

2007 MEN'S CHAMPIONSHIP

Team Results

Pl.	Team	Points
1.	Appalachian State	272.50
2.	Western Carolina	232.50
3.	Davidson	57
4.	Chattanooga	32
5.	The Citadel	27
6.	UNCG	23

60-meter dash

1.	Albert Ashcraft, WCU	6.91
2.	Charles Derrickson, APP	6.94
3.	Dominique Young, WCU	6.97
4.	Daniel Neal, APP	6.99
5.	Kevin Johnson, WCU	7.04
6.	Brandon Golder, UTC	7.06
7.	Manteo Mitchell, WCU	7.09
8.	Zeb Johnson, WCU	7.24

200-meter dash

1.	Zeb Johnson, WCU	21.88
2.	Dominique Young, WCU	21.93
3.	Manteo Mitchell, WCU	22.17
4.	Jordan Hazard, UTC	22.27
5.	Charles Derrickson, APP	22.32
6.	James Gregory, WCU	22.73
7.	Kevin Johnson, WCU	22.87
8.	Quintin Wright, CIT	22.92

400-meter dash

1.	Manteo Mitchell, WCU	49.42
2.	Zeb Johnson, WCU	49.54
3.	Greg McCain, APP	50.07
4.	James Gregory, WCU	50.10
5.	Michael Malone, WCU	50.51
6.	David Ritchie, DAV	50.81
7.	Johnny Svoboda, APP	51.68
8.	David Cherry, APP	52.59

800-meter run

1.	Jeff Williams, UNCG	1:54.05
2.	Adam Van Nortwick, APP	1:54.44
3.	Douglas Noreen, DAV	1:55.95
4.	Jestin Jennings, WCU	1:56.30
5.	Rance Shuler, APP	1:56.41
6.	Josh Houser, APP	1:56.61
7.	Blake Ketron, UTC	1:57.24
8.	Aaron Grant, WCU	1:57.57

Mile run

1.	Adam Van Nortwick, APP	4:14.34
2.	Michael Mentz, UTC	4:17.64
3.	Douglas Noreen, DAV	4:18.11
4.	Phillip Mitchell, APP	4:18.19
5.	Josh Houser, APP	4:18.38
6.	Tim Clark, UTC	4:21.65
7.	Alex Hoyt, DAV	4:25.97
8.	Ryan Rodd, UNCG	4:26.30

3,000-meter run

1.	Adam Van Nortwick, APP	8:34.68
2.	Phillip Mitchell, APP	8:35.28
3.	Lance Harden, DAV	8:36.70
4.	Ryan O'Keefe, APP	8:40.67
5.	Asmeron Desta, APP	8:44.16
6.	Brendon Helms, APP	8:44.51
7.	Alex Hoyt, DAV	8:44.92
8.	Brendan Kight, CIT	9:00.56

5,000-meter run

1.	Brendon Helms, APP	15:00.77
2.	Phillip Mitchell, APP	15:01.96
3.	Ryan O'Keefe, APP	15:03.34
4.	Lance Harden, DAV	15:04.51
5.	Tim Clark, UTC	15:08.62
6.	Matt Harlfinger, APP	15:11.84
7.	Xavier Rutz, UNCG	15:12.11
8.	Josh Wyatt, UNCG	15:20.89

60-meter hurdles

1.	Charles Derrickson, APP	7.95
2.	Daniel Neal, APP	8.24
3.	Michael Malone, WCU	8.28
4.	Matt Harlfinger, WCU	8.42
5.	Jamel Brown, CIT	8.44
6.	Matt Boruff, APP	8.71
7.	Ashton Bennett, WCU	8.72
8.	David Gift, WCU	8.99

Distance medley

1.	Appalachian State	10:19.14
2.	UNCG	10:19.91
3.	The Citadel	10:27.27
4.	Western Carolina	10:47.79
5.	Davidson	10:51.50
--	Chattanooga	DNF

4x400-meter relay

1.	Western Carolina	3:23.58
2.	Davidson	3:24.29
3.	The Citadel	3:24.68
4.	Appalachian State	3:28.77
5.	Chattanooga	3:30.21

High jump

1.	Matt Evans, WCU	2.03m
2.	Daniel Joseph, WCU	1.93m
3.	Rashad Herndon, WCU	1.88m
3.	Dan Smith, APP	1.88m
5.	Matt Harlfinger, WCU	1.88m
6.	David Gift, WCU	1.83m
7.	Ricky Harris, APP	1.78m

Long jump

1.	Ricky Harris, APP	7.19m
2.	Joel Gaddy, APP	7.12m
3.	Rashad Herndon, WCU	6.74m
4.	Brandon Golder, UTC	6.68m
5.	John Bialas, DAV	6.64m
6.	Ramon Jobson-Brown, UNCG	6.55m

Triple jump

1.	Joel Gaddy, APP	14.73m
2.	Ricky Harris, APP	14.03m
3.	Tyler Ferguson, WCU	13.95m
4.	Daniel Joseph, WCU	13.84m
5.	Rashad Herndon, WCU	13.76m
6.	Lee Banks, WCU	13.44m
7.	Kwame Som-Pimpong, DAV	13.30m
8.	Matt Evans, WCU	12.84m

Shot put

1.	Wes Kiser, APP	15.56m
2.	Will Funderburg, DAV	15.24m
3.	Chris Page, WCU	14.44m
4.	Grant Haun, APP	14.07m
5.	Alex Croskey, CIT	13.97m
6.	Kenton Stephens, CIT	13.96m
7.	Shamar Allen, WCU	13.30m
8.	Cale McDaniel, WCU	12.90m

Weight throw

1.	Wes Kiser, APP	17.63m
2.	Grant Haun, APP	16.59m
3.	Chris Page, WCU	15.07m
4.	Daniel Fioramonti, APP	14.58m
5.	Shamar Allen, WCU	14.19m
6.	Jim Walter, DAV	14.19m
7.	Alex Croskey, CIT	14.09m
8.	Cale McDaniel, WCU	13.39m

Pole vault

1.	Barron Shell, APP	4.56m
2.	Justin Hunnicutt, APP	4.41m
3.	Joel Lynch, WCU	4.26m
4.	Joe Irvin, APP	4.26m
5.	Mike O'Steen, WCU	4.11m
6.	Matt Boruff, APP	4.11m
7.	Matt Harlfinger, WCU	3.06m
	David Gift, WCU	3.06m

Heptathlon

1.	Matt Harlfinger, WCU	4,620
2.	Matt Boruff, APP	4,545
3.	David Gift, WCU	4,443
4.	Ashton Bennett, WCU	4,421
5.	Josh Cox, APP	1,269

Individual Awards

Most Outstanding Track Performer

Adam Van Nortwick, Appalachian State

Most Outstanding Field Performer

Wes Kiser, Appalachian State

Coach of the Year

John Weaver, Appalachian State

2007 WOMEN'S CHAMPIONSHIP

Team Results

Pl.	Team	Points
1.	Appalachian State	261
2.	Western Carolina	159.50
3.	Georgia Southern	122.50
4.	Chattanooga	46
5.	Furman	42
6.	Elon	40
7.	The Citadel	38
8.	Davidson	37
9.	College of Charleston	16

60-meter dash

1.	Nicole Brown, GSU	7.60
2.	Tangelia Johnson, WCU	7.63
3.	Ashley McKiver, APP	7.75
4.	Raquel Ramseur, WCU	7.77
5.	Vonteena Knotts, APP	7.78
6.	Demetrise Anthony, GSU	7.85
7.	Sherelle Fronberger, WCU	7.86
8.	Shamyria Ortiz, GSU	7.90

200-meter dash

1.	Nicole Brown, GSU	24.43
2.	Raquel Ramseur, WCU	24.53
3.	Sherelle Fronberger, WCU	25.37
4.	Monica Johnson, APP	25.54
5.	Ashley McKiver, APP	25.58
6.	Alexis Moore, CIT	25.86
7.	Tangelia Johnson, WCU	26.05
8.	Vonteena Knotts, APP	26.17

400-meter dash

1.	Raquel Ramseur, WCU	56.33
2.	Asia Davis, WCU	57.26
3.	Rashedah Arnold, GSU	57.87
4.	Lynda Hiller, APP	58.09
5.	Aneesha Lane, WCU	58.16
6.	Carla Ballard, GSU	58.79
7.	Chanel McFadden, APP	59.15
8.	Amber Wilson, GSU	59.80

800-meter run

1.	Kerri Savery, WCU	2:12.83
2.	McKenzie Sharpe, FUR	2:14.95
3.	Emily Wood, UTC	2:16.85
4.	Rebecca Mullen, FUR	2:18.27
5.	Lindsey Barker, FUR	2:20.50
6.	Kala Robertson, APP	2:20.84
7.	Anna Baker, APP	2:22.85
8.	Jennifer Povick, APP	2:29.34

Mile run

1.	Meghan Gaffney, APP	5:00.88
2.	Nettie Halcomb, UTC	5:03.71
3.	Deanna Kulesz, WCU	5:05.48
4.	Kerri Savery, WCU	5:05.49
5.	Kasey Smith, APP	5:07.73
6.	Kathleen Turchin, UTC	5:10.08
7.	Hannah Parks, APP	5:12.78
8.	Amy Laughlin, CofC	5:13.27

3,000-meter run

1.	Brenna Burns, DAV	9:53.83
2.	Kasey Smith, APP	9:56.76
3.	Jenna Wrieden, APP	9:57.14
4.	Lanni Marchant, UTC	10:01.59
5.	Deanna Kulesz, WCU	10:02.80
6.	Hannah Parks, APP	10:03.39
7.	Meghan Gaffney, APP	10:05.16
8.	Caroline Sanker, DAV	10:13.97

5,000-meter run

1.	Lanni Marchant, UTC	17:02.49
2.	Brenna Burns, DAV	17:08.63
3.	Jenna Wrieden, APP	17:26.46
4.	Kasey Smith, APP	17:38.96
5.	Anna Mae Flynn, ELON	17:44.19
6.	Nettie Halcomb, UTC	17:55.28
7.	Emily King, DAV	18:07.76
8.	Katie Williams, UTC	18:11.85

60-meter hurdles

1.	Dominique Price, ELON	8.67
2.	Asia Davis, WCU	8.79
3.	Amber Wilson, GSU	8.93
4.	Lauren Jacobs, GSU	9.06
5.	Nashay McGriff, WCU	9.10
6.	Kristen Meister, DAV	9.37
7.	Rashanda Simmons, WCU	9.37

Distance medley

1.	Chattanooga	12:11.88
2.	Appalachian State	12:14.31
3.	Western Carolina	12:17.70
4.	Furman	12:18.81
5.	College of Charleston	12:42.57
6.	Elon	12:54.20
7.	The Citadel	12:55.02
8.	Georgia Southern	12:55.35

4x400-meter relay

1.	Western Carolina	3:48.28
2.	Georgia Southern	3:49.70
3.	Appalachian State	3:58.44
4.	The Citadel	4:03.52
5.	Furman	4:04.83
6.	Davidson	4:05.31
7.	Elon	4:07.02
8.	College of Charleston	4:07.14

High jump

1.	Kristen Meister, DAV	1.81m
2.	Jessika Johnson, WCU	1.68m
3.	Meg Phillips, APP	1.63m
4.	Heather Collier, CofC	1.58m
5.	Melanie Trumbo, GSU	1.58m
6.	Jasmine Lightning, GSU	1.58m
7.	Nashay McGriff, WCU	1.53m
	Amber Wilson, GSU	1.53m

Long jump

1.	Nicole Brown, GSU	6.15m
2.	Chibuzo Aguocha, FUR	5.94m
3.	Vonteena Knotts, APP	5.81m
4.	Danielle Thorpe, APP	5.72m
5.	Monique Vines, ELON	5.70m
6.	Lauren Jacobs, GSU	5.68m
7.	Tia Jones, WCU	5.56m
8.	Morgan Joseph, WCU	5.41m

Triple jump

1.	Nicole Brown, GSU	12.76m
2.	Chibuzo Aguocha, FUR	12.35m
3.	Vonteena Knotts, APP	12.17m
4.	Danielle Thorpe, APP	11.91m
5.	Brittany Chase, GSU	11.86m
6.	Demetrise Anthony, GSU	11.71m
7.	Lauren Jacobs, GSU	11.53m
8.	Morgan Broadnax, WCU	11.48m

Shot put

1.	Brittani Williams, APP	14.54m
2.	Stephanie McNeill, CIT	14.15m
3.	Emily Greeson, GSU	13.54m
4.	Lily Tallent, APP	12.69m
5.	Nicole Lopez, WCU	12.40m
6.	Sharhonda Bell, WCU	12.11m
7.	Shaniqua Wallace, APP	12.11m
8.	Adrienne Alexander, APP	12.01m

Weight throw

1.	Stephanie McNeill, CIT	16.30m
2.	Nicole Lopez, WCU	16.05m
3.	Monique Pitts, GSU	15.75m
4.	Emily Greeson, GSU	15.50m
5.	Jessica Irizzary, GSU	15.12m
6.	Whitney Smyre, APP	15.05m
7.	Monique Edwards, CIT	14.94m
8.	Shaniqua Wallace, APP	14.16m

Pole vault

1.	Jessica Clending, ELON	3.97m
2.	Shea Snow, APP	3.65m
3.	Melissa Cabe, WCU	3.35m
4.	Kaitlyn Heeke, APP	3.20m
5.	Summer Chambless, CofC	3.20m
6.	Julie Ward, APP	3.20m
7.	Megan Irwin, APP	3.05m
8.	Jessica Cumbee, CofC	2.90m

Petathlon

1.	Nashay McGriff, WCU	3,226
2.	Lathcha Sanders, CIT	3,096
3.	Kimberly Abel, ELON	3,056
4.	Morgan Broadnax, WCU	3,023
5.	Melanie Trumbo, GSU	3,001
6.	Carla Ballard, GSU	2,941
7.	Jessica Wilkerson, WCU	2,768
8.	Lauren Connelly, ELON	2,738

Individual Awards

Most Outstanding Track Performer
Brenna Burns, Davidson

Most Outstanding Field Performer
Nicole Brown, Georgia Southern

Freshman of the Year
Kristen Meister, Davidson

Coach of the Year
Danny Williamson, Western Carolina