

2000 MEN'S CHAMPIONSHIP

Team Results

Pl.	Team	Points
1.	Appalachian State	132.5
2.	Western Carolina	111
3.	VMI	87
4.	Chattanooga	57
5.	The Citadel	48
6.	ETSU	47.5
7.	Davidson	12

55-meter dash

1. Johnie Morrison, WCU	6.36
2. Carlos Frank, CIT	6.41
3. Kenyon Doyle, VMI	6.43
4. Kevin Pennycooke, ETSU	6.42
5. Marcus Lynch, VMI	6.48
6. Ken White, VMI	6.49

200-meter dash

1. Jason McGinnis, APP	21.55
2. Kenyon Doyle, CIT	21.60
3. Joe Hyman, WCU	21.83
4. Marcus Lynch, VMI	22.04
5. Carlos Frank, CIT	22.19
6. Derrick High, WCU	22.25

400-meter dash

1. Evan Hawkins, ETSU	48.26
2. Derrick High, WCU	48.30
3. Joe Hyman, WCU	48.41
4. Jason McGinnis, APP	48.85
5. Michael Lokale, VMI	49.00
6. John Baldwin, UTC	49.17

800-meter run

1. Nic Crider, UTC	1:55.50
2. Aaron Prieur, UTC	1:55.62
3. Chris Green, VMI	1:55.81
4. Irving Hunter, WCU	1:56.65
5. Michael Lokale, VMI	1:56.94
6. Dale Slaughter, APP	1:57.29
7. Nate Haley, VMI	1:58.29
8. Terrice McClain, APP	1:59.38

Mile run

1. Nic Crider, UTC	4:12.51
2. Aaron Prieur, UTC	4:14.12
3. Kyle McLean, UTC	4:15.50
4. Mitchell Jones, ETSU	4:17.21
5. James Layne, APP	4:18.99
6. Caleb Bailey, WCU	4:21.07
7. Brent Ferrell, DAV	4:21.17
8. Daniele Lenarduzzi, UTC	4:23.83

3,000-meter run

1. Ben Bisette, APP	8:29.32
2. Brent Ferrell, DAV	8:32.15
3. Mitchell Jones, ETSU	8:34.34
4. Jesse Norman, WCU	8:36.74
5. Shane Auston, APP	8:38.54
6. Kyle McLean, UTC	8:42.82
7. Curtis Gadula, UTC	8:43.24
8. Dan Gibson, DAV	8:43.68

5,000-meter run

1. Joe Smith, VMI	14:53.19
2. Shane Austin, APP	14:58.28
3. Ben Bisette, APP	14:58.59
4. Dan Gibson, DAV	15:03.53
5. Jesse Norman, WCU	15:12.06
6. Curtis Gadula, UTC	15:15.96
7. Andrew Cawood, CIT	15:17.38
8. Greg Sprowell, ETSU	15:19.12

Distance medley

1. Chattanooga	10:15.88
2. ETSU	10:22.52
3. Western Carolina	10:27.65
4. VMI	10:29.93
5. Appalachian State	10:34.51
6. The Citadel	10:41.60
7. UNCG	10:45.90
8. Davidson	10:57.36

55-meter hurdles

1. Ryan Linebarger, APP	7.58
2. Johnny Bomar, WCU	7.63
3. Keith Sims, APP	7.69
4. Jeff McKelvin, VMI	7.78
5. Kenny Moseley, VMI	7.86
-- Omari Francis, APP	DNF

4x400-meter relay

1. Western Carolina	3:14.40
2. Appalachian State	3:15.22
3. VMI	3:15.29
4. Chattanooga	3:18.93
5. The Citadel	3:19.41
6. ETSU	3:23.62
7. Davidson	3:32.06

High jump

1. Eric McClary, CIT	7'01.50"
2. Rob Waddington, CIT	6'08.00"
3. Jason Farr, ETSU	6'08.00"
4. Ken Millender, APP	6'06.00"
5. Ryan Linebarger, APP	6'06.00"
Andrew Whitson, ETSU	6'06.00"

Long jump

1. Damion McLean, APP	24'05.75"
2. Quez Smith, VMI	24'02.50"
3. Kevin Solomon, VMI	23'11.00"
4. Charles Mahatha, APP	23'10.75"
5. Rayshan Carthen, WCU	23'06.00"
6. Marcus Lynch, VMI	23'04.00"
7. John Logan, WCU	23'00.75"

Triple jump

1. Charles Mahatha, APP	51'03.75"
2. Quez Smith, VMI	49'02.50"
3. John Logan, WCU	48'07.50"
4. Karl Willis, WCU	43'03.25"
5. Ernest Moss, WCU	47'08.50"
6. Rayshan Carthen, WCU	46'06.75"

Shot put

1. Jeb Hall, WCU	52'01.75"
2. John Chisholm, VMI	51'06.50"
3. Tom Hite, ETSU	47'04.50"
4. Jeff Chambers, VMI	46'00.00"
5. Adam Gilbert, APP	44'01.25"
6. Jeff Wetherell, CIT	44'00.50"

Weight throw

1. John Chisholm, VMI	60'03.00"
2. Adam Gilbert, APP	53'09.75"
3. Jeff Chambers, VMI	50'04.00"
4. Matt Roten, APP	49'10.50"
5. Dan Duckworth, APP	47'07.00"
6. Tony Essig, VMI	44'00.50"

Pole vault

1. Tim Thomas, WCU	15'11.25"
2. Aaron Pedrick, APP	15'05.50"
3. Wes Pickens, APP	15'05.50"
4. Charles Rice, WCU	14'11.50"
5. Ron Hull, VMI	14'05.50"
6. Adam Woods, ETSU	13'05.75"
7. Clint Stewart, APP	13'05.75"

Individual Awards

Most Outstanding Performer

Nic Crider, Chattanooga

Freshman of the Year

Derrick High, Western Carolina

Coach of the Year

John Weaver, Appalachian State

2000 WOMEN'S CHAMPIONSHIP

Team Results

Pl.	Team	Points
1.	Western Carolina	145.5
2.	Appalachian State	119
3.	Chattanooga	86
4.	ETSU	71
5.	Georgia Southern	30
6.	Furman	21.5
7.	VMI	11
8.	UNCG	8
9.	The Citadel	4

55-meter dash

1. Shonte' Pinkston, APP	6.95
2. Angela Pryor, APP	7.17
3. Jacqueline Allen, GSU	7.19
4. Andrea Matthews, APP	7.22
5. Keyonia Collins, GSU	7.36
6. Shantre Mayfield, APP	7.39

200-meter dash

1. Shonte' Pinkston, APP	26.36
2. Andrea Matthews, APP	25.01
3. Angela Pryor, APP	25.19
4. Rosaline Addo, ETSU	25.34
5. Shavone Neely, WCU	25.52
6. Jacqueline Allen, GSU	26.12

400-meter dash

1. Rosaline Addo, ETSU	56.33
2. Jennifer Howard, ETSU	56.36
3. Rosalyn Hood, WCU	58.08
4. Angela Highbaugh, FUR	58.11
5. Shavone Neely, WCU	58.38
6. Andrea Matthews, APP	58.62

800-meter run

1. Lauren Campbell, ETSU	2:12.96
2. Julie Stackhouse, FUR	2:15.00
3. Becky Slick, UTC	2:15.54
4. Christina Smith, WCU	2:17.29
5. Channel Lemon, UTC	2:17.32
6. Catherine Brunk, UTC	2:18.87
7. Karen Underwood, APP	2:22.84
8. Erin Howard, FUR	2:24.88

Mile run

1. Becky Slick, UTC	5:04.25
2. Andrea Davis, UTC	5:06.50
3. Catherine Brunk, UTC	5:06.97
4. Gina Recher, UTC	5:11.47
5. Kimberly Hemstreet, ETSU	5:13.98
6. Michelle Cooke, UTC	5:14.18
7. Tanya Brown, ETSU	5:14.56
8. Erin Howard, FUR	5:15.85

3,000-meter run

1. Amanda Lynch, UTC	9:45.31
2. Catherine Berry, ETSU	9:46.75
3. Andrea Davis, UTC	10:06.50
4. Jenny Warfford, WCU	10:17.82
5. Heather Needham, APP	10:26.89
6. Melanie Cooper, WCU	10:27.99
7. Emily Campbell, ETSU	10:33.66
8. Dana Smith, FUR	10:43.16

5,000-meter run

1. Catherine Berry, ETSU	17:01.05
2. Amanda Lynch, UTC	17:03.20
3. Andrea Davis, UTC	17:46.04
4. Jenny Warfford, WCU	17:52.98
5. Heather Needham, APP	18:12.09
6. Emily Campbell, ETSU	18:20.00
7. Dana Smith, FUR	18:43.51
8. Emily Eades, FUR	18:44.80

Distance medley

1. ETSU	12:03.81
2. Chattanooga	12:20.71
3. Western Carolina	12:32.89
4. Furman	12:39.48
5. Appalachian State	12:53.40
6. Georgia Southern	13:17.48
7. UNCG	13:20.83
8. Davidson	13:35.16
9. The Citadel	14:15.21

55-meter hurdles

1. Rosalyn Hood, WCU	8.44
2. Kristen Bowden, APP	8.45
3. Jennifer McCalla, GSU	8.49
5. Jackie Poage, APP	8.60
7. Virginia LaCombe, WCU	8.85
6. Domonique LaBeaud, GSU	9.14

4x400-meter relay

1. Western Carolina	3:54.38
2. ETSU	3:54.84
3. Appalachian State	3:58.94
4. Furman	3:59.91
5. Chattanooga	3:59.97
6. Georgia Southern	4:10.69
7. The Citadel	4:16.64
8. Davidson	4:27.55

High jump

1. Virginia LaCombe, WCU	5'05.75"
2. Anna Hutcherson, UTC	5'05.75"
3. Jennifer Carroll, VMI	5'01.75"
3. Whitney Nelson, GSU	5'01.75"
5. Altavise Franklin, WCU	5'01.75"
Julie Stackhouse, FUR	5'01.75"

Long jump

1. Rosalyn Hood, WCU	19'08.25"
2. Angela Pryor, APP	19'02.75"
3. Jacqueline Allen, GSU	18'04.25"
4. Altavise Franklin, WCU	18'02.25"
5. Kristen Bowden, APP	17'11.75"
6. Jennifer Carroll, VMI	17'09.75"

Triple jump

1. Rosalyn Hood, WCU	39'08.75"
2. Kristen Bowden, APP	39'07.00"
3. Virginia LaCombe, WCU	38'11.00"
4. Cedeia Bowden, WCU	37'11.50"
5. Altavise Franklin, WCU	36'07.75"
6. Monica Lockett, GSU	35'03.00"

Shot put

1. Ashley Herendon, WCU	42'02.00"
2. LaShanna Poole, APP	40'08.25"
3. Sydney Rowland, APP	39'01.75"
4. Valerie Mertz, WCU	38'07.00"
5. Catrina Moore, CIT	38'01.25"
6. Angela Vizzi, VMI	38'01.25"

Weight throw

1. Valerie Mertz, WCU	54'07.25"
2. Niki Ash, UNCG	52'11.50"
3. LaShanna Poole, APP	46'09.50"
4. Angela Vizzi, VMI	45'00.25"
5. Carol Hamlin, CIT	44'09.00"
6. Sydney Rowland, APP	44'09.00"

Pole vault

1. Valerie Jalajaz, WCU	12'00.50"
2. Sara Searcy, APP	9'11.75"
3. Tricia Shepard, WCU	9'11.75"
4. Altavise Franklin, WCU	9'11.75"
5. Virginia LaCombe, WCU	9'05.75"
6. Kelly Hawkins, APP	9'05.75"

Individual Awards

Most Outstanding Performer

Rosalyn Hood, Western Carolina

Freshman of the Year

Andrea Matthews, Appalachian State

Coach of the Year

Danny Williamson, Western Carolina