

**Catamount Classic Track & Field Invitational - 4/2/2005**

Western Carolina University

*Results*

Women 100 Meter Dash

Name	Year School	Finals	Wind	H#
1 Corine Gavin-Hall	SO Akron	12.26	-0.2	1
2 Jennifer Claud	SR Appalachian Stat	12.44	-0.2	1
3 Tamala Perryman	JR Akron	12.61	-0.2	1
3 Tangelia Johnson	FR Western Carolina	12.61	-0.2	1
5 Cassandra Gentry	Western Carolina	12.71	-0.2	1
6 Portia Taylor	SR Appalachian Stat	12.79	2.2	2
7 Christina Roberts	SR Appalachian Stat	12.88	-0.2	1
8 Tanya Harris	JR Unc Asheville	13.02	2.2	2
9 Alexis Hoover	Appalachian Stat	13.17	-0.2	1

Women 200 Meter Dash

Name	Year School	Finals	Wind	H#
1 Giselle Cunningham	SR Georgia Southern	25.16	0.3	1
2 Raquel Ramseur	FR Western Carolina	25.20	0.3	1
3 Nicole Brown	SO Georgia Southern	25.73	0.3	1
4 Melissa Berry	FR Western Carolina	26.39	-0.9	2
5 Matasha Brown	SR Appalachian Stat	26.42	0.3	1
6 Laura Williams	SR Georgia Southern	26.45	0.3	1
7 Tanya Harris	JR Unc Asheville	26.55	-0.9	2
8 Dominique Thurman	FR Georgia Southern	27.16	-0.9	2
9 Cassandra Gentry	Western Carolina	27.70	0.3	1
10 Jessica Wilkerson	FR Western Carolina	29.34	-0.9	2
11 Erin Stalnaker	FR Lenoir-Rhyne Col	35.55	-0.9	2
- Tangelia Johnson	FR Western Carolina	DNF	0.3	1

Women 400 Meter Dash

Name	Year School	Finals	H#
1 Tamara Stephenson	SR Gardner-Webb	57.38	1
2 Jennie Castle	SR Akron	57.93	1
3 Jennifer Spivey	Western Carolina	58.09	1
4 Rashedah Arnold	JR Georgia Southern	58.84	1
5 Emily Freudenrich	JR Akron	58.86	1
6 Carol Holmes	SR Akron	1:00.24	1
7 Paula Moore	SR Appalachian Stat	1:01.24	2
8 Lisa Crum	FR Georgia Southern	1:01.50	2
9 Tiffany Banks	FR Georgia Southern	1:02.52	2
10 Serenity Thompson	FR Georgia Southern	1:04.76	2
11 Piper Taylor	Appalachian Stat	1:04.78	1
12 Jacqui Lanningham	FR Lenoir-Rhyne Col	1:12.08	2
13 Erin Stalnaker	FR Lenoir-Rhyne Col	1:19.72	2

Women 800 Meter Run

Name	Year	School	Finals	H#
1 Leslie Martin		Western Carolina	2:16.36	1
2 Kerri Savery	FR	Western Carolina	2:23.12	1
3 Emily Mase	FR	Unc Asheville	2:23.60	1
4 Tiffany Carberry	SR	Unc Asheville	2:24.75	2
5 Brittney Swick	JR	Georgia Southern	2:24.81	1
6 Ingrid Allstaedt	FR	Unc Asheville	2:25.06	2
7 Loring Watkins	SR	Unc Asheville	2:26.76	3
8 Brooke Saddler	FR	Western Carolina	2:26.80	2
9 Deanna Kulesz		Western Carolina	2:27.28	1
10 Katie Wilson	SO	Georgia Southern	2:28.76	3
11 Michele Milner	SO	Gardner-Webb	2:29.47	2
12 Anna Baker	FR	Appalachian Stat	2:29.93	2
13 Elizabeth Duncan	FR	Unc Asheville	2:31.44	3
14 Elise Wallace	FR	Western Carolina	2:33.19	2
15 Jenny Dewese		Unattached	2:34.74	3
16 Jenny Richardson	FR	Akron	2:35.93	3
17 Jessica Poremsky	SO	Gardner-Webb	2:40.92	3

Women 1500 Meter Run

Name	Year	School	Finals
1 Rachel Zubricky	SO	Akron	4:46.55
2 Deanna Kulesz		Western Carolina	4:48.83
3 Brittney Swick	JR	Georgia Southern	4:54.20
4 Jenny Dewese		Unattached	4:59.90
5 Michele Milner	SO	Gardner-Webb	5:02.39
6 Adriana Zalucka	SR	Akron	5:03.65
7 Jennifer Kelley		Appalachian Stat	5:06.97
8 Katherine Warden	SO	Gardner-Webb	5:08.97
9 Jenny Flaherty	FR	Appalachian Stat	5:09.78
10 Hannah Bohlen	FR	Unc Asheville	5:12.75
11 Kim Worlund	JR	Unc Asheville	5:14.08
12 Elise Wallace	FR	Western Carolina	5:15.66
13 Avery Coggeshall		Unattached	5:16.86
14 Elsa Allstaedt	JR	Unc Asheville	5:22.58
15 Lauren Tierney		Unattached	5:35.92
16 Rebecca Cashion	JR	Unc Asheville	5:38.69
17 Shiyrah Mielke	FR	Unc Asheville	5:44.39
18 Keri Kilgore	FR	Georgia Southern	5:46.34
19 Lakiyah Fredricks	FR	Gardner-Webb	6:17.63
20 Adeline Riley	SO	Gardner-Webb	6:17.97
21 Elisabeth West	FR	Lenoir-Rhyne Col	6:25.89

Women 5000 Meter Run

Name	Year	School	Finals
1 Brandi Schoeppner	JR	Akron	17:41.39
2 Melissa Reyes	SR	Georgia Southern	19:49.24
3 Kelly Rosborough		Appalachian Stat	19:59.42
4 Cailin Lynch		Appalachian Stat	20:01.71
5 Christine Post	SO	Appalachian Stat	20:02.77

6	MACON Lowman	Unattached	20:16.08
7	Whitney Heavner	JR Lenoir-Rhyne Col	20:17.66
8	Noel Smith	Appalachian Stat	20:27.32
9	Michelle Ziegler	SR Unc Asheville	20:41.70
10	Emily Hoyt	Unattached	20:46.51
11	Abbie Crago	JR Gardner-Webb	22:11.15

Women 100 Meter Hurdles

Name	Year	School	Finals	Wind	H#
1 Ronda White	SR	Appalachian Stat	14.57	0.2	1
2 Asia Davis	SO	Western Carolina	14.57	0.2	1
3 Amber Wilson	FR	Georgia Southern	15.29	0.2	1
4 Tondra White		Unattached	15.30	0.2	1
5 Mandi Phillips	JR	Georgia Southern	15.44	-0.6	2
6 Nashay McGriff	FR	Western Carolina	15.47	0.2	1
7 Brittany Chase	SO	Georgia Southern	15.77	0.2	1
8 Kristie Boggan	JR	Appalachian Stat	15.80	-0.6	2
9 Lauren Jacobs	SO	Georgia Southern	16.16	0.2	1
10 Jessica Bright	SO	Akron	16.91	-0.6	2
11 Laura Tiezsen		Western Carolina	16.92	-0.6	2
12 Tiffany Mack		Western Carolina	17.29	-0.6	2
13 Jennifer Osborne	SO	Akron	17.80	+0.0	3
14 Tonya Grimes	FR	Georgia Southern	18.42	+0.0	3
15 Anne Bernotski	FR	Western Carolina	18.72	+0.0	3
16 Jessica Wilkerson	FR	Western Carolina	19.40	+0.0	3
- Rachel Glasgow	FR	Western Carolina	FS	-0.6	2

Women 400 Meter Hurdles

Name	Year	School	Finals
1 Asia Davis	SO	Western Carolina	1:01.96
2 Rachel Glasgow	FR	Western Carolina	1:06.61
3 Amber Wilson	FR	Georgia Southern	1:07.82
4 Jessica Summey		Appalachian Stat	1:08.32
5 Tonya Edmonds		Western Carolina	1:08.35
6 Carla Ballard	FR	Georgia Southern	1:11.39
7 Brittany Chase	SO	Georgia Southern	1:12.61
8 Anne Bernotski	FR	Western Carolina	1:20.85

Women 3000 Meter Steeplechase

Name	Year	School	Finals
1 Morgan Sulzener	JR	Akron	11:17.44
2 Jessica Kerzie	SO	Georgia Southern	12:18.15
- Becki Michael	JR	Akron	DNF

Women 4x100 Meter Relay

School	Finals
1 University of Akron 'A'	46.20
2 Georgia Southern University 'A'	46.72
3 Georgia Southern University 'B'	48.03
4 Appalachian State University 'A'	49.34
5 Appalachian State University 'B'	49.72
- Western Carolina University 'B'	DNF
- Western Carolina University 'A'	DQ OUT OF ZONE 1

Women 4x400 Meter Relay

School	Finals
1 Georgia Southern University 'A'	4:21.98
2 Georgia Southern University 'C'	4:25.30
3 Georgia Southern University 'B'	4:28.16

Women High Jump

Name	Year School	Finals
1 Natalie Sako	SO Akron	1.70m 5-07.00
2 Lisa Ravn	SO Akron	J1.70m 5-07.00
3 Kidada Dawkins	SR Gardner-Webb	1.65m 5-05.00
4 Jessika Johnson	Western Carolina	1.60m 5-03.00
5 Brittany Whittaker	SO Western Carolina	1.55m 5-01.00
6 Jessica Wilkerson	FR Western Carolina	1.45m 4-09.00
6 Anna Marie Riccardi	JR East Tenn. St.	1.45m 4-09.00
8 Piper Taylor	Appalachian Stat	1.40m 4-07.00
8 Kirsten English	FR Akron	1.40m 4-07.00
10 Melissa Parana	FR Western Carolina	J1.40m 4-07.00
- Caroline Jett	JR Appalachian Stat	NH
- Rachel Glasgow	FR Western Carolina	NH

Women Long Jump

Name	Year School	Finals	Wind
1 Lauren Jacobs	SO Georgia Southern	5.66m	+0.0 18-07.00
2 Nashay McGriff	FR Western Carolina	5.45m	1.8 17-10.75
3 Tonya Grimes	FR Georgia Southern	5.32m	+0.0 17-05.50
4 Ebonie Jones	JR East Tenn. St.	5.17m	0.7 16-11.50
5 Dominique Thurman	FR Georgia Southern	5.16m	+0.0 16-11.25
6 Melissa Berry	FR Western Carolina	5.15m	+0.0 16-10.75
7 Cara Saunders	JR Gardner-Webb	5.05m	+0.0 16-07.00
7 Tondra White	Unattached	5.05m	+0.0 16-07.00
9 Kristie Boggan	JR Appalachian Stat	4.89m	+0.0 16-00.50
10 Brittney Brown	FR Georgia Southern	4.85m	+0.0 15-11.00
11 Tiffany Mack	Western Carolina	4.71m	1.1 15-05.50
12 Serenity Thompson	FR Georgia Southern	4.65m	0.7 15-03.25
13 Rashanda Simmons	Unattached	4.42m	+0.0 14-06.00
14 Jennifer Whittington	JR East Tenn. St.	4.36m	+0.0 14-03.75
15 Natalie Sayewich	SO Appalachian Stat	4.06m	+0.0 13-04.00

Women Triple Jump

Name	Year	School	Finals	Wind
1 Mandi Phillips	JR	Georgia Southern	11.18m	+0.0 36-08.25
2 Laura Williams	SR	Georgia Southern	11.16m	+0.0 36-07.50
3 Nicole Brown	SO	Georgia Southern	11.01m	+0.0 36-01.50
4 Brittany Chase	SO	Georgia Southern	10.70m	+0.0 35-01.25
5 Brittney Brown	FR	Georgia Southern	10.64m	0.1 34-11.00
- Cara Saunders	JR	Gardner-Webb	FOUL	NWI

Women Shot Put

Name	Year	School	Finals
1 Jenna Strouse	JR	Akron	14.27m 46-10.00
2 Nikki Slocumb	SR	Georgia Southern	12.40m 40-08.25
3 Jamila Minnifield	SR	Georgia Southern	11.69m 38-04.25
4 Sharhonda Bell	SO	Western Carolina	11.47m 37-07.75
5 Miranda Long		Western Carolina	11.31m 37-01.25
6 Lindsey Sutherland	JR	Gardner-Webb	11.17m 36-07.75
7 Monique Pitts	FR	Georgia Southern	11.04m 36-02.75
8 Erica Keddo	FR	Georgia Southern	10.39m 34-01.25
9 Jennifer Osborne	SO	Akron	10.19m 33-05.25
10 Markaysa Norwood	SR	Georgia Southern	9.77m 32-00.75
11 Kristin Kimball	SR	Lenoir-Rhyne Col	8.97m 29-05.25
12 Katie Helms	FR	Lenoir-Rhyne Col	6.27m 20-07.00
13 Jennifer Sinclair	FR	Lenoir-Rhyne Col	5.89m 19-04.00
- Lorelei Wagner	JR	Gardner-Webb	FOUL
- Emily Greeson	SO	Georgia Southern	FOUL
- Carlene McLean	SO	Gardner-Webb	FOUL

Women Discus Throw

Name	Year	School	Finals
1 Liz Mangen	JR	Akron	45.33m 148-09
2 Jenna Strouse	JR	Akron	44.04m 144-06
3 Miranda Long		Western Carolina	39.14m 128-05
4 Garette Hunter	SR	Unc Asheville	37.81m 124-00
5 Crystal Gore		Unattached	37.51m 123-01
6 Markaysa Norwood	SR	Georgia Southern	36.77m 120-08
7 Monique Pitts	FR	Georgia Southern	36.52m 119-10
8 Lauren Niles	FR	Georgia Southern	36.27m 119-00
9 Emily Greeson	SO	Georgia Southern	33.32m 109-04
10 Kristin Kimball	SR	Lenoir-Rhyne Col	30.69m 100-08
11 Sarah Davis	FR	Unc Asheville	29.53m 96-10
12 Jessica Salyers	SO	Unc Asheville	29.11m 95-06
13 Beverly Burnett	JR	Appalachian Stat	28.36m 93-00
14 Anna Stephens	FR	Gardner-Webb	19.97m 65-06
15 Katie Helms	FR	Lenoir-Rhyne Col	15.99m 52-05
16 Jennifer Sinclair	FR	Lenoir-Rhyne Col	14.88m 48-10

Women Hammer Throw

Name	Year	School	Finals	
1 Nikole Simmons	SR	Appalachian Stat	53.57m	175-09
2 Crystal Miller		Appalachian Stat	51.71m	169-08
3 Jenna Strouse	JR	Akron	50.27m	164-11
4 Amy Lavalley	JR	Akron	48.81m	160-02
5 Beverly Burnett	JR	Appalachian Stat	47.68m	156-05
6 Crystal Gore		Unattached	46.67m	153-01
7 Miranda Long		Western Carolina	44.29m	145-04
8 Brittani Williams	FR	Appalachian Stat	43.44m	142-06
9 Jenn Hawkins		Western Carolina	41.87m	137-04
10 Nikki Slocumb	SR	Georgia Southern	41.63m	136-07
11 Lauren Niles	FR	Georgia Southern	39.70m	130-03
12 Emily Greeson	SO	Georgia Southern	38.58m	126-07
13 Lindsey Sutherland	JR	Gardner-Webb	37.86m	124-02
14 Charlotte Baker		Appalachian Stat	37.27m	122-03
15 Markaysa Norwood	SR	Georgia Southern	37.16m	121-11
16 Sharhonda Bell	SO	Western Carolina	37.05m	121-07
17 Erica Keddo	FR	Georgia Southern	36.53m	119-10
18 Sarah Davis	FR	Unc Asheville	35.11m	115-02
19 Jessica Salyers	SO	Unc Asheville	34.23m	112-04
20 Jamila Minnifield	SR	Georgia Southern	33.06m	108-05
21 Michaela Hall	FR	Western Carolina	32.64m	107-01
22 Nicole Lopez	FR	Western Carolina	27.52m	90-03

Women Javelin Throw

Name	Year	School	Finals	
1 Ashley Kaufman	JR	Akron	45.37m	148-10
2 Tara Stephenson	SR	Gardner-Webb	37.00m	121-05
3 Carolyn Kitchens		Appalachian Stat	34.11m	111-11
4 Laura Tiezsen		Western Carolina	33.89m	111-02
5 Crystal Goldsmith	SO	Akron	32.71m	107-04
6 Nicole Brown	SO	Georgia Southern	32.46m	106-06
7 Rachel Glasgow	FR	Western Carolina	28.59m	93-09
8 Lindsey Sutherland	JR	Gardner-Webb	28.45m	93-04
9 Jennifer Osborne	SO	Akron	28.24m	92-08
10 Mandi Phillips	JR	Georgia Southern	27.74m	91-00
11 Serenity Thompson	FR	Georgia Southern	27.56m	90-05
12 Jennifer Whittington	JR	East Tenn. St.	25.00m	82-00
13 Michaela Hall	FR	Western Carolina	24.98m	81-11
14 Tonya Grimes	FR	Georgia Southern	22.32m	73-03
15 Melissa Parana	FR	Western Carolina	22.28m	73-01
16 Lauren Jacobs	SO	Georgia Southern	20.24m	66-05
- Jessica Wilkerson	FR	Western Carolina	FOUL	

Men 100 Meter Dash

Name	Year	School	Finals	Wind	H#
1 Rashad Jones	FR	Akron	11.08	0.8	1
2 Chris Martin	SR	Appalachian Stat	11.27	0.8	1
3 Eugene Jones	JR	Appalachian Stat	11.30	+0.0	2
4 Brandon Wells	SO	Akron	11.32	0.8	1

5	Akaba Glaspie	Unattached	11.39	+0.0	2
6	Deonte Cook	Western Carolina	11.51	+0.0	2
7	Darius Bryson	Western Carolina	11.52	0.8	1
8	Nick Miller	SO Western Carolina	11.54	0.8	1
9	Jerome Touchstone	FR Appalachian Stat	11.56	0.8	1
10	Troy Young	SO Unc Asheville	11.62	+0.0	2
11	Evan Huggard	FR Lenoir-Rhyne Col	12.09	0.5	3
12	Marcus McFadden	FR Lenoir-Rhyne Col	J12.09	0.5	3
13	Kris Fant	SO Unc Asheville	12.11	+0.0	2
14	Bobby Robinson	Western Carolina	12.74	0.5	3
15	Ryan Fussell	Western Carolina	13.25	0.5	3

#### Men 200 Meter Dash

Name	Year	School	Finals	Wind	H#
1	Milton Bolton	Unattached	22.09	-2.5	1
2	Chris Cutter	JR Appalachian Stat	22.95	0.4	2
3	James Gregory	SO Western Carolina	23.06	-2.5	1
4	Michael Malone	SO Western Carolina	23.16	-2.5	1
5	Bryan Burney	SO Appalachian Stat	23.17	-2.5	1
6	Will Gillespie	SR Appalachian Stat	24.06	0.4	2
7	Galen Goodrum	SO Unc Asheville	24.86	0.4	2
8	David Helms	FR Lenoir-Rhyne Col	25.70	0.4	2
9	Patrick Henson	SR Lenoir-Rhyne Col	27.52	0.4	2

#### Men 400 Meter Dash

Name	Year	School	Finals	H#
1	Milton Bolton	Unattached	48.40	1
2	Bryan Burney	SO Appalachian Stat	49.51	1
3	Zeb Johnson	FR Western Carolina	50.99	1
4	Charleton Grant	Western Carolina	51.07	1
5	Will Gillespie	SR Appalachian Stat	51.16	1
6	Bola Oyegunwa	Unattached	52.44	2
7	Galen Goodrum	SO Unc Asheville	52.78	1
8	Jeff Swartzel	JR Akron	53.61	2
9	Tim Clarke	JR Lenoir-Rhyne Col	59.84	2
10	David Helms	FR Lenoir-Rhyne Col	1:00.81	2

#### Men 800 Meter Run

Name	Year	School	Finals	H#
1	Todd Moyers	JR Akron	1:58.50	1
2	Scott Mate	SO Akron	1:59.93	1
3	James Irwin	Western Carolina	2:00.38	1
4	Jamar Frazier	FR Western Carolina	2:01.28	1
5	Mark Furlong	Unattached	2:01.94	1
6	Jason Jackson	SO Unc Asheville	2:03.65	2
7	Lenny King	FR Akron	2:05.07	1
8	Brian McLean	FR Western Carolina	2:05.88	2
9	Matt Smith	FR Lenoir-Rhyne Col	2:08.17	3
10	Nick Barrier	FR Unc Asheville	2:09.08	2
11	Ben Austin	JR Appalachian Stat	2:09.88	2
12	Matthew Winning	JR Gardner-Webb	2:12.37	3

13	David Cherry	FR Appalachian Stat	2:13.05	3
14	Kevin Ramos	FR Lenoir-Rhyne Col	2:22.59	3
15	Jon Sharp	SO Lenoir-Rhyne Col	2:23.86	3

Men 1500 Meter Run

Name	Year	School	Finals
1	Adam Puett	Western Carolina	3:58.04
2	David Howard	SO Akron	3:59.40
3	Nathan Hernandez-Adams	Appalachian Stat	4:09.32
4	Mat Cote	SR Appalachian Stat	4:10.77
5	Mark Maddox	Appalachian Stat	4:11.39
6	Fred Cameron	FR Western Carolina	4:14.28
7	Alex Nimmo	FR Gardner-Webb	4:16.31
8	Adam Bray	SR Akron	4:17.69
9	Root Kirbach	JR Unc Asheville	4:20.50
10	Matt Gould	FR Appalachian Stat	4:23.45
11	Matthew Quirk	SR Unc Asheville	4:28.75
12	Joel Quirk	FR Unc Asheville	4:34.31
13	Mike Fussell	Unattached	4:35.12
14	Matthew Winning	JR Gardner-Webb	4:42.04
15	Doug Marion	FR Lenoir-Rhyne Col	4:44.36
16	Nick Christian	SR Unc Asheville	4:48.60
17	Perrell Bess	JR Lenoir-Rhyne Col	5:02.36
18	Josh Stuckey	FR Lenoir-Rhyne Col	5:08.90

Men 5000 Meter Run

Name	Year	School	Finals
1	Jesse Norman	Unattached	15:32.53
2	Nate Stroup	Unattached	15:40.53
3	Lucas McAneney	FR Gardner-Webb	15:51.80
4	Paul Stoltzfus	Unattached	16:17.76
5	Marcus Dunn	FR Western Carolina	16:20.64
6	Adam Stewart	JR Lenoir-Rhyne Col	16:48.18
7	Field Miller	FR Western Carolina	16:57.62
8	Jose Zavala	JR Lenoir-Rhyne Col	17:16.99
9	Shawn Pendergrass	SR Gardner-Webb	18:37.57

Men 110 Meter Hurdles

Name	Year	School	Finals	Wind	H#
1	Devin Booker	SR Akron	14.61	-1.8	1
2	A.J. Oyer	SO Akron	15.15	-1.8	1
3	Kris Fant	SO Unc Asheville	15.33	-1.8	1
4	Michael Malone	SO Western Carolina	15.92	-1.8	1
5	Ashton Bennett	SO Western Carolina	15.97	-1.8	1
6	Barron Shell	FR Appalachian Stat	17.73	1.0	3
7	Dustin Wright	SO Appalachian Stat	17.80	-1.8	1
8	Lawrence Briscoe	Western Carolina	18.41	-1.8	1
9	Bobby Robinson	Western Carolina	18.85	1.0	3
10	Alex Patton	Western Carolina	18.97	1.0	3
11	Ryan Fussell	Western Carolina	20.06	1.0	3



Men 400 Meter Hurdles

Name	Year	School	Finals
1 Mike Meditz	JR	Akron	55.05
2 A.J. Oyer	SO	Akron	55.99
3 Jon Morgan	SR	Akron	56.63
4 Chris Bennett	SR	Akron	56.71
5 Ogden Hansford	FR	Western Carolina	57.10
6 Greg McCain	FR	Appalachian Stat	1:00.32
7 Ashton Bennett	SO	Western Carolina	1:09.85

Men 3000 Meter Steeplechase

Name	Year	School	Finals
1 Dave Bell	JR	Unc Asheville	9:44.49
2 Chris Lynch		Western Carolina	10:11.34
3 Dylan Hermelee		Western Carolina	10:20.11
4 Jason Dalrymple		Appalachian Stat	10:24.97
5 Noah Niwinski		Unattached	10:26.38
6 Jon Sharp	SO	Lenoir-Rhyne Col	11:22.11

Men 4x100 Meter Relay

School	Finals
1 Western Carolina University 'A'	41.72
2 Appalachian State University 'A'	42.36
3 University of Akron 'A'	42.86
4 Univ of NC Asheville 'A'	42.86
5 Western Carolina University 'B'	43.10
6 Gardner-Webb University 'A'	43.18
7 Lenoir-Rhyne College 'A'	44.09
8 Appalachian State University 'B'	44.56

Men 4x400 Meter Relay

School	Finals
1 University of Akron 'A'	3:26.19

Men High Jump

Name	Year	School	Finals
1 Tomasz Smialek	SR	Akron	2.05m 6-08.75
2 Nick Ledbetter		Unattached	1.90m 6-02.75
3 Matt Yankie	JR	Akron	J1.90m 6-02.75
4 Charlie Allen	FR	Akron	1.85m 6-00.75
5 Bobby Robinson		Western Carolina	J1.85m 6-00.75
6 Lawrence Briscoe		Western Carolina	1.80m 5-10.75
7 Reggie Odrick	FR	Lenoir-Rhyne Col	J1.80m 5-10.75
8 Matt Harlfinger	SO	Western Carolina	1.75m 5-08.75
9 Mike Wagner	SO	Akron	J1.75m 5-08.75
9 Jake Didion	FR	Gardner-Webb	J1.75m 5-08.75
- Dan Smith	SO	Appalachian Stat	NH
- Chima Okoro	FR	Lenoir-Rhyne Col	NH

Men Pole Vault

Name	Year	School	Finals
1 John Russell	JR	Akron	4.88m 16-00.00
2 Dan Digman	JR	Akron	4.42m 14-06.00
2 Barron Shell	FR	Appalachian Stat	4.42m 14-06.00
4 Jeremy Longshore	FR	Gardner-Webb	J4.42m 14-06.00
5 Wes Willoughby	JR	Western Carolina	4.27m 14-00.00
6 David McCall		Western Carolina	4.12m 13-06.25
7 Tyler Varnadore		Appalachian Stat	3.97m 13-00.25
8 Justin Hunnicutt	FR	Appalachian Stat	J3.97m 13-00.25
9 Joe Irvin	SO	Appalachian Stat	J3.97m 13-00.25
10 Phillip Hoover		Unattached	3.81m 12-06.00
- Ryan Fussell		Western Carolina	NH
- Alex Patton		Western Carolina	NH
- Alex Moore		Unattached	NH
- Scott Rhyne	JR	Appalachian Stat	NH
- Nick Continenza	JR	Akron	NH
- Marc Ward	FR	Western Carolina	NH
- Christian Benson		Western Carolina	NH

Men Long Jump

Name	Year	School	Finals	Wind
1 Damion McLean		Unattached	7.24m	2.6 23-09.00
2 Rashad Herndon		Unattached	6.93m	+0.0 22-09.00
3 Cadeau Kelley	FR	Akron	6.87m	+0.0 22-06.50
4 Jake Didion	FR	Gardner-Webb	6.45m	0.3 21-02.00
5 Dustin Wright	SO	Appalachian Stat	6.31m	1.2 20-08.50
6 Adan Blevins		East Tenn. St.	6.30m	+0.0 20-08.00
7 Lamont Reid		Western Carolina	6.27m	0.8 20-07.00
8 Adrian Wilkinson	FR	Appalachian Stat	6.09m	+0.0 19-11.75
9 Barron Shell	FR	Appalachian Stat	6.01m	+0.0 19-08.75
10 Matt Yankie	JR	Akron	5.93m	+0.0 19-05.50
11 Omar Ahmad	FR	Unc Asheville	5.91m	0.2 19-04.75
12 Michael Malone	SO	Western Carolina	5.83m	+0.0 19-01.50
13 Matt Harlfinger	SO	Western Carolina	5.81m	0.4 19-00.75
14 Mike Wright		East Tenn. St.	5.74m	+0.0 18-10.00
15 Bobby Robinson		Western Carolina	5.65m	+0.0 18-06.50
16 Jeremy Brown	JR	Lenoir-Rhyne Col	5.51m	+0.0 18-01.00
17 Brad Osborne	FR	East Tenn. St.	5.42m	+0.0 17-09.50
18 Adam Williams	FR	Appalachian Stat	5.35m	+0.0 17-06.75
19 Chima Okoro	FR	Lenoir-Rhyne Col	5.22m	+0.0 17-01.50
20 Ryan Fussell		Western Carolina	5.20m	+0.0 17-00.75
21 Tyler Furgeson		Unattached	4.56m	2.1 14-11.50
- Reggie Odrick	FR	Lenoir-Rhyne Col	FOUL	NWI

Men Triple Jump

Name	Year	School	Finals	Wind
1 Tyler Furgeson		Unattached	13.62m	+0.0 44-08.25
2 Matt Yankie	JR	Akron	13.39m	+0.0 43-11.25

## Men Shot Put

Name	Year	School	Finals	
1 Randall Hafner	JR	Akron	16.48m	54-01.00
2 Auston Papay	FR	Akron	15.56m	51-00.75
3 Kerry Brown	SO	Appalachian Stat	14.81m	48-07.25
4 Chris Lewis	FR	Western Carolina	14.42m	47-03.75
5 Matt Knippen	FR	Gardner-Webb	13.70m	44-11.50
6 Wes Kiser	SO	Appalachian Stat	12.50m	41-00.25
7 Dan Utley		Appalachian Stat	12.49m	40-11.75
8 Grant Haun	FR	Appalachian Stat	12.42m	40-09.00
9 Chris Page		Unattached	11.77m	38-07.50
10 Jerod Kelly	FR	Western Carolina	11.53m	37-10.00
11 Keith Hawk	SO	Lenoir-Rhyne Col	9.66m	31-08.50
- Jason Stepp		Western Carolina	FOUL	

## Men Discus Throw

Name	Year	School	Finals	
1 Auston Papay	FR	Akron	48.80m	160-01
2 Nathan Hedgpeth	SR	Unc Asheville	45.36m	148-10
3 Jason Stepp		Western Carolina	41.48m	136-01
4 Willie Sturgis		Western Carolina	40.05m	131-05
5 Grant Haun	FR	Appalachian Stat	39.82m	130-08
6 Wes Kiser	SO	Appalachian Stat	39.74m	130-04
7 Dan Utley		Appalachian Stat	39.53m	129-08
8 Chris Page		Unattached	37.30m	122-04
9 Matt Knippen	FR	Gardner-Webb	36.07m	118-04
10 Chris Lewis	FR	Western Carolina	33.81m	110-11
11 Darryl Nelson	SR	Gardner-Webb	33.53m	110-00
12 Daniel Fioramonti	FR	Appalachian Stat	32.60m	106-11
13 Jerod Kelly	FR	Western Carolina	32.21m	105-08
14 Jarrod Fraley	FR	Lenoir-Rhyne Col	32.13m	105-05
15 Mike Wagner	SO	Akron	29.97m	98-04
16 Brandon Banton	FR	Gardner-Webb	29.73m	97-06
17 Keith Hawk	SO	Lenoir-Rhyne Col	29.08m	95-05
18 Patrick Henson	SR	Lenoir-Rhyne Col	28.34m	93-00
19 Troy Young	SO	Unc Asheville	27.07m	88-10
- Randall Hafner	JR	Akron	FOUL	
- Zach Helm	JR	Akron	FOUL	

## Men Hammer Throw

Name	Year	School	Finals	
1 Bob Smith	SR	Appalachian Stat	54.60m	179-02
2 Zach Helm	JR	Akron	54.30m	178-02
3 Jason Stepp		Western Carolina	51.73m	169-09
4 Matt Decker		Western Carolina	49.56m	162-07
5 Chris Lewis	FR	Western Carolina	47.43m	155-07
6 Wes Kiser	SO	Appalachian Stat	46.45m	152-05
7 Grant Haun	FR	Appalachian Stat	44.79m	146-11
8 Chris Page		Unattached	40.65m	133-04
9 Dusty McGuire		Appalachian Stat	40.20m	131-11
10 Travis Elliott	FR	Unc Asheville	40.17m	131-09

11 Daniel Fioramonti	FR Appalachian Stat	39.47m	129-06
12 Willie Sturgis	Western Carolina	39.23m	128-08
13 Dan Utley	Appalachian Stat	37.00m	121-05
14 Darryl Nelson	SR Gardner-Webb	36.22m	118-10
15 Matt Knippen	FR Gardner-Webb	36.04m	118-03
- Randall Hafner	JR Akron	FOUL	
- Kevin McAlmont	SO Western Carolina	FOUL	

Men Javelin Throw

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Name	Year School	Finals	
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1 Josh Lee	Western Carolina	55.77m	183-00
2 David Bowles	FR Western Carolina	52.65m	172-09
3 Troy Young	SO Unc Asheville	52.11m	170-11
4 Dan Digman	JR Akron	49.82m	163-05
5 Jerel Langley	FR Gardner-Webb	45.94m	150-09
6 Tony Weaver	JR Gardner-Webb	45.86m	150-05
7 Jason Stepp	Western Carolina	45.17m	148-02
8 Matt Clement	SR Gardner-Webb	38.08m	124-11