

1996 MEN'S CHAMPIONSHIP

Team Results

Pl.	Team	Points
1.	VMI	126
2.	ETSU	93
3.	Marshall	87
4.	Chattanooga	83
5.	Appalachian State	64
6.	Western Carolina	41
7.	The Citadel	2
8.	Davidson	0

55-meter dash

1. Eric Gay, VMI.....	6.38
2. Delevantie Brown, ETSU.....	6.39
3. Tobe Taylor, UTC.....	6.40
4. Eric Thomas, MAR.....	6.43
5. David Patton, WCU.....	6.47
6. Donnie Abraham, ETSU.....	6.50

55-meter hurdles

1. Delevantie Brown, ETSU.....	7.58
2. Phil Alicea, VMI.....	7.71
3. Jason Gibson, APP.....	7.72
4. Marcus Logan, MAR.....	7.74
5. Raymond Brewer, APP.....	7.75
6. Joey Dubose, VMI.....	7.81

200-meter dash

1. Delevantie Brown, ETSU.....	22.32
2. Tobe Taylor, UTC.....	22.76
3. Eric Gay, VMI.....	22.78
4. Donnell Brinson, WCU.....	22.99
5. Holm Ankoma-Sey, VMI.....	23.19
6. Thomas Haskins, VMI.....	23.28

400-meter dash

1. Holm Ankoma-Sey, VMI.....	50.19
2. Phil Alicea, VMI.....	50.69
3. Mark Gochenour, MAR.....	50.73
4. Joe Allen, MAR.....	50.76
5. Warren Robertson, UTC.....	51.20
6. Garson Hedrick, APP.....	51.52

800-meter run

1. Zach Whitmarsh, ETSU.....	1:56.98
2. Chuck Margraves, UTC.....	1:57.76
3. David Chambless, WCU.....	1:58.22
4. Casey Price, UTC.....	1:58.22
5. Damian Walsh, UTC.....	2:00.82
6. Scott Johnson, MAR.....	2:02.32

3,000-meter run

1. Mike Leinweber, UTC.....	8:34.5
2. Tommy Holland, APP.....	8:40.5
3. John Fenton, ETSU.....	8:41.5
4. Derek Murphy, ETSU.....	8:42.5
5. Kyle McLean, UTC.....	8:45.6
6. Brian Clark, WCU.....	8:47.3

5,000-meter run

1. Tommy Holland, APP.....	15:00.9
2. Mike Leinweber, UTC.....	15:12.6
3. Derek Murphy, ETSU.....	15:20.3
4. Kyle McLean, UTC.....	15:20.4
5. Brian Clark, WCU.....	15:22.2
6. Fred Reinhardt, ETSU.....	15:25.7

Mile run

1. Chuck Margraves, UTC.....	4:18.4
2. Declan Fahy, ETSU.....	4:20.1
3. John Fenton, ETSU.....	4:21.8
4. Zach Whitmarsh, ETSU.....	4:22.0
5. Ben Redman, MAR.....	4:22.9
6. Kyle McLean, UTC.....	4:27.3

Mile relay

1. ETSU.....	3:21.60
2. Chattanooga.....	3:21.65
3. VMI.....	3:24.61
4. Appalachian State.....	3:31.41
5. Marshall.....	3:32.79
6. Western Carolina.....	3:32.95

Distance medley

1. Chattanooga.....	10:27.4
2. ETSU.....	10:34.7
3. Marshall.....	10:36.5
4. Appalachian State.....	10:41.6
5. VMI.....	10:51.9
6. Western Carolina.....	10:51.9

High jump

1. Dan Ritchey, MAR.....	6'9 ³ / ₄ "
2. John Moss, APP.....	6'9 ³ / ₄ "
3. Tommy Bock, MAR.....	6'6"
Delvell Johnson, VMI.....	6'6"
5. Mike Kroeger, APP.....	6'6"
6. Cory Cooper, WCU.....	6'6"

Long jump

1. Andy Wilhite, MAR.....	23'10 ¹ / ₂ "
2. Eric Gay, VMI.....	23'6 ¹ / ₂ "
3. Khamisi Jackson, MAR.....	23'5 ¹ / ₄ "
4. Darrius Jackson, VMI.....	23'0"
5. Clarence Edwards, WCU.....	22'8 ¹ / ₄ "
6. Floyd Johnson, MAR.....	22'6 ¹ / ₂ "

Triple jump

1. Obi Ezekwe, VMI.....	48'1 ³ / ₄ "
2. Jimmy Johnson, WCU.....	48'1 ¹ / ₄ "
3. Floyd Johnson, MAR.....	48'1"
4. Delvell Johnson, VMI.....	47'8 ³ / ₄ "
5. Andy Wilhite, MAR.....	46'8 ³ / ₄ "
6. Brent Taylor, VMI.....	45'9 ¹ / ₂ "

Shot put

1. Ryan Early, VMI.....	55'2 ¹ / ₄ "
2. Jason Clendenin, VMI.....	51'11"
3. Derek Summerour, WCU.....	50'11"
4. John Maynard, MAR.....	50'2"
5. Ron Moak, CIT.....	49'6 ¹ / ₂ "
6. Curtis Eason, ETSU.....	48'9"

Weight throw

1. John Maynard, MAR.....	55'5 ¹ / ₂ "
2. Rich Latta, APP.....	54'8"
3. Justin May, VMI.....	52'8 ³ / ₄ "
4. Tim Brock, VMI.....	52'5"
Jason Clendenin, VMI.....	52'5"
6. Chris Botti, WCU.....	48'2 ¹ / ₂ "

Pole vault

1. Todd Poremba, APP.....	16'1"
2. Phil Alicea, VMI.....	15'6"
3. Jarrett Foster, WCU.....	15'0"
4. Brian Butts, MAR.....	15'0"
5. Wirt Cross, VMI.....	15'0"
6. Jeff Fitzgerald, APP.....	14'6"

Individual Awards

Most Outstanding Performer

Delevantie Brown, ETSU

Freshman of the Year

Zach Whitmarsh, ETSU

Coach of the Year

Jeff Small, Marshall

1996 WOMEN'S CHAMPIONSHIP

Team Results

Pl.	Team	Points
1.	Western Carolina	127.5
2.	ETSU	108
3.	Appalachian State	96
4.	Furman	64.5
5.	Chattanooga	44
6.	Marshall	17
7.	Davidson	7

55-meter dash

1. Nikki Harris, APP	7.25
2. Rahma Mateen, WCU	7.31
3. Talisha Goins, APP	7.34
4. Wykesha Bailey, WCU	7.48
5. Karen Houston, APP	7.52
6. Kendra Prather, ETSU	8.04

200-meter dash

1. Salima Fountain, FUR	25.87
2. Kendra Prather, ETSU	26.27
3. Karen Houston, APP	26.35
4. Wykesha Bailey, WCU	26.38
5. Rahma Mateen, WCU	26.55
6. Tracie George, ETSU	27.17

400-meter dash

1. Andrea Shropshire, UTC	58.95
2. Salima Fountain, FUR	59.15
3. Karen Houston, APP	59.20
4. Kendra Prather, ETSU	59.63
5. Tracie George, ETSU	1:00.32
6. Laura Beck, WCU	1:00.92

800-meter run

1. Michelle Gregg, ETSU	2:15.8
2. Emily Redmon, WCU	2:16.1
3. Maggie Donahoe, WCU	2:17.5
4. Val Urchison, WCU	2:19.8
5. Keeva McManus, WCU	2:20.9
6. Michelle Bozue, UTC	2:23.0

3,000-meter run

1. Heather VandeBrake, FUR	10:06.1
2. Mary Jane Middlekoop, UTC	10:13.8
3. Jennel Walby, ETSU	10:16.5
4. Christina Olson, APP	10:22.3
5. Mary Jo Ferrigan, ETSU	10:29.8
6. Lindsay Pinkney, MAR	10:35.5

5,000-meter run

1. Heather VandeBrake, FUR	17:36.1
2. Mary Jane Middlekoop, UTC	17:41.6
3. Mary Jo Ferrigan, ETSU	17:55.6
4. Lynn Kepper, FUR	17:55.9
5. Christina Olson, APP	17:59.6
6. Jennel Walby, ETSU	18:10.0

Mile run

1. Heather VandeBrake, FUR	5:06.8
2. Kristen Savery, WCU	5:08.4
3. Michelle Gregg, ETSU	5:10.3
4. Mary Jane Middlekoop, UTC	5:16.3
5. Jennel Walby, ETSU	5:17.3
6. Jennifer Eckard, UTC	5:17.5

55-meter hurdles

1. Rahma Mateen, WCU	8.12
2. Trice Roundtree, APP	8.26
3. Erica Edmond, ETSU	8.45
4. Wykesha Bailey, WCU	8.46
5. Kamilah Gabriel, WCU	8.75
6. Faith Ninivaggi, APP	9.89

Mile relay

1. Western Carolina	3:57.7
2. ETSU	4:01.2
3. Chattanooga	4:03.5
4. Appalachian State	4:06.4
5. Marshall	4:15.6
6. Furman	4:22.1

Distance medley

1. ETSU	12:22.0
2. Western Carolina	12:29.4
3. Furman	12:39.2
4. Chattanooga	12:51.2
5. Davidson	13:11.3

Long jump

1. Rahma Mateen, WCU	20'0"
2. Tracie George, ETSU	19'3"
3. Nikki Harris, APP	19'1¼"
4. Taneisha Robinson, ETSU	18'5½"
5. Jennifer Sluss, ETSU	18'2"
6. Jennifer Sluss, ETSU	18'1"

Triple jump

1. Nikki Harris, APP	38'8¾"
2. Rahma Mateen, WCU	38'4¾"
3. Jennifer Sluss, ETSU	38'¼"
4. Lisa Roberts, APP	36'4¾"
5. Taneisha Robinson, ETSU	35'11½"
6. Karen Newsan, ETSU	35'2¾"

High jump

1. Rahma Mateen, WCU	5'6"
2. Jennifer Sluss, ETSU	5'4¼"
3. Vanessa Sims, DAV	5'4¼"
3. Gina Richter, FUR	5'4¼"
5. Shalimar Folds, UTC	5'2¼"
6. Katie Condon, FUR	5'2¼"
Lakeeva Brooks, WCU	5'2¼"

Shot put

1. Ayokka Green, APP	46'3"
2. LaSha Jackson, WCU	45'1½"
3. Beth Reck, MAR	43'11½"
4. Robyn Stockunas, WCU	41'7½"
5. Chandra Nelson, MAR	41'1"
6. Zondra Johnson, WCU	40'4"

Weight throw

1. Ayokka Green, APP	48'2¾"
2. Robyn Stockunas, WCU	43'6½"
3. Erica Bahry, APP	43'5¾"
4. Chandra Nelson, MAR	42'11¾"
5. Beth Reck, MAR	42'8"
6. Zondra Johnson, WCU	41'7¼"

Individual Awards

Most Outstanding Performer

Heather VandeBrake, Furman

Freshman of the Year

Karen Houston, Appalachian State

Coach of the Year

Danny Williamson, Western Carolina