

2003 MEN'S CHAMPIONSHIP

Team Results

Pl.	Team	Points
1.	Appalachian State	186
2.	Western Carolina	118.5
3.	VMI	99
4.	Chattanooga	87
5.	ETSU	62.5
6.	The Citadel	51
T7.	Davidson	8
T7.	Wofford	8

55-meter dash

1. Jason Green, APP	6.26
2. Ernest Wiggins, APP	6.27
3. Tee Alford, WCU	6.29
4. Sean Jackson, APP	6.40
5. Kevin McLeod, APP	6.49
6. Holt McPherson, APP	6.54
7. Charles Watson, CIT	6.70
8. Kenyon Doyle, CIT	7.09

200-meter dash

1. Jason Green, APP	21.61
2. Ernest Wiggins, APP	21.76
3. Kenyon Doyle, CIT	21.94
4. Milton Bolton, WCU	22.04
5. Larry Williams, VMI	22.17
6. Jeff Witherspoon, CIT	22.21
7. Holt McPherson, APP	22.29
-- Kevin McLeod, APP	DQ

400-meter dash

1. Alex Prince, CIT	48.78
2. Milton Bolton, WCU	48.97
3. Chris Harrington, UTC	49.06
4. Larry Williams, VMI	49.17
5. Michael Kirk, VMI	50.56
6. Will Gillespie, APP	50.96
7. Charles Watson, CIT	50.98
8. Keith Curry, APP	51.36

800-meter run

1. John Robertson, WCU	1:52.11
2. Caleb Bailey, WCU	1:52.33
3. Colin Sullivan, UTC	1:53.07
4. Dale Slaughter, APP	1:54.89
5. Robert Hatcher, UTC	1:56.55
6. Michael Lokale, VMI	1:57.32
7. Ben Austin, APP	1:59.09
8. Greg Scott, DAV	2:04.86

Mile run

1. Bradley Yewer, ETSU	4:14.36
2. Colin Sullivan, UTC	4:14.65
3. Caleb Bailey, WCU	4:17.25
4. Mike Reed, APP	4:18.54
5. Derrick Williamson, APP	4:18.95
6. Adam Puett, WCU	4:20.00
7. Greg Scott, DAV	4:20.39
8. Linas Salkauskas, UTC	4:20.84

3,000-meter run

1. Bradley Yewer, ETSU	8:26.06
2. Derrick Williamson, APP	8:27.95
3. James Grufferty, ETSU	8:28.65
4. Steven Kocsis, UTC	8:29.07
5. Lance Parker, APP	8:36.38
6. Adam Puett, WCU	8:42.64
7. Ian Mayne, UTC	8:43.16
8. Carson Blackwelder, APP	8:43.96

5,000-meter run

1. Bradley Yewer, ETSU	15:04.83
2. Steven Kocsis, UTC	15:04.93
3. Lance Parker, APP	15:08.99
4. Derrick Williamson, APP	15:10.82
5. Peter Dalton, ETSU	15:15.29
6. Franklin Manchester, APP	15:21.93
7. Robert Killian, CIT	15:24.48
8. James Grufferty, ETSU	15:27.13

55-meter hurdles

1. Jeff McKelvin, VMI	7.75
2. Chris Harrington, UTC	7.78
3. Deangelo Plather, VMI	7.95
4. Kaylin Chesney, ETSU	8.00
5. Cory Blanton, UTC	8.08
6. Andre Brown, WCU	8.09
7. Kevin Soloman, VMI	8.28
-- Deonte Cook, WCU	FS

Distance medley

1. Western Carolina	10:07.84
2. ETSU	10:08.78
3. Appalachian State	10:09.20
4. Chattanooga	10:10.41
5. The Citadel	10:35.32
6. VMI	10:37.06
7. Davidson	11:14.35

4x400-meter relay

1. The Citadel	3:16.34
2. VMI	3:16.71
3. Western Carolina	3:18.74
4. Chattanooga	3:22.92
5. Appalachian State	3:23.92
6. Davidson	3:28.43
7. ETSU	3:28.84

High jump

1. Garrett Brickner, VMI	6'9.75"
2. Chris Walker, VMI	6'6"
3. Kamau Hull, VMI	6'4"
4. John Barlew, UTC	6'4"
5. James Sills, UTC	6'4"
6. Travis Taylor, CIT	6'4"
7. Jeremy Snoderly, ETSU	6'2"
Bobby Robinson, WCU	6'2"

Long jump

1. Holt McPherson, APP	24'7.25"
2. Justin Davis, WCU	23'6.75"
3. James Sills, UTC	23'6.25"
4. Deon Britton, APP	23'3.50"
5. Brian Graves, APP	23'1.75"
6. Xavier Goddard, WCU	22'8.00"
7. Kevin Soloman, VMI	22'7.75"
8. Arthur Robertson, APP	22'5.00"

Triple jump

1. Kevin Solomon, VMI	48'0.75"
2. Michael Dodd, UTC	47'3.75"
3. Gerald Foreman, APP	47'2.50"
4. Tyler Ferguson, WCU	47'1.75"
5. Arthur Robertson, APP	46'5.25"
6. Brian Graves, APP	46'2.75"
7. Mario Brooks, UTC	46'5.20"
8. Marus Carter, CIT	45'10.00"

Shot put

1. Anthony Greer, APP	51'8.50"
2. Katon Bethay, WOF	51'4.50"
3. Quentin Armstrong, CIT	50'2.75"
4. Charles Hyder, ETSU	48'3.50"
5. Dan Utley, APP	47'5.25"
6. David Bryce, WCU	47'2.25"
7. Travis Crittenden, VMI	46'11.75"
8. Eric Thompson, VMI	46'11.50"

Weight throw

1. Daniel Duckworth, APP	58'1.25"
2. Nick McNeil, WCU	54'4.00"
3. Jason Stepp, WCU	48'10.0"
4. Travis Crittenden, VMI	48'4.75"
5. Matt Decker, WCU	47'11.0"
6. Eric Thompson, VMI	46'8.25"
7. Anthony Greer, APP	44'7.00"
8. Chris Franklin, CIT	44'6.00"

Pole vault

1. Sean Heaston, WCU	15'5.75"
2. Jon Norman, APP	15'5.75"
3. Ty Denby, VMI	15'0.00"
4. Dan Queen, APP	15'0.00"
5. Jeff Fiorello, APP	14'6.00"
6. Bryan Tomlinson, APP	14'0.00"
7. David McCall, WCU	13'6.25"
8. William Pearl, VMI	13'6.25"

Individual Awards

Most Outstanding Track Performer

Bradley Yewer, ETSU

Most Outstanding Field Performers

Holt McPherson, Appalachian State
Anthony Greer, Appalachian State

Freshman of the Year

John Robertson, Western Carolina

Coach of the Year

John Weaver, Appalachian State

2003 WOMEN'S CHAMPIONSHIP

Team Results

Pl.	Team	Points
1.	Appalachian State	186.5
2.	Chattanooga	158.5
3.	Georgia Southern	97
4.	Western Carolina	78
5.	ETSU	40
6.	VMI	24
7.	Furman	14
8.	Davidson	7
9.	College of Charleston	6
10.	The Citadel	2
11.	UNCG	1

55-meter dash

1. Rashedah Arnold, GSU	7.05
2. Jennifer Claud, APP	7.06
3. Chantelle Vernon, ETSU	7.13
4. Latavia Shores, UTC	7.18
5. Christina Roberts, APP	7.24
6. Ronda White, APP	7.25
7. Portia Taylor, APP	7.33
8. Jacqueline Allen, GSU	7.34

200-meter dash

1. Rashedah Arnold, GSU	24.64
2. Jennifer Claud, APP	24.46
3. Shamiaka Johnson, UTC	24.58
4. Candace Foster, UTC	25.04
5. Latavia Shores, UTC	25.22
6. Javonne Blackley, GSU	25.39
7. Christina Roberts, APP	25.65
8. Giselle Cunningham, GSU	25.87

400-meter dash

1. Tiffany Pointer, UTC	56.97
2. Marlo Mincey, GSU	57.12
3. Margo Mincey, GSU	57.21
4. Leslie Martin, WCU	57.40
5. Kim Simmons, ETSU	57.42
6. Elisabeth Sain, UTC	57.67
7. Tiffany Collier, ETSU	58.21
8. Dawn Harden, UTC	58.65

800-meter run

1. Katie Sujkowski, APP	2:19.45
2. Amy Doolittle, UTC	2:19.81
3. Tonya Edmonds, WCU	2:21.02
4. Channel Lemon, UTC	2:22.35
5. Becky Signoretti, WCU	2:23.86
6. Jennifer Habbestad, ETSU	2:24.12
7. Brittney Swick, GSU	2:24.99
8. Amber Blain, VMI	2:28.13

Mile run

1. Shannon Wommack, UTC	4:58.90
2. Katie Sujkowski, APP	4:59.33
3. Amy Doolittle, UTC	5:02.55
4. Missy Dock, APP	5:14.15
5. Brittney Swick, GSU	5:17.77
6. Katie Marshall, ETSU	5:19.75
7. Deanna Kulesz, WCU	5:20.27
8. Alissa Short, WCU	5:20.78

3,000-meter run

1. Shannon Womack, UTC	10:10.56
2. Sarah Primeau, APP	10:14.16
3. Gina Recher, UTC	10:16.09
4. Ellen Davis, UTC	10:23.61
5. Melanie Cooper, WCU	10:27.09
6. Noel Smith, APP	10:29.29
7. Whitney Sharp, FUR	10:32.20
8. Molly Mungovan, FUR	10:40.38

5,000-meter run

1. Sarah Primeau, APP	17:43.56
2. Shannon Wommack, UTC	17:59.20
3. Gina Recher, UTC	18:01.59
4. Noel Smith, APP	18:13.90
5. Whitney Sharp, FUR	18:36.52
6. Ellen Davis, UTC	18:36.69
7. Melanie Cooper, WCU	18:46.72
8. Amy Doolittle, UTC	18:55.98

55-meter hurdles

1. Ronda White, APP	7.86
2. Shamiaka Johnson, UTC	8.20
3. Dawn Harden, UTC	8.25
4. Tondra White, APP	8.31
5. Elisabeth Sain, UTC	8.33
6. Alison Frese, UTC	8.53
7. Adrianna Di Bernardi, APP	8.54
8. Rasheeda Ghaffar, UTC	8.66

Distance medley

1. Chattanooga	12:11.58
2. Appalachian State	12:14.98
3. Western Carolina	12:26.59
4. Georgia Southern	12:28.12
5. ETSU	12:55.88
6. Davidson	12:56.54
7. Furman	12:58.55
8. UNCG	13:01.76

4x400-meter relay

1. Georgia Southern	3:47.35
2. Chattanooga	3:49.59
3. Western Carolina	3:50.80
4. ETSU	3:54.30
5. Furman	4:07.25
6. VMI	4:09.39
7. The Citadel	4:09.51
8. Davidson	4:12.81

High jump

1. Cheryl Howard, ETSU	5'5.25"
2. Suzanne Makison, APP	5'5.25"
3. Kellie Mitchell, GSU	5'5.25"
4. Tondra White, APP	5'3.25"
5. Alison Frese, UTC	5'3.25"
6. Amanda Yeck, DAV	4'11.50"
7. Laura Tieszen, WCU	4'11.50"
8. Kelia Thomas, GSU	4'09.50"

Long jump

1. Kellie Mitchell, GSU	19'5.50"
2. Kasola Smith, UTC	19'5.50"
3. Ronda White, APP	19'1.25"
4. Cedeia Bowden, WCU	18'5.25"
5. Candace Foster, UTC	18'5.25"
6. Jacqueline Allen, GSU	18'1.00"
7. Kamata Potts, WCU	17'09.75"
8. Shameka Harris, WCU	17:03.50"

Triple jump

1. Ronda White, APP	41'4.50"
2. Jennifer Claud, APP	40'0.00"
3. Tondra White, APP	39'3.75"
4. Jacqueline Allen, GSU	38'7.50"
5. Paula Moore, APP	38'4.75"
6. Kristin Truman, ETSU	36'11.75"
7. Cedeia Bowden, WCU	36'05.75"
8. Andrea Morrison, FUR	36'00.75"

Shot put

1. Mildred Cooper, VMI	45'8.00"
2. LaShana Poole, APP	44'2.75"
3. Beverly Burnett, APP	43'7.25"
4. Kineta Williams-Rogers, WCU	43'3.75"
5. Kristie Boggan, APP	42'10.25"
6. Amber Tiggs, GSU	41'8.75"
7. Nikole Simmons, APP	41'08.50"
8. Crystal Miller, APP	37'05.25"

Pole vault

1. Laura Tieszen, WCU	12'1.25"
2. Michelle Velez, WCU	11'9.25"
3. Suzanne Makison, APP	11'5.25"
4. Nadia Wendlandt, VMI	10'5.50"
-- Dana Anglin, WCU	NH
-- Tricia Shepard, WCU	NH

Weight throw

1. LaShana Poole, APP	57'2.00"
2. Amber Tiggs, GSU	54'10.25"
3. Chakosha Lance, CofC	51'3.50"
4. Mildred Cooper, VMI	51'0.25"
5. Quiletta Dunston, WCU	49'11.75"
6. Kineta Williams-Rogers, WCU	49'11.25"
7. Nikole Simmons, APP	48'11.00"
8. Shalettha Lightfoot, GSU	47'10.00"

Individual Awards

Most Outstanding Track Performer
Shannon Wommack, Chattanooga

Most Outstanding Field Performer
LaShana Poole, Appalachian State

Freshman of the Year
Rashedah Arnold, Georgia Southern

Coach of the Year
Bill Gautier, Chattanooga