

## Conference Carolinas Championships 2009 - 4/17/2009 to 4/18/2009

Results at www.cfpitiming.com

Hosted by Lees McRae College

## Performance List

**Event 1 Women 100 Meter Dash****Saturday 4/18/2009 - 2:15 PM**

**World:** 10.49 7/16/1988 Florence Griffith-Joyner  
**American:** 10.49 1988 Florence Griffith Joyner  
**Collegiate:** 10.93 1989 Dawn Sowell

Name	Yr	School	Seed Time
1 Barbee, Bri	FR	Limestone	_____
2 Samuels, Jalisa	FR	Limestone	_____
3 Darden, Ariel	FR	Queens (N.C.)	_____
4 Stuart, Camille	FR	Queens (N.C.)	_____
5 Woodard-Stephens, Ariel	FR	Mount Olive	_____
6 Goodwater, Jessica	SO	Queens (N.C.)	_____
7 Knight, Ashley	FR	Mount Olive	_____
8 Hall, Joy	FR	Lees-McRae	_____
9 Solsbee, Sarah	SO	Anderson (S.C.)	_____
10 Tyler, Erin	JR	Lees-McRae	_____
11 McGowan, Sam	FR	Limestone	_____
12 McCoy, Shantra	SO	Lees-McRae	_____
13 Foard, Rebecca	FR	Lees-McRae	_____

**Event 3 Women 200 Meter Dash****Saturday 4/18/2009 - 3:20 PM**

**World:** 21.34 9/29/1988 Florence Griffith-Joyner  
**American:** 21.34 1988 Florence Griffith Joyner  
**Collegiate:** 22.29 1999 LaTasha Jenkins

Name	Yr	School	Seed Time
1 Barbee, Bri	FR	Limestone	_____
2 Darden, Ariel	FR	Queens (N.C.)	_____
3 Samuels, Jalisa	FR	Limestone	_____
4 Foard, Rebecca	FR	Lees-McRae	_____
5 Goodwater, Jessica	SO	Queens (N.C.)	_____
6 Woodard-Stephens, Ariel	FR	Mount Olive	_____
7 Tyler, Erin	JR	Lees-McRae	_____
8 Hurd, Jenny	SR	Lees-McRae	_____
9 Stuart, Camille	FR	Queens (N.C.)	_____
10 Hall, Joy	FR	Lees-McRae	_____
11 McGowan, Sam	FR	Limestone	_____
12 Delutis, Rayne	FR	Lees-McRae	_____
13 Knight, Ashley	FR	Mount Olive	_____
14 Solsbee, Sarah	SO	Anderson (S.C.)	_____
15 Rodrigues, Meagan	FR	Limestone	_____
16 Montgomery, Shivaun	FR	Limestone	_____
17 Feudale, Lauren	SO	Queens (N.C.)	_____
18 Jones, Megan	FR	Mount Olive	_____

**Event 5 Women 400 Meter Dash****Saturday 4/18/2009 - 1:55 PM**

**World:** 47.60 10/6/1985 Marita Koch  
**American:** 48.70 9/17/2006 Sandi Richards  
**Collegiate:** 50.18 6/3/1989 Pauline Davis

Name	Yr	School	Seed Time
1 Barbee, Bri	FR	Limestone	_____
2 Samuels, Jalisa	FR	Limestone	_____
3 Foard, Rebecca	FR	Lees-McRae	_____

4 Hurd, Jenny	SR	Lees-McRae	_____
5 Blome, Ashley	SR	Anderson (S.C.)	_____
6 Delutis, Rayne	FR	Lees-McRae	_____
7 Jones, Megan	FR	Mount Olive	_____
8 Bruno, Mary Ann	FR	Limestone	_____

**Event 7 Women 800 Meter Run****Saturday 4/18/2009 - 2:25 PM**

**World:** 1:53.28 7/26/1983 Jarmila Kratochvilova  
**American:** 1:56.40 1999 Jearl Miles Clark  
**Collegiate:** 1:59.11 1990 Suzy Favor

Name	Yr	School	Seed Time
1 Homer, Candace	FR	Anderson (S.C.)	_____
2 Rogers, Chelsea	SO	Anderson (S.C.)	_____
3 Hurd, Jenny	SR	Lees-McRae	_____
4 Tribble, Chandler	SR	Queens (N.C.)	_____
5 Colson, Demarea	SR	Lees-McRae	_____
6 Wright, Amanda	FR	Queens (N.C.)	_____
7 May, Ashley	JR	Lees-McRae	_____
8 Delutis, Rayne	FR	Lees-McRae	_____
9 Moore, Melissa	SO	Mount Olive	_____
10 Clausing, Amanda	FR	Limestone	_____
11 Laird, Katy	FR	Anderson (S.C.)	_____
12 Wilkerson, Kat	SR	Lees-McRae	_____
13 Pye, Caitlin	FR	Mount Olive	_____
14 Alvarado, Rocio	FR	Mount Olive	_____
15 Laschiavo, Leslie	FR	Queens (N.C.)	_____
16 Flint, Lynne	SO	Anderson (S.C.)	_____
17 Reichwald, Molly	JR	Limestone	_____

**Event 9 Women 1500 Meter Run****Saturday 4/18/2009 - 1:10 PM**

**World:** 3:50.46 9/11/1993 Yunxia Qu  
**American:** 3:57.12 1983 Mary Slaney  
**Collegiate:** 4:06.75 2003 Tiffany McWilliams

Name	Yr	School	Seed Time
1 Trovato, Alyson	SR	St. Andrews	_____
2 Flint, Lynne	SO	Anderson (S.C.)	_____
3 Rankin, Courtney	JR	Limestone	_____
4 Colson, Demarea	SR	Lees-McRae	_____
5 Carman, Katie	SR	Queens (N.C.)	_____
6 Harris, April	JR	Lees-McRae	_____
7 May, Ashley	JR	Lees-McRae	_____
8 Clausing, Amanda	FR	Limestone	_____
9 Moore, Melissa	SO	Mount Olive	_____
10 Savage, Tierra	SO	St. Andrews	_____
11 Kahn, Sarah	SO	Queens (N.C.)	_____
12 Williams, Tiffany	FR	St. Andrews	_____
13 DeMarco, Hannah	FR	Queens (N.C.)	_____
14 Riesett, Melissa	SO	Limestone	_____
15 Alvarado, Rocio	FR	Mount Olive	_____
16 Nicholson, Heather	JR	Limestone	_____
17 Maye, Rebecca	FR	St. Andrews	_____
18 Martin, Danielle	SO	St. Andrews	_____
19 Braeklein, Theresa	FR	Limestone	_____

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## Performance List

## Event 9 ... (Women 1500 Meter Run)

Name	Yr	School	Seed Time
20 Bishoff, Whitney	FR	Anderson (S.C.)	_____
21 Wilkerson, Kat	SR	Lees-McRae	_____

## Event 13 Women 5000 Meter Run

Saturday 4/18/2009 - 3:40 PM

World: 14:11.15 6/6/2008 Tirunesh Dibba  
 American: 14:44.80 4/14/2007 Shalane Flanagan  
 Collegiate: 15:09.72 2004 Kim Smith

Name	Yr	School	Seed Time
1 Nedlo, Meagan	FR	Queens (N.C.)	_____
2 Bishoff, Whitney	FR	Anderson (S.C.)	_____
3 Neville, Jessica	SO	Queens (N.C.)	_____
4 Trovato, Alyson	SR	St. Andrews	_____
5 Rankin, Courtney	JR	Limestone	_____
6 Annas, Holly	FR	Queens (N.C.)	_____
7 Seawright, Kendyl	SO	Coker	_____
8 Lindholm, Dana	JR	Lees-McRae	_____
9 Savage, Tierra	SO	St. Andrews	_____
10 Williams, Tiffany	FR	St. Andrews	_____
11 Henderson, Katie	SO	Erskine	_____
12 Loftis, Liz	SO	Erskine	_____
13 Moore, Melissa	SO	Mount Olive	_____
14 Wittke, Sarah	JR	Erskine	_____

## Event 15 Women 10000 Meter Run

Friday 4/17/2009 - 7:15 PM

World: 29:31.78 9/8/1993 Junxia Wang  
 American: 30:22.22 8/15/2008 Shalane Flanagan  
 Collegiate: 32:19.97 4/30/2004 Alicia Craig

Name	Yr	School	Seed Time
1 Trovato, Alyson	SR	St. Andrews	_____
2 Savage, Tierra	SO	St. Andrews	_____
3 Williams, Tiffany	FR	St. Andrews	_____
4 Rankin, Courtney	JR	Limestone	_____
5 Zeferjahn, Tanya	FR	Queens (N.C.)	_____
6 Lindholm, Dana	JR	Lees-McRae	_____

## Event 17 Women 100 Meter Hurdles

Saturday 4/18/2009 - 1:40 PM

World: 12.21 8/20/1988 Yordanka Donkova  
 American: 12.33 2000 Gail Devers  
 Collegiate: 12.61 1988 Gail Devers

Name	Yr	School	Seed Time
1 Altieri, Jenny	FR	Limestone	_____
2 McCoy, Shantra	SO	Lees-McRae	_____
3 Tyler, Erin	JR	Lees-McRae	_____
4 Montgomery, Shivaun	FR	Limestone	_____
5 Rodgers, Katelyn	SO	Anderson (S.C.)	_____
6 Smith, Kathryn	SO	Lees-McRae	_____
7 Hutchings, Katy	JR	St. Andrews	_____

## Event 19 Women 400 Meter Hurdles

Saturday 4/18/2009 - 2:55 PM

World: 52.34 8/8/2003 Yuliya Pechenkina  
 American: 52.61 1995 Kim Batten  
 Collegiate: 53.54 6/1/2004 Sheenna Johnson

Name	Yr	School	Seed Time
1 Blome, Ashley	SR	Anderson (S.C.)	_____
2 Pointer, Jamie	FR	Queens (N.C.)	_____
3 Altieri, Jenny	FR	Limestone	_____
4 Bruno, Mary Ann	FR	Limestone	_____
5 Harris, April	JR	Lees-McRae	_____
6 Smith, Kathryn	SO	Lees-McRae	_____
7 McCoy, Shantra	SO	Lees-McRae	_____

## Event 11 Women 3000 Meter Steeplechase

Saturday 4/18/2009 - 12:00 PM

World: 8:58.81 8/17/2008 Gulnara Galkina  
 American: 9:22.26 8/17/2008 Jenny Barringer  
 Collegiate: 9:43.25 5/29/2004 Ida Nilsson

Name	Yr	School	Seed Time
1 Harris, April	JR	Lees-McRae	_____
2 Smith, Kathryn	SO	Lees-McRae	_____
3 Clausing, Amanda	FR	Limestone	_____

## Event 37 Women 4x100 Meter Relay

Saturday 4/18/2009 - 1:00 PM

World: 41.37 10/6/1985 GDR  
 American: 41.47 1997 National Team  
 Collegiate: 42.50 6/3/1989 LSU

Stanley, Sowell, Sheffield, Jones

Team	Relay	Seed Time
1 Limestone	A	_____
2 Lees-McRae	A	_____
3 Mount Olive	A	_____
4 Anderson (S.C.)	A	_____

## Event 39 Women 4x400 Meter Relay

Saturday 4/18/2009 - 4:35 PM

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

Team	Relay	Seed Time
1 Anderson (S.C.)	A	_____
2 Lees-McRae	A	_____
3 Limestone	A	_____
4 Mount Olive	A	_____

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## Performance List

**Event 21 Women High Jump****Friday 4/17/2009 - 5:00 PM**

**World:** 2.09m 8/30/1987 Stefka Kostadinova  
**American:** 2.03m 1988 Louise Ritter  
**Collegiate:** 1.98m 1995 Acuff / Bergqvist

Name	Yr	School	Seed	Mark
1 Rodgers, Katelyn	SO	Anderson (S.C.)		_____
2 Woodard-Stephens, Ariel	FR	Mount Olive		_____
3 Tyler, Erin	JR	Lees-McRae		_____
4 Blome, Ashley	SR	Anderson (S.C.)		_____
5 Rogers, Chelsea	SO	Anderson (S.C.)		_____
6 Feudale, Lauren	SO	Queens (N.C.)		_____

**Event 23 Women Pole Vault****Friday 4/17/2009 - 5:00 PM**

**World:** 5.05m 8/18/2008 Yelena Isinbayeva  
**American:** 4.92m 7/6/2008 Jen Stuczynski  
**Collegiate:** 4.53m 2002 Amy Linnen

Name	Yr	School	Seed	Mark
1 Trimble, Hannah	SO	Lees-McRae		_____
2 Corbin, Candice	SO	Lees-McRae		_____
3 Jonas, Michelle	FR	Lees-McRae		_____
4 Bragman, Karyn	JR	Lees-McRae		_____
5 McGowan, Sam	FR	Limestone		_____

**Event 25 Women Long Jump****Saturday 4/18/2009 - 10:00 AM**

**World:** 7.52m 6/11/1988 Galina Chistyakova  
**American:** 7.49m 1994 Jackie Joyner-Kersey  
**Collegiate:** 6.99m 1985 Jackie Joyner-Kersey

Name	Yr	School	Seed	Mark
1 Woodard-Stephens, Ariel	FR	Mount Olive		_____
2 Tyler, Erin	JR	Lees-McRae		_____
3 Knight, Ashley	FR	Mount Olive		_____
4 Lee, Tyler	JR	St. Andrews		_____
5 Hutchings, Katy	JR	St. Andrews		_____
6 Rodgers, Katelyn	SO	Anderson (S.C.)		_____
7 McCoy, Shantra	SO	Lees-McRae		_____
8 McGowan, Sam	FR	Limestone		_____
9 Pye, Caitlin	FR	Mount Olive		_____
10 Darden, Ariel	FR	Queens (N.C.)		_____

**Event 27 Women Triple Jump****Saturday 4/18/2009 - 1:30 PM**

**World:** 15.50m 8/10/1995 Inessa Kravets  
**American:** 14.41m 1996 Sheila Hudson  
**Collegiate:** 14.05m 1999 Stacey Bowers

Name	Yr	School	Seed	Mark
1 Woodard-Stephens, Ariel	FR	Mount Olive		_____
2 McCoy, Shantra	SO	Lees-McRae		_____
3 Knight, Ashley	FR	Mount Olive		_____
4 Rodgers, Katelyn	SO	Anderson (S.C.)		_____
5 McGowan, Sam	FR	Limestone		_____

**Event 35 Women Shot Put****Friday 4/17/2009 - 3:00 PM**

**World:** 22.63m 6/7/1987 Natalya Lisovskaya  
**American:** 20.18m 1988 Ramona Pagel  
**Collegiate:** 18.99m 1983 Meg Ritchie

Name	Yr	School	Seed	Mark
1 Sloan, Lauren	FR	Anderson (S.C.)		_____
2 Hartsell, Andria	FR	Limestone		_____
3 Brewton, Whitney	FR	Limestone		_____
4 Garner, Shae	FR	Mount Olive		_____
5 Bass, Crystal	FR	Lees-McRae		_____
6 Epps, Tahara	JR	Mount Olive		_____
7 Tyler, Erin	JR	Lees-McRae		_____
8 Lee, Tyler	JR	St. Andrews		_____
9 Tripson, Amy	SO	St. Andrews		_____

**Event 29 Women Discus Throw****Saturday 4/18/2009 - 9:00 AM**

**World:** 76.80m 7/9/1988 Gabriele Reinsch  
**American:** 67.67m 3/14/2007 Suzy Powell  
**Collegiate:** 67.48m 1981 Meg Ritchie

Name	Yr	School	Seed	Mark
1 Sloan, Lauren	FR	Anderson (S.C.)		_____
2 Garner, Shae	FR	Mount Olive		_____
3 Hartsell, Andria	FR	Limestone		_____
4 Brewton, Whitney	FR	Limestone		_____
5 Bass, Crystal	FR	Lees-McRae		_____
6 Lee, Tyler	JR	St. Andrews		_____
7 Campbell, Durecelle	SO	Anderson (S.C.)		_____
8 Epps, Tahara	JR	Mount Olive		_____
9 Tyler, Erin	JR	Lees-McRae		_____

**Event 31 Women Hammer Throw****Friday 4/17/2009 - 5:00 PM**

**World:** 76.07m 8/29/1999 Mihaela Melinte  
**American:** 72.12m 4/10/2004 Erin Gilreath  
**Collegiate:** 70.03m 5/13/2005 Loree Smith

Name	Yr	School	Seed	Mark
1 Sloan, Lauren	FR	Anderson (S.C.)		_____
2 Campbell, Durecelle	SO	Anderson (S.C.)		_____
3 Hartsell, Andria	FR	Limestone		_____
4 Bass, Crystal	FR	Lees-McRae		_____
5 Bauzaite, Egle	SO	Anderson (S.C.)		_____
6 Epps, Tahara	JR	Mount Olive		_____
7 Lee, Tyler	JR	St. Andrews		_____
8 Garner, Shae	FR	Mount Olive		_____
9 Brewton, Whitney	FR	Limestone		_____

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## Performance List

**Event 33 Women Javelin Throw****Saturday 4/18/2009 - 12:00 PM**

**World:** 72.28m 9/13/2008 **Barbora Spotakova**  
**American:** 64.19m 5/16/2007 **Kim Kreiner**  
**Collegiate:** 61.82m 2003 **Irina Kharun**

Name	Yr	School	Seed	Mark
1 Tallent, Lily		App. State		_____
2 Durham, Carla		App. State		_____
3 Tyler, Erin	JR	Lees-McRae		_____
4 Crutchfield, Naadia		App. State		_____
5 Rodgers, Katelyn	SO	Anderson (S.C.)		_____
6 Crutchfield, Kiara		App. State		_____
7 Rodrigues, Meagan	FR	Limestone		_____
8 Bass, Crystal	FR	Lees-McRae		_____
9 Bauzaite, Egle	SO	Anderson (S.C.)		_____
10 Clausing, Amanda	FR	Limestone		_____
11 Tripson, Amy	SO	St. Andrews		_____
12 Sloan, Lauren	FR	Anderson (S.C.)		_____

**Event 2 Men 100 Meter Dash****Saturday 4/18/2009 - 2:20 PM**

**World:** 9.69 8/16/2008 **Usain Bolt**  
**American:** 9.77 6/28/2008 **Tyson Gay**  
**Collegiate:** 9.92 1996 **Ato Boldon**

Name	Yr	School	Seed	Time
1 Wilkins, Jovan	FR	Mount Olive		_____
2 Forte, Zeronn	SO	Anderson (S.C.)		_____
3 Phillips, Adam	JR	Lees-McRae		_____
4 Alexander, Corey	SO	Lees-McRae		_____
5 Glenn, Chris	JR	Lees-McRae		_____
6 Hoots, Jesse	SO	Lees-McRae		_____
7 Corrica, Elijah	FR	Mount Olive		_____
8 Cofield, Cameron	SR	St. Andrews		_____
9 Lipscomb, Antonio	FR	Limestone		_____
10 Grissom, Cameron	FR	Limestone		_____
11 Smith, Derrick	FR	Limestone		_____
12 Baggett, Christopher	FR	Mount Olive		_____
13 Clark, Alonzo	FR	Lees-McRae		_____
14 Scott, Kortez	FR	Limestone		_____
15 Atkinson, Eric	SR	Limestone		_____

**Event 4 Men 200 Meter Dash****Saturday 4/18/2009 - 3:30 PM**

**World:** 19.30 8/20/2008 **Usain Bolt**  
**American:** 19.32 1996 **Michael Johnson**  
**Collegiate:** 19.69 2007 **Walter Dix**

Name	Yr	School	Seed	Time
1 Wilkins, Jovan	FR	Mount Olive		_____
2 Hoots, Jesse	SO	Lees-McRae		_____
3 Forte, Zeronn	SO	Anderson (S.C.)		_____
4 Grissom, Cameron	FR	Limestone		_____
5 Lipscomb, Antonio	FR	Limestone		_____
6 Clark, Alonzo	FR	Lees-McRae		_____
7 Mostella, Stephen	SR	Lees-McRae		_____

8 Crayton, Deandre	FR	Pfeiffer		_____
9 Phillips, Adam	JR	Lees-McRae		_____
10 Phillips, Charles	SR	St. Andrews		_____
11 Smith, Derrick	FR	Limestone		_____
12 Grantham, Preston	JR	Mount Olive		_____
13 Havens, T.J.	SO	Pfeiffer		_____
14 Baggett, Christopher	FR	Mount Olive		_____
15 Mwangi, Nelson	FR	Queens (N.C.)		_____
16 Glenn, Chris	JR	Lees-McRae		_____
17 Thurmond, D'Juan	SO	Limestone		_____
18 Corrica, Elijah	FR	Mount Olive		_____
19 Hamrick, Tanner	FR	Limestone		_____

**Event 6 Men 400 Meter Dash****Saturday 4/18/2009 - 2:05 PM**

**World:** 43.18 8/26/1999 **Michael Johnson**  
**American:** 43.18 1999 **Michael Johnson**  
**Collegiate:** 44.00 1992 **Quincy Watts**

Name	Yr	School	Seed	Time
1 Hoots, Jesse	SO	Lees-McRae		_____
2 Thurmond, D'Juan	SO	Limestone		_____
3 Tanis, Brad	JR	Lees-McRae		_____
4 Oakes, Ryan	SO	Lees-McRae		_____
5 Connor, Michael	JR	Lees-McRae		_____
6 Lipscomb, Antonio	FR	Limestone		_____
7 Mostella, Stephen	SR	Lees-McRae		_____
8 McCombs, Cort	SO	Mount Olive		_____
9 Makupson, Brian	FR	Limestone		_____
10 Pack, Johnathan	FR	Anderson (S.C.)		_____
11 Boston, Greg	FR	Limestone		_____
12 Rowdy, Perry	FR	Queens (N.C.)		_____
13 Hamrick, Tanner	FR	Limestone		_____
14 Grantham, Preston	JR	Mount Olive		_____
15 Havens, T.J.	SO	Pfeiffer		_____
16 Trivette, Matt	FR	Queens (N.C.)		_____
17 Kelley, Devin	SO	Queens (N.C.)		_____

**Event 8 Men 800 Meter Run****Saturday 4/18/2009 - 2:40 PM**

**World:** 1:41.11 8/24/1997 **Wilson Kipketer**  
**American:** 1:42.60 1985 **Johnny Gray**  
**Collegiate:** 1:44.55 1996 **Julius Achon**

Name	Yr	School	Seed	Time
1 Mwangi, Nelson	FR	Queens (N.C.)		_____
2 Sell, Joseph	JR	Erskine		_____
3 Davis, Micheal	FR	Lees-McRae		_____
4 Robinson, Chase	FR	Anderson (S.C.)		_____
5 Anton, Luke	FR	Lees-McRae		_____
6 Ellison, Chance	JR	Erskine		_____
7 Mahaffey, Drew	FR	Anderson (S.C.)		_____
8 Barrett, Matt	SR	Lees-McRae		_____
9 Loftis, Greg	SR	Anderson (S.C.)		_____
10 Bayless, Zach	FR	Erskine		_____
11 Boston, Greg	FR	Limestone		_____
12 Holman, Mason	FR	Mount Olive		_____

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

Name	Yr	School	Seed Time
13 Makupson, Brian	FR	Limestone	_____
14 Pickett, Josh	SO	St. Andrews	_____
15 Mckee, Brad	JR	St. Andrews	_____
16 Lecker, Jon	SO	St. Andrews	_____
17 Hogan, Patrick	SR	St. Andrews	_____
18 Korir, Mike	FR	Limestone	_____
19 Eagle, Kevin	SO	Limestone	_____
20 Menjares, Chris	FR	Mount Olive	_____

## Event 10 Men 1500 Meter Run

Saturday 4/18/2009 - 1:25 PM

World: 3:26.00 7/14/1998 Hicham El Guerrouj  
 American: 3:29.77 1985 Sydney Maree  
 Collegiate: 3:35.30 1981 Sydney Maree

Name	Yr	School	Seed Time
1 Jordan, Alex	JR	Anderson (S.C.)	_____
2 Kelley, Devin	SO	Queens (N.C.)	_____
3 Sell, Joseph	JR	Erskine	_____
4 Davis, Micheal	FR	Lees-McRae	_____
5 Anton, Luke	FR	Lees-McRae	_____
6 Culberson, Chas	FR	Erskine	_____
7 Ellison, Chance	JR	Erskine	_____
8 Barrett, Matt	SR	Lees-McRae	_____
9 Loftis, Greg	SR	Anderson (S.C.)	_____
10 Bayless, Zach	FR	Erskine	_____
11 Eagle, Kevin	SO	Limestone	_____
12 Menjares, Chris	FR	Mount Olive	_____
13 Walls, James	SO	St. Andrews	_____
14 Holaday, Marc	SO	Mount Olive	_____
15 Pickett, Josh	SO	St. Andrews	_____
16 Mckee, Brad	JR	St. Andrews	_____
17 McCraw, Garrett	FR	Limestone	_____
18 Valentino, Tres	SO	Limestone	_____
19 Boston, Greg	FR	Limestone	_____
20 Hogan, Patrick	SR	St. Andrews	_____
21 Lecker, Jon	SO	St. Andrews	_____
22 Angell, David	JR	Pfeiffer	_____
23 Gray, Zach	SO	Pfeiffer	_____
24 Korir, Mike	FR	Limestone	_____
25 Liotchev, Stefan	FR	Queens (N.C.)	_____

## Event 14 Men 5000 Meter Run

Saturday 4/18/2009 - 4:10 PM

World: 12:37.35 5/31/2004 Kenenisa Bekele  
 American: 12:58.21 1996 Bob Kennedy  
 Collegiate: 13:08.4h 1978 Henry Rono

Name	Yr	School	Seed Time
1 Mebrahtu, Futsum	JR	Queens (N.C.)	_____
2 Cooper, Mitch	SR	St. Andrews	_____
3 Simpkins, Craig	FR	Lees-McRae	_____
4 Holstein, Chris	JR	Lees-McRae	_____
5 Holt, Doug	SO	St. Andrews	_____
6 Gillespie, Jordan	FR	Lees-McRae	_____

7 Culberson, Chas	FR	Erskine	_____
8 Walls, James	SO	St. Andrews	_____
9 Wilson, Tommy	SO	St. Andrews	_____
10 Lloyd, James	JR	St. Andrews	_____
11 Diaz, Matt	FR	Erskine	_____
12 Eagle, Kevin	SO	Limestone	_____
13 Mckee, Brad	JR	St. Andrews	_____
14 Menjares, Chris	FR	Mount Olive	_____
15 Holaday, Marc	SO	Mount Olive	_____
16 McCarthy, Robert	FR	Erskine	_____
17 McCraw, Garrett	FR	Limestone	_____
18 Valentino, Tres	SO	Limestone	_____
19 Gaston, Grady	SO	Pfeiffer	_____
20 Parsons, Nate	SR	Anderson (S.C.)	_____
21 Schilling, Alexander	FR	Queens (N.C.)	_____

## Event 16 Men 10000 Meter Run

Friday 4/17/2009 - 8:15 PM

World: 26:17.53 8/26/2005 Kenenisa Bekele  
 American: 27:13.98 5/4/2001 Meb Keflezighi  
 Collegiate: 27:33.58 4/29/2007 Galen Rupp

Name	Yr	School	Seed Time
1 Cooper, Mitch	SR	St. Andrews	_____
2 Holt, Doug	SO	St. Andrews	_____
3 Lloyd, James	JR	St. Andrews	_____
4 Walls, James	SO	St. Andrews	_____
5 Wilson, Tommy	SO	St. Andrews	_____
6 Mckee, Brad	JR	St. Andrews	_____
7 Holaday, Marc	SO	Mount Olive	_____
8 Menjares, Chris	FR	Mount Olive	_____
9 Eagle, Kevin	SO	Limestone	_____
10 McCraw, Garrett	FR	Limestone	_____
11 Crouch, Michael	SO	Queens (N.C.)	_____
12 Valentino, Tres	SO	Limestone	_____
13 Simpkins, Craig	FR	Lees-McRae	_____
14 Trimble, Nate	JR	Lees-McRae	_____
15 Holstein, Chris	JR	Lees-McRae	_____

## Event 18 Men 110 Meter Hurdles

Saturday 4/18/2009 - 1:45 PM

World: 12.87 6/12/2008 Dayron Robles  
 American: 12.90 2006 Dominique Arnold  
 Collegiate: 13.00 1979 Renaldo Nehemiah

Name	Yr	School	Seed Time
1 Gore, Richard	FR	Limestone	_____
2 Glenn, Chris	JR	Lees-McRae	_____
3 Brown, Joseph	SO	Lees-McRae	_____
4 Tanis, Brad	JR	Lees-McRae	_____
5 Richardson, Glenn	SO	Lees-McRae	_____
6 Smith, Nathan	JR	Lees-McRae	_____
7 Hamrick, Tanner	FR	Limestone	_____

## Conference Carolinas Championships 2009 - 4/17/2009 to 4/18/2009

Results at www.cfpitiming.com

Hosted by Lees McRae College

## Performance List

**Event 20 Men 400 Meter Hurdles****Saturday 4/18/2009 - 3:10 PM**

**World:** 46.78 8/6/1992 Kevin Young  
**American:** 46.78 1992 Kevin Young  
**Collegiate:** 47.56 6/11/2005 Kerron Clement

Name	Yr	School	Seed Time
1 Tanis, Brad	JR	Lees-McRae	_____
2 Angell, David	JR	Pfeiffer	_____
3 Smith, Nathan	JR	Lees-McRae	_____
4 Gore, Richard	FR	Limestone	_____
5 Hamrick, Tanner	FR	Limestone	_____
6 McCombs, Cort	SO	Mount Olive	_____
7 Rowand, Shaun		Lees-McRae	_____
8 gray, Connor	FR	Lees-McRae	_____
9 Richardson, Glenn	SO	Lees-McRae	_____
10 Makupson, Brian	FR	Limestone	_____
11 Johnson, Aaron	FR	Mount Olive	_____

**Event 12 Men 3000 Meter Steeplechase****Saturday 4/18/2009 - 12:30 PM**

**World:** 7:55.28 8/24/2001 Brahim Boulami  
**American:** 8:09.17 1985 Henry Mash  
**Collegiate:** 8:05.4h 1978 Henry Rono

Name	Yr	School	Seed Time
1 Parsons, Nate	SR	Anderson (S.C.)	_____
2 Cooper, Mitch	SR	St. Andrews	_____
3 Holt, Doug	SO	St. Andrews	_____
4 gray, Connor	FR	Lees-McRae	_____
5 Lloyd, James	JR	St. Andrews	_____
6 Eagle, Kevin	SO	Limestone	_____
7 Valentino, Tres	SO	Limestone	_____
8 Trimble, Nate	JR	Lees-McRae	_____

**Event 38 Men 4x100 Meter Relay****Saturday 4/18/2009 - 1:05 PM****World:** 37.10 8/22/2008 JAM

Carter, Frater, Bolt, Powell

**American:** 37.40 1992 National Team

Marsh, Burrell, Mitchell, Lewis

**Collegiate:** 38.04 1998 TCU

Howard, Holloway, Williams, Spencer

Team	Relay	Seed Time
1 Lees-McRae	A	_____
2 Limestone	A	_____
3 Mount Olive	A	_____
4 St. Andrews	A	_____

**Event 40 Men 4x400 Meter Relay****Saturday 4/18/2009 - 4:45 PM****World:** 2:54.20 7/22/1998 USA**American:** 2:54.20 1998 National Team

Young, Pettigrew, Washington, Johnson

**Collegiate:** 2:59.59 6/11/2005 LSU

Dardar, Willie, Brazell, Carter

Team	Relay	Seed Time
1 Lees-McRae	A	_____
2 Queens (N.C.)	A	_____
3 Limestone	A	_____
4 Anderson (S.C.)	A	_____
5 Mount Olive	A	_____

**Event 22 Men High Jump****Friday 4/17/2009 - 6:15 PM****World:** 2.45m 7/27/1993 Javier Sotomayor**American:** 2.40m 1991 Charles Austin**Collegiate:** 2.38m 1989 Hollis Conway

Name	Yr	School	Seed Mark
1 Crayton, Deandre	FR	Pfeiffer	_____
2 Gore, Richard	FR	Limestone	_____
3 Phillips, Charles	SR	St. Andrews	_____
4 Hollins, Domonique	FR	St. Andrews	_____
5 Hogbin, Danny	JR	Lees-McRae	_____
6 Rowand, Shaun		Lees-McRae	_____
7 Cofield, Cameron	SR	St. Andrews	_____
8 McCombs, Cort	SO	Mount Olive	_____
9 Sullivan, Patrick	SO	Queens (N.C.)	_____
10 Corrica, Elijah	FR	Mount Olive	_____
11 Donahue, Jeff	FR	Queens (N.C.)	_____
12 Rowell, Matt	JR	Queens (N.C.)	_____
13 Scott, Korte	FR	Limestone	_____
14 Guerra, Alvaro	FR	Queens (N.C.)	_____
15 Atkinson, Eric	SR	Limestone	_____
16 Johnson, Aaron	FR	Mount Olive	_____
17 Aruajo, Vinny	FR	Queens (N.C.)	_____

**Event 24 Men Pole Vault****Friday 4/17/2009 - 6:15 PM****World:** 6.14m 7/31/1994 Sergey Bubka**American:** 6.03m 2000 Jeff Hartwig**Collegiate:** 5.98m 1996 Lawrence Johnson

Name	Yr	School	Seed Mark
1 Arthur, Jonathan	JR	Lees-McRae	_____
2 Oakes, Ryan	SO	Lees-McRae	_____
3 Guinn, Justin	FR	Limestone	_____

## Conference Carolinas Championships 2009 - 4/17/2009 to 4/18/2009

Results at www.cfpitiming.com

Hosted by Lees McRae College

## Performance List

**Event 26 Men Long Jump****Saturday 4/18/2009 - 11:45 AM****World: 8.95m 8/30/1991 Mike Powell****American: 8.95m 1991 Mike Powell****Collegiate: 8.74m 4/2/1994 Erick Walder**

Name	Yr	School	Seed Mark
1 Johnson, Aaron	FR	Mount Olive	_____
2 Crayton, Deandre	FR	Pfeiffer	_____
3 Phillips, Charles	SR	St. Andrews	_____
4 Cofield, Cameron	SR	St. Andrews	_____
5 Philips, Adam	JR	Lees-McRae	_____
6 Scott, KorteZ	FR	Limestone	_____
7 Brown, Joseph	SO	Lees-McRae	_____
8 Corrica, Elijah	FR	Mount Olive	_____
9 Glenn, Chris	JR	Lees-McRae	_____
10 Gore, Richard	FR	Limestone	_____
11 Fields, Nathan	SO	Queens (N.C.)	_____
12 Baggett, Christopher	FR	Mount Olive	_____
13 Smith, Derrick	FR	Limestone	_____
14 Clark, Alonzo	FR	Lees-McRae	_____
15 Wilkins, Jovan	FR	Mount Olive	_____

**Event 28 Men Triple Jump****Saturday 4/18/2009 - 3:15 PM****World: 18.29m 8/7/1995 Jonathan Edwards****American: 18.09m 1996 Kenny Harrison****Collegiate: 17.54m 1985 Mike Conley**

Name	Yr	School	Seed Mark
1 Scott, KorteZ	FR	Limestone	_____
2 Johnson, Aaron	FR	Mount Olive	_____
3 Cofield, Cameron	SR	St. Andrews	_____
4 Phillips, Charles	SR	St. Andrews	_____
5 Alexander, Corey	SO	Lees-McRae	_____
6 Arthur, Jonathan	JR	Lees-McRae	_____
7 McCombs, Cort	SO	Mount Olive	_____
8 Smith, Derrick	FR	Limestone	_____
9 Fields, Nathan	SO	Queens (N.C.)	_____
10 Glenn, Chris	JR	Lees-McRae	_____

**Event 36 Men Shot Put****Friday 4/17/2009 - 4:00 PM****World: 23.12m 5/20/1990 Randy Barnes****American: 23.13m 1990 Randy Barnes****Collegiate: 22.00m 1995 John Godina**

Name	Yr	School	Seed Mark
1 Daher, Joe	JR	Lees-McRae	_____
2 Rogers, Matthew	JR	St. Andrews	_____
3 Wingo, Randy	FR	Limestone	_____
4 Black, Derrike	SO	Anderson (S.C.)	_____
5 Murphy, Joe	FR	Mount Olive	_____
6 Swinson, Alejandro	SO	Mount Olive	_____
7 Smith, Tim	FR	Limestone	_____
8 Kiefer, Allen	JR	St. Andrews	_____
9 Dyer, Chris	SR	Mount Olive	_____

10 Sherwood, Justin	SO	Mount Olive	_____
11 Potter, Justin	SO	Mount Olive	_____
12 Koksvik, Marius	SO	Queens (N.C.)	_____
13 Lum, Michael	FR	Queens (N.C.)	_____
14 Gude, Andrew	FR	Limestone	_____
15 Trinca, Zach	SR	Queens (N.C.)	_____

**Event 30 Men Discus Throw****Saturday 4/18/2009 - 10:45 AM****World: 74.08m 6/6/1986 Jurgen Schult****American: 72.34m 1981 Ben Plucknett****Collegiate: 67.66m 5/29/2004 Hannes Hopley**

Name	Yr	School	Seed Mark
1 McCracken, Robbie	JR	Anderson (S.C.)	_____
2 Rogers, Matthew	JR	St. Andrews	_____
3 Wingo, Randy	FR	Limestone	_____
4 Daher, Joe	JR	Lees-McRae	_____
5 Dyer, Chris	SR	Mount Olive	_____
6 Murphy, Joe	FR	Mount Olive	_____
7 Swinson, Alejandro	SO	Mount Olive	_____
8 Smith, Tim	FR	Limestone	_____
9 Black, Derrike	SO	Anderson (S.C.)	_____
10 Potter, Justin	SO	Mount Olive	_____
11 Gude, Andrew	FR	Limestone	_____
12 Sherwood, Justin	SO	Mount Olive	_____
13 Oakes, Ryan	SO	Lees-McRae	_____

**Event 32 Men Hammer Throw****Friday 4/17/2009 - 6:00 PM****World: 86.74m 8/30/1986 Yuriy Sedykh****American: 82.52m 1996 Lance Deal****Collegiate: 81.94m 1995 Balazs Kiss**

Name	Yr	School	Seed Mark
1 Daher, Joe	JR	Lees-McRae	_____
2 Rogers, Matthew	JR	St. Andrews	_____
3 Swinson, Alejandro	SO	Mount Olive	_____
4 Murphy, Joe	FR	Mount Olive	_____
5 Smith, Tim	FR	Limestone	_____
6 Wingo, Randy	FR	Limestone	_____
7 Sherwood, Justin	SO	Mount Olive	_____
8 Potter, Justin	SO	Mount Olive	_____
9 Black, Derrike	SO	Anderson (S.C.)	_____
10 Gude, Andrew	FR	Limestone	_____
11 Dyer, Chris	SR	Mount Olive	_____

**Event 34 Men Javelin Throw****Saturday 4/18/2009 - 1:45 PM****World: 98.48m 5/25/1996 Jan Zelezny****American: 91.29m 6/21/2007 Breaux Greer****Collegiate: 89.10m 1990 Patrik Boden**

Name	Yr	School	Seed Mark
1 Markland, Rayon	JR	Anderson (S.C.)	_____
2 Pflugst, Matt		App. State	_____
3 Gardner, Jerod	34	App. State	_____
4 Lee, Chris	SR	Anderson (S.C.)	_____

**Conference Carolinas Championships 2009 - 4/17/2009 to 4/18/2009****Results at [www.cfpitiming.com](http://www.cfpitiming.com)****Hosted by Lees McRae College****Performance List****Event 34 ...(Men Javelin Throw)**

	<b>Name</b>	<b>Yr</b>	<b>School</b>	<b>Seed</b>	<b>Mark</b>
5	Goodchild, Jake		App. State		_____
6	Tanis, Brad	JR	Lees-McRae		_____
7	Murphy, Joe	FR	Mount Olive		_____
8	Guinn, Justin	FR	Limestone		_____
9	Wingo, Randy	FR	Limestone		_____
10	McCombs, Cort	SO	Mount Olive		_____
11	Potter, Justin	SO	Mount Olive		_____
12	McCracken, Robbie	JR	Anderson (S.C.)		_____
13	Fields, Nathan	SO	Queens (N.C.)		_____
14	Kiefer, Allen	JR	St. Andrews		_____
15	Daher, Joe	JR	Lees-McRae		_____
16	Smith, Tim	FR	Limestone		_____
17	Swinson, Alejandro	SO	Mount Olive		_____
18	Hogbin, Danny	JR	Lees-McRae		_____
19	Knapik, Garrett	JR	Limestone		_____
20	Sherwood, Justin	SO	Mount Olive		_____
21	Gude, Andrew	FR	Limestone		_____
22	Black, Derrike	SO	Anderson (S.C.)		_____