

## Southern Conference Championships 2008 - 4/26/2008 to 4/27/2008

Results at www.cfpitiming.com

Hosted by Western Carolina University

## Performance List

## Event 1 Women 100 Meter Dash Prelims

<b>World:</b>	<b>10.49</b>	<b>7/16/1988</b>	<b>Florence Griffith-Joyner</b>
<b>American:</b>	<b>10.49</b>	<b>1988</b>	<b>Florence Griffith Joyner</b>
<b>Collegiate:</b>	<b>10.93</b>	<b>1989</b>	<b>Dawn Sowell</b>
<b>SoCon Record:</b>	<b>11.45</b>	<b>1993</b>	<b>Melissa Morrison</b>
<b>NCAA Region:</b>	<b>11.75</b>		

	Name	Yr	School	Seed	Time
1	Johnson, Tangelia	SR	Western Carolin.		11.75
2	Paulding, Felicia	FR	Western Carolin.		11.79
3	Ramseur, Raquel	SR	Western Carolin.		11.99
4	Anthony, Demetrise	SO	Georgia Souther		12.00
5	McKiver, Ashley	SO	Appalachian Sta		12.08
6	Ortiz, Shamyria	SR	Georgia Souther		12.15
7	Fronberger, Sherelle	SO	Western Carolin.		12.17
8	Ware, Courtney	JR	Georgia Souther		12.31
9	Thurman, Dominique	SR	Georgia Souther		12.40
10	Watts, Tierra	JR	Georgia Souther		12.42
11	Evans-Hardy, Porsha'	JR	Appalachian Sta		12.51
12	Dukes, Crystal	FR	Appalachian Sta		12.59
13	Creel, Sarah	FR	Citadel		12.71
14	Knotts, Vonteena	SR	Appalachian Sta		12.73
15	Colley, Kimberely	JR	Davidson		12.77
16	Bush, Bea	JR	Davidson		13.77
17	Valentine, Megan	FR	C. of C.		14.03
18	Belmont, Starr	FR	Furman		NT

## Event 3 Women 200 Meter Dash Prelims

<b>World:</b>	<b>21.34</b>	<b>9/29/1988</b>	<b>Florence Griffith-Joyner</b>
<b>American:</b>	<b>21.34</b>	<b>1988</b>	<b>Florence Griffith Joyner</b>
<b>Collegiate:</b>	<b>22.29</b>	<b>1999</b>	<b>LaTasha Jenkins</b>
<b>SoCon Record:</b>	<b>23.50</b>	<b>1989</b>	<b>Lamonda Miller</b>
<b>NCAA Region:</b>	<b>23.96</b>		

	Name	Yr	School	Seed	Time
1	Ramseur, Raquel	SR	Western Carolin.		23.43
2	Carothers, Jane't	FR	Western Carolin.		24.22
3	Paulding, Felicia	FR	Western Carolin.		24.29
4	Johnson, Tangelia	SR	Western Carolin.		24.48
5	Fronberger, Sherelle	SO	Western Carolin.		24.58
6	McKiver, Ashley	SO	Appalachian Sta		24.68
7	Ortiz, Shamyria	SR	Georgia Souther		24.93
8	Knotts, Vonteena	SR	Appalachian Sta		25.34
9	Watts, Tierra	JR	Georgia Souther		25.47
10	Anthony, Demetrise	SO	Georgia Souther		25.50
11	Thurman, Dominique	SR	Georgia Souther		25.72
12	Bush-Hardy, Ashley	JR	Georgia Souther		25.72
13	Creel, Sarah	FR	Citadel		25.78
14	Colley, Kimberely	JR	Davidson		26.09
15	Ware, Courtney	JR	Georgia Souther		26.20
16	Martin, Kennesia	JR	Davidson		27.07
17	Obidegwu, Amaka	SR	Davidson		27.09
18	Logan, Jacqui	FR	Davidson		29.17
19	Bush, Bea	JR	Davidson		30.40
20	Slye, Carrie	FR	C. of C.		30.88
21	Evans-Hardy, Porsha'	JR	Appalachian Sta		NT

22 Liriano, Nadia FR Appalachian Sta NT

## Event 5 Women 400 Meter Dash Prelims

<b>World:</b>	<b>47.60</b>	<b>10/6/1985</b>	<b>Marita Koch</b>
<b>American:</b>	<b>48.70</b>	<b>2006</b>	<b>Sanya Richards</b>
<b>Collegiate:</b>	<b>50.18</b>	<b>6/3/1989</b>	<b>Pauline Davis</b>
<b>SoCon Record:</b>	<b>53.55</b>	<b>1995</b>	<b>Angela Rowe</b>
<b>NCAA Region:</b>	<b>54.61</b>		

	Name	Yr	School	Seed	Time
1	Ramseur, Raquel	SR	Western Carolin.		54.67
2	McMichael, Shalyn	FR	Western Carolin.		56.17
3	Ballard, Carla	SR	Georgia Souther		56.60
4	Alexander, Amanda	SR	Chattanooga		56.98
5	Carothers, Jane't	FR	Western Carolin.		56.99
6	Bush-Hardy, Ashley	JR	Georgia Souther		57.44
7	Jennings, Shauntel	JR	Georgia Souther		57.67
8	Lane, Aneesha	JR	Western Carolin.		57.76
9	Skogen, Sarah	FR	Elon		58.08
10	Johnson, Tierra	SO	Western Carolin.		58.45
11	Liriano, Nadia	FR	Appalachian Sta		58.92
12	Ryles, London	JR	Georgia Souther		59.23
13	Zolga, Mary	FR	C. of C.		59.32
14	Obidegwu, Amaka	SR	Davidson		59.68
15	Turowski, Melissa	FR	Elon		1:00.03
16	Rosa, Victoria	FR	Appalachian Sta		1:00.15
17	JaJa Benson, JoAnn	FR	Georgia Souther		1:01.08
18	Maschi, Cara	JR	Elon		1:01.59
19	Cantwell, Shannon	FR	Furman		1:06.55
20	Dennis, Jacarra	FR	Chattanooga		NT
21	Daly, Mary Meghan	SR	Davidson		NT

## Event 7 Women 800 Meter Run Prelims

<b>World:</b>	<b>1:53.28</b>	<b>7/26/1983</b>	<b>Jarmila Kratochvilova</b>
<b>American:</b>	<b>1:56.40</b>	<b>1999</b>	<b>Jearl Miles Clark</b>
<b>Collegiate:</b>	<b>1:59.11</b>	<b>1990</b>	<b>Suzy Favor</b>
<b>SoCon Record:</b>	<b>2:07.93</b>	<b>1999</b>	<b>Mary Jayne Harrelson</b>
<b>NCAA Region:</b>	<b>2:09.80</b>		

	Name	Yr	School	Seed	Time
1	Savery, Kerri	SR	Western Carolin.		2:10.54
2	Strange, Jennine	SO	Elon		2:14.69
3	Robertson, Kala	SR	Appalachian Sta		2:15.32
4	Isaccs, Megan	JR	Western Carolin.		2:15.32
5	Ositelu, Monique	FR	Furman		2:16.13
6	Jennings, Shauntel	JR	Georgia Souther		2:16.76
7	Barker, Lindsey	JR	Furman		2:16.93
8	Bailey, Annie	JR	Western Carolin.		2:17.07
9	Gaddy, Jordan	FR	Western Carolin.		2:19.94
10	Ilevbare, Grace	SR	Elon		2:20.06
11	Baker, Anna	SR	Appalachian Sta		2:20.61
12	Shaw, Taylor	FR	Elon		2:22.25
13	Wesson, Kellie	SO	Georgia Souther		2:24.00
14	Pearce, Jenny	SR	Elon		2:26.13
15	White, Meredith	FR	Chattanooga		NT
16	Groppe, Monika	FR	Chattanooga		NT
17	Anderson, Luran	FR	Chattanooga		NT

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## Event 9 Women 1500 Meter Run

<b>World:</b>	<b>3:50.46</b>	<b>9/11/1993</b>	<b>Yunxia Qu</b>
<b>American:</b>	<b>3:57.12</b>	<b>1983</b>	<b>Mary Slaney</b>
<b>Collegiate:</b>	<b>4:06.75</b>	<b>2003</b>	<b>Tiffany McWilliams</b>
<b>SoCon Record:</b>	<b>4:22.95</b>	<b>4/30/2006</b>	<b>Shannon Wommack</b>
<b>NCAA Region:</b>	<b>4:27.80</b>		

	Name	Yr	School	Seed	Time
1	Savery, Kerri	SR	Western Carolin	4:42.06	
2	Isaccs, Megan	JR	Western Carolin	4:42.25	
3	Taylor, Shelley	SO	Chattanooga	4:48.35	
4	Baker, Anna	SR	Appalachian Sta	4:48.78	
5	Walsh, Charlotte	FR	Appalachian Sta	4:49.19	
6	Weber, Jess	SR	U.N.C.-G.	4:49.44	
7	Robertson, Kala	SR	Appalachian Sta	4:49.87	
8	Jordan, Sherrika	SO	U.N.C.-G.	4:50.21	
9	Fournier, Emily	FR	Elon	4:50.51	
10	Garber, Tiffany	FR	U.N.C.-G.	4:51.12	
11	White, Meredith	FR	Chattanooga	4:51.70	
12	Gaddy, Jordan	FR	Western Carolin	4:52.54	
13	Gatewood, Katheryn	SO	Citadel	4:53.18	
14	White, Katie	JR	Elon	4:54.85	
15	Callahan, Jenna	FR	Furman	4:55.12	
16	Barrow, Christy	SO	C. of C.	4:57.64	
17	McKown, Colleen	SR	Davidson	5:00.71	
18	Laughlin, Amy	SO	C. of C.	5:00.79	
19	Cline, Sarah	FR	Davidson	5:01.71	
20	Pearce, Jenny	SR	Elon	5:03.14	
21	Wesson, Kellie	SO	Georgia Souther	5:05.00	
22	Chewens, Michelle	FR	U.N.C.-G.	5:05.55	
23	Collins, Meaghan	SO	Elon	5:09.20	
24	Fawcett, Courtney	SO	U.N.C.-G.	5:10.23	
25	Fuller, Laura	SO	Georgia Souther	5:11.00	
26	Gay, Suzanne	FR	Citadel	5:17.54	
27	Stoddard, Erin	FR	C. of C.	5:18.95	
28	Hernandez, Cindy	SO	Wofford	5:35.79	
29	Jenkins, Megan	JR	Citadel	NT	
30	Strickland, Sarah	JR	Citadel	NT	

## Event 13 Women 5000 Meter Run

<b>World:</b>	<b>14:16.63</b>	<b>6/15/2007</b>	<b>Meserst Defar</b>
<b>American:</b>	<b>14:44.80</b>	<b>4/14/2007</b>	<b>Shalane Flanagan</b>
<b>Collegiate:</b>	<b>15:09.67</b>	<b>2004</b>	<b>Kim Smith</b>
<b>SoCon Record:</b>	<b>16:45.22</b>	<b>4/30/2006</b>	<b>Lanni Marchant</b>
<b>NCAA Region:</b>	<b>16:52.00</b>		

	Name	Yr	School	Seed	Time
1	Burns, Brenna	SR	Davidson	17:33.04	
2	Atias, Megal	SR	Davidson	18:04.70	
3	King, Emily	JR	Davidson	18:20.56	
4	Lordi, Megan	SO	Furman	18:29.26	
5	Ealer, Katelyn	SR	Elon	18:42.78	
6	Norris, Ashley	JR	Appalachian Sta	18:44.54	
7	Shaw, Natalie	FR	Appalachian Sta	18:47.45	
8	Rossi, Catherine	FR	Elon	18:57.82	
9	Groce, Lindsay	SO	Western Carolin	19:01.06	

10	Rutz, Mary	JR	U.N.C.-G.	19:01.14
11	Bosshardt, Lauren	SR	Wofford	19:05.61
12	Stewart, Holly	SR	Furman	19:10.57
13	Bryant, Julia	FR	Furman	19:12.13
14	Johnson, Brittany	SO	Furman	19:20.44
15	Wilke, Alissa	JR	Elon	19:25.64
16	Whitener, Sarah	SR	Wofford	19:27.87
17	Oliva, Justina	JR	Wofford	19:47.06
18	Stierwalt, Sarah	FR	Citadel	20:27.96
19	Browning, Cara	FR	C. of C.	20:50.41
20	Harris, Heather	SO	Citadel	21:02.58
21	Lora, Thomas	FR	C. of C.	NT
22	Isaccs, Megan	JR	Western Carolin	NT
23	Aiello, Skye	JR	Western Carolin	NT
24	Garber, Tiffany	FR	U.N.C.-G.	NT
25	Halcomb, Nettie	SR	Chattanooga	NT
26	Lefort, Sabrina	SR	Chattanooga	NT
27	Gietema, Tara	FR	Chattanooga	NT
28	Williams, Katie	SR	Chattanooga	NT
29	Walsh, Charlotte	FR	Appalachian Sta	NT
30	Conarroe, Heather	FR	Davidson	NT
31	Jenkins, Kristen	FR	C. of C.	NT
32	Fournier, Emily	FR	Elon	NT
33	Edinger, Ivey	FR	C. of C.	NT
34	Radke, Jordyn	FR	Chattanooga	NT
35	Turchin, Kathleen	SR	Chattanooga	NT

## Event 15 Women 10000 Meter Run

<b>World:</b>	<b>29:31.78</b>	<b>9/8/1993</b>	<b>Junxia Wang</b>
<b>American:</b>	<b>31:19.89</b>	<b>8/7/1992</b>	<b>Lynn Jennings</b>
<b>Collegiate:</b>	<b>32:19.37</b>	<b>4/30/2004</b>	<b>Alicia Craig</b>
<b>SoCon Record:</b>	<b>35:06.53</b>	<b>4/21/2007</b>	<b>Lanni Marchant</b>
<b>NCAA Auto:</b>	<b>33:30.00</b>		
<b>NCAA Prov:</b>	<b>35:00.00</b>		

	Name	Yr	School	Seed	Time
1	Ealer, Katelyn	SR	Elon	38:36.46	
2	Wolin, Natalie	SO	Citadel	39:34.32	
3	Norris, Ashley	JR	Appalachian Sta	39:55.42	
4	Stewart, Holly	SR	Furman	40:45.21	
5	Bosshardt, Lauren	SR	Wofford	40:45.63	
6	Shaw, Natalie	FR	Appalachian Sta	40:49.37	
7	Ritter, Erin	JR	Citadel	NT	
8	Groce, Lindsay	SO	Western Carolin	NT	
9	Williams, Katie	SR	Chattanooga	NT	
10	Lordi, Megan	SO	Furman	NT	
11	Gietema, Tara	FR	Chattanooga	NT	
12	King, Emily	JR	Davidson	NT	
13	Burns, Brenna	SR	Davidson	NT	

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**Event 17 Women 100 Meter Hurdles Prelims**

<b>World:</b>	<b>12.21</b>	<b>8/20/1988</b>	<b>Yordanka Donkova</b>
<b>American:</b>	<b>12.33</b>	<b>2000</b>	<b>Gail Devers</b>
<b>Collegiate:</b>	<b>12.48</b>	<b>2006</b>	<b>Ginnie Powell</b>
<b>SoCon Record:</b>	<b>13.70</b>	<b>1993</b>	<b>Melissa Morrison</b>
<b>NCAA Region:</b>	<b>13.92</b>		

Name	Yr	School	Seed Time
1 Wilson, Amber	SR	Georgia Souther	14.76
2 Joseph, Morgan	SO	Western Carolin.	14.79
3 Simmons, Rashanda	JR	Western Carolin.	14.91
4 Hyter, Lynnndsey	FR	Georgia Souther	14.92
5 Crutchfield, Kiara	FR	Appalachian Sta	15.05
6 Olson, Kristin	JR	Georgia Souther	15.14
7 Evans-Hardy, Porsha'	JR	Appalachian Sta	15.32
8 Brutus, Michelle	FR	Appalachian Sta	15.44
9 Abel, Kimberly	JR	Elon	16.85
10 Schumy, Kirsten	SR	C. of C.	17.99

**Event 19 Women 400 Meter Hurdles Prelims**

<b>World:</b>	<b>52.34</b>	<b>8/8/2003</b>	<b>Yuliya Pechenkina</b>
<b>American:</b>	<b>52.61</b>	<b>1995</b>	<b>Kim Batten</b>
<b>Collegiate:</b>	<b>53.54</b>	<b>6/1/2004</b>	<b>Sheenna Johnson</b>
<b>SoCon Record:</b>	<b>59.53</b>	<b>4/29/2006</b>	<b>Asia Davis</b>
<b>NCAA Region:</b>	<b>1:00.82</b>		

Name	Yr	School	Seed Time
1 Ballard, Carla	SR	Georgia Souther	1:01.21
2 Olson, Kristin	JR	Georgia Souther	1:03.83
3 March, Andrea	SO	Elon	1:04.52
4 Wilson, Amber	SR	Georgia Souther	1:04.70
5 Joseph, Morgan	SO	Western Carolin.	1:05.05
6 Brutus, Michelle	FR	Appalachian Sta	1:05.34
7 Johnson, Tierra	SO	Western Carolin.	1:06.06
8 Bloom, Abby	SR	Georgia Souther	1:06.56
9 Beliveau, Jacqueline	FR	Elon	1:08.03
10 McGowan, Julie	SR	Elon	1:08.87
11 Schumy, Kirsten	SR	C. of C.	1:10.46
12 Fleming, Lauren	SO	Citadel	1:14.26
13 Royer, Melissa	FR	Georgia Souther	NT

**Event 11 Women 3000 Meter Steeplechase**

<b>World:</b>	<b>9:01.59</b>	<b>7/4/2004</b>	<b>Gulnara Samitova</b>
<b>American:</b>	<b>9:28.75</b>	<b>7/28/2007</b>	<b>Lisa Galaviz</b>
<b>Collegiate:</b>	<b>9:43.25</b>	<b>5/29/2004</b>	<b>Ida Nilsson</b>
<b>SoCon Record:</b>	<b>10:07.54</b>	<b>4/29/2006</b>	<b>Shannon Wommack</b>
<b>NCAA Region:</b>	<b>10:50.25</b>		

Name	Yr	School	Seed Time
1 Atias, Megal	SR	Davidson	11:22.31
2 Fournier, Emily	FR	Elon	11:22.87
3 Bridges, Page	SR	Furman	11:26.13
4 McCarthy, Colleen	JR	Elon	11:49.74
5 Strickland, Sarah	JR	Citadel	11:53.80
6 Walsh, Charlotte	FR	Appalachian Sta	11:56.33
7 Lefort, Sabrina	SR	Chattanooga	NT
8 Radke, Jordyn	FR	Chattanooga	NT

9 Lee, Kassi	FR	Georgia Souther	NT
10 Taylor, Shelley	SO	Chattanooga	NT

**Event 37 Women 4x100 Meter Relay**

<b>World:</b>	<b>41.37</b>	<b>10/6/1985</b>	<b>GDR</b>
<b>American:</b>	<b>41.47</b>	<b>1997</b>	<b>National Team</b>
<b>Collegiate:</b>	<b>42.50</b>	<b>6/3/1989</b>	<b>LSU</b>
<b>Stanley, Sowell, Sheffield, Jones</b>			
<b>SoCon Record:</b>	<b>45.71</b>	<b>1993</b>	<b>App. State</b>
<b>NCAA Region:</b>	<b>45.70</b>		

Team	Relay	Seed Time
1 Western Carolina	A	45.56
1) Johnson, Tangelia SR	2) Paulding, Felicia FR	
3) Carothers, Jane't FR	4) Ramseur, Raquel SR	
5) Fronberger, Sherelle SO	6) Lane, Aneesha JR	
2 Georgia Southern	A	46.35
1) Thurman, Dominique SR	2) Watts, Tierra JR	
3) Ortiz, Shamyria SR	4) Anthony, Demetrise SO	
3 Appalachian Stat	A	47.44
1) Knotts, Vonteena SR	2) Evans-Hardy, Porsha' JR	
3) Rosa, Victoria FR	4) McKiver, Ashley SO	
4 Elon	A	49.57
1) Skogen, Sarah FR	2) Hawkesworth, Lauren FR	
3) Day, Veronica FR	4) Vines, Monique SO	
5 C. of C.	A	50.62
1) Jackson, Emily JR	2) Zolga, Mary FR	
3) Chambless, Summer SR	4) Boersma, Isabel FR	
5) Schumy, Kirsten SR		
6 Citadel	A	54.40
1) Creel, Sarah FR	2) Taylor, Allison SR	
3) Fleming, Lauren SO	4) Phelan, Laura SR	
7 Furman	A	NT
1) Aguocha, Chibuzo SR	2) Cantwell, Shannon FR	
3) Callahan, Jenna FR	4) Jones, Whitney SR	
5) Belmont, Starr FR		
8 Chattanooga	A	NT
1) Amundson, Kelsey JR	2) Ball, Leslee SR	
3) Herndon, Bethany JR	4) Martines, Julianna SO	
5) Bass, Sarah JR		
9 Davidson	A	NT
1) Colley, Kimberly JR	2) Daly, Mary Meghan SR	
3) Martin, Kennesia JR	4) Obidegwu, Amaka SR	

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**Event 39 Women 4x400 Meter Relay****World: 3:15.17 10/1/1988 URS****American: 3:15.51 1988 National Team****Collegiate: 3:23.75 4/3/2004 Texas****Jones, McIntosh, Chapple, Richards****SoCon Record: 3:41.68 4/22/2007 Georgia Southern****R Arnold, N Brown, S Jennings, C Ballard****NCAA Region: 3:42.00**

Team	Relay	Seed Time
1 Western Carolina	A	3:42.67
1) Carothers, Jane't FR	2) Paulding, Felicia FR	
3) McMichael, Shalyn FR	4) Ramseur, Raquel SR	
5) Lane, Aneesha JR	6) Johnson, Tangelia SR	
2 Georgia Southern	A	3:48.91
1) Ryles, London JR	2) Bush-Hardy, Ashley JR	
3) Jennings, Shauntel JR	4) Ballard, Carla SR	
5) Wilson, Amber SR	6) Olson, Kristin JR	
3 Elon	A	4:00.31
1) Skogen, Sarah FR	2) Strange, Jennine SO	
3) March, Andrea SO	4) Turowski, Melissa FR	
4 Appalachian Stat	A	4:01.19
1) Rosa, Victoria FR	2) Brutus, Michelle FR	
3) Harvey, Bianca FR	4) Liriano, Nadia FR	
5) C. of C.	A	4:02.26
1) Jackson, Emily JR	2) Boersma, Isabel FR	
3) Johnson, Brynne FR	4) Zolga, Mary FR	
5) Schumy, Kirsten SR		
6 Furman	A	4:03.96
1) Ositelu, Monique FR	2) Barker, Lindsey JR	
3) Mullen, Rebecca SR	4) Callahan, Jenna FR	
7 Davidson	A	4:06.21
1) Colley, Kimberely JR	2) Martin, Kennesia JR	
3) McKown, Colleen SR	4) Obidegwu, Amaka SR	
8 U.N.C.-G.	A	4:10.42
1) Jordan, Sherrika SO	2) Chewens, Michelle FR	
3) Fawcett, Courtney SO	4) Weber, Jess SR	
5) Garber, Tiffany FR	6) Rutz, Mary JR	
9 Citadel	A	4:34.25
1) Creel, Sarah FR	2) Strickland, Sarah JR	
3) Gatewood, Katheryn SO	4) Jenkins, Megan JR	
10 Chattanooga	A	NT
1) Stewart, Laura SO	2) Stuart, Emmie SO	
3) Alexander, Amanda SR	4) Anderson, Lauran FR	
5) Engel, Jamie JR		

**Event 21 Women High Jump****World: 2.09m 8/30/1987 Stefka Kostadinova****American: 2.03m 1988 Louise Ritter****Collegiate: 1.98m 1995 Acuff / Bergqvist****SoCon Record: 1.78m 4/21/2007 Kristen Meister****NCAA Region: 1.75m**

Name	Yr	School	Seed Mark
1 Hazeltine, Rebecca	FR	Appalachian Sta	1.68m
2 Hills, Bridget	FR	Appalachian Sta	1.63m

3 Johnson, Jessika	SR	Western Carolin:	1.62m
4 Stark, Angela	JR	Western Carolin:	1.60m
5 Johnson, Brynne	FR	C. of C.	1.60m
6 Ward, Julie	SO	Appalachian Sta	1.60m
7 Trumbo, Melanie	SO	Georgia Souther	1.60m
8 Lightning, Jasmine	JR	Georgia Souther	1.58m
9 Weathers, Courtney	FR	Elon	1.55m
10 Wilson, Amber	SR	Georgia Souther	1.50m
11 Bass, Sarah	JR	Chattanooga	NH
12 Jones, Tia	SO	Western Carolin:	NH
13 Abel, Kimberly	JR	Elon	NH

**Event 23 Women Pole Vault****World: 5.01m 8/12/2005 Yelena Isinbayeva****American: 4.88m 6/2/2007 Jenn Stuczynski****Collegiate: 4.60m 2006 Chelsea Johnson****SoCon Record: 4.00m 5/1/2004 Laura Tieszen****NCAA Region: 3.85m**

Name	Yr	School	Seed Mark
1 Snow, Shea	JR	Appalachian Sta	3.70m
2 Chambless, Summer	SR	C. of C.	3.50m
3 Heeke, Kaitlyn	SR	Appalachian Sta	3.35m
4 Beale, Ashley	SO	Appalachian Sta	3.35m
5 Cabe, Melissa	SR	Western Carolin:	3.34m
6 McKie, Kassie	FR	Western Carolin:	3.20m
7 Ward, Julie	SO	Appalachian Sta	3.10m
8 Massey, Amanda	SO	Western Carolin:	3.04m
9 Crater, Beth	FR	Western Carolin:	3.04m
10 Ortiz, Shamyria	SR	Georgia Souther	3.04m
11 Irwin, Megan	SR	Appalachian Sta	3.04m
12 Cumbee, Jessica	JR	C. of C.	3.02m
13 Fleming, Lauren	SO	Citadel	NH
14 Royer, Melissa	FR	Georgia Souther	NH

**Event 25 Women Long Jump****World: 7.52m 6/11/1988 Galina Chistyakova****American: 7.49m 1994 Jackie Joyner-Kersey****Collegiate: 6.99m 1985 Jackie Joyner-Kersey****SoCon Record: 6.53m 1993 Melissa Morrison****NCAA Region: 6.00m**

Name	Yr	School	Seed Mark
1 Hyter, Lynnndsey	FR	Georgia Souther	6.10m
2 Hamilton, Shaunta	SO	Georgia Souther	5.95m
3 Anthony, Demetrise	SO	Georgia Souther	5.94m
4 Aguocha, Chibuzo	SR	Furman	5.69m
5 Jones, Tia	SO	Western Carolin:	5.67m
6 Day, Veronica	FR	Elon	5.67m
7 Simmons, Rashanda	JR	Western Carolin:	5.60m
8 Dukes, Crystal	FR	Appalachian Sta	5.56m
9 Harvey, Bianca	FR	Appalachian Sta	5.55m
10 Thorpe, Danielle	SO	Appalachian Sta	5.54m
11 Mayela, Jessica	JR	Appalachian Sta	5.51m
12 Knotts, Vonteena	SR	Appalachian Sta	5.50m
13 Thurman, Dominique	SR	Georgia Souther	5.44m
14 Crutchfield, Kiara	FR	Appalachian Sta	5.41m

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## Event 25 ... (Women Long Jump)

Name	Yr	School	Seed	Mark
15 Hawkesworth, Lauren	FR	Elon		5.40m
16 Vines, Monique	SO	Elon		5.39m
17 Dawson, Brittany	SR	Elon		4.92m
18 Ware, Courtney	JR	Georgia Souther		ND
19 Uzoh, Michelle	FR	Georgia Souther		ND

## Event 27 Women Triple Jump

<b>World:</b>	<b>15.50m</b>	<b>8/10/1995</b>	<b>Inessa Kravets</b>
<b>American:</b>	<b>14.45m</b>	<b>2004</b>	<b>Tiombe Hurd</b>
<b>Collegiate:</b>	<b>14.05m</b>	<b>1999</b>	<b>Stacey Bowers</b>
<b>SoCon Record:</b>	<b>12.97m</b>	<b>1999</b>	<b>Taneisha Robinson</b>
<b>NCAA Region:</b>	<b>12.32m</b>		

Name	Yr	School	Seed	Mark
1 Hyter, Lynnndsey	FR	Georgia Souther		12.43m
2 Anthony, Demetrise	SO	Georgia Souther		12.42m
3 Hamilton, Shaunta	SO	Georgia Souther		12.41m
4 Aguocha, Chibuzo	SR	Furman		12.37m
5 Knotts, Vonteena	SR	Appalachian Sta		12.26m
6 Thorpe, Danielle	SO	Appalachian Sta		12.25m
7 Jones, Tia	SO	Western Carolin		12.11m
8 Day, Veronica	FR	Elon		11.62m
9 Hawkesworth, Lauren	FR	Elon		11.39m
10 Martin, Kennesia	JR	Davidson		11.27m
11 Vines, Monique	SO	Elon		11.10m
12 Mayela, Jessica	JR	Appalachian Sta		11.07m
13 Jones, Whitney	SR	Furman		10.62m
14 Daly, Mary Meghan	SR	Davidson		10.54m
15 Uzoh, Michelle	FR	Georgia Souther		ND
16 Lightning, Jasmine	JR	Georgia Souther		ND

## Event 35 Women Shot Put

<b>World:</b>	<b>22.63m</b>	<b>6/7/1987</b>	<b>Natalya Lisovskaya</b>
<b>American:</b>	<b>20.18m</b>	<b>1988</b>	<b>Ramona Pagel</b>
<b>Collegiate:</b>	<b>18.99m</b>	<b>1983</b>	<b>Meg Ritchie</b>
<b>SoCon Record:</b>	<b>15.50m</b>	<b>5/1/2005</b>	<b>Beverly Burnett</b>
<b>NCAA Region:</b>	<b>14.30m</b>		

Name	Yr	School	Seed	Mark
1 Williams, Brittani	SR	Appalachian Sta		13.53m
2 Charles, Jennifer	SR	Georgia Souther		13.50m
3 Sanders, Lathcha	SR	Citadel		12.74m
4 Dukes, Crystal	FR	Appalachian Sta		12.59m
5 Lopez, Nicole	SR	Western Carolin		12.53m
6 Tallent, Lily	SR	Appalachian Sta		12.42m
7 Paszkeicz, Krystal	FR	Elon		12.32m
8 McLean, Chelsea	FR	Western Carolin		12.16m
9 Smyre, Whitney	SO	Appalachian Sta		11.88m
10 Robertson, Justine	FR	Elon		11.87m
11 Alexander, Adrienne	SO	Appalachian Sta		11.17m
12 Green, Emily	SO	Citadel		10.14m
13 McGriff, Michaela	FR	Appalachian Sta		9.74m
14 Irizzary, Jessica	SO	Georgia Souther		ND
15 Neale, Kittery	JR	Davidson		ND

## Event 29 Women Discus Throw

<b>World:</b>	<b>76.80m</b>	<b>7/9/1988</b>	<b>Gabriele Reinsch</b>
<b>American:</b>	<b>67.67m</b>	<b>4/14/2007</b>	<b>Suzy Powell-Roos</b>
<b>Collegiate:</b>	<b>67.48m</b>	<b>1981</b>	<b>Meg Ritchie</b>
<b>SoCon Record:</b>	<b>46.36m</b>	<b>1998</b>	<b>Ayokka Green</b>
<b>NCAA Region:</b>	<b>47.30m</b>		

Name	Yr	School	Seed	Mark
1 Williams, Brittani	SR	Appalachian Sta		46.36m
2 Sanders, Lathcha	SR	Citadel		42.71m
3 Lopez, Nicole	SR	Western Carolin		40.59m
4 Robertson, Justine	FR	Elon		40.23m
5 Alexander, Adrienne	SO	Appalachian Sta		39.55m
6 Tallent, Lily	SR	Appalachian Sta		39.17m
7 Paszkeicz, Krystal	FR	Elon		38.43m
8 Edwards, Monique	JR	Citadel		38.07m
9 Smyre, Whitney	SO	Appalachian Sta		37.69m
10 Rickert, Sara	JR	Elon		34.34m
11 Tounzen, Tara	JR	Western Carolin		32.82m
12 Green, Emily	SO	Citadel		32.16m
13 McGriff, Michaela	FR	Appalachian Sta		29.20m
14 Neale, Kittery	JR	Davidson		ND

## Event 31 Women Hammer Throw

<b>World:</b>	<b>77.80m</b>	<b>8/15/2006</b>	<b>Tatyana Lysenko</b>
<b>American:</b>	<b>73.87m</b>	<b>2005</b>	<b>Erin Gilreath</b>
<b>Collegiate:</b>	<b>72.01m</b>	<b>2006</b>	<b>Jenny Dahlgren</b>
<b>SoCon Record:</b>	<b>57.65m</b>	<b>4/29/2006</b>	<b>Nikole Simmons</b>
<b>NCAA Region:</b>	<b>54.15m</b>		

Name	Yr	School	Seed	Mark
1 Edwards, Monique	JR	Citadel		50.49m
2 Williams, Brittani	SR	Appalachian Sta		48.11m
3 Hall, Michaela	SR	Western Carolin		46.63m
4 Lopez, Nicole	SR	Western Carolin		45.87m
5 Irizzary, Jessica	SO	Georgia Souther		45.56m
6 Smyre, Whitney	SO	Appalachian Sta		43.64m
7 Tounzen, Tara	JR	Western Carolin		43.54m
8 McGriff, Michaela	FR	Appalachian Sta		42.70m
9 Alexander, Adrienne	SO	Appalachian Sta		42.70m
10 Charles, Jennifer	SR	Georgia Souther		42.70m
11 Green, Emily	SO	Citadel		37.12m
12 McLean, Chelsea	FR	Western Carolin		35.51m
13 Tallent, Lily	SR	Appalachian Sta		33.68m

## Event 33 Women Javelin Throw

<b>World:</b>	<b>71.70m</b>	<b>8/14/2005</b>	<b>Osleidys Menendez</b>
<b>American:</b>	<b>64.19m</b>	<b>5/16/2007</b>	<b>Kim Kreiner</b>
<b>Collegiate:</b>	<b>61.82m</b>	<b>2003</b>	<b>Irina Kharun</b>
<b>SoCon Record:</b>	<b>53.32m</b>	<b>1987</b>	<b>Meg Warren</b>
<b>NCAA Region:</b>	<b>43.45m</b>		

Name	Yr	School	Seed	Mark
1 Tounzen, Tara	JR	Western Carolin		38.88m
2 Irizzary, Jessica	SO	Georgia Souther		38.46m
3 Taylor, Allison	SR	Citadel		38.36m
4 Trumbo, Melanie	SO	Georgia Souther		37.52m

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## Event 33 ... (Women Javelin Throw)

Name	Yr	School	Seed	Mark
5 Tallent, Lily	SR	Appalachian Sta	36.53m	
6 Phelan, Laura	SR	Citadel	36.36m	
7 Robertson, Justine	FR	Elon	35.99m	
8 Alexander, Adrienne	SO	Appalachian Sta	28.98m	
9 McKie, Kassie	FR	Western Carolin.	28.52m	
10 Gaul, Emily	SO	Elon	24.65m	
11 Obidegwu, Amaka	SR	Davidson	ND	
12 Green, Emily	SO	Citadel	ND	

## Event 41 Women Heptathlon

<b>World:</b>	<b>7291</b>	<b>9/24/1988</b>	<b>Jackie Joyner-Kersey</b>
<b>American:</b>	<b>7291</b>	<b>9/24/1988</b>	<b>Jackie Joyner-Kersey</b>
<b>SoCon Record:</b>	<b>5361</b>	<b>2001</b>	<b>Tylenana Hanner</b>
<b>NCAA Auto:</b>	<b>5500</b>		
<b>NCAA Prov:</b>	<b>5050</b>		

Name	Yr	School	Points
1 Boersma, Isabel	FR	C. of C.	4100
2 Johnson, Brynne	FR	C. of C.	4000
3 Aiello, Skye	JR	Western Carolin.	NP
4 Wright, Carlyn	FR	Western Carolin.	NP
5 Crutchfield, Kiara	FR	Appalachian Sta	NP
6 Sanders, Lathcha	SR	Citadel	NP
7 Simmons, Rashanda	JR	Western Carolin.	NP
8 Bloom, Abby	SR	Georgia Souther	NP
9 Trumbo, Melanie	SO	Georgia Souther	NP
10 Dukes, Crystal	FR	Appalachian Sta	NP
11 Wilson, Amber	SR	Georgia Souther	NP

## Event 2 Men 100 Meter Dash Prelims

<b>World:</b>	<b>9.74</b>	<b>9/9/2007</b>	<b>Asafa Powell</b>
<b>American:</b>	<b>9.79</b>	<b>6/16/1999</b>	<b>Maurice Greene</b>
<b>Collegiate:</b>	<b>9.92</b>	<b>1996</b>	<b>Ato Boldon</b>
<b>SoCon Record:</b>	<b>10.1h</b>	<b>1990</b>	<b>Greg Hatcvhett</b>
<b>NCAA Region:</b>	<b>10.55</b>		

Name	Yr	School	Seed	Time
1 Johnson, Zeb	SR	Western Carolin.	10.49	
2 Young, Dominique	SO	Western Carolin.	10.49	
3 Bethune, Christian	SO	Western Carolin.	10.74	
4 Mitchell, Manteo	JR	Western Carolin.	10.79	
5 Johnson, Kevin	JR	Western Carolin.	10.85	
6 Craig, Duke	SR	Western Carolin.	10.94	
7 Harris, Ricky	JR	Appalachian Sta	11.08	
8 Cunningham, Sederrick	FR	Furman	11.15	
9 Bush, Phillip	FR	Appalachian Sta	11.25	
10 Contis, Elias	FR	Wofford	11.28	
11 Neal, Daniel	JR	Appalachian Sta	NT	

## Event 4 Men 200 Meter Dash Prelims

<b>World:</b>	<b>19.32</b>	<b>8/1/1996</b>	<b>Michael Johnson</b>
<b>American:</b>	<b>19.32</b>	<b>1996</b>	<b>Michael Johnson</b>
<b>Collegiate:</b>	<b>19.69</b>	<b>5/25/2007</b>	<b>Walter Dix</b>
<b>SoCon Record:</b>	<b>20.80</b>	<b>1977</b>	<b>Calvin Alston</b>
<b>NCAA Region:</b>	<b>21.35</b>		

Name	Yr	School	Seed	Time
1 Mitchell, Manteo	JR	Western Carolin.	20.94	
2 Young, Dominique	SO	Western Carolin.	21.07	
3 Johnson, Zeb	SR	Western Carolin.	21.08	
4 Cunningham, Sederrick	FR	Furman	21.70	
5 Funderburke, Thomas	SO	Western Carolin.	21.82	
6 Oros, John	SO	Western Carolin.	21.87	
7 Johnson, Kevin	JR	Western Carolin.	21.93	
8 Zeller, Nick	FR	Appalachian Sta	22.19	
9 Sturgis, Mark	JR	Appalachian Sta	22.24	
10 Gaddy, Joel	SR	Appalachian Sta	22.56	
11 Hladik, Bryan	JR	Citadel	22.84	
12 Contis, Elias	FR	Wofford	23.06	
13 Carter, Carlos	FR	Appalachian Sta	23.13	
14 Kight, Preston	JR	Citadel	23.95	
15 Sheaffer, Matt	FR	Citadel	NT	
16 Bush, Phillip	FR	Appalachian Sta	NT	

## Event 6 Men 400 Meter Dash Prelims

<b>World:</b>	<b>43.18</b>	<b>8/26/1999</b>	<b>Michael Johnson</b>
<b>American:</b>	<b>43.18</b>	<b>9/17/1999</b>	<b>Michael Johnson</b>
<b>Collegiate:</b>	<b>44.00</b>	<b>1992</b>	<b>Quincy Watts</b>
<b>SoCon Record:</b>	<b>45.77</b>	<b>1991</b>	<b>Mario Small</b>
<b>NCAA Region:</b>	<b>47.20</b>		

Name	Yr	School	Seed	Time
1 Johnson, Zeb	SR	Western Carolin.	46.66	
2 Mitchell, Manteo	JR	Western Carolin.	46.68	
3 Funderburke, Thomas	SO	Western Carolin.	48.78	
4 Oros, John	SO	Western Carolin.	49.24	
5 Vallejo, Jonathan	SR	Citadel	50.03	
6 Carter, Carlos	FR	Appalachian Sta	50.58	
7 Zeller, Nick	FR	Appalachian Sta	50.71	
8 Troxell, Brad	SR	Davidson	51.38	
9 Hladik, Bryan	JR	Citadel	51.43	
10 Ames, Will	FR	Davidson	52.17	
11 Smith, Brian	JR	Wofford	52.35	
12 Witzke, Terrance	SO	Furman	52.59	
13 Jennings, Jestin	SO	Western Carolin.	NT	

## Event 8 Men 800 Meter Run Prelims

<b>World:</b>	<b>1:41.11</b>	<b>8/24/1997</b>	<b>Wilson Kipketer</b>
<b>American:</b>	<b>1:42.60</b>	<b>1985</b>	<b>Johnny Gray</b>
<b>Collegiate:</b>	<b>1:44.55</b>	<b>1996</b>	<b>Julius Achon</b>
<b>SoCon Record:</b>	<b>1:49.20</b>	<b>1977</b>	<b>Phil Barker</b>
<b>NCAA Region:</b>	<b>1:50.40</b>		

Name	Yr	School	Seed	Time
1 Morgan, Patrick	JR	Furman	1:51.73	
2 Grant, Aaron	SR	Western Carolin.	1:54.30	

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## Event 8 ... (Men 800 Meter Run Prelims)

Name	Yr	School	Seed Time
3 Tucker, Drew	FR	Western Carolin	1:54.95
4 Clyne, Andy	FR	U.N.C.-G.	1:55.01
5 Hurst, Taylor	FR	U.N.C.-G.	1:55.89
6 Danehy, Michael	SO	Chattanooga	1:56.13
7 Teka, Melaku	FR	Davidson	1:56.15
8 Troxell, Brad	SR	Davidson	1:56.25
9 Wyatt, Terry	SO	U.N.C.-G.	1:56.76
10 Bruton, Peter	SO	Davidson	1:56.79
11 Houser, Josh	SO	Appalachian Sta	1:56.93
12 Johnson, Zach	JR	Citadel	1:57.65
13 Patton, Quin	SO	Davidson	1:59.42
14 Bush, Daniel	SO	Davidson	1:59.52
15 Haight, Matt	SR	Citadel	1:59.69
16 Harten, Zach	JR	Citadel	2:00.28
17 Tkach, Joesph	FR	Citadel	2:02.33
18 Cunningham, Addam	FR	Chattanooga	NT
19 Mentz, Michael	SR	Chattanooga	NT

## Event 10 Men 1500 Meter Run

<b>World:</b> 3:26.00	7/14/1998	<b>Hicham El Guerrouj</b>
<b>American:</b> 3:29.30	2005	<b>Bernard Lagat</b>
<b>Collegiate:</b> 3:35.30	1981	<b>Sydney Maree</b>
<b>SoCon Record:</b> 3:40.04	1977	<b>Kevin Cropp</b>
<b>NCAA Region:</b> 3:47.80		

Name	Yr	School	Seed Time
1 Mentz, Michael	SR	Chattanooga	3:48.58
2 Mitchell, Phillip	SO	Appalachian Sta	3:54.04
3 Houser, Josh	SO	Appalachian Sta	3:56.52
4 Bruton, Peter	SO	Davidson	3:58.49
5 Baltimore, Matt	FR	Chattanooga	4:00.87
6 Hermelee, Dylan	SR	Western Carolin	4:01.60
7 Kight, Brendan	SO	Citadel	4:05.12
8 Peterson, Thomas	SR	Appalachian Sta	4:09.63
9 Koch, Jonathan	FR	Davidson	4:11.27
10 Bateman, Dusty	FR	Wofford	4:15.52
11 Bennett, Lincoln	SO	U.N.C.-G.	4:16.51
12 Fallis, Chris	FR	Citadel	4:16.69
13 Wilkerson, Jed	SO	Furman	4:16.90
14 Bailey, Michael	SO	Furman	4:28.10
15 Meadows, Harrison	SR	Furman	NT

## Event 14 Men 5000 Meter Run

<b>World:</b> 12:37.35	5/31/2004	<b>Kenenisa Bekele</b>
<b>American:</b> 12:58.21	1996	<b>Bob Kennedy</b>
<b>Collegiate:</b> 13:08.4h	1978	<b>Henry Rono</b>
<b>SoCon Record:</b> 14:13.06	1981	<b>Adrian Leek</b>
<b>NCAA Region:</b> 14:12.00		

Name	Yr	School	Seed Time
1 Plasencia, Alex	JR	Furman	14:54.00
2 O'Keefe, Ryan	JR	Appalachian Sta	14:57.64
3 Teal, Blair	JR	Appalachian Sta	14:58.85
4 Hoyt, Alex	JR	Davidson	15:01.54
5 Rutz, Xavier	SR	U.N.C.-G.	15:06.58

6 Desta, Asmeron	SR	Appalachian Sta	15:10.35
7 Deal, Brian	SR	Appalachian Sta	15:10.38
8 Maddox, Mark	SR	Appalachian Sta	15:10.98
9 Hammond, Stephen	SO	Western Carolin	15:31.96
10 Wyatt, Josh	SR	U.N.C.-G.	15:37.80
11 Mitchell, Phillip	SO	Appalachian Sta	15:40.03
12 McGoogan, Charles	FR	Furman	15:40.24
13 Brooks, Bryan	SO	Wofford	15:52.99
14 Tenini, Joseph	JR	Furman	15:53.70
15 Anderson, Alex	SO	Citadel	15:58.31
16 Yereb, Zach	FR	Citadel	16:12.31
17 Warner, Michael	JR	Furman	16:16.43
18 Marcil, Greg	FR	Davidson	16:22.76
19 Hermelee, Dylan	SR	Western Carolin	NT
20 Taylor, Jeff	SR	Chattanooga	NT
21 Ruppe, Justin	SO	U.N.C.-G.	NT
22 Clark, Tim	SR	Chattanooga	NT
23 Berry, Chris	FR	Chattanooga	NT
24 Highlander, Andrew	JR	Chattanooga	NT
25 Morgan, Patrick	JR	Furman	NT
26 Rodd, Ryan	JR	U.N.C.-G.	NT
27 Huwe, Kevin	JR	Chattanooga	NT

## Event 16 Men 10000 Meter Run

<b>World:</b> 26:17.53	8/26/2005	<b>Kenenisa Bekele</b>
<b>American:</b> 27:13.98	5/4/2001	<b>Meb Keflezighi</b>
<b>Collegiate:</b> 27:33.58	4/29/2007	<b>Galen Rupp</b>
<b>SoCon Record:</b> 29:21.30	1979	<b>Adrian Leek</b>
<b>NCAA Auto:</b> 28:45.00		
<b>NCAA Prov:</b> 29:30.00		

Name	Yr	School	Seed Time
1 Teal, Blair	JR	Appalachian Sta	31:40.00
2 Wyatt, Josh	SR	U.N.C.-G.	32:12.37
3 Tenini, Joseph	JR	Furman	32:38.65
4 Warner, Michael	JR	Furman	34:07.24
5 Marcil, Greg	FR	Davidson	NT
6 Hammond, Stephen	SO	Western Carolin	NT
7 Anderson, Alex	SO	Citadel	NT
8 Deal, Brian	SR	Appalachian Sta	NT
9 Desta, Asmeron	SR	Appalachian Sta	NT
10 Huwe, Kevin	JR	Chattanooga	NT
11 McGoogan, Charles	FR	Furman	NT
12 Mitchell, Phillip	SO	Appalachian Sta	NT

## Event 18 Men 110 Meter Hurdles Prelims

<b>World:</b> 12.88	7/11/2006	<b>Xiang Liu</b>
<b>American:</b> 12.90	7/11/2006	<b>Dominique Arnold</b>
<b>Collegiate:</b> 13.00	1979	<b>Renaldo Nehemiah</b>
<b>SoCon Record:</b> 14.1h	1977	<b>Marvin Rank, Tim Bridges</b>
<b>NCAA Region:</b> 14.30		

Name	Yr	School	Seed Time
1 Neal, Daniel	JR	Appalachian Sta	14.34
2 Boruff, Matt	SO	Appalachian Sta	14.60
3 Bush, Phillip	FR	Appalachian Sta	14.78
4 Blazer, Jordan	FR	Western Carolin	14.95

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## Event 18 ... (Men 110 Meter Hurdles Prelims)

Name	Yr	School	Seed Time
5 Bethune, Christian	SO	Western Carolin.	15.11
6 Brown, Jamel	SR	Citadel	15.18
7 Gift, David	SO	Western Carolin.	15.62
8 Reardon, Sean	FR	Western Carolin.	16.00
9 Johnson, Will	FR	Furman	16.45
10 Webb, Justin	FR	Citadel	16.58

## Event 20 Men 400 Meter Hurdles Prelims

<b>World:</b>	<b>46.78</b>	<b>8/6/1992</b>	<b>Kevin Young</b>
<b>American:</b>	<b>46.78</b>	<b>1992</b>	<b>Kevin Young</b>
<b>Collegiate:</b>	<b>47.56</b>	<b>6/11/2005</b>	<b>Kerron Clement</b>
<b>SoCon Record:</b>	<b>50.70</b>	<b>1977</b>	<b>David Anderson</b>
<b>NCAA Region:</b>	<b>52.51</b>		

Name	Yr	School	Seed Time
1 Neal, Daniel	JR	Appalachian Sta	53.07
2 Brown, Jamel	SR	Citadel	53.87
3 Blazer, Jordan	FR	Western Carolin.	55.50
4 Jennings, Jestin	SO	Western Carolin.	55.67
5 Thompson, Sean	FR	Appalachian Sta	56.01
6 Johnson, Will	FR	Furman	1:02.29
7 Dunn, Ethan	FR	Davidson	1:02.33
8 Sanchez Slik, Gonzalo	FR	Davidson	1:03.68
9 Sagmiller, Dan	SR	Citadel	NT
10 George, Stephen	SO	Chattanooga	NT
11 Craig, Duke	SR	Western Carolin.	NT
12 Bethune, Christian	SO	Western Carolin.	NT

## Event 12 Men 3000 Meter Steeplechase

<b>World:</b>	<b>7:53.63</b>	<b>9/3/2004</b>	<b>Saif Shaheen</b>
<b>American:</b>	<b>8:08.82</b>	<b>2000</b>	<b>Daniel Lincoln</b>
<b>Collegiate:</b>	<b>8:05.4h</b>	<b>1978</b>	<b>Henry Rono</b>
<b>SoCon Record:</b>	<b>8:49.77</b>	<b>1988</b>	<b>Todd Crosson</b>
<b>NCAA Region:</b>	<b>9:07.00</b>		

Name	Yr	School	Seed Time
1 Savoia, AJ	FR	U.N.C.-G.	9:23.77
2 Maddox, Mark	SR	Appalachian Sta	9:26.38
3 O'Keefe, Ryan	JR	Appalachian Sta	9:27.05
4 Rodd, Ryan	JR	U.N.C.-G.	9:34.06
5 Peterson, Thomas	SR	Appalachian Sta	9:35.67
6 Hermelee, Dylan	SR	Western Carolin.	9:38.30
7 Kight, Brendan	SO	Citadel	9:40.14
8 O'Connell, Jeff	JR	Furman	9:54.45
9 Goodwin, FJ	SR	Furman	10:00.33
10 Belcher, Bobby	FR	U.N.C.-G.	10:03.22
11 Ruppe, Justin	SO	U.N.C.-G.	10:06.77
12 Baltimore, Matt	FR	Chattanooga	10:15.12
13 Errthum, Austin	FR	Citadel	10:34.58
14 Evitt, Blake	SO	Davidson	NT

## Event 38 Men 4x100 Meter Relay

<b>World:</b>	<b>37.40</b>	<b>8/8/1992</b>	<b>USA</b>
<b>American:</b>	<b>37.40</b>	<b>1992</b>	<b>National Team</b>
<b>Marsh, Burrell, Mitchell, Lewis</b>			
<b>Collegiate:</b>	<b>38.04</b>	<b>1998</b>	<b>TCU</b>
<b>Howard, Holloway, Williams, Spencer</b>			
<b>SoCon Record:</b>	<b>39.91</b>	<b>4/19/2003</b>	<b>Appalachian State</b>
<b>NCAA Region:</b>	<b>40.66</b>		

Team	Relay	Seed Time
1 Western Carolina	A	40.00
1) Johnson, Kevin JR	2) Johnson, Zeb SR	
3) Young, Dominique SO	4) Mitchell, Manteo JR	
5) Bethune, Christian SO	6) Herndon, Rashad JR	
2 Appalachian Stat	A	41.78
1) Harris, Ricky JR	2) Neal, Daniel JR	
3) Sturgis, Mark JR	4) Bush, Phillip FR	
3 Furman	A	43.78
1) Witzke, Terrance SO	2) Gourdin, Dustin JR	
3) Tenini, Joseph JR	4) Cunningham, Sederrick FR	
4 Davidson	A	44.38
1) Jones, Bryce FR	2) Som-Pimpong, Kwame JR	
3) Ames, Will FR	4) Dunn, Ethan FR	
5) Sanchez Slik, Gonzalo FR		
5 Citadel	A	45.16
1) Webb, Justin FR	2) Kight, Preston JR	
3) Sheaffer, Matt FR	4) Hladik, Bryan JR	
6 Chattanooga	A	NT
1) Ball, Raeshon JR	2) Dothard, J.D FR	
3) Pitchford, Chris FR	4) Hazard, Jordan SO	
5) Lewis-Harris, Chris FR	6) Robertson, Desmond FR	

## Event 40 Men 4x400 Meter Relay

<b>World:</b>	<b>2:54.20</b>	<b>7/22/1998</b>	<b>USA</b>
<b>American:</b>	<b>2:54.20</b>	<b>1998</b>	<b>National Team</b>
<b>Young, Pettigrew, Washington, Johnson</b>			
<b>Collegiate:</b>	<b>2:59.59</b>	<b>6/11/2005</b>	<b>LSU</b>
<b>Dardar, Willie, Brazell, Carter</b>			
<b>SoCon Record:</b>	<b>3:10.50</b>	<b>1984</b>	<b>VMI</b>
<b>NCAA Region:</b>	<b>3:10.00</b>		

Team	Relay	Seed Time
1 Western Carolina	A	3:09.75
1) Mitchell, Manteo JR	2) Young, Dominique SO	
3) Funderburke, Thomas SO	4) Johnson, Zeb SR	
5) Oros, John SO	6) Tucker, Drew FR	
2 Appalachian Stat	A	3:21.95
1) Zeller, Nick FR	2) Thompson, Sean FR	
3) Neal, Daniel JR	4) Carter, Carlos FR	
3 Davidson	A	3:23.76
1) Ames, Will FR	2) Bruton, Peter SO	
3) Teka, Melaku FR	4) Troxell, Brad SR	
5) Patton, Quin SO	6) Evitt, Blake SO	



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## Event 40 ... (Men 4x400 Meter Relay)

Team	Relay	Seed Time
4 U.N.C.-G.	A	3:28.42
1) Hurst, Taylor FR	2) Clyne, Andy FR	
3) Belcher, Bobby FR	4) Wyatt, Terry SO	
5) Bennett, Lincoln SO	6) Savoia, AJ FR	
5 Citadel	A	3:29.80
1) Vallejo, Jonathan SR	2) Haight, Matt SR	
3) Hladik, Bryan JR	4) Brown, Jamel SR	
5) Harten, Zach JR		
6 Furman	A	3:43.78
1) Witzke, Terrance SO	2) Johnson, Will FR	
3) O'Connell, Jeff JR	4) McGoogan, Charles FR	
7 Chattanooga	A	NT
1) Danehy, Michael SO	2) George, Stephen SO	
3) Hazard, Jordan SO	4) Cunningham, Addam FR	
5) Baltimore, Matt FR		

## Event 22 Men High Jump

<b>World:</b>	<b>2.45m</b>	<b>7/27/1993</b>	<b>Javier Sotomayor</b>
<b>American:</b>	<b>2.40m</b>	<b>1991</b>	<b>Charles Austin</b>
<b>Collegiate:</b>	<b>2.38m</b>	<b>1989</b>	<b>Hollis Conway</b>
<b>SoCon Record:</b>	<b>2.16m</b>	<b>1984</b>	<b>Charles Mack</b>
<b>NCAA Region:</b>	<b>2.10m</b>		

Name	Yr	School	Seed Mark
1 Evans, Matt	SO	Western Carolin.	2.10m
2 Herndon, Rashad	JR	Western Carolin.	1.95m
3 Joseph, Daniel	JR	Western Carolin.	1.90m
4 Gaillard, Chris	JR	Western Carolin.	1.90m
5 Harris, James	FR	Citadel	1.88m
6 Harris, Ricky	JR	Appalachian Sta	1.81m
7 Wilson, Mike	FR	Appalachian Sta	1.76m
8 Gift, David	SO	Western Carolin.	NH

## Event 24 Men Pole Vault

<b>World:</b>	<b>6.14m</b>	<b>7/31/1994</b>	<b>Sergey Bubka</b>
<b>American:</b>	<b>6.03m</b>	<b>6/14/2000</b>	<b>Jeff Hartwig</b>
<b>Collegiate:</b>	<b>5.98m</b>	<b>1996</b>	<b>Lawrence Johnson</b>
<b>SoCon Record:</b>	<b>5.31m</b>	<b>1989</b>	<b>Todd Poremba</b>
<b>NCAA Region:</b>	<b>5.05m</b>		

Name	Yr	School	Seed Mark
1 Twiford, Ryan	FR	Appalachian Sta	4.75m
2 Shell, Barron	SR	Appalachian Sta	4.74m
3 Smith, Zach	FR	Appalachian Sta	4.65m
4 Wilson, Mike	FR	Appalachian Sta	4.60m
5 Hunnicutt, Justin	SR	Appalachian Sta	4.59m
6 O'Steen, Mike	SO	Western Carolin.	4.54m
7 James, Logan	JR	Western Carolin.	4.54m
8 Reardon, Sean	FR	Western Carolin.	4.50m
9 Boruff, Matt	SO	Appalachian Sta	4.20m
10 Baize, Brian	FR	Citadel	3.97m
11 Jones, Bryce	FR	Davidson	3.84m

## Event 26 Men Long Jump

<b>World:</b>	<b>8.95m</b>	<b>8/30/1991</b>	<b>Mike Powell</b>
<b>American:</b>	<b>8.95m</b>	<b>1991</b>	<b>Mike Powell</b>
<b>Collegiate:</b>	<b>8.74m</b>	<b>4/2/1994</b>	<b>Erick Walder</b>
<b>SoCon Record:</b>	<b>7.69m</b>	<b>1987</b>	<b>Michael Hanks</b>
<b>NCAA Region:</b>	<b>7.34m</b>		

Name	Yr	School	Seed Mark
1 Harris, Ricky	JR	Appalachian Sta	7.31m
2 Gaddy, Joel	SR	Appalachian Sta	7.17m
3 Gaillard, Chris	JR	Western Carolin.	7.14m
4 Dollard, Alex	SO	Western Carolin.	6.97m
5 Herndon, Rashad	JR	Western Carolin.	6.90m
6 Bush, Phillip	FR	Appalachian Sta	6.79m
7 Joseph, Daniel	JR	Western Carolin.	6.76m
8 Zeller, Nick	FR	Appalachian Sta	6.75m
9 Sturgis, Mark	JR	Appalachian Sta	6.71m
10 Jobson-Brown, Ramon	JR	U.N.C.-G.	6.51m
11 Contis, Elias	FR	Wofford	6.36m
12 Webb, Justin	FR	Citadel	6.11m
13 Som-Pimpong, Kwame	JR	Davidson	5.91m
14 Funderburke, Thomas	SO	Western Carolin.	5.86m
15 Kight, Preston	JR	Citadel	5.79m
16 Dunn, Ethan	FR	Davidson	5.48m
17 Skrine, Buster	FR	Chattanooga	ND

## Event 28 Men Triple Jump

<b>World:</b>	<b>18.29m</b>	<b>8/7/1995</b>	<b>Jonathan Edwards</b>
<b>American:</b>	<b>18.09m</b>	<b>1996</b>	<b>Kenny Harrison</b>
<b>Collegiate:</b>	<b>17.54m</b>	<b>1985</b>	<b>Mike Conley</b>
<b>SoCon Record:</b>	<b>16.06m</b>	<b>1987</b>	<b>Michael Hanks</b>
<b>NCAA Region:</b>	<b>15.00m</b>		

Name	Yr	School	Seed Mark
1 Gaddy, Joel	SR	Appalachian Sta	15.64m
2 Joseph, Daniel	JR	Western Carolin.	15.16m
3 Sturgis, Mark	JR	Appalachian Sta	14.83m
4 Harris, Ricky	JR	Appalachian Sta	14.10m
5 Gaillard, Chris	JR	Western Carolin.	14.04m
6 Som-Pimpong, Kwame	JR	Davidson	14.02m
7 Herndon, Rashad	JR	Western Carolin.	14.02m
8 Dollard, Alex	SO	Western Carolin.	13.45m
9 Webb, Justin	FR	Citadel	13.02m
10 Kight, Preston	JR	Citadel	11.87m

## Event 36 Men Shot Put

<b>World:</b>	<b>23.12m</b>	<b>5/20/1990</b>	<b>Randy Barnes</b>
<b>American:</b>	<b>23.13m</b>	<b>1990</b>	<b>Randy Barnes</b>
<b>Collegiate:</b>	<b>22.00m</b>	<b>1995</b>	<b>John Godina</b>
<b>SoCon Record:</b>	<b>17.72m</b>	<b>5/1/2005</b>	<b>Anthony Greer</b>
<b>NCAA Region:</b>	<b>16.80m</b>		

Name	Yr	School	Seed Mark
1 Funderburg, Will	JR	Davidson	15.67m
2 Kiser, Wes	SR	Appalachian Sta	14.80m
3 Morris, Patrick	FR	Western Carolin.	14.78m
4 Page, Chris	SR	Western Carolin.	14.60m

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## Event 36 ... (Men Shot Put)

Name	Yr	School	Seed	Mark
5 Styers, Malcolm	FR	Appalachian Sta		14.35m
6 Turner, Quintin	FR	Citadel		14.31m
7 McDaniel, Cale	SO	Western Carolin.		14.17m
8 Gardner, Jerod	FR	Appalachian Sta		13.56m
9 Haun, Grant	SR	Appalachian Sta		13.40m
10 Robinson, Corey	JR	Citadel		12.17m
11 Daly, Timothy	FR	Appalachian Sta		11.01m
12 Castagno, Chris	FR	Citadel		10.74m

## Event 30 Men Discus Throw

<b>World:</b>	<b>74.08m</b>	<b>6/6/1986</b>	<b>Jurgen Schult</b>
<b>American:</b>	<b>72.34m</b>	<b>1981</b>	<b>Ben Plucknett</b>
<b>Collegiate:</b>	<b>67.66m</b>	<b>5/29/2004</b>	<b>Hannes Hopley</b>
<b>SoCon Record:</b>	<b>52.08m</b>	<b>1995</b>	<b>Kevin Showers</b>
<b>NCAA Region:</b>	<b>51.70m</b>		

Name	Yr	School	Seed	Mark
1 Gardner, Jerod	FR	Appalachian Sta		47.78m
2 Kiser, Wes	SR	Appalachian Sta		46.89m
3 Funderburg, Will	JR	Davidson		44.78m
4 Lawson, Cody	SO	Western Carolin.		44.60m
5 Morris, Patrick	FR	Western Carolin.		43.03m
6 Page, Chris	SR	Western Carolin.		42.85m
7 Styers, Malcolm	FR	Appalachian Sta		42.82m
8 McDaniel, Cale	SO	Western Carolin.		42.67m
9 Haun, Grant	SR	Appalachian Sta		42.21m
10 Turner, Quintin	FR	Citadel		39.04m
11 Daly, Timothy	FR	Appalachian Sta		37.95m
12 Lake, Andy	FR	Wofford		25.09m

## Event 32 Men Hammer Throw

<b>World:</b>	<b>86.74m</b>	<b>8/30/1986</b>	<b>Yuriy Sedykh</b>
<b>American:</b>	<b>82.52m</b>	<b>1996</b>	<b>Lance Deal</b>
<b>Collegiate:</b>	<b>81.94m</b>	<b>1995</b>	<b>Balazs Kiss</b>
<b>SoCon Record:</b>	<b>60.56m</b>	<b>1986</b>	<b>Sheldon Johnson</b>
<b>NCAA Region:</b>	<b>56.80m</b>		

Name	Yr	School	Seed	Mark
1 Kiser, Wes	SR	Appalachian Sta		58.57m
2 Daly, Timothy	FR	Appalachian Sta		53.87m
3 McDaniel, Cale	SO	Western Carolin.		50.32m
4 Haun, Grant	SR	Appalachian Sta		50.29m
5 Page, Chris	SR	Western Carolin.		50.19m
6 Styers, Malcolm	FR	Appalachian Sta		46.36m
7 Lawson, Cody	SO	Western Carolin.		44.91m
8 Gardner, Jerod	FR	Appalachian Sta		44.40m
9 Funderburg, Will	JR	Davidson		42.21m
10 Earls, Matt	JR	Citadel		42.14m
11 Castagno, Chris	FR	Citadel		40.10m
12 Morris, Patrick	FR	Western Carolin.		39.67m
13 Turner, Quintin	FR	Citadel		35.76m

## Event 34 Men Javelin Throw

<b>World:</b>	<b>98.48m</b>	<b>5/25/1996</b>	<b>Jan Zelezny</b>
<b>American:</b>	<b>91.29m</b>	<b>6/21/2007</b>	<b>Breaux Greer</b>
<b>Collegiate:</b>	<b>89.10m</b>	<b>1990</b>	<b>Patrik Boden</b>
<b>SoCon Record:</b>	<b>71.82m</b>	<b>1981</b>	<b>Jeff Roseme</b>
<b>NCAA Region:</b>	<b>61.60m</b>		

Name	Yr	School	Seed	Mark
1 Evans, Matt	SO	Western Carolin.		66.66m
2 Jones, Beaux	SR	Davidson		59.38m
3 Bowles, David	SR	Western Carolin.		57.27m
4 Cannon, Jeremy	FR	U.N.C.-G.		50.88m
5 Page, Chris	SR	Western Carolin.		49.96m
6 Dollard, Alex	SO	Western Carolin.		45.97m
7 Gardner, Jerod	FR	Appalachian Sta		45.36m
8 Kiser, Wes	SR	Appalachian Sta		45.36m
9 Reardon, Sean	FR	Western Carolin.		45.14m
10 Earls, Matt	JR	Citadel		43.51m
11 James, Logan	JR	Western Carolin.		42.95m
12 Robinson, Corey	JR	Citadel		42.46m
13 Shell, Barron	SR	Appalachian Sta		41.38m
14 Ditzhazy, Austen	FR	Citadel		41.30m
15 Castagno, Chris	FR	Citadel		36.76m
16 Twiford, Ryan	FR	Appalachian Sta		34.84m
17 Sellers, Doug	JR	Furman		30.04m
18 Haun, Grant	SR	Appalachian Sta		ND

## Event 42 Men Decathlon

<b>World:</b>	<b>9026</b>	<b>5/27/2001</b>	<b>Roman Sebrle</b>
<b>American:</b>	<b>8891</b>	<b>8/4/1992</b>	<b>Dan O'Brien</b>
<b>SoCon Record:</b>	<b>6287</b>	<b>2000</b>	<b>Andrew Whitson</b>
<b>NCAA Auto:</b>	<b>7500</b>		
<b>NCAA Prov:</b>	<b>6900</b>		

Name	Yr	School	Points
1 Gift, David	SO	Western Carolin.	5169
2 Reardon, Sean	FR	Western Carolin.	5101
3 Moore, Caleb	JR	Citadel	NP
4 Evans, Matt	SO	Western Carolin.	NP
5 Baize, Brian	FR	Citadel	NP
6 Trinidad, Jose	JR	Citadel	NP
7 Goodchild, Jake	FR	Appalachian Sta	NP
8 Boruff, Matt	SO	Appalachian Sta	NP
9 Hunnicutt, Justin	SR	Appalachian Sta	NP