO	Georgia Sout	2:30.72

30 Chencharik, Kelly	FR	Elon- women	2:32.32
31 DeVasto, Christine	FR	The Citadel	2:33.80
32 Ilevbare, Grace	FR	Elon- women	2:35.10
33 Thornton, Mary	SR	The Citadel	2:36.74
34 Rogers, Manda	SR	The Citadel	2:38.25
35 Reyes, Felipa	FR	The Citadel	2:41.45
36 Bryan, Maggie	FR	The Citadel	2:52.10

Women 800 Meter Run

SoCon Record: 2:07.93 S 1999 Mary Jayne Harrelson

Regional: 2:09.80 R

Name	Yr	School	Finals
Finals			
1 Martin, Leslie	SR	W. Carolina	2:15.16
2 Savery, Kerrie	FR	W. Carolina	2:16.45
3 Sharpe, McKenzie	SO	Furman	2:17.01
4 Sujkowski, Katie	SR	Appalachian	2:17.54
5 Collier, Tiffany	SR	E.T.S.U.	2:20.32
6 Mullen, Rebecca	FR	Furman	2:21.33
7 Meagher, Ashley	JR	Chattanooga	2:22.07
8 Habbestad, Jennifer	SR	E.T.S.U.	2:24.02

Women 1500 Meter Run

SoCon Record: 4:24.14 S 1999 Mary Jayne Harrelson

Regional: 4:27.80 R

Name	Yr	School	Finals
1 Wommack, Shannon	JR	Chattanooga	4:32.34
2 Turchin, Kathleen	SO	Chattanooga	4:35.50
3 Sujkowski, Katie	SR	Appalachian	4:36.55
4 Halcomb, Nettie	FR	Chattanooga	4:40.42
5 Mungovan, Molly	JR	Furman	4:41.00
6 Smith, Kasey	SO	Appalachian	4:43.58
7 Atias, Megal	FR	Davidson	4:44.36
8 Swick, Brittney	JR	Georgia Sout	4:48.62
9 Weber, Jessica	FR	Unc- Greensb	4:50.41
10 Kulesz, Deanna	JR	W. Carolina	4:50.88
11 Thompson, Brittany	JR	Furman	4:53.29
12 Isaacs, Megan	SO	Furman	4:56.35
13 O'Connell, Tricia	JR	Unc- Greensb	5:00.14
14 Trompeter, Wells	FR	C. of Charle	5:00.72
15 Carney, Ali	FR	E.T.S.U.	5:06.07
16 Lord, Erin	JR	Unc- Greensb	5:07.52
17 Chencharik, Kelly	FR	Elon- women	5:11.46
18 Johnson, Sarah	SR	Furman	5:11.94
19 Gaffney, Meghan	FR	Appalachian	5:12.00
20 Cook, Tessa	SR	Furman	5:14.37
21 Kingston, Kimberly	SO	C. of Charle	5:14.44
22 Sulser, Amy	SO	Elon- women	5:15.69
23 Kilgore, Keri	FR	Georgia Sout	5:16.36
24 Pearce, Jennifer	FR	Elon- women	5:21.57
25 Corbyons, Caroline	SO	Elon- women	5:22.45
26 Rogers, Manda	SR	The Citadel	5:29.69
27 Harp, Wilma	FR	The Citadel	5:34.79
28 Schmitt, Emily	SO	Elon- women	5:45.91

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Women 5000 Meter Run

SoCon Record: 16:49.10 S 1989

Whitney Ball

Regional: 16:52.00 R

Name	Yr	School	Finals
1 Turchin, Kathleen	SO	Chattanooga	17:16.45
2 Wommack, Shannon	JR	Chattanooga	17:20.34
3 Arnold, Ashley	FR	C. of Charle	17:41.87
4 Davis, Ellen	JR	Chattanooga	17:57.65
5 Ward, Christine	JR	E.T.S.U.	18:00.10
6 Smith, Kasey	SO	Appalachian	18:04.56
7 Mungovan, Molly	JR	Furman	18:06.04
8 Sujkowski, Katie	SR	Appalachian	18:17.36
9 Williams, Katie	FR	Chattanooga	18:36.80
10 Kelley, Jennifer	JR	Appalachian	18:41.97
11 Gaffney, Meghan	FR	Appalachian	18:42.12
12 Irvin, Ehrin	SR	Appalachian	19:02.31
13 Jones, Kelsey	JR	Furman	19:03.88
14 Hunter, Maggie	SO	E.T.S.U.	19:21.25
15 Boettcher, Kathryn	SR	C. of Charle	19:21.69
16 Reyes, Melissa	SR	Georgia Sout	19:34.98
17 Kerzie, Jessica	SO	Georgia Sout	19:55.19
18 Stackhouse, Jessie	SR	Furman	19:56.65
19 Stewart, Holly	FR	Furman	20:04.41
20 Wallace, Elise	FR	W. Carolina	20:17.86
21 Singleton, Rebecca	SR	Furman	21:00.45
22 Rawl, Amanda	SO	The Citadel	21:16.38
23 Lanphear, Kristina	FR	C. of Charle	21:42.32
--- Halcomb, Nettie	FR	Chattanooga	DNF
--- Maltais, Stephanie	SO	Unc- Greensb	DNF

Women 10000 Meter Run

SoCon Record: 36:05.16 S 1990

Whitney Ball

Name	Yr	School	Finals
1 Davis, Ellen	JR	Chattanooga	39:24.56
2 Kelley, Jennifer	JR	Appalachian	39:45.58
3 Reyes, Melissa	SR	Georgia Sout	39:58.04
4 Lynch, Cailin	SR	Appalachian	40:06.83
5 Rosborough, Kelly	SR	Appalachian	40:20.34
6 Smith, Noel	JR	Appalachian	40:20.57
7 Hewston, Laura	SO	The Citadel	40:55.33
8 Wallace, Elise	FR	W. Carolina	42:56.65

Women 100 Meter Hurdles

SoCon Record: 13.70 S 1993

Melissa Morrison

Regional: 13.95 R

Name	Yr	School	Prelims
1 Wilson, Amber	FR	Georgia Sout	14.17Q2.3
2 Chase, Brittany	SO	Georgia Sout	14.34Q-1.3
3 Davis, Asia	SO	W. Carolina	14.20Q2.3
4 McGriff, NaShay	FR	W. Carolina	14.91Q-1.3
5 Boda, Brittany	JR	Elon- women	14.44Q2.3
6 Price, Dominique	FR	Elon- women	15.02Q-1.3
7 Jacobs, Lauren	SO	Georgia Sout	14.73q 2.3
8 Phillips, Mandi	JR	Georgia Sout	15.08q -1.3

9 Jones, Whitney	FR	Furman	15.29 2.3
10 Mack, Tiffany	JR	W. Carolina	15.34 -1.3
11 Sanders, Tosha	FR	The Citadel	15.69 2.3
12 Johnson, Dominique	FR	E.T.S.U.	18.07 -1.3
13 Bernotski, Anne	FR	W. Carolina	18.29 -1.3

Women 100 Meter Hurdles

SoCon Record: 13.70 S 1993

Melissa Morrison

Regional: 13.95 R

Name	Yr	School	Finals
1 Chase, Brittany	SO	Georgia Sout	14.00 2.0
2 Wilson, Amber	FR	Georgia Sout	14.05 2.0
3 Davis, Asia	SO	W. Carolina	14.25 2.0
4 Boda, Brittany	JR	Elon- women	14.40 2.0
5 Price, Dominique	FR	Elon- women	14.43 2.0
6 Phillips, Mandi	JR	Georgia Sout	14.52 2.0
7 Jacobs, Lauren	SO	Georgia Sout	14.69 2.0
8 McGriff, NaShay	FR	W. Carolina	14.71 2.0

Women 400 Meter Hurdles

SoCon Record: 59.72 S 5/2/2004

Marlo Mincey

Regional: 1:00.82 R

Name	Yr	School	Prelims
1 Davis, Asia	SO	W. Carolina	R 1:00.56Q
2 Turner, Alice	SO	Elon- women	R 1:00.61Q
3 Wilson, Amber	FR	Georgia Sout	1:04.13Q
4 Glasgow, Rachel	FR	W. Carolina	1:04.34Q
5 Ballard, Carla	FR	Georgia Sout	1:04.70Q
6 Chase, Brittany	SO	Georgia Sout	1:07.11Q
7 Summey, Jessica	SR	Appalachian	1:06.21q
8 Edmonds, Tonya	SR	W. Carolina	1:07.19q
9 Dyer, Katherine	FR	Furman	1:07.41
10 McGowan, Julie	FR	Elon- women	1:09.88
11 Blair, Cecie	FR	Davidson	1:09.92
12 Hall, Michaela	FR	W. Carolina	1:13.33
13 Simmons, Danielle	SO	Elon- women	1:15.61
14 Bernotski, Anne	FR	W. Carolina	1:17.07

Women 400 Meter Hurdles

SoCon Record: 59.72 S 5/2/2004

Marlo Mincey

Regional: 1:00.82 R

Name	Yr	School	Finals
1 Davis, Asia	SO	W. Carolina	1:00.77R
2 Wilson, Amber	FR	Georgia Sout	1:03.57
3 Ballard, Carla	FR	Georgia Sout	1:04.15
4 Glasgow, Rachel	FR	W. Carolina	1:05.58
5 Edmonds, Tonya	SR	W. Carolina	1:07.62
6 Summey, Jessica	SR	Appalachian	1:08.03
7 Chase, Brittany	SO	Georgia Sout	1:08.28

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Women 3000 Meter Steeplechase

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

Regional: 10:52.10 R

Name	Yr	School	Finals
1 Wommack, Shannon	JR	Chattanooga	10:34.87S
2 Gaffney, Meghan	FR	Appalachian	11:17.10
3 Halcomb, Nettie	FR	Chattanooga	11:26.32
4 Bridges, Page	FR	Furman	11:31.79
5 Poole, Katie	JR	Furman	11:40.79
6 Kerzie, Jessica	SO	Georgia Sout	11:58.97
7 Williams, Katie	FR	Chattanooga	12:01.06
8 Post, Christina	SO	Appalachian	12:04.85
9 Brew, Anna	SR	Davidson	12:13.15
10 Lynch, Cailin	SR	Appalachian	12:22.19
11 Irvin, Ehrin	SR	Appalachian	12:32.50
12 Sulser, Amy	SO	Elon- women	12:34.30
13 Trexler, Kristen	SR	Appalachian	12:54.48
14 Harp, Wilma	FR	The Citadel	13:49.22

Women 4x100 Meter Relay

SoCon Record: 45.71 S 1993 App. State

Regional: 45.80 R

Team	Relay	Finals
1 Georgia Southern	A	46.32
2 Appalachian State	A	46.38
3 East Tn. St.	A	46.68
4 Western Carolina	A	46.96
5 Elon- women	A	48.62
6 The Citadel	A	49.26
7 Furman	A	49.29
--- C. of Charleston	A	DQ

Women 4x400 Meter Relay

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

Regional: 3:42.00 R

Team	Relay	Finals
1 Western Carolina	A	3:45.72
2 Georgia Southern	A	3:52.47
3 East Tn. St.	A	3:53.09
4 Appalachian State	A	3:57.16
5 Furman	A	4:00.84
6 Chattanooga	A	4:01.55
7 Davidson- women	A	4:04.19
8 C. of Charleston	A	4:08.05
9 Elon- women	A	4:08.68
10 The Citadel	A	4:13.69

Women High Jump

SoCon Record: 1.77m S 2001 Virginia LaCombe

Regional: 1.75m R

Name	Yr	School	Finals
1 Whitaker, Brittany	SO	W. Carolina	1.71m
2 Ricciardi, Anna	JR	E.T.S.U.	1.67m
3 Johnson, Jessika	FR	W. Carolina	1.62m
4 Taylor, Piper	JR	Appalachian	1.57m

5 Boone, Dominique	FR	C. of Charle	1.57m
6 Crutchfield, Alexine	JR	Chattanooga	1.52m
7 McGriff, NaShay	FR	W. Carolina	1.52m
8 Tieszen, Laura	SR	W. Carolina	1.47m
9 Wilkerson, Jessica	FR	W. Carolina	1.42m
10 Jett, Caroline	JR	Appalachian	1.42m
10 Pesterfield, Kelly	SR	The Citadel	1.42m
--- Grimes, Tonya	FR	Georgia Sout	NH

Women Pole Vault

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

Regional: 3.80m R

Name	Yr	School	Finals
1 Tieszen, Laura	SR	W. Carolina	3.80mR
2 Clendenning, Jessica	SO	Elon- women	3.65m
3 Robertson, Bridget	SR	Appalachian	3.20m
4 Mah, Caren	JR	Appalachian	3.20m
4 Chambless, Summer	FR	C. of Charle	3.20m
6 Wilson, Jessie	FR	W. Carolina	3.20m
7 Irwin, Megan	FR	Appalachian	3.20m
8 Shore, Susan	SO	Elon- women	3.05m
9 Glasgow, Rachel	FR	W. Carolina	3.05m
10 Cabe, Melissa	FR	W. Carolina	2.90m
10 Sayewich, Natalie	SO	Appalachian	2.90m
12 Heeke, Kaitlyn	FR	Appalachian	2.75m

Women Long Jump

SoCon Record: 20-05.25 S 1993 Melissa Morrison

Regional: 5.95m R

Name	Yr	School	Finals
1 Jacobs, Lauren	SO	Georgia Sout	5.81m 0.1
2 Thurman, Dominique		Georgia Sout	5.77m 0.1
3 Smith, Kasola	SR	Chattanooga	5.76m 0.2
4 Claud, Jennifer	SR	Appalachian	5.70m +0.0
5 Grimes, Tonya	FR	Georgia Sout	5.67m +0.0
6 Knotts, Vonteena	FR	Appalachian	5.63m 0.7
7 Berry, Melissa	FR	W. Carolina	5.55m NWI
8 Brown, Nicolee	SO	Georgia Sout	5.51m +0.0
9 Jones, Ebonie	JR	E.T.S.U.	5.45m 1.0
10 McGriff, NaShay	FR	W. Carolina	5.35m 0.3
11 Moore, Paula	SR	Appalachian	5.32m +0.0
12 White, Ronda	SR	Appalachian	5.31m 0.1
13 Mack, Tiffany	JR	W. Carolina	5.30m +0.0
14 Boda, Brittany	JR	Elon- women	5.16m 0.3
15 Brown, Brittany	FR	Georgia Sout	5.11m 0.3
16 Clendenning, Jessica	SO	Elon- women	4.98m 0.6
17 Gonzalez, Lindsay	JR	Elon- women	4.93m +0.0
18 Aguocha, Chibuzo	FR	Furman	4.85m +0.0
19 Dawson, Brittany	FR	Elon- women	4.78m 0.7
20 Johnson, Dominique	FR	E.T.S.U.	4.63m +0.0
21 Jones, Whitney	FR	Furman	4.62m 1.3
22 Hall, Kristen	JR	C. of Charle	4.55m +0.0
22 McGowan, Julie	FR	Elon- women	4.55m 0.2
24 Corr, Michaela	SO	Davidson	3.88m 1.2

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Women Triple Jump

SoCon Record: 42-06.75 S 1999

Taneisha Robinson

Regional: 12.26m R

Name	Yr	School	Finals
1 Brown, Nicolee	SO	Georgia Sout	13.07m 2.7
2 Moore, Paula	SR	Appalachian	12.37mR+0.0
3 Claud, Jennifer	SR	Appalachian	12.16m -0.9
4 Phillips, Mandi	JR	Georgia Sout	11.95m +0.0
5 White, Ronda	SR	Appalachian	11.85m -1.0
6 Aguocha, Chibuzo	FR	Furman	11.81m -1.3
7 Jacobs, Lauren	SO	Georgia Sout	11.51m 4.2
8 McGriff, NaShay	FR	W. Carolina	11.34m -1.1
9 Chase, Brittany	SO	Georgia Sout	11.33m 2.4
10 Brown, Brittney	FR	Georgia Sout	11.15m +0.0
11 Mack, Tiffany	JR	W. Carolina	11.09m 1.2
12 Boone, Dominique	FR	C. of Charle	10.93m 0.4
13 Jones, Whitney	FR	Furman	10.33m 2.8
14 Daly, Mary Meghan	FR	Davidson	9.85m 4.9

Women Shot Put

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

Regional: 14.30m R

Name	Yr	School	Finals
1 Burnett, Beverly	JR	Appalachian	15.50mS
2 Slocumb, Nikki	JR	Georgia Sout	13.92m
3 Minnifield, Jamila	SR	Georgia Sout	13.02m
4 McNeill, Stephanie	SO	The Citadel	12.89m
5 Williams, Brittani	FR	Appalachian	12.87m
6 Simmons, Nikole	SR	Appalachian	12.60m
7 Bell, Sharhonda	SO	W. Carolina	12.60m
8 Greeson, Emily	SO	Georgia Sout	12.25m
9 Lopez, Nicole	FR	W. Carolina	11.73m
10 Miller, Crystal	SO	Appalachian	11.66m
11 Keddo, Erica	FR	Georgia Sout	11.62m
12 Long, Miranda	JR	W. Carolina	11.61m
13 Carlberg, Angela	SO	Elon- women	11.12m
14 Moore, Jenifer	FR	The Citadel	11.07m
15 Belcher, Crystal	SO	Wofford	10.95m
16 Pitts, Monique	FR	Georgia Sout	10.87m
17 Pierre, Kim	SR	Davidson	9.90m
18 Reuwer, Anastasia	FR	C. of Charle	7.25m

Women Discus Throw

SoCon Record: 152-01 S 1998

Ayokka Green

Regional: 47.30m R

Name	Yr	School	Finals
1 Norwood, Markaysa	SR	Georgia Sout	43.64m
2 Niles, Lauren	FR	Georgia Sout	42.58m
3 Carlberg, Angela	SO	Elon- women	42.39m
4 Long, Miranda	JR	W. Carolina	42.08m
5 Slocumb, Nikki	JR	Georgia Sout	40.39m
6 Boggan, Kristie	JR	Appalachian	40.35m
7 Simmons, Nikole	SR	Appalachian	38.73m
8 Lopez, Nicole	FR	W. Carolina	38.34m
9 McNeill, Stephanie	SO	The Citadel	37.79m

10 Moore, Jenifer	FR	The Citadel	36.80m
11 Lance, Chakosha	SR	C. of Charle	36.70m
12 Williams, Brittani	FR	Appalachian	36.42m
13 Miller, Crystal	SO	Appalachian	36.38m
14 Greeson, Emily	SO	Georgia Sout	35.82m
15 Bell, Sharhonda	SO	W. Carolina	33.74m
16 Pitts, Monique	FR	Georgia Sout	33.08m
17 Belcher, Crystal	SO	Wofford	26.98m
18 Pierre, Kim	SR	Davidson	26.81m
19 Obidegwu, Amaka	FR	Davidson	22.21m
--- Reuwer, Anastasia	FR	C. of Charle	FOUL

Women Hammer Throw

SoCon Record: 55.27m S 4/30/2000 Nikole Simmons

Regional: 54.15m R

Name	Yr	School	Finals
1 Simmons, Nikole	SR	Appalachian	55.27mS
2 Miller, Crystal	SO	Appalachian	52.00m
3 Lance, Chakosha	SR	C. of Charle	51.52m
4 Greeson, Emily	SO	Georgia Sout	48.45m
5 Long, Miranda	JR	W. Carolina	47.22m
6 Slocumb, Nikki	JR	Georgia Sout	46.31m
7 Burnett, Beverly	JR	Appalachian	45.69m
8 Niles, Lauren	FR	Georgia Sout	43.84m
9 Minnifield, Jamila	SR	Georgia Sout	42.61m
10 Hawkins, Jenn	JR	W. Carolina	42.11m
11 Norwood, Markaysa	SR	Georgia Sout	41.60m
12 Bell, Sharhonda	SO	W. Carolina	40.66m
13 Williams, Brittani	FR	Appalachian	37.59m
14 Hall, Michaela	FR	W. Carolina	35.80m
15 Reuwer, Anastasia	FR	C. of Charle	32.57m
16 Moore, Jenifer	FR	The Citadel	26.52m
--- McNeill, Stephanie	SO	The Citadel	FOUL
--- Baker, Charlotte	JR	Appalachian	FOUL

Women Javelin Throw

SoCon Record: 174-11 S 1987

Meg Warren

Regional: 43.15m R

Name	Yr	School	Finals
1 Kitchens, Carolyn	SR	Appalachian	39.30m
2 Tieszen, Laura	SR	W. Carolina	37.61m
3 Belcher, Crystal	SO	Wofford	36.19m
4 Simmons, Nikole	SR	Appalachian	34.70m
5 Moore, Jenifer	FR	The Citadel	33.88m
6 Pesterfield, Kelly	SR	The Citadel	33.87m
7 Rhodes, Janet	SR	Wofford	33.66m
8 Taylor, Allison	FR	The Citadel	32.52m
9 Glasgow, Rachel	FR	W. Carolina	32.50m
10 Phelan, Laura	FR	The Citadel	32.19m
11 Carlberg, Angela	SO	Elon- women	31.94m
12 Hall, Michaela	FR	W. Carolina	30.06m
13 Whittington, Jennifer	JR	E.T.S.U.	29.50m
14 Phillips, Mandi	JR	Georgia Sout	28.90m
15 Sikes, Bernadette	SO	Wofford	28.49m
16 Chambless, Summer	FR	C. of Charle	27.61m

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(Women Javelin Throw)

Name	Yr	School	Finals
17 Brown, Nicole	SO	Georgia Sout	26.67m
18 Schumy, Kirsten	FR	C. of Charle	22.87m
19 Corr, Michaela	SO	Davidson	20.10m

Women Heptathlon

SoCon Record: 5361 S 2001 Tylenana Hanner

Name	Yr	School	Finals
1 Tieszen, Laura	SR	W. Carolina	4387
2 Grimes, Tonya	FR	Georgia Sout	4292
3 Boggan, Kristie	JR	Appalachian	4218
4 Jacobs, Lauren	SO	Georgia Sout	4188
5 Glasgow, Rachel	FR	W. Carolina	3992
6 Thompson, Serenity	FR	Georgia Sout	3902
7 Jett, Caroline	JR	Appalachian	3595
8 Wilkerson, Jessica	FR	W. Carolina	3400
9 Whittington, Jennifer	JR	E.T.S.U.	3388
10 Sanders, Tosha	FR	The Citadel	3260
11 Taylor, Allison	FR	The Citadel	3212
12 Sayewich, Natalie	SO	Appalachian	3167
13 Obidegwu, Amaka	FR	Davidson	2957
14 Pesterfield, Kelly	SR	The Citadel	2891

Men 100 Meter Dash

SoCon Record: 10.1h S 1990 Greg Hatcvhett

Regional: 10.50 R

Name	Yr	School	Prelims
Preliminaries			
1 Malone, Michael	SO	W. Carolina	10.74Q-0.2
2 Martin, Chris	SR	Appalachian	10.87Q-0.2
3 Bryson, Darius	SR	W. Carolina	11.08Q0.4
4 Wright, Quintin	SO	The Citadel	10.79Q-0.2
5 White, Charles	SO	Appalachian	10.98Q-0.2
6 House, Dwight	FR	The Citadel	11.13Q0.4
7 Jones, Eugene	JR	Appalachian	10.99q -0.2
8 Craig, Duke	FR	W. Carolina	11.12q -0.2
9 Touchstone, Jerome	FR	Appalachian	11.15 -0.2
10 Forrest, Will	FR	Furman	11.20 0.4
10 MacDonald, Jon	JR	Furman	11.20 -0.2
12 Pressley, Thomas	SO	The Citadel	11.21 -0.2
13 Easley, Cameron	SO	The Citadel	11.34 -0.2
14 Carter, Derek	SR	Furman	11.50 -0.2
15 Bialas, John		Davidson	11.67 0.4
16 Johnson, Alonzo	SO	Furman	11.79 0.4
--- Miller, Nick	SO	W. Carolina	FS -0.2
--- Borders, Adrien	SR	Wofford	FS 0.4

Men 100 Meter Dash

SoCon Record: 10.1h S 1990 Greg Hatcvhett

Regional: 10.50 R

Name	Yr	School	Finals
Finals			
1 Malone, Michael	SO	W. Carolina	10.45 4.2
2 Martin, Chris	SR	Appalachian	10.56 4.2

3 Wright, Quintin	SO	The Citadel	10.58 4.2
4 Jones, Eugene	JR	Appalachian	10.62 4.2
5 White, Charles	SO	Appalachian	10.71 4.2
6 Bryson, Darius	SR	W. Carolina	10.77 4.2
7 House, Dwight	FR	The Citadel	10.84 4.2
8 Craig, Duke	FR	W. Carolina	10.95 4.2

Men 200 Meter Dash

SoCon Record: 20.80 S 1977 Calvin Alston

Regional: 21.19 R

Name	Yr	School	Prelims
Preliminaries			
1 Johnson, Zeb	FR	W. Carolina	21.42Q1.3
2 Wright, Quintin	SO	The Citadel	21.67Q1.7
3 Malone, Michael	SO	W. Carolina	21.75Q1.3
4 Martin, Chris	SR	Appalachian	21.60Q1.3
5 Barr, James	SR	W. Carolina	21.77Q1.3
6 Burney, Bryan	SO	Appalachian	21.87Q1.7
7 Gregory, James	SO	W. Carolina	21.72q 1.3
8 Borders, Adrien	SR	Wofford	21.98q 1.7
9 White, Charles	SO	Appalachian	21.99 1.3
10 Jones, Eugene	JR	Appalachian	22.23 1.3
11 Bryson, Darius	SR	W. Carolina	22.33 1.7
12 Canton, Myron	SO	The Citadel	22.39 1.7
12 Pressley, Thomas	SO	The Citadel	22.39 1.3
14 Flessa, Stefan	FR	Davidson	22.54 1.3
15 Easley, Cameron	SO	The Citadel	22.67 1.3
16 Gaddy, Joel	FR	Appalachian	22.68 1.3
17 Thacker, Andrew	FR	Furman	22.72 1.7
17 Bialas, John		Davidson	22.72 1.3

Men 200 Meter Dash

SoCon Record: 20.80 S 1977 Calvin Alston

Regional: 21.19 R

Name	Yr	School	Finals
Finals			
1 Malone, Michael	SO	W. Carolina	21.25 3.2
2 Johnson, Zeb	FR	W. Carolina	21.26 3.2
3 Martin, Chris	SR	Appalachian	21.38 3.2
4 Wright, Quintin	SO	The Citadel	21.47 3.2
5 Gregory, James	SO	W. Carolina	21.72 3.2
6 Barr, James	SR	W. Carolina	21.77 3.2
7 Burney, Bryan	SO	Appalachian	22.00 3.2

Men 400 Meter Dash

SoCon Record: 45.77 S 1991 Mario Small

Regional: 47.26 R

Name	Yr	School	Prelims
Preliminaries			
1 Barr, James	SR	W. Carolina	48.06Q
2 Johnson, Zeb	FR	W. Carolina	48.28Q
3 Grant, Charleton	JR	W. Carolina	48.64Q
4 McCain, Greg	FR	Appalachian	48.84Q
5 Gregory, James	SO	W. Carolina	49.10Q
6 Cutter, Chris	JR	Appalachian	49.88Q

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Preliminaries ... (Men 400 Meter Dash)

Name	Yr	School	Prelims
7 Gillespie, Will	SR	Appalachian	49.22q
8 Cherry, David	FR	Appalachian	50.03q
9 Canton, Myron	SO	The Citadel	50.15
10 Vallejo, Jonathan	FR	The Citadel	50.37
11 Gittemeier, Luke	JR	Furman	50.96
12 Flessa, Stefan	FR	Davidson	50.98
13 McLean, Brian	FR	W. Carolina	51.10
14 Seabold, Chris	FR	The Citadel	51.37

Men 400 Meter Dash

SoCon Record: 45.77 S 1991 Mario Small
Regional: 47.26 R

Name	Yr	School	Finals
Finals			
1 Johnson, Zeb	FR	W. Carolina	48.11
2 Gregory, James	SO	W. Carolina	48.17
3 Barr, James	SR	W. Carolina	48.19
4 McCain, Greg	FR	Appalachian	48.58
5 Grant, Charleton	JR	W. Carolina	48.69
6 Gillespie, Will	SR	Appalachian	49.27
7 Cherry, David	FR	Appalachian	50.98
8 Cutter, Chris	JR	Appalachian	51.44

Men 800 Meter Run

SoCon Record: 1:49.20 S 1977 Phil Barker
Regional: 1:50.40 R

Name	Yr	School	Prelims
Preliminaries			
1 Burney, Bryan	SO	Appalachian	1:52.96Q
2 VanNortwick, Adam	JR	Appalachian	1:53.93Q
3 Williams, Jeff		Unc- Greensb	1:56.81Q
4 DeCamps, Chris	SR	Furman	1:55.02Q
5 Hicks, Joshua	SO	E.T.S.U.	1:55.34Q
6 Butler, Marcus	JR	The Citadel	1:57.51Q
7 Gould, Matt	FR	Appalachian	1:55.99q
8 Bechtel, Vince	SR	The Citadel	1:56.87q
9 Frazier, Jamar	FR	W. Carolina	1:57.20
10 Mullen, Andrew	JR	Furman	1:58.35
11 Troxell, Brad	FR	Davidson	1:58.89
12 Kutz, Charles	SO	The Citadel	1:59.04
13 Irwin, James	SR	W. Carolina	1:59.76
14 Thomas, CR		Unc- Greensb	1:59.80
15 Haight, Matt	FR	The Citadel	2:00.03
16 Cote, Mat	SR	Appalachian	2:00.51
17 Noreen, Douglas	SO	Davidson	2:02.56
18 Giustizia, Ray	FR	The Citadel	2:04.83
19 McLean, Brian	FR	W. Carolina	2:05.96

Men 800 Meter Run

SoCon Record: 1:49.20 S 1977 Phil Barker
Regional: 1:50.40 R

Name	Yr	School	Finals
Finals			
1 Burney, Bryan	SO	Appalachian	1:52.61
2 VanNortwick, Adam	JR	Appalachian	1:52.78
3 Williams, Jeff		Unc- Greensb	1:53.85
4 Butler, Marcus	JR	The Citadel	1:55.29
5 DeCamps, Chris	SR	Furman	1:56.23
6 Gould, Matt	FR	Appalachian	2:00.68
7 Hicks, Joshua	SO	E.T.S.U.	2:02.46
8 Bechtel, Vince	SR	The Citadel	2:04.47

Men 1500 Meter Run

SoCon Record: 3:40.04 S 1977 Kevin Cropp
Regional: 3:48.21 R

Name	Yr	School	Finals
1 Puett, Adam	JR	W. Carolina	3:55.45
2 VanNortwick, Adam	JR	Appalachian	3:55.45
3 Sullivan, Colin	JR	Chattanooga	3:56.03
4 Hicks, Joshua	SO	E.T.S.U.	3:59.68
5 Salkauskas, Linas	JR	Chattanooga	4:00.65
6 Hernandez-Adams,	JR	Appalachian	4:01.06
7 Kifer, Andy	FR	Davidson	4:03.70
8 Vaccaro, Nicolas	SO	Unc- Greensb	4:06.80
9 Mullen, Andrew	JR	Furman	4:07.60
10 Albrecht, Eric	SO	Furman	4:09.43
11 Lynch, Chris	SO	W. Carolina	4:09.69
12 Cote, Mat	SR	Appalachian	4:10.48
13 O'Keefe, Ryan	FR	Appalachian	4:12.09
14 Lehman, Nick	SR	Davidson	4:13.32
15 Kutz, Charles	SO	The Citadel	4:13.55
16 Doehring, John	SO	Davidson	4:14.31
17 Wilson, William	SO	The Citadel	4:14.97
18 Irwin, James	SR	W. Carolina	4:17.93
19 Quesenberry, Marc	SR	The Citadel	4:19.34
20 Giustizia, Ray	FR	The Citadel	4:20.45
21 Gooch, Matt	SR	Furman	4:21.43
22 Meadows, Harrison	FR	Furman	4:23.74
23 Pratt, Brennon	SR	Furman	4:27.52
24 Bechtel, Vince	SR	The Citadel	4:33.16

Men 5000 Meter Run

SoCon Record: 14:13.06 S 1981 Adrian Leek
Regional: 14:15.75 R

Name	Yr	School	Finals
1 Kocsis, Steven	SR	Chattanooga	14:55.55
2 Halin, Joe	SR	Appalachian	15:03.27
3 Sullivan, Colin	JR	Chattanooga	15:04.69
4 Mayne, Ian	JR	Chattanooga	15:06.64
5 Puett, Adam	JR	W. Carolina	15:19.53
6 Baker, Jonathan	JR	Davidson	15:24.41
7 Mercadante, Austin	JR	Davidson	15:24.74
8 Deal, Brian	SO	Appalachian	15:27.18

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(Men 5000 Meter Run)

Name	Yr	School	Finals
9 Maddox, Mark	SO	Appalachian	15:38.72
10 Helms, Brendon	SO	Appalachian	15:45.48
11 Robinson, Sam	SO	Furman	15:51.69
12 Dalton, Peter	JR	E.T.S.U.	16:04.67
13 Gober, Mitch	SR	Furman	16:09.89
14 Rutz, Xavier	FR	Unc- Greensb	16:13.20
15 Orr, Andrew	FR	Furman	16:13.54
16 Dunn, Marcus	FR	W. Carolina	16:18.10
17 Gastley, Nick	SR	The Citadel	16:18.47
18 Holmes, Matt	SO	The Citadel	16:27.30
19 Hernandez-Adams,	JR	Appalachian	16:29.03
20 Cameron, Fredrick	FR	W. Carolina	16:43.42
21 Varner, Alex	SO	Davidson	16:50.39
22 Hermelee, Dylan	SO	W. Carolina	17:07.76
23 Miller, Field	FR	W. Carolina	17:18.98
24 Hicklin, Hunter	SR	Furman	17:21.81
25 Craig, Steven	FR	The Citadel	17:27.29
26 Fulp, David	SO	Unc- Greensb	17:29.74

Men 10000 Meter Run

SoCon Record: 29:21.30 S 1979 Adrian Leek

Name	Yr	School	Finals
1 Halin, Joe	SR	Appalachian	32:14.49
2 Helms, Brendon	SO	Appalachian	32:27.01
3 Robinson, Sam	SO	Furman	32:28.83
4 Hernandez-Adams,	JR	Appalachian	32:32.97
5 Deal, Brian	SO	Appalachian	33:02.90
6 Cameron, Fredrick	FR	W. Carolina	33:14.00
7 Dunn, Marcus	FR	W. Carolina	33:20.49
8 Gastley, Nick	SR	The Citadel	33:38.67
9 Reinhardt, Nick	SR	Furman	34:17.38
10 Gober, Mitch	SR	Furman	34:35.29
11 Miller, Field	FR	W. Carolina	36:42.02
--- Towett, Benard	FR	E.T.S.U.	DNF

Men 110 Meter Hurdles

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

Regional: 14.33 R

Name	Yr	School	Prelims
Preliminaries			
1 Briscoe, Lawrence	JR	W. Carolina	14.46Q0.3
2 Malone, Michael	SO	W. Carolina	14.69Q1.1
3 Love, Alex	JR	Wofford	15.02Q1.1
4 Brown, Andre	JR	W. Carolina	15.07Q0.3
5 Bennett, Ashten	SO	W. Carolina	15.19Q0.3
6 Wright, Michael	SO	E.T.S.U.	15.22Q1.1
7 Cook, Deonte	SR	W. Carolina	15.30q 1.1
8 Cummings, Thomas	JR	The Citadel	15.32q 0.3
9 Owusu-Yaw, Tristian	JR	Furman	15.38 0.3
10 Auer, John	SO	The Citadel	15.74 0.3
11 Queen, Dan	SR	Appalachian	16.69 1.1
12 Wright, Dustin	SO	Appalachian	17.23 1.1

Men 110 Meter Hurdles

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

Regional: 14.33 R

Name	Yr	School	Finals
Finals			
1 Malone, Michael	SO	W. Carolina	14.54 -0.8
2 Love, Alex	JR	Wofford	14.67 -0.8
3 Brown, Andre	JR	W. Carolina	15.18 -0.8
4 Wright, Michael	SO	E.T.S.U.	15.26 -0.8
5 Briscoe, Lawrence	JR	W. Carolina	15.44 -0.8
6 Bennett, Ashten	SO	W. Carolina	15.48 -0.8
7 Cummings, Thomas	JR	The Citadel	15.69 -0.8
--- Cook, Deonte	SR	W. Carolina	DQ -0.8

Men 400 Meter Hurdles

SoCon Record: 50.70 S 1977 David Anderson

Regional: 52.51 R

Name	Yr	School	Prelims
Preliminaries			
1 Cummings, Thomas	JR	The Citadel	54.32Q
2 Harrington, Chris	SR	Chattanooga	54.97Q
3 Ritchie, David	SO	Davidson	55.40Q
4 Briscoe, Lawrence	JR	W. Carolina	55.77Q
5 McCain, Greg	FR	Appalachian	56.53Q
6 Sagmiller, Dan	FR	The Citadel	56.56Q
7 Auer, John	SO	The Citadel	56.68q
8 Woodruff, Tyler		E.T.S.U.	56.96q
9 Hansford, Ogden	FR	W. Carolina	57.48
10 Cook, Deonte	SR	W. Carolina	57.92
11 Morales, Francisco	SO	Davidson	58.60
12 Matz, Dan	SO	Furman	59.77
13 Bennett, Ashten	SO	W. Carolina	1:02.62
14 Harlfinger, Matt	SO	W. Carolina	1:07.11
15 McBath, Justin	FR	Chattanooga	1:09.22
--- Wright, Michael	SO	E.T.S.U.	DNF

Men 400 Meter Hurdles

SoCon Record: 50.70 S 1977 David Anderson

Regional: 52.51 R

Name	Yr	School	Finals
Finals			
1 Harrington, Chris	SR	Chattanooga	52.65
2 Ritchie, David	SO	Davidson	52.87
3 Cummings, Thomas	JR	The Citadel	53.02
4 Briscoe, Lawrence	JR	W. Carolina	56.00
5 Auer, John	SO	The Citadel	57.00
6 Sagmiller, Dan	FR	The Citadel	57.17
7 McCain, Greg	FR	Appalachian	57.62
8 Woodruff, Tyler		E.T.S.U.	58.41

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Men 3000 Meter Steeplechase

SoCon Record: 8:49.77 S 1988 Todd Crosson

Regional: 9:08.15 R

Name	Yr	School	Finals
1 Mayne, Ian	JR	Chattanooga	9:23.28
2 Maddox, Mark	SO	Appalachian	9:28.42
3 Salkauskas, Linas	JR	Chattanooga	9:32.82
4 Albrecht, Eric	SO	Furman	9:36.90
5 Mercadante, Austin	JR	Davidson	9:36.92
6 Mitchell, Mike	JR	Appalachian	9:38.64
7 Quesenberry, Marc	SR	The Citadel	9:43.15
8 O'Keefe, Ryan	FR	Appalachian	9:45.73
9 Dalton, Peter	JR	E.T.S.U.	9:50.56
10 Lynch, Chris	SO	W. Carolina	10:05.11
11 Wilson, William	SO	The Citadel	10:13.44
12 Hughes, David	SO	E.T.S.U.	10:31.00
13 Goodwin, FJ	FR	Furman	10:32.91
14 Hermelee, Dylan	SO	W. Carolina	10:46.27

Men 4x100 Meter Relay

SoCon Record: 39.91 S 4/19/200 Appalachian State

Regional: 40.66 R

Team	Relay	Finals
1 Western Carolina	A	40.78
2 Appalachian State	A	41.01
3 Furman	A	42.02
4 The Citadel	A	42.06
5 East Tn. St.	A	43.32
6 Davidson- men	A	43.99

Men 4x400 Meter Relay

SoCon Record: 3:10.50 S 1984 VMI

Regional: 3:10.00 R

Team	Relay	Finals
1 Western Carolina	A	3:15.38
2 Appalachian State	A	3:16.52
3 Davidson- men	A	3:18.72
4 The Citadel	A	3:21.23
5 Unc- Greensboro	A	3:27.09
6 Furman	A	3:30.39
7 East Tn. St.	A	3:34.89

Men High Jump

SoCon Record: 7-01.25 S 1984 Charles Mack

Regional: 2.10m R

Name	Yr	School	Finals
1 Estes, Michael	FR	E.T.S.U.	1.98m
2 Briscoe, Lawrence	JR	W. Carolina	1.90m
3 Snoderly, Jeremy	SR	E.T.S.U.	1.90m
4 Smith, Dan	SO	Appalachian	1.90m
5 Reid, LaMont	JR	W. Carolina	1.90m
6 Robinson, Bobby	SR	W. Carolina	1.80m
6 Wright, Michael	SO	E.T.S.U.	1.80m
8 Harlfinger, Matt	SO	W. Carolina	1.75m

Men Pole Vault

SoCon Record: 17-05.25 S 1989 Todd Poremba

Regional: 5.05m R

Name	Yr	School	Finals
1 Willoughby, Wes	JR	W. Carolina	4.75m
2 Queen, Dan	SR	Appalachian	4.60m
3 Varnadore, Tyler	JR	Appalachian	4.45m
4 Benson, Christian	JR	W. Carolina	4.45m
5 Ward, Marc	FR	W. Carolina	4.30m
6 Spormann, Justin	FR	W. Carolina	4.15m
7 Irvin, Joe	SO	Appalachian	4.15m
7 Williams, Fredrick	SO	E.T.S.U.	4.15m
9 McCall, David	SR	W. Carolina	4.15m
10 Shell, Barron	FR	Appalachian	4.15m
11 Hunnicutt, Justin	FR	Appalachian	4.00m

Men Long Jump

SoCon Record: 25-03 S 1987 Michael Hanks

Regional: 7.34m R

Name	Yr	School	Finals
1 Borders, Adrien	SR	Wofford	7.41mR+0.0
2 Gaddy, Joel	FR	Appalachian	6.93m 1.1
3 Sturgis, Mark	FR	Appalachian	6.90m 0.3
4 Jones, Charles	JR	Unc- Greensb	6.80m +0.0
5 Malone, Michael	SO	W. Carolina	6.68m +0.0
6 Reid, LaMont	JR	W. Carolina	6.57m +0.0
7 Wright, Michael	SO	E.T.S.U.	6.54m 1.2
8 Strickland, Nathan	FR	E.T.S.U.	6.53m 0.9
9 Johnson, Zeb	FR	W. Carolina	6.50m 0.8
10 Miller, Nick	SO	W. Carolina	6.48m +0.0
11 Blevins, Adan	JR	E.T.S.U.	6.46m 1.1
12 Guinyard, Calvin	FR	W. Carolina	6.39m 0.1
13 Martin, Chris	SR	Appalachian	6.29m +0.0
14 Wilkinson, Adrian	FR	Appalachian	6.07m +0.0
15 Parrish, Jeff	FR	Wofford	5.94m +0.0
--- Touchstone, Jerome	FR	Appalachian	FOUL NWI

Men Triple Jump

SoCon Record: 52-08.50 S 1987 Michael Hanks

Regional: 15.08m R

Name	Yr	School	Finals
1 Jones, Charles	JR	Unc- Greensb	15.24mR-1.4
2 Sturgis, Mark	FR	Appalachian	14.90m 0.1
3 Borders, Adrien	SR	Wofford	14.69m 0.6
4 Cutter, Chris	JR	Appalachian	14.39m 1.9
5 Gaddy, Joel	FR	Appalachian	14.29m 1.1
6 Guinyard, Calvin	FR	W. Carolina	14.23m +0.0
7 Blevins, Adan	JR	E.T.S.U.	13.92m 1.0
8 Strickland, Nathan	FR	E.T.S.U.	13.31m 1.5
9 Spormann, Justin	FR	W. Carolina	13.22m 1.6
10 Dukes, Mitchell	FR	W. Carolina	12.13m 2.2
--- Wilkinson, Adrian	FR	Appalachian	FOUL NWI

Southern Conference Championships - 4/30/2005 to 5/1/2005

Results at www.cfpitiming.com
Hosted by Western Carolina University

Results

Men Shot Put

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

Regional: 16.61m R

Name	Yr	School	Finals
1 Greer, Anthony	JR	Appalachian	17.72mS
2 Brown, Kerry	SO	Appalachian	16.55m
3 Smith, Bob	SR	Appalachian	16.28m
4 Lewis, Chris	FR	W. Carolina	15.36m
5 Stepp, Jason	SR	W. Carolina	15.27m
6 Bethay, Katon	JR	Wofford	15.19m
7 Kelly, Jerod	FR	W. Carolina	14.19m
8 Bauer, Marty	SO	Wofford	13.83m
9 Utley, Dan	SR	Appalachian	13.76m
10 Croskey, Alex	SO	The Citadel	12.85m
10 Foster, Felipe	SO	W. Carolina	12.85m
12 Kiser, Wes	SO	Appalachian	12.60m
13 Page, Chris	FR	W. Carolina	12.44m
14 DiLuzio, Nick	FR	Davidson	12.05m
15 Anselmo, Mike	JR	Davidson	11.68m

Men Discus Throw

SoCon Record: 170-10 S 1995 Kevin Showers

Regional: 50.37m R

Name	Yr	School	Finals
1 Greer, Anthony	JR	Appalachian	49.73m
2 Smith, Bob	SR	Appalachian	46.77m
3 Utley, Dan	SR	Appalachian	45.86m
4 Kiser, Wes	SO	Appalachian	45.60m
5 Haun, Grant	FR	Appalachian	44.03m
6 Bell, Joel	FR	Furman	43.52m
7 Bethay, Katon	JR	Wofford	43.38m
8 DiBois, Zach	SO	The Citadel	42.46m
9 Stepp, Jason	SR	W. Carolina	42.42m
10 Page, Chris	FR	W. Carolina	39.82m
11 Franklin, Justin	JR	Wofford	39.72m
12 Adams, Steve	SO	Furman	39.00m
13 Lewis, Chris	FR	W. Carolina	38.85m
14 Sturgis, Willie	SO	W. Carolina	38.79m
15 Kelly, Jerod	FR	W. Carolina	37.60m
16 Croskey, Alex	SO	The Citadel	37.27m
17 Anselmo, Mike	JR	Davidson	26.94m
--- DiLuzio, Nick	FR	Davidson	FOUL

Men Hammer Throw

SoCon Record: 198-08 S 1986 Sheldon Johnson

Regional: 55.63m R

Name	Yr	School	Finals
1 Smith, Bob	SR	Appalachian	57.81mR
2 Stepp, Jason	SR	W. Carolina	50.80m
3 Decker, Matt	JR	W. Carolina	49.58m
4 Greer, Anthony	JR	Appalachian	48.77m
5 Haun, Grant	FR	Appalachian	47.93m
6 Fioramonti, Daniel	FR	Appalachian	46.86m
7 Kiser, Wes	SO	Appalachian	44.33m
8 Sturgis, Willie	SO	W. Carolina	42.12m

9 Page, Chris	FR	W. Carolina	40.93m
10 Lewis, Chris	FR	W. Carolina	40.24m
11 DiBois, Zach	SO	The Citadel	39.75m
12 Bethay, Katon	JR	Wofford	37.57m
13 Hooper, Seth	FR	The Citadel	30.22m
--- Croskey, Alex	SO	The Citadel	FOUL

Men Javelin Throw

SoCon Record: 235-07 S 1981 Jeff Roseme

Regional: 61.62m R

Name	Yr	School	Finals
1 Bowles, David	FR	W. Carolina	57.27m
2 Lee, Josh	JR	W. Carolina	56.94m
3 Moseley, David	SO	Furman	56.64m
4 Williams, Adam	FR	Appalachian	55.41m
5 McGuire, Dusty	SO	Appalachian	50.93m
6 Stepp, Jason	SR	W. Carolina	50.17m
7 Fussell, Ryan	SO	W. Carolina	49.65m
8 Robinson, Bobby	SR	W. Carolina	46.73m
9 Fioramonti, Daniel	FR	Appalachian	43.79m
10 DiBois, Zach	SO	The Citadel	38.30m
11 Hooper, Seth	FR	The Citadel	37.85m
12 Taylor, Joe	JR	Davidson	37.54m
13 Wright, Dustin	SO	Appalachian	36.60m
--- Osborne, Brad	FR	E.T.S.U.	FOUL

Men Decathlon

SoCon Record: 6287 S 2000 Andrew Whitson

Name	Yr	School	Finals
1 Wright, Dustin	SO	Appalachian	6021
2 Robinson, Bobby	SR	W. Carolina	5726
3 Harlfinger, Matt	SO	W. Carolina	5724
4 Patton, Alex	FR	W. Carolina	5606
5 Williams, Adam	FR	Appalachian	5162
6 Shell, Barron	FR	Appalachian	4312