

SC indoor results

Results of Friday's action in the Southern Conference Indoor Track and Field Championships at East Tennessee State University's Memorial Center (all race distances in meters):

MEN

Team standings

1, Appalachian State 49; 2, Western Carolina 33; 3, East Tennessee State 27; 4, UT-Chattanooga 16; 5, (tie) Furman and Marshall 14 each; 7, Davidson 2.

Individual

Long jump — 1, Shawn Miller (WCU) 23-11 $\frac{1}{4}$. 2, Robert Tucker (WCU) 23-10 $\frac{1}{4}$. 3, Jeff Horton (ETSU) 23-7. 4, Chris Furman (Marshall) 22-2 $\frac{1}{4}$. 5, Damon Richardson (VMI) 22-1 $\frac{1}{2}$. 6, Paul Stahlschmidt (ASU) 22-10 $\frac{3}{4}$.

Shot put — 1, Frank Boehling (VMI) 50-10 $\frac{1}{2}$. 2, Jason Clendenin (VMI) 51-8 $\frac{1}{4}$. 3, Shannon Rodden (WCU) 49-8. 4, Ron Moak (Citadel) 49-6 $\frac{3}{4}$. 5, Mario McGrew (WCU) 48-5 $\frac{1}{2}$. 6, Sean Worthy (ASU) 48-2 $\frac{3}{4}$.

3,000 meters — 1, Seamus Power (ETSU) 8:34.17. 2, Brian Miesch (ASU) 8:37.41. 3, Brian Day (UTC) 8:40.08. 4, John Fenton (ETSU) 8:40.79. 5, Donnie Reuss (WCU) 8:48.9. 6, Mark Gladwell (Marshall) 8:51.15.

Distance medley relay — 1, ETSU 10:18.64. 2, UTC 10:22.25. 3, WCU 10:27.36. 4, VMI 10:31.36. 5, ASU 10:33.20. 6, Citadel 10:35.09.

WOMEN

Team standings

1, Western Carolina 34; 2, East Tennessee State 30; 3, VMI 24; 4, UT-Chattanooga 14; 5, Appalachian State 12; 6, (tie) The Citadel and Marshall 5 each.

Individual

Long jump — 1, Alice Vinson (ASU) 19-3 $\frac{1}{2}$. 2, Machon Hill (WCU) 19-0 $\frac{3}{4}$. 3, Shelli Clendenon (ETSU) 18-10 $\frac{3}{4}$. 4, Nikki Harris (ASU) 18-7 $\frac{1}{4}$. 5, Precious Quire (ASU) 18-6 $\frac{1}{2}$. 6, Stephanie Hawkins (ETSU) 17-7 $\frac{1}{4}$.

Shot put — 1, Beth Reck (Marshall) 39-9. 2, Zonda Johnson (WCU) 39-1 $\frac{1}{4}$. 3, Debbie Evans (WCU) 37-4 $\frac{1}{2}$. 4, Hope Hartline (ASU) 35-3 $\frac{1}{2}$. 5, Tracie Jones (WCU) 34-5 $\frac{3}{4}$. 6, Elizabeth Harrison (ASU) 34-5.

High jump — Cindy Miner (ASU) 5-7 $\frac{3}{4}$. 2, Shelli Clendenon (ETSU) 5-5 $\frac{3}{4}$. 3, Beth Burleson (ASU) 5-3 $\frac{3}{4}$. 4, Stephanie Hawkins (ETSU) 5-3 $\frac{3}{4}$. 5, Glenna Easterling (Marshall) 5-3 $\frac{3}{4}$. 6, Heather Luke (Marshall) 5-1 $\frac{3}{4}$.

3,000 — 1, Michele Marshall (UTC) 10:09.02. 2, Rita Roberts (WCU) 10:10.53. 3, Gail Pennachio (Furman) 10:20.25. 4, Monica Robbers (ETSU) 10:26.01. 5, Nicole Dishner (ASU) 10:31.49. 6, Elizabeth Ransom (WCU) 10:46.93.

Distance medley relay — 1, ASU 12:23.41. 2, Furman 12:25.71. 3, UTC 12:37.09. 4, ETSU 12:53.56. 5, Davidson 13:03.13. 6, Marshall 13:19.22.

SC Indoor results

Final results of the Southern Conference Indoor Track and Field Championships, which finished Saturday at East Tennessee State University's Memorial Center:

WOMEN

Team results

1, Appalachian State 156. 2, Western Carolina 73. 3, East Tennessee State 63. 4, Tennessee-Chattanooga 55. 5, Furman 54. 6, Marshall 31. 7, Davidson 2.

Individual

Triple jump — 1, Precious Quire (ASU) 39-3½. 2, Alice Vinson (ASU) 37-11. 3, Nikki Harris (ASU) 37-11. 4, Macon Hill (WCU) 37-5¼. 5, Cindy Miner (ASU) 36-5¾. 6, Crystal Carlton (WCU) 34-8.

Mile — 1, Jennel Walby (ETSU) 5:09.9. 2, Charrie Hogg (ASU) 5:12.61. 3, Tara Lolodici (UTC) 5:15.43. 4, Monica Robbers (ETSU) 5:16.72. 5, Dawn Wehrenberg (ASU) 5:19.93. 6, Melanie Bobb (ASU) 5:29.78.

55-meter hurdles — 1, Beth Burleson (ASU) 8.20. 2, Charlotte Redden (ASU) 8.29. 3, Trice Roundtree (ASU) 8.38. 4, Stephanie Hawkins (ETSU) 8.49. 5, Nicki McCallister (Marshall) 8.53. 6, Angel Miklović (ASU) 8.69.

400 — 1, Shiree Cutts (Furman) 55.88 (breaks conference record of 56.55 by Lynette Gardin, ASU). 2, Salima Fountain (Furman) 57.66. 3, Tonie Lazenby (ASU) 57.87. 4, Veronica Miley (UTC) 57.93. 5, Tunisia Grant (ETSU) 58.61. 6, Meg Arnold (UTC) 1:01.

55 — 1, Alice Vinson (ASU) 7.05. 2, Daree Thompson (WCU) 7.12. 3, Katrina Lee (ASU) 7.13. 4, Precious Quire (ASU) 7.31. 5, Macon Hill (WCU) 7.34. 6, Kim McRae (Marshall) 7.38.

800 — 1, Sarah Crandall (Marshall) 2:16.10. 2, Jennel Walby (ETSU) 2:16.33. 3, Delenia Sharp (UTC) 2:16.55. 4, Michelle Bozue (UTC) 2:16.76. 5, Jenny Sheets (ASU) 2:17.46. 6, Amy Ginnette (Furman) 2:21.61.

200 — 1, Shiree Cutts (Furman) 24.66. 2, Katrina Lee (ASU) 24.84. 3, Daree Thompson (WCU) 24.88. 4, Shelli Clendenon (ETSU) 25.45. 5, Alice Vinson (ASU) 25.75. 6, Salima Fountain (Furman) 26.13.

5,000 — 1, Rita Roberts (WCU) 17:35.19. 2, Michele Marshall (UTC) 17:44.23. 3, Nicole Disher (ASU) 17:57. 4, Gail Pennachio (Furman) 18:05.49. 5, Monica Robbers (ETSU) 18:19.2. 6, Elizabeth Ransom (WCU) 18:25.95.

Mile relay — 1, UTC 3:57.69. 2, WCU 3:58.74. 3, Furman 4:02.08. 4, Marshall 4:03.89. 5, ETSU 4:04.39. 6, ASU 4:04.41.

Freshman of year — Michele Marshall, UTC

Coch of year — John Weaver, ASU

Outstanding performer — Shiree Cutts, Furman

MEN

Team results

1, Appalachian State 105. 2, Western Carolina 98. 3, East Tennessee State 88. 4, Virginia Military Institute 79. 5, Marshall 65. 6, Tennessee-Chattanooga 54. 7, The Citadel 7.

Individual

35-pound weight throw — 1, Rich Grant (ASU) 57-2½. 2, Fritz Ligday (VMI) 53-2½. 3, Heath O'Neal (Marshall) 52-11½. 4, Sean Worthy (ASU) 50-4. 6, Sid Mitchner (VMI) 48-3½.

Pole vault — 1, Joe Dobson (VMI) 16-½ (breaks conference record of 15-9½ by Keith Peloquin, VMI). 2, Jeff Capps (WCU) 15-7. 3, Bryan Butts (Marshall) 15-1. 4, Dennis Gutknecht (ADU) 14-7¼. 5, Phil Allicea (VMI) 17-4¼. 6, Todd Poremba (ASU) 14-1¼.

Triple jump — 1, Reggie Allison (WCU) 48-7. 2, Jeff Hubbard (VMI) 48-2. 3, Chris Furman (Marshall) 47-8. 4, Shawn Miller (WCU) 47-6¾. 5, Andre Womack (Marshall) 46-7½. 6, Obi Ezekwe (VMI) 46-¾.

Mile — 1, Seamus Power (ETSU) 4:12.13. 2, Chuck Margraves (UTC) 4:16.936. 3, Chris Huffstickler (ASU) 4:19.69. 4, Turner Norris (WCU) 4:22.28. 5, Max Boswell (WCU) 4:22.38. 6, Kevin Croft (UTC) 4:22.90.

55-meter hurdles — 1, Shawn Miller (WCU) 7.43. 2, Andre Womack (Marshall) 7.61. 3, Phil Watson (VMI) 7.63. 4, Phil Allicea (VMI) 7.64. 5, Jason Gibson (ASU) 7.67. 6, Malochi Jamison (ETSU) 7.92.

400 — 1, Micheal Kyle (UTC) 48.60. 2, Jason Parker (Marshall) 48.78. 3, Holm Ankomo-Sey (VMI) 49.63. 4, Len Henke (WCU) 50.13. 5, Garsen Hedrick (ASU) 50.14. 6, Kenyon Brown (UTC) 50.16.

55 — 1, Leander Watts (ASU) 6.34. 2, Jeff Horton (ETSU) 6.37. 3, Fred Cook (ETSU) 6.44. 4, Jason Dalton (ASU) 6.46. 5, Dainon Sidney (ETSU) 6.49. 6, Jerry Ellison (UTC) 6.54.

High jump — 1, Shawn Miller (WCU) 6-10¾. 2, John Moss (ASU) 6-10¾. 3, Pat Stone (Marshall) 6-8¾. 4, Jamie Burgess (Marshall) 6-8¾. 5, Jeff Horton (ETSU) 6-6¾. 6, Robert Tucker (WCU) 6-6¾.

800 — 1, Jon Austin (ASU) 1:53.07. 2, Dustin Allred (ASU) 1:53.09. 3, Anthony Angerm (Marshall) 1:54.42. 4, Shane Stryker (UTC) 1:55.58. 5, Adam Bolan (VMI) 1:55.75. 6, Danny Incanfalupo (UTC) 1:56.04.

200 — 1, Dainon Sidney (ETSU) 21.55 (breaks conference record of 21.60 by Frank Adleman, ASU). 2, Fred Cook (ETSU) 21.71. 3, Leander Watts (ASU) 21.91. 4, Micheal Kyle (UTC) 22.18. 5, Donnell Brinson (WCU) 22.36. 6, Holm Ankomo-Sey (VMI) 22.49.

5,000 — 1, Seamus Power (ETSU) 14:56.49. 2, Brian Miesch (ASU) 15:03.3. 3, Mark Gladwell (Marshall) 15:10.93. 4, Brian Day (UTC) 15:12.79. 5, Billy Pemberton (ASU) 15:22.53. 6, Donnie Reuss (WCU) 15:25.38.

Mile relay — 1, ASU 3:19.68. 2, WCU 3:20.36. 3, UTC 3:21.43. 4, Marshall 3:22.85. 5, The Citadel 3:23.46. 6, ETSU 3:26.12.

Freshman of year — Dainon Sidney, ETSU

Coch of year — Danny Williamson, WCU

Outstanding performer — Seamus Power, ETSU