

SC results

LEXINGTON, Va. — Results from Friday's action in the Southern Conference Indoor Track and Field Championships at Virginia Military Institute (competition continues today):

WOMEN

Long jump — 1, Erica West, Marshall, 18-8½. 2, Beverly Dalton, ETSU, 18-3. 3, Diedra Keyes, ASU, 17-11½. 4, Linda McKoy, ASU, 17-9. 5, Joy Davis, WCU, 17-0¼. 6, Nicole Welford, ASU, 16-9½.

Shot put — 1, Tina Osborne, Marshall, 42-9½. 2, Maelynn Thompson, ETSU, 41-1½. 3, Michelle Rhyne, ASU, 40-6. 4, Susan Inge, ASU, 38-7. 5, Jane Clark, ASU, 38-0. 6, Sherry Miller, ASU, 35-10.

3,000-meter run — 1, Whitney Ball, ASU, 9:57.28. 2, Heidi Barger, ASU, 10:38.50. 3, Emily O'Bryant, UTC, 10:41.85. 4, Dawn Wallace, Marshall, 10:54.0. 5, Deanna Campbell, UTC, 10:58.61. 6, Maynard, Marshall, 10:47.0.

Two-mile relay — 1, Appalachian State (Bowers, Davis, Gerard, MacIntyre) 9:47. 2, ETSU 9:57.63. 3, Furman 10:08.63. 4, Marshall 10:09.69. 5, Western Carolina 10:28.95. 6, UT-Chattanooga 10:37.37.

Team standings

1, Appalachian State 52. 2, Marshall 30. 3, East Tennessee State University 24. 4, UT-Chattanooga 8. 5, Furman 7. 6, Western Carolina 2.

MEN

Shot put — 1, Mike Nalfeh, VMI, 53:10. 2, Carey Cash, Citadel, 51-3½. 3, Frank Gardin, WCU, 48:10½. 4, Matt Metheny, VMI, 48-6¾. 5, Ben Kirk, ETSU, 48-6½. 6, Kelvin Brown, Citadel, 48-4.

Long jump — 1, Greg Hatchett, VMI, 24-9. 2, Kedrick Ford, ASU, 23-3½. 3, Phil Backus, Marshall, 23-2¾. 4, Bruce Titus, WCU, 23-0¼. 5, Ricky Gardin, WCU, 23-0. 6, Dan Creel, Citadel, 22-11½.

High jump — 1, Kevin McCluney, VMI, 6-8. 2, Dominique Palmintier, ASU, 6-6. 3, Kevin Orr, Marshall, and Pat Deady, Citadel, 6-4. 5, Mark pressley, WCU, 6-4. 6, Garrett Thompson, VMI, 6-4.

3,000-meter run — 1, James Hynes, ETSU, 8:34.26. 2, Scott Faulds, ETSU, 8:38.10. 3, Pete Vandenburg, ASU, 8:43.64. 4, Brad Dodson, ASU, 8:47.61. 5, Dennis Barry, ETSU, 8:48.78. 6, Dwayne Miller, Marshall, 8:47.96.

Two-mile relay — 1, Virginia Military Institute (King, Antoine, Small, Rudolph) 7:52.59. 2, East Tennessee State 7:58.48. 3, Marshall 7:59.16. 4, Appalachian State 8:07.13. 5, The Citadel 8:12.46. 6, Western Carolina 8:25.93.

Team standings

1, Virginia Military Institute 45½. 2, Appalachian State 30. 3, East Tennessee State University 29. 4, Marshall 19. 5, The Citadel 17. 6, Western Carolina 14½. 7, Furman and UT-Chattanooga 0.

MEN

Outstanding performer — James Hynes, ETSU

Coach of the year — Dave Walker, ETSU

Team results

Appalachian State 144, Virginia Military 139
2, ETSU 44, Western Carolina 51, The Citadel
44, Tennessee-Chattanooga 28, Marshall 24,
Furman 0

Triple jump — 1, Fuller, ASU, 49'¼; Johnson,
ASU, 48'7¼; Ransby, UTC, 46'¼

Pole Vault — 1, Hall, ASU, 15'7¼; Daven-
port, ASU, 14'¼; Noles, ASU, 14'¼

Mile — 1, Hynes, ETSU, 4:15.76; 2, Vander-
burg, ASU, 4:19.57; 3, Brinkley, VMI, 4:19.58

55 meter hurdles — 1, Lloyd, ASU, 7.68; 2,
McKennie, WCU, 7.72; 3, Hatchett, VMI, 7.81

400 meter run — 1, Small, VMI, 48.26; 2,
Lowe, ASU, 49.09; 3, McKennie, WCU, 49.66

55 meter dash — 1, Hatchett, VMI, 6.30; 2,
Habersham, UTC, 6.33; 3, Florence, Cit, 6.37

200 meter run — 1, Habersham, UTC, 22.25;
2, Bratton, VMI, 22.61; 3, Frost, VMI, 22.67

800 meter run — 1, Cason, Cit, 1:54.03; 2,
Rudolph, VMI, 1:55.52; 3, Brooks, ASU, 1:56.26

4X400 relay — 1, VMI (Hatchett, Bratton,
Small, Frost) 3:18.61; 2, ASU 3:19.70; 3, WCU
3:22.26

5000 meters — 1, Hynes, ETSU, 14:30.06;
Dodson, ASU, 15:00.06; Faulds, ETSU, 15:08.19

WOMEN

Outstanding performer — Monica Teeter,
ASU

Coach of the year — John Waever, ASU

Team results

Appalachian State 236, Marshall 68, Western
Carolina 56, ETSU 32, Tennessee-Chattanooga
26, Furman 18

Triple jump — 1, Hill, ASU, 39'2; McKoy,
ASU, 37'4¼; Welford, ASU, 36'6¼

5000 meters — 1, Ball, ASU, 17:26.16; Pichon,
FU, 18:13.85; Maynard, MU, 18:17.11

High jump — 1, McKoy, ASU, 5'6; 2, Hill,
ASU, 5'6; 3, Gardner, WCU, 5'4

55 meter dash — 1, Farmer, ASU, 7.01; 2,
Pipkins, ASU, 7.26; 3, Arthur, WCU, 7.25

800 meter run — 1, Bowers, ASU, 2:18.59; 2,
Gardner, WCU, 2:20.82; 3, McIntyre, ASU,
2:23.72

Mile — 1, McIntyre, ASU, 5:12.61; 2, Barger,
ASU, 5:13.92; 3, Romines, UTC, 5:14.10

55 meter hurdles — 1, Teeter, ASU, 8.49; 2,
Martin, WCU, 8.65; 3, Robbins, ASU, 8.67

400 meter run — 1, Teeter, ASU, 59.17; 2,
Rogers, ASU, 59.95; 3, Crawford, WCU, 1:00.97

200 meter run — 1, Pipkins, ASU, 25.83; 2,
Arthur, WCU, 26.10; 3, Farmer, ASU, 26.15

4X400 relay — 1, ASU (Gardin, Teeters, Pip-
kins, Rogers) 4:00.92; 2, WCU 4:07.20; 3, ETSU
4:12.55