

SC indoor results

Results Friday from the first day of the Southern Conference indoor track and field championship at East Tennessee State University's Memorial Center:

WOMEN

Long jump — 1, Shelli Clendenon (ETSU) 19-8½. 2, Rahma Mateen (WCU) 18-10¾. 3, (tie) Machon Hill (WCU), and Nikki Harris (ASU), 18-6¾. 5, Precious Quire (ASU) 18-6½. 6, Stephanie Hawkins (ETSU) 18-3¼.

Shot put — 1, Lashay Jackson (WCU) 43-8¼. 2, Crystal Hypes (Mar) 43-6¾. 3, Beth Reck (Mar) 41-11. 4, Zondra Johnson (WCU) 39-4. 5, Robyn Stockunas (WCU) 38-5½. 6, Traci Jones (WCU) 37-1½.

3,000 — 1, Marylane Middlekoop (UTC) 10:12.55. 2, Gail Pennachio (Fur) 10:22.78. 3, Dawn Wehrenbe (ASU) 10:29.89. 4, Mary Jo Ferrigan (ETSU) 10:30.34. 5, Lynn Kepper (Fur) 10:31.27. 6, Michelle Barnes (ETSU) 10:39.37.

High jump — 1, Shelli Clendenon (ETSU) 5-7¼. 2, Stephanie Hawkins (ETSU) 5-7¼. 3, (tie) Cindy Miner (ASU), and Glenna Easterling (Mar) 5-5¼. 5, Venessa Sims (Davidson) 5-3¼. 6, Beth Burleson (ASU) 5-3¼.

Distance medley relay — 1, UTC 11:35.99. 2, Furman 11:39.09. 3, Marshall 11:48.80. 4, ETSU 11:58.20. 5, Marshall 12:04.55. 6, WCU 12:32.8.

Team results

1, ETSU 38. 2, Western Carolina 31. 3, Appalachian State 25. 4, Marshall 21. 5, UT-Chattanooga 20. 6, Furman 18.

MEN

3,000 — 1, Tommy Holland (ASU) 8:26.39. 2, Brian Miesch (ASU) 8:28.97. 3, Seth People (ASU) 8:36.78. 4, Max Johnston (ETSU) 8:45.60. 5, Fred Reinhardt (ETSU) 8:47.12. 6, Declan Fahy (ETSU) 8:47.58.

Shot put — 1, Ryan Early (VMI) 52-8¾. 2, Ron Mook (The Citadel) 50-¾. 3, Justin May (VMI) 49-4. 4, Zack Scott (VMI) 48-5¼. 5, Kevin Sowers (Mar) 47-10. 6, Shannon Rodden (WCU) 47-1¼.

Distance medley relay — 1, ETSU 10:17.78. 2, ASU 10:21.09. 3, Marshall 10:26.4. 4, WCU 10:34.04. 5, UTC 10:38.29. 6, The Citadel 10:41.79.

Team results

1, Appalachian State 32. 2, Virginia Military Institute 20. 3, ETSU 17. 4, The Citadel 9. 5, Marshall 8. 6, Western Carolina 5. 7, UT-Chattanooga 2.

SC indoor results

Results of Saturday's Southern Conference indoor track and field championship, run at East Tennessee State University's Memorial Center:

WOMEN

Team results

1, East Tennessee State University 114. 2, Western Carolina 94. 3, Appalachian State 92. 4, Furman 63. 5, UT-Chattanooga 43. 6, Marshall 26. 7, Davidson 2.

Individual results

Triple jump — 1, Precious Quire (ASU) 41-6. 2, Nikki Harris (ASU) 39-6 $\frac{1}{4}$. 3, Rahma Mateen (WCU) 37-2 $\frac{1}{4}$. 4, Machon Hill (WCU) 36-9. 5, Karen Newsam (ETSU) 35-11 $\frac{1}{4}$. 6, Jennifer Sluss (ETSU) 35-9 $\frac{1}{4}$.

Mile — 1, Heather VandeBrake (Fur) 4:58.87. 2, Michelle Gregg (ETSU) 5:06.35. 3, Jennel Walby (ETSU) 5:12.19. 4, Jenny Sheets (ASU) 5:14.50. 5, Amy Ginette (Fur) 5:16.91. 6, Jennifer Chase (ASU) 5:17.69.

55-meter hurdles — 1, Charlette Redden (ASU) 8.20. 2, Rahma Mateen (WCU) 8.35. 3, Stephanie Hawkins (ETSU) 8.37. 4, Cynthia Dawson (Mar) 8.58. 5, Trice Roundtree (ASU) 8.81. 6, Beth Burleson (ASU) 12.62.

400-meter run — 1, Angela Rowe (WCU) 54.64. 2, Tunisia Grant (ETSU) 57.09. 3, Kendra Prother (ETSU) 57.11. 4, Salima Fountain (Fur) 57.39. 5, Wkeshia Bailey (WCU) 58.79. 6, Shiree Cutts (Fur) 59.10.

55-meter dash — 1, Doree Thompson (WCU) 7.14. 2, Katrina Lee (ASU) 7.21. 3, Precious Quire (ASU) 7.27. 4, Tonie Lozenby (ASU) 7.30. 5, Machon Hill (WCU) 7.32. 6, Kendra Prother (ETSU) 7.42.

800-meter run — 1, Michelle Gregg (ETSU) 2:12.98. 2, Heather VandeBrake (Fur) 2:16.79. 3, Delenia Sharp (UTC) 2:17.16. 4, Jenny Sheets (ASU) 2:18.49. 5, Emily Redmon (WCU) 2:21.28. 6, Michelle Bozue (UTC) 2:22.29.

200-meter dash — 1, Shelli Clendenon (ETSU) 24.60. 2, Angela Rowe (WCU) 24.79. 3, Katrina Lee (ASU) 24.80. 4, Shiree Cutts (Fur) 24.89. 5, Doree Thompson (WCU) 25.01. 6, Tunisia Grant (ETSU) 25.41.

5,000-meter run — 1, Marylane Middlekoop (UTC) 17:54.54. 2, Gail Pennachio (Fur) 18:03.94. 3, Lynn Kepper (Fur) 18:09.82. 4, Mary Jo Ferrigon (ETSU) 18:17.15. 5, Danvelle Schotte (ETSU) 18:21.58. 6, Michelle Barnes (ETSU) 18:25.05.

Mile relay — 1, ETSU 3:50.44. 2, WCU 3:50.72. 3, UTC 3:59.50. 4, ASU 4:00.48. 5, Furman 4:02.35. 6, Marshall 4:06.57.

MEN

Team results

1, Appalachian State 136. 2, East Tennessee State University 92. 3, Virginia Military 89. 4, UT-Chattanooga 66. 5, Marshall 55. 6, Western Carolina 47. 7, The Citadel 9.

Individual results

35-pound weight throw — 1, Rich Grant (ASU) 58-9. 2, Heath O'Neal (Mar) 55-1. 3, Zack Scott (VMI) 54-0. 4, Jason Clendenin (VMI) 51-6 $\frac{3}{4}$. 5, Bryan Early (VMI) 51-6. 6, Tim Brock (VMI) 47-6 $\frac{3}{4}$.

Pole vault — 1, Phil Alicea (VMI) 15-7. 2, Todd Poremba (ASU) 15-1. 3, Jeff Capps (WCU) 15-1. 4, Jeff Fitzgerald (ASU) 14-1 $\frac{1}{4}$. 5, Chad Smith (ASU) 14-1 $\frac{1}{4}$. 6, Jarrett Foster (WCU) 13-7 $\frac{1}{4}$.

Triple jump — 1, Robert Johnson (ASU) 51-0 $\frac{1}{2}$. 2, Robert Tucker (WCU) 49-3 $\frac{3}{4}$. 3, Reggie Allison (WCU) 47-10. 4, Jeff Hubbard (VMI) 47-1. 5, Chris Furman (Mar) 46-7 $\frac{3}{4}$. 6, John Citizen (VMI) 46-1 $\frac{1}{2}$.

Mile — 1, Chris Huffstickler (ASU) 4:17.90. 2, John Fenton (ETSU) 4:18.18. 3, Chuck Margrove (UTC) 4:19.13. 4, Declan Fahy 4:19.70. 5, Damian Walsh (UTC) 4:21.02. 6, Cronan Gantley (ETSU) 4:23.13.

55-meter hurdles — 1, Delevante Brown (ETSU) 7.40. 2, Joe DuBase (VMI) 7.78. 3, Phil Alicea (VMI) 7.80. 4, Marcus Logan (Mar) 7.81. 5, Clarence Suttan (ASU) 7.86.

400-meter run — 1, Michael Kyle (UTC) 48.62. 2, Joe Allen (Mar) 49.12. 3, Holm Ankoma-Sey (VMI) 49.22. 4, Warren Robertson (UTC) 49.94. 5, Mark Gachenour (Mar) 51.11.

55-meter dash — 1, Jeff Horton (ETSU) 6.30. 2, Jerry Ellison (UTC) 6.39. 3, Tobe Taylor (UTC) 6.45. 4, Eric Goy (VMI) 6.49. 5, Craig Aiken (WCU) 6.50. 6, Ken Jackson (WCU) 6.68.

High jump — 1, Jamie Burgess (Mar) 6-8 $\frac{3}{4}$. 2, Robert Johnson (ASU) 6-8 $\frac{3}{4}$. 3, Tommy (Mar) 6-6 $\frac{3}{4}$. 4, Robert Tucker (WCU) 6-6 $\frac{3}{4}$. 5, Torre Costin (VMI) 6-6 $\frac{3}{4}$. 6, Mike Kroeger (ASU) 6-6 $\frac{3}{4}$.

800-meter run — 1, Jon Austin (ASU) 1:54.42. 2, Damian Walsh (UTC) 1:54.46. 3, Garsen Hedrick (ASU) 1:56.36. 4, Bob Mahoney (ASU) 1:56.46. 5, Danny Incantalupo (UTC) 1:56.67. 6, Jason Newman (WCU) 1:57.00.

200-meter dash — 1, Delevante Brown (ETSU) 21.13. 2, Fred Cook (ETSU) 21.91. 3, Dainon Sidney (ETSU) 21.96. 4, Michael Kyle (UTC) 21.96. 5, Jerry Ellison (UTC) 22.31. 6, Holm Ankoma-Sey (VMI) 22.46.

5,000-meter run — 1, Tommy Holland (ASU) 14:40.40. 2, Brian Miesch (ASU) 14:59.55. 3, John Crumbliss (ASU) 15:08.28. 4, Seth Peoples (ASU) 15:09.76. 5, Fred Reinhardt (ETSU) 15:24.30. 6, Donnie Reuss (WCU) 15:31.56.

Mile relay — 1, UTC 3:17.45. 2, ETSU 3:18.48. 3, WCU 3:18.69. 4, VMI 3:19.78. 5, Marshall 3:32.93. 6, ASU 3:26.2.