Southern Conference Championships 2010 - 4/24/2010 to 4/25/2010
Results at www.cfpitiming.com
Hosted by Appalachian State University
Performance List

Event 1 Women 100 Meter Dash Prelims

World:	**10.49**	**7/16/1988**	**Florence Griffith-Joyner**
American:	**10.49**	**7/16/1988**	**Florence Griffith Joyner**
Collegiate:	**10.93**	**6/2/1989**	**Dawn Sowell**
SoCon Record:	**11.45**	**1993**	**Melissa Morrison**

	Name	Yr	School	Seed Time	
1	Anthony, Demetrise	SR	Georgia Sout	11.83	
2	Paulding, Felicia	JR	Western Caro	11.90	
3	Fronberger, Sherelle	SR	Western Caro	12.09	
4	McKiver, Ashley	SR	Appalachian	12.10	
5	Parrish, Raven	FR	Western Caro	12.19	
6	Parker, Christina	SO	Appalachian	12.19	
7	Crutchfield, Kiara	JR	Appalachian	12.30	
8	Carter, Ebony	FR	Georgia Sout	12.36	
9	Parks, Valerie	FR	Western Caro	12.36	
10	Bowers, Emma	SO	Western Caro	12.45	
11	Cataldo, Dana	SO	Elon	12.54	
12	Creel, Sarah	JR	Citadel	12.80	
13	Skogen, Sarah	JR	Elon	12.88	
14	Hughes, Cara	FR	Elon	12.97	
15	Wilkins, Brittany	FR	Elon	13.17	
16	Fleming, Lauren	SR	Citadel	13.90	
17	Okolo, Nicole	SO	Western Caro	NT	
18	Lees, Caitlyn	SO	Citadel	NT	

Event 1 Women 100 Meter Dash

World:	**10.49**	**7/16/1988**	**Florence Griffith-Joyner**
American:	**10.49**	**7/16/1988**	**Florence Griffith Joyner**
Collegiate:	**10.93**	**6/2/1989**	**Dawn Sowell**
SoCon Record:	**11.45**	**1993**	**Melissa Morrison**

	Name	Yr	School	Prelims	
1	Paulding, Felicia	JR	Western Caro	11.85	
2	Anthony, Demetrise	SR	Georgia Sout	11.95	
3	McKiver, Ashley	SR	Appalachian	12.04	
4	Fronberger, Sherelle	SR	Western Caro	12.07	
5	Crutchfield, Kiara	JR	Appalachian	12.09	
6	Parrish, Raven	FR	Western Caro	12.27	
7	Carter, Ebony	FR	Georgia Sout	12.30	
8	Bowers, Emma	SO	Western Caro	12.35	
9	Parker, Christina	SO	Appalachian	12.49	
10	Parks, Valerie	FR	Western Caro	12.50	
11	Cataldo, Dana	SO	Elon	12.54	
12	Okolo, Nicole	SO	Western Caro	12.70	
13	Skogen, Sarah	JR	Elon	12.88	
14	Creel, Sarah	JR	Citadel	12.99	
15	Wilkins, Brittany	FR	Elon	13.05	
16	Hughes, Cara	FR	Elon	13.09	
17	Fleming, Lauren	SR	Citadel	13.98	
18	Lees, Caitlyn	SO	Citadel	14.19	

Event 3 Women 200 Meter Dash Prelims

World:	**21.34**	**9/29/1988**	**Florence Griffith-Joyner**
American:	**21.34**	**9/29/1988**	**Florence Griffith Joyner**
Collegiate:	**22.04**	**6/2/1989**	**Dawn Sowell**
SoCon Record:	**23.50**	**1989**	**Lamonda Miller**

	Name	Yr	School	Seed Time	
1	Fronberger, Sherelle	SR	Western Caro	24.41	
2	Garren, Felisha	SO	Western Caro	24.52	
3	Paulding, Felicia	JR	Western Caro	24.64	
4	Carothers, Jane't	JR	Western Caro	24.91	
5	McKiver, Ashley	SR	Appalachian	24.99	
6	Bowers, Emma	SO	Western Caro	25.06	
7	McLucas, D'Shawrna	FR	Appalachian	25.10	
8	Parker, Christina	SO	Appalachian	25.26	
9	Crutchfield, Kiara	JR	Appalachian	25.32	
10	Carter, Ebony	FR	Georgia Sout	25.47	
11	Anthony, Demetrise	SR	Georgia Sout	25.50	
12	Cataldo, Dana	SO	Elon	25.50	
13	JaJa Benson, JoAnn	JR	Georgia Sout	25.94	
14	Ware, Courtney	SR	Georgia Sout	26.39	
15	McDonald, Julie	FR	Samford	26.40	
16	Hughes, Cara	FR	Elon	26.49	
17	Creel, Sarah	JR	Citadel	27.08	
18	Waggensellar, Shelby	FR	Davidson	28.12	
19	Lees, Caitlyn	SO	Citadel	NT	
20	Fleming, Lauren	SR	Citadel	NT	
21	Hyter, Lynndsey	JR	Georgia Sout	NT	
22	McMichael, Shalyn	JR	Western Caro	NT	

Event 3 Women 200 Meter Dash

World:	**21.34**	**9/29/1988**	**Florence Griffith-Joyner**
American:	**21.34**	**9/29/1988**	**Florence Griffith Joyner**
Collegiate:	**22.04**	**6/2/1989**	**Dawn Sowell**
SoCon Record:	**23.50**	**1989**	**Lamonda Miller**

	Name	Yr	School	Prelims	
1	Paulding, Felicia	JR	Western Caro	24.08	
2	Garren, Felisha	SO	Western Caro	24.29	
3	Fronberger, Sherelle	SR	Western Caro	24.41	
4	Carothers, Jane't	JR	Western Caro	24.44	
5	Bowers, Emma	SO	Western Caro	24.64	
6	McKiver, Ashley	SR	Appalachian	24.71	
7	Parker, Christina	SO	Appalachian	24.88	
8	Anthony, Demetrise	SR	Georgia Sout	24.96	
9	McLucas, D'Shawrna	FR	Appalachian	25.07	
10	Crutchfield, Kiara	JR	Appalachian	25.16	
11	McMichael, Shalyn	JR	Western Caro	25.18	
12	Cataldo, Dana	SO	Elon	25.23	
13	Hyter, Lynndsey	JR	Georgia Sout	25.65	
14	Carter, Ebony	FR	Georgia Sout	25.75	
15	JaJa Benson, JoAnn	JR	Georgia Sout	25.77	
16	Ware, Courtney	SR	Georgia Sout	26.15	
17	McDonald, Julie	FR	Samford	26.54	
18	Hughes, Cara	FR	Elon	26.60	
19	Waggensellar, Shelby	FR	Davidson	27.48	

Southern Conference Championships 2010 - 4/24/2010 to 4/25/2010
Results at www.cfpitiming.com
Hosted by Appalachian State University
Performance List

Event 3 ...(Women 200 Meter Dash)

	Name	Yr	School	Prelims	
20	Creel, Sarah	JR	Citadel	27.76	
21	Lees, Caitlyn	SO	Citadel	29.19	
22	Fleming, Lauren	SR	Citadel	29.40	

Event 5 Women 400 Meter Dash Prelims

World:	**47.60**	**10/6/1985**	**Marita Koch**
American:	**48.70**	**9/17/2006**	**Sandi Richards**
Collegiate:	**50.10**	**6/11/1989**	**Monique Henderson**
SoCon Record:	**53.55**	**1995**	**Angela Rowe**

	Name	Yr	School	Seed Time	
1	Carothers, Jane't	JR	Western Caro	55.23	
2	Garren, Felisha	SO	Western Caro	55.59	
3	McMichael, Shalyn	JR	Western Caro	56.34	
4	Jefferson, Morgan	SO	Georgia Sout	57.38	
5	Bowers, Emma	SO	Western Caro	57.48	
6	Salek, Amy	SO	Elon	57.52	
7	Dunlap, Asia	SO	Appalachian	57.76	
8	Dance, Ashley	SR	Samford	57.89	
9	JaJa Benson, JoAnn	JR	Georgia Sout	58.08	
10	Hiller, Lynda	SR	Appalachian	58.11	
11	McLucas, D'Shawrna	FR	Appalachian	58.41	
12	Turowski, Melissa	JR	Elon	59.74	
13	Wilmer, Lauren	SO	Elon	1:00.22	
14	Moffett, Tatum	FR	Samford	1:00.38	
15	Carter, Erinn	SO	Citadel	1:03.16	
16	Slatter, Megan	FR	Furman	1:03.26	
17	Waggensellar, Shelby	FR	Davidson	1:04.36	
18	Manilla, Jena	FR	Davidson	1:08.78	
19	Johnson, Tierra	SR	Western Caro	NT	
20	McLamb, Jasmine	JR	Citadel	NT	

Event 5 Women 400 Meter Dash

World:	**47.60**	**10/6/1985**	**Marita Koch**
American:	**48.70**	**9/17/2006**	**Sandi Richards**
Collegiate:	**50.10**	**6/11/1989**	**Monique Henderson**
SoCon Record:	**53.55**	**1995**	**Angela Rowe**

	Name	Yr	School	Prelims	
1	Carothers, Jane't	JR	Western Caro	54.59	
2	Garren, Felisha	SO	Western Caro	55.51	
3	Bowers, Emma	SO	Western Caro	56.47	
4	McMichael, Shalyn	JR	Western Caro	56.55	
5	Dunlap, Asia	SO	Appalachian	56.76	
6	Salek, Amy	SO	Elon	57.04	
7	JaJa Benson, JoAnn	JR	Georgia Sout	57.46	
8	McLucas, D'Shawrna	FR	Appalachian	57.59	
9	Jefferson, Morgan	SO	Georgia Sout	57.93	
10	Johnson, Tierra	SR	Western Caro	58.01	
11	Moffett, Tatum	FR	Samford	58.72	
12	Dance, Ashley	SR	Samford	58.91	
13	Turowski, Melissa	JR	Elon	58.93	
14	Wilmer, Lauren	SO	Elon	59.73	
15	Hiller, Lynda	SR	Appalachian	1:00.83	
16	Waggensellar, Shelby	FR	Davidson	1:03.06	
17	McLamb, Jasmine	JR	Citadel	1:04.46	
18	Manilla, Jena	FR	Davidson	1:06.93	
19	Carter, Erinn	SO	Citadel	1:07.49	
20	Slatter, Megan	FR	Furman	NT	

Event 7 Women 800 Meter Run Prelims

World:	**1:53.28**	**7/26/1983**	**Jarmila Kratochvilova**
American:	**1:56.40**	**8/11/1999**	**Jearl Miles Clark**
Collegiate:	**1:59.11**	**6/1/1990**	**Suzy Favor**
SoCon Record:	**2:07.93**	**1999**	**Mary Jayne Harrelson**

	Name	Yr	School	Seed Time	
1	Strange, Jennine	SR	Elon	2:12.75	
2	Wessinger, Micah	FR	Citadel	2:13.26	
3	Benson, Holly	FR	Samford	2:13.89	
4	Ositelu, Monique	JR	Furman	2:15.00	
5	Gaddy, Jordan	JR	Western Caro	2:18.10	
6	Bowers, Hannah	SO	Western Caro	2:18.94	
7	Fuller, Laura	SR	Georgia Sout	2:19.00	
8	Robillard, Azura	SO	Georgia Sout	2:19.00	
9	Foreman, Trinity	FR	Appalachian	2:19.17	
10	Dunlap, Asia	SO	Appalachian	2:19.51	
11	Callahan, Jenna	JR	Furman	2:20.00	
12	Chewens, Michelle	JR	Unc-Greensbo	2:20.61	
13	Nagle, Emily	SR	Col. of Char	2:21.37	
14	Powers, Callen	SO	Col. of Char	2:22.28	
15	Farlow, Jade	SO	Unc-Greensbo	2:26.48	
16	Dodd, Caitlin	JR	Wofford	2:26.67	
17	Willard, Tierney	FR	Col. of Char	2:27.77	
18	Gay, Jane	SO	Davidson	2:31.99	
19	Cantwell, Shannon	JR	Furman	2:33.87	
20	Gecker, Caroline	FR	Davidson	2:35.18	
21	McChristian, Erin	SO	Furman	2:35.43	
22	Senken, Brooke	SO	Davidson	2:39.82	
23	D'Orazio, Alyssa	SO	Col. of Char	NT	
24	Uys, Anneli	SR	Ut-Chattanoo	NT	
25	Holway, Haley	FR	Davidson	NT	

Event 7 Women 800 Meter Run

World:	**1:53.28**	**7/26/1983**	**Jarmila Kratochvilova**
American:	**1:56.40**	**8/11/1999**	**Jearl Miles Clark**
Collegiate:	**1:59.11**	**6/1/1990**	**Suzy Favor**
SoCon Record:	**2:07.93**	**1999**	**Mary Jayne Harrelson**

	Name	Yr	School	Prelims	
1	Uys, Anneli	SR	Ut-Chattanoo	2:12.57	
2	Strange, Jennine	SR	Elon	2:13.61	
3	Wessinger, Micah	FR	Citadel	2:14.55	
4	Ositelu, Monique	JR	Furman	2:15.42	
5	Foreman, Trinity	FR	Appalachian	2:16.13	
6	Benson, Holly	FR	Samford	2:16.75	
7	Bowers, Hannah	SO	Western Caro	2:17.51	
8	Fuller, Laura	SR	Georgia Sout	2:17.66	
9	Chewens, Michelle	JR	Unc-Greensbo	2:18.25	
10	Robillard, Azura	SO	Georgia Sout	2:18.51	
11	Gaddy, Jordan	JR	Western Caro	2:19.41	
12	Powers, Callen	SO	Col. of Char	2:19.53	

Southern Conference Championships 2010 - 4/24/2010 to 4/25/2010
Results at www.cfpitiming.com
Hosted by Appalachian State University
Performance List

Event 7 ...(Women 800 Meter Run)

	Name	Yr	School	Prelims	
13	Dunlap, Asia	SO	Appalachian	2:19.65	
14	D'Orazio, Alyssa	SO	Col. of Char	2:20.14	
15	Callahan, Jenna	JR	Furman	2:21.62	
16	Nagle, Emily	SR	Col. of Char	2:21.76	
17	Farlow, Jade	SO	Unc-Greensbo	2:25.22	
18	Dodd, Caitlin	JR	Wofford	2:25.25	
19	Gay, Jane	SO	Davidson	2:28.18	
20	Willard, Tierney	FR	Col. of Char	2:30.74	
21	Gecker, Caroline	FR	Davidson	2:32.43	
22	Cantwell, Shannon	JR	Furman	2:33.71	
23	McChristian, Erin	SO	Furman	2:35.38	
24	Senken, Brooke	SO	Davidson	2:36.17	
25	Holway, Haley	FR	Davidson	2:36.90	

Event 9 Women 1500 Meter Run

World:	**3:50.46**	**9/11/1993**	**Yunxia Qu**
American:	**3:57.12**	**7/26/1983**	**Mary Slaney**
Collegiate:	**3:59.90**	**6/7/2009**	**Jenny Barringer**
SoCon Record:	**4:22.95**	**4/30/2006**	**Shannon Wommack**

	Name	Yr	School	Seed Time	
1	Uys, Anneli	SR	Ut-Chattanoo	4:26.73	
2	Neal, Hillary	JR	Samford	4:33.16	
3	D'Alessio, Lauren	FR	Samford	4:40.65	
4	Turner, Morgan	FR	Western Caro	4:40.76	
5	Parks, Hannah	SR	Appalachian	4:43.12	
6	Wolfe, Kristen	SO	Col. of Char	4:43.42	
7	Foreman, Trinity	FR	Appalachian	4:43.43	
8	Whalen, Courtney	SO	Elon	4:44.62	
9	Gaddy, Jordan	JR	Western Caro	4:46.89	
10	Sumney, Shaina	FR	Unc-Greensbo	4:47.37	
11	Cumbee, Mary	SR	Ut-Chattanoo	4:48.15	
12	Callahan, Jenna	JR	Furman	4:49.33	
13	Sumner, Amanda	SR	Ut-Chattanoo	4:50.13	
14	Strickland, Sarah	SR	Citadel	4:50.51	
15	Fuller, Laura	SR	Georgia Sout	4:52.00	
16	Cline, Sarah	JR	Davidson	4:52.41	
17	Nagle, Emily	SR	Col. of Char	4:55.60	
18	Tryon, Emily	FR	Elon	4:56.05	
19	Wirzba, Emily	FR	Furman	4:56.65	
20	Reyer, Melanie	SO	Elon	4:57.03	
21	Gay, Jane	SO	Davidson	4:58.39	
22	Jordan, Sherrika	SR	Unc-Greensbo	4:59.07	
23	Curry, Sara	FR	Georgia Sout	5:00.00	
24	Keithan, Alli	SO	Samford	5:00.99	
25	Powers, Callen	SO	Col. of Char	5:02.36	
26	Hartman, Kerry	SO	Unc-Greensbo	5:03.40	
27	Holway, Haley	FR	Davidson	5:03.42	
28	Gecker, Caroline	FR	Davidson	5:05.67	
29	Burdette, Caroline	SO	Wofford	5:07.35	
30	Willard, Tierney	FR	Col. of Char	5:13.19	
31	Armistead, Annamarie	FR	Davidson	5:18.46	
32	Wilck, Cara	FR	Davidson	5:19.26	
33	Chapman, Stephanie	SO	Appalachian	NT	

Event 13 Women 5000 Meter Run

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**
SoCon Record:	**16:45.22**	**4/30/2006**	**Lanni Marchant**

	Name	Yr	School	Seed Time	
1	Beeler, Caitlin	SR	Elon	17:23.12	
2	Fournier, Emily	JR	Elon	17:35.83	
3	Atabek, Natalie	FR	Davidson	17:35.88	
4	Conarroe, Heather	JR	Davidson	17:43.06	
5	Mosteller, Brooke	FR	Furman	17:43.16	
6	Kowalski, Chloe	SO	Furman	17:47.79	
7	Childs, Lauren	JR	Davidson	17:47.97	
8	Seccafien, Andrea	SO	Samford	17:49.26	
9	Orders, Hannah	SO	Appalachian	17:52.65	
10	Johnson, Brittany	SR	Furman	17:54.39	
11	Williamson, Sarah	FR	Appalachian	18:03.81	
12	Hanger, Kelsey	SO	Appalachian	18:07.35	
13	Turner, Morgan	FR	Western Caro	18:09.04	
14	Groce, Lindsay	SR	Western Caro	18:11.24	
15	Jacobs, Olivia	SO	Western Caro	18:12.27	
16	Neilson, Amy	JR	Appalachian	18:15.13	
17	Harris, Shelby	FR	Wofford	18:33.90	
18	Kelsey, Andrea	FR	Wofford	18:34.08	
19	Garber, Tiffany	JR	Unc-Greensbo	18:36.79	
20	Loba, Grace	SO	Col. of Char	18:50.60	
21	Denecke, Morgan	FR	Elon	18:52.29	
22	Zidar, Deanna	SO	Samford	19:00.69	
23	Coggins, Charlee	SO	Furman	19:06.32	
24	Sumney, Chelsea	FR	Unc-Greensbo	19:11.83	
25	Liddy, Caroline	SO	Wofford	19:14.28	
26	Pilcher, Lauren	JR	Samford	19:19.66	
27	Paley, Jenna	SO	Unc-Greensbo	19:27.25	
28	Westra, Cathyrn	JR	Davidson	19:48.69	
29	Gay, Suzanne	JR	Citadel	19:54.13	
30	Stauffer, Kim	FR	Wofford	19:55.50	
31	Jenkins, Kristin	JR	Col. of Char	20:32.00	
32	Tapp, Pearce	JR	Wofford	21:52.83	
33	Ruggieri, Danielle	JR	Davidson	NT	
34	Gaddy, Jordan	JR	Western Caro	NT	
35	Parks, Hannah	SR	Appalachian	NT	
36	Gietema, Tara	JR	Ut-Chattanoo	NT	
37	White, Meredith	JR	Ut-Chattanoo	NT	
38	Foreman, Trinity	FR	Appalachian	NT	
39	Whalen, Courtney	SO	Elon	NT	
40	Stuart, Emmie	SR	Ut-Chattanoo	NT	
41	Burns, Katy	JR	Elon	NT	
42	Buchanan, Morgan		Ut-Chattanoo	NT	
43	Stuive, Heather		Ut-Chattanoo	NT	

Southern Conference Championships 2010 - 4/24/2010 to 4/25/2010
Results at www.cfpitiming.com
Hosted by Appalachian State University
Performance List

Event 15 Women 10000 Meter Run

World:	**29:31.78**	**9/8/1993**	**Junxia Wang**	
American:	**30:22.22**	**8/15/2008**	**Shalane Flanagan**	
Collegiate:	**31:25.45**	**5/4/2008**	**Sally Kipyego'**	
SoCon Record:	**35:06.53**	**4/21/2007**	**Lanni Marchant**	

	Name	Yr	School	Seed Time	
1	Groce, Lindsay	SR	Western Caro	38:21.12	_____
2	Harris, Shelby	FR	Wofford	39:04.92	_____
3	Wolin, Natalie	SR	Citadel	40:19.67	_____
4	Martin, Brittani	SO	Georgia Sout	40:23.58	_____
5	Pate, Jessica	FR	Furman	42:21.48	_____
6	Rosetti, Tricia	SO	Furman	42:57.34	_____
7	Garber, Tiffany	JR	Unc-Greensbo	NT	_____
8	Gietema, Tara	JR	Ut-Chattanoo	NT	_____
9	Paley, Jenna	SO	Unc-Greensbo	NT	_____
10	Klassen, Jillian	JR	Samford	NT	_____
11	Jacobs, Olivia	SO	Western Caro	NT	_____
12	Williamson, Sarah	FR	Appalachian	NT	_____
13	Neilson, Amy	JR	Appalachian	NT	_____
14	Ruggieri, Danielle	JR	Davidson	NT	_____
15	Beeler, Caitlin	SR	Elon	NT	_____
16	Atabek, Natalie	FR	Davidson	NT	_____
17	McAllister, Heather	FR	Georgia Sout	NT	_____
18	Pilcher, Lauren	JR	Samford	NT	_____
19	Hanger, Kelsey	SO	Appalachian	NT	_____

Event 17 Women 100 Meter Hurdles Prelims

World:	**12.21**	**8/20/1988**	**Yordanka Donkova**
American:	**12.33**	**7/23/2000**	**Gail Devers**
Collegiate:	**12.48**	**6/9/2006**	**Ginnie Powell**
SoCon Record:	**13.70**	**1993**	**Melissa Morrison**

	Name	Yr	School	Seed Time	
1	McArthur, Jelain	FR	Col. of Char	14.09	_____
2	Billings, Jasmine	FR	Georgia Sout	14.18	_____
3	Okolo, Nicole	SO	Western Caro	14.20	_____
4	Tyler, Morgan	JR	Samford	14.36	_____
5	Brutus, Michelle	JR	Appalachian	14.66	_____
6	Crutchfield, Kiara	JR	Appalachian	14.85	_____
7	Wright, Carlyn	JR	Western Caro	14.86	_____
8	Hamilton, Shaunta	SR	Georgia Sout	14.91	_____
9	Rice, Amanda	SO	Elon	15.00	_____
10	McDonald, Julie	FR	Samford	15.05	_____
11	Thomas, Jettana	SO	Western Caro	15.14	_____
12	Lewis, Rosie	FR	Davidson	15.18	_____
13	Jones, Tori	JR	Western Caro	15.42	_____
14	Hyter, Lynndsey	JR	Georgia Sout	15.44	_____
15	Joseph, Morgan	SR	Western Caro	15.54	_____
16	Hall, Ashley	SO	Ut-Chattanoo	17.17	_____
17	DeGraff, Mackenzie	FR	Wofford	17.85	_____

Event 17 Women 100 Meter Hurdles

World:	**12.21**	**8/20/1988**	**Yordanka Donkova**
American:	**12.33**	**7/23/2000**	**Gail Devers**
Collegiate:	**12.48**	**6/9/2006**	**Ginnie Powell**
SoCon Record:	**13.70**	**1993**	**Melissa Morrison**

	Name	Yr	School	Prelims	
1	Okolo, Nicole	SO	Western Caro	14.21	_____
2	McArthur, Jelain	FR	Col. of Char	14.30	_____
3	Tyler, Morgan	JR	Samford	14.38	_____
4	Billings, Jasmine	FR	Georgia Sout	14.50	_____
5	Brutus, Michelle	JR	Appalachian	14.80	_____
6	Hyter, Lynndsey	JR	Georgia Sout	14.88	_____
7	Crutchfield, Kiara	JR	Appalachian	14.91	_____
8	McDonald, Julie	FR	Samford	14.95	_____
9	Lewis, Rosie	FR	Davidson	15.20	_____
10	Joseph, Morgan	SR	Western Caro	15.24	_____
11	Rice, Amanda	SO	Elon	15.24	_____
12	Hamilton, Shaunta	SR	Georgia Sout	15.44	_____
13	Jones, Tori	JR	Western Caro	15.44	_____
14	Thomas, Jettana	SO	Western Caro	16.85	_____
15	Wright, Carlyn	JR	Western Caro	16.95	_____
16	Hall, Ashley	SO	Ut-Chattanoo	16.97	_____
17	DeGraff, Mackenzie	FR	Wofford	17.33	_____

Event 19 Women 400 Meter Hurdles Prelims

World:	**52.34**	**8/8/2003**	**Yuliya Pechenkina**
American:	**52.61**	**8/11/1995**	**Kim Batten**
Collegiate:	**53.54**	**6/12/2004**	**Sheenna Johnson**
SoCon Record:	**59.53**	**4/29/2006**	**Asia Davis**

	Name	Yr	School	Seed Time	
1	Tyler, Morgan	JR	Samford	1:02.83	_____
2	Johnson, Tierra	SR	Western Caro	1:02.88	_____
3	Martin, Shenita	FR	Appalachian	1:03.22	_____
4	Zolga, Mary	JR	Col. of Char	1:03.88	_____
5	Joseph, Morgan	SR	Western Caro	1:04.33	_____
6	March, Andrea	SR	Elon	1:04.39	_____
7	Jones, Tori	JR	Western Caro	1:05.14	_____
8	Brutus, Michelle	JR	Appalachian	1:05.57	_____
9	Crutchfield, Naadia	SO	Appalachian	1:05.88	_____
10	Ware, Courtney	SR	Georgia Sout	1:06.63	_____
11	Bridenbaugh, Ashley	FR	Samford	1:06.97	_____
12	Horsch, Haley		Ut-Chattanoo	1:07.33	_____
13	Kalmeijer, Saskia	SO	Col. of Char	1:07.39	_____
14	Hall, Ashley	SO	Ut-Chattanoo	1:11.12	_____
15	Lewis, Rosie	FR	Davidson	1:11.40	_____
16	McCrary, Francesca	SO	Citadel	NT	_____
17	Graf, Leslie	FR	Samford	NT	_____

Southern Conference Championships 2010 - 4/24/2010 to 4/25/2010
Results at www.cfpitiming.com
Hosted by Appalachian State University
Performance List

Event 19 Women 400 Meter Hurdles

World:	**52.34**	**8/8/2003**	**Yuliya Pechenkina**
American:	**52.61**	**8/11/1995**	**Kim Batten**
Collegiate:	**53.54**	**6/12/2004**	**Sheenna Johnson**
SoCon Record:	**59.53**	**4/29/2006**	**Asia Davis**

	Name	Yr	School	Prelims	
1	Johnson, Tierra	SR	Western Caro	1:03.12	
2	Zolga, Mary	JR	Col. of Char	1:03.29	
3	Martin, Shenita	FR	Appalachian	1:03.47	
4	Joseph, Morgan	SR	Western Caro	1:03.67	
5	March, Andrea	SR	Elon	1:04.58	
6	Lewis, Rosie	FR	Davidson	1:05.30	
7	Tyler, Morgan	JR	Samford	1:05.48	
8	Brutus, Michelle	JR	Appalachian	1:05.52	
9	Ware, Courtney	SR	Georgia Sout	1:05.67	
10	Jones, Tori	JR	Western Caro	1:05.90	
11	Horsch, Haley		Ut-Chattanoo	1:05.95	
12	Graf, Leslie	FR	Samford	1:06.78	
13	Crutchfield, Naadia	SO	Appalachian	1:07.64	
14	Kalmeijer, Saskia	SO	Col. of Char	1:08.46	
15	Bridenbaugh, Ashley	FR	Samford	1:09.11	
16	McCrary, Francesca	SO	Citadel	1:12.01	
17	Hall, Ashley	SO	Ut-Chattanoo	1:12.63	

Event 11 Women 3000 Meter Steeplechase

World:	**8:58.81**	**8/17/2008**	**Gulnara Galkina**
American:	**9:12.50**	**8/17/2009**	**Jenny Barringer**
Collegiate:	**9:25.54**	**6/12/2009**	**Jenny Barringer**
SoCon Record:	**10:07.54**	**4/29/2006**	**Shannon Wommack**

	Name	Yr	School	Seed Time	
1	Neal, Hillary	JR	Samford	10:48.80	
2	Fournier, Emily	JR	Elon	10:57.91	
3	Parks, Hannah	SR	Appalachian	11:06.16	
4	Wolfe, Kristen	SO	Col. of Char	11:09.12	
5	Shelton, Rebecca	SO	Furman	11:27.92	
6	Chapman, Stephanie	SO	Appalachian	11:31.72	
7	Kelsey, Andrea	FR	Wofford	11:33.98	
8	Tryon, Emily	FR	Elon	11:35.28	
9	Orders, Hannah	SO	Appalachian	11:38.19	
10	Gray, Haley	FR	Furman	11:39.00	
11	Wilck, Cara	FR	Davidson	12:41.92	
12	Buchanan, Morgan		Ut-Chattanoo	NT	
13	Sumner, Amanda	SR	Ut-Chattanoo	NT	
14	Groppe, Monika	JR	Ut-Chattanoo	NT	

Event 37 Women 4x100 Meter Relay

World:	**41.37**	**10/6/1985**	**GDR**
Möller, Rieger, Auerswald, Göhr			
American:	**41.47**	**8/9/1997**	**National Team**
Gaines, Jones, Miller, Devers			
Collegiate:	**42.50**	**6/3/1989**	**LSU**
Stanley, Sowell, Sheffield, Jones			
SoCon Record:	**45.51**	**4/26/2009**	**Western Carolina**
E Bowers, F Paulding, J Carothers, A Lane			

	Team	Relay	Seed Time	
1	Western Caro	A	45.75	
2	Appalachian	A	46.69	
3	Georgia Sout	A	47.00	
4	Samford	A	48.57	
5	Elon	A	48.71	
6	Col. of Char	A	48.92	
7	Citadel	A	51.25	
8	Wofford	A	52.00	
9	Ut-Chattanoo	A	NT	

Event 39 Women 4x400 Meter Relay

World:	**3:15.17**	**10/1/1988**	**Soviet Union**
Ledovskaya, Nazarova, Pinigina, Bryzgina			
American:	**3:15.51**	**10/1/1988**	**National Team**
Howard, Dixon, Brisco, Joyner			
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			

	Team	Relay	Seed Time	
1	Western Caro	A	3:43.16	
2	Samford	A	3:52.82	
3	Georgia Sout	A	3:53.94	
4	Appalachian	A	3:56.94	
5	Elon	A	3:58.07	
6	Furman	A	4:01.13	
7	Col. of Char	A	4:04.41	
8	Ut-Chattanoo	A	4:06.36	
9	Citadel	A	4:07.01	
10	Unc-Greensbo	A	4:19.99	
11	Wofford	A	4:20.00	

Event 21 Women High Jump

World:	**2.09m**	**8/30/1987**	**Stefka Kostadinova**
American:	**2.03m**	**7/8/1988**	**Louise Ritter**
Collegiate:	**1.98m**	**5/19/1995**	**Acuff / Bergqvist/ Hooker**
SoCon Record:	**1.78m**	**4/21/2007**	**Kristen Meister**

	Name	Yr	School	Seed Mark	
1	Hazeltine, Rebecca	JR	Appalachian	1.72m	
2	Smith, Emily	SO	Col. of Char	1.70m	
3	Terry, Chenelle	FR	Samford	1.70m	
4	Cassagnol, Alex	SO	Georgia Sout	1.63m	
5	Hills, Bridgette	JR	Appalachian	1.63m	
6	Weathers, Courtney	JR	Elon	1.60m	
7	Carothers, Jane't	JR	Western Caro	1.60m	
8	Walsh, Charlotte	JR	Appalachian	1.60m	

Southern Conference Championships 2010 - 4/24/2010 to 4/25/2010
Results at www.cfpitiming.com
Hosted by Appalachian State University
Performance List

Event 21 ...(Women High Jump)

	Name	Yr	School	Seed Mark	
9	Lee, Jordan	SO	Elon	1.55m	_____
10	Banner, Rachel	SO	Elon	1.55m	_____
11	Johnson, Brynne	JR	Col. of Char	1.52m	_____
12	Ward, Julie	SR	Appalachian	NH	_____

Event 23 Women Pole Vault

World:	**5.06m**	**8/28/2009**	**Yelena Isinbayeva**
American:	**4.92m**	**7/6/2008**	**Jen Stuczynski**
Collegiate:	**4.60m**	**5/14/2006**	**Chelsea Johnson**
SoCon Record:	**4.00m**	**5/1/2004**	**Laura Tieszen**

	Name	Yr	School	Seed Mark	
1	Beale, Ashley	SR	Appalachian	3.67m	_____
2	Bedsole, Laura	FR	Samford	3.55m	_____
3	Barron, Mary	JR	Samford	3.40m	_____
4	McKie, Kassie	JR	Western Caro	3.40m	_____
5	Wala, Ashley	FR	Western Caro	3.35m	_____
6	Wilson, Meredith	FR	Appalachian	3.30m	_____
7	Hughes, Summer	SO	Western Caro	3.20m	_____
8	Taylor, Chelsea	FR	Col. of Char	3.05m	_____
9	Ward, Julie	SR	Appalachian	NH	_____

Event 25 Women Long Jump

World:	**7.52m**	**6/11/1988**	**Galina Chistyakova**
American:	**7.49m**	**5/22/1994**	**Jackie Joyner-Kersee**
Collegiate:	**6.99m**	**5/4/1985**	**Jackie Joyner-Kersee**
SoCon Record:	**6.53m**	**1993**	**Melissa Morrison**

	Name	Yr	School	Seed Mark	
1	Hamilton, Shaunta	SR	Georgia Sout	5.89m	_____
2	Anthony, Demetrise	SR	Georgia Sout	5.85m	_____
3	Thorpe, Danielle	SR	Appalachian	5.83m	_____
4	Harvey, Bianca	JR	Appalachian	5.79m	_____
5	Day, Veronica	JR	Elon	5.75m	_____
6	Hyter, Lynndsey	JR	Georgia Sout	5.71m	_____
7	McArthur, Jelain	FR	Col. of Char	5.62m	_____
8	Crutchfield, Kiara	JR	Appalachian	5.48m	_____
9	Thomas, Jettana	SO	Western Caro	5.45m	_____
10	Jones, Tia	SR	Western Caro	5.39m	_____
11	Powell, Brittany	FR	Western Caro	5.33m	_____
12	Parrish, Raven	FR	Western Caro	5.24m	_____
13	Kalmeijer, Saskia	SO	Col. of Char	5.23m	_____
14	Hawkesworth, Lauren	JR	Elon	5.21m	_____
15	Vines, Monique	SR	Elon	5.15m	_____
16	Wilkins, Brittany	FR	Elon	5.09m	_____
17	Tyler, Morgan	JR	Samford	ND	_____

Event 27 Women Triple Jump

World:	**15.50m**	**8/10/1995**	**Inessa Kravets**
American:	**14.45m**	**7/11/2004**	**Tiombé Hurd**
Collegiate:	**14.05m**	**1999**	**Stacey Bowers**
SoCon Record:	**12.97m**	**1999**	**Taneisha Robinson**

	Name	Yr	School	Seed Mark	
1	Thorpe, Danielle	SR	Appalachian	12.90m	_____
2	Hyter, Lynndsey	JR	Georgia Sout	12.27m	_____

Southern Conference Championships 2010 - 4/24/2010 to 4/25/2010
Results at www.cfpitiming.com
Hosted by Appalachian State University
Performance List

3	Hamilton, Shaunta	SR	Georgia Sout	12.21m	
4	Day, Veronica	JR	Elon	12.10m	
5	McArthur, Jelain	FR	Col. of Char	12.01m	
6	Anthony, Demetrise	SR	Georgia Sout	11.90m	
7	Harvey, Bianca	JR	Appalachian	11.77m	
8	Jones, Tia	SR	Western Caro	11.74m	
9	Okolo, Nicole	SO	Western Caro	11.74m	
10	Hawkesworth, Lauren	JR	Elon	11.71m	
11	Powell, Brittany	FR	Western Caro	11.16m	
12	Vines, Monique	SR	Elon	11.16m	
13	Allen, Emily	FR	Samford	10.97m	
14	McNeil, Janelle	FR	Elon	10.84m	
15	Wilkins, Brittany	FR	Elon	ND	
16	Tyler, Morgan	JR	Samford	ND	

Event 35 Women Shot Put

World:	**22.63m**	**6/7/1987**	**Natalya Lisovskaya**
American:	**20.18m**	**6/25/1988**	**Ramona Pagel**
Collegiate:	**18.99m**	**1983**	**Meg Ritchie**
SoCon Record:	**15.50m**	**5/1/2005**	**Beverly Burnett**

	Name	Yr	School	Seed Mark	
1	Cotton, Urysla	SR	Elon	13.66m	
2	Watkins, Gayshawna	FR	Appalachian	13.47m	
3	Smyre, Whitney	SR	Appalachian	13.39m	
4	Stewart, Zakiyyah	JR	Western Caro	12.97m	
5	Robertson, Justine	JR	Elon	12.95m	
6	Morrison, Deirdra	SO	Western Caro	12.79m	
7	Thomas, Ashley	FR	Georgia Sout	12.43m	
8	Hackett, Haley	FR	Appalachian	11.48m	
9	Rice, Jocelyn	FR	Western Caro	11.35m	
10	Wray, Charnelle	SO	Georgia Sout	11.18m	
11	Harris, Latisha	FR	Col. of Char	10.84m	
12	Girvin, Alyssa	SO	Elon	10.81m	
13	Edwards, Monique	SR	Citadel	10.28m	
14	Trevino, Mia	SO	Citadel	10.11m	
15	Green, Emily	SR	Citadel	9.73m	

Event 29 Women Discus Throw

World:	**76.80m**	**7/9/1988**	**Gabriele Reinsch**
American:	**67.67m**	**3/14/2007**	**Suzy Powell**
Collegiate:	**67.48m**	**4/26/1981**	**Meg Ritchie**
SoCon Record:	**46.36m**	**1998**	**Ayokka Green**

	Name	Yr	School	Seed Mark	
1	Robertson, Justine	JR	Elon	44.39m	
2	Stewart, Zakiyyah	JR	Western Caro	42.82m	
3	Girvin, Alyssa	SO	Elon	41.99m	
4	Smyre, Whitney	SR	Appalachian	41.17m	
5	Spivy, Amanda	SR	Georgia Sout	39.84m	
6	Edwards, Monique	SR	Citadel	39.34m	
7	Rice, Jocelyn	FR	Western Caro	39.04m	
8	Watkins, Gayshawna	FR	Appalachian	36.68m	
9	Thomas, Ashley	FR	Georgia Sout	36.31m	
10	Tounzen, Tara	SR	Western Caro	36.17m	
11	Herndon, Sarah	SO	Georgia Sout	35.00m	
12	Johansen, Theresa	SO	Citadel	33.63m	

Event 29 ...(Women Discus Throw)

	Name	Yr	School	Seed Mark	
13	Morrison, Deirdra	SO	Western Caro	32.74m	
14	McKee, Casey	FR	Col. of Char	32.31m	
15	Hackett, Haley	FR	Appalachian	30.48m	
16	Kmonicek, Marissa	SR	Wofford	21.10m	

Event 31 Women Hammer Throw

World:	**77.96m**	**8/22/2009**	**Anita Wlodarczyk**
American:	**73.87m**	**6/25/2005**	**Erin Gilreath**
Collegiate:	**72.94m**	**4/13/2007**	**Jenny Dahlgren**
SoCon Record:	**57.65m**	**4/29/2006**	**Nikole Simmons**

	Name	Yr	School	Seed Mark	
1	Stewart, Zakiyyah	JR	Western Caro	50.52m	
2	Edwards, Monique	SR	Citadel	49.15m	
3	Smyre, Whitney	SR	Appalachian	48.39m	
4	Green, Emily	SR	Citadel	45.29m	
5	Morrison, Deirdra	SO	Western Caro	45.06m	
6	Watkins, Gayshawna	FR	Appalachian	45.01m	
7	Tounzen, Tara	SR	Western Caro	43.03m	
8	Johansen, Theresa	SO	Citadel	41.17m	
9	Spivy, Amanda	SR	Georgia Sout	40.00m	
10	Girvin, Alyssa	SO	Elon	39.17m	
11	Rice, Jocelyn	FR	Western Caro	38.25m	
12	McKee, Casey	FR	Col. of Char	37.87m	
13	Fannon, Megan	FR	Georgia Sout	36.00m	
14	Lucas, Jessica	JR	Samford	35.49m	
15	Martin, Clara	SO	Elon	34.80m	
16	Hackett, Haley	FR	Appalachian	27.64m	

Event 33 Women Javelin Throw

World:	**72.28m**	**9/13/2008**	**Barbora Špotáková**
American:	**64.19m**	**5/16/2007**	**Kim Kreiner**
Collegiate:	**61.82m**	**6/13/2003**	**Irina Kharun**
SoCon Record:	**53.32m**	**1987**	**Meg Warren**

	Name	Yr	School	Seed Mark	
1	Robertson, Justine	JR	Elon	39.90m	
2	Tiplady, Deanne	FR	Appalachian	39.64m	
3	Hughes, Summer	SO	Western Caro	37.67m	
4	Lucas, Jessica	JR	Samford	37.31m	
5	Tounzen, Tara	SR	Western Caro	37.06m	
6	McGuire, Christian	SO	Samford	32.77m	
7	Watkins, Gayshawna	FR	Appalachian	32.72m	
8	Green, Emily	SR	Citadel	32.72m	
9	Robillard, Azura	SO	Georgia Sout	30.90m	
10	Padgett, Ashleigh	FR	Wofford	30.57m	
11	Edwards, Monique	SR	Citadel	29.26m	
12	Kmonicek, Marissa	SR	Wofford	26.90m	
13	Hackett, Haley	FR	Appalachian	25.17m	
14	Stewart, Zakiyyah	JR	Western Caro	24.69m	
15	Aydlette, Marlene	FR	Col. of Char	22.15m	
16	Fuzy, Anna	SO	Citadel	ND	
17	Parrish, Raven	FR	Western Caro	ND	
18	Nave, Whitney	SO	Citadel	ND	
19	Crutchfield, Naadia	SO	Appalachian	ND	

Southern Conference Championships 2010 - 4/24/2010 to 4/25/2010
Results at www.cfpitiming.com
Hosted by Appalachian State University
Performance List

Event 41 Women Heptathlon

World:	**7291**	**9/24/1988**	**Jackie Joyner-Kersee**
American:	**7291**	**9/24/1988**	**Jackie Joyner-Kersee**
Collegiate:	**6527**	**6/3/1995**	**Diane Guthrie-Gresham**
SoCon Record:	**5361**	**2001**	**Tylenana Hanner**

	Name	Yr	School	Points	
1	McGuire, Christian	SO	Samford	4022	
2	Allen, Emily	FR	Samford	3834	
3	Rippe, Elyse	JR	Samford	3666	
4	Thomas, Jettana	SO	Western Caro	NP	
5	Wright, Carlyn	JR	Western Caro	NP	
6	Boersma, Isabel	JR	Col. of Char	NP	
7	Johnson, Brynne	JR	Col. of Char	NP	
8	Crutchfield, Naadia	SO	Appalachian	NP	
9	Hamilton, Shaunta	SR	Georgia Sout	NP	
10	Hyter, Lynndsey	JR	Georgia Sout	NP	

Event 2 Men 100 Meter Dash Prelims

World:	**9.58**	**8/16/2009**	**Usain Bolt**
American:	**9.69**	**9/20/2009**	**Tyson Gay**
Collegiate:	**9.92**	**6/1/1996**	**Ato Boldon**
SoCon Record:	**10.1h**	**1990**	**Greg Hatcvhett**

	Name	Yr	School	Seed Time	
1	Powell, Landon	FR	Appalachian	10.59	
2	Young, Dominique	SR	Western Caro	10.65	
3	Moore, Dennis	SO	Appalachian	10.75	
4	Thomas, Justin	FR	Appalachian	10.77	
5	Till, Daniel	FR	Citadel	10.80	
6	Bethune, Christian	SR	Western Caro	10.86	
7	Davis, Benny	SO	Western Caro	10.90	
8	Hairston, Brandon	FR	Western Caro	10.99	
9	Contis, Elias	SR	Wofford	11.04	
10	Bowman, Willie	FR	Western Caro	11.05	
11	Scott, Mordecai	JR	Davidson	11.18	
12	Ellison, Bobby	FR	Samford	11.43	
13	McCoy, Ben	FR	Citadel	11.57	

Event 2 Men 100 Meter Dash

World:	**9.58**	**8/16/2009**	**Usain Bolt**
American:	**9.69**	**9/20/2009**	**Tyson Gay**
Collegiate:	**9.92**	**6/1/1996**	**Ato Boldon**
SoCon Record:	**10.1h**	**1990**	**Greg Hatcvhett**

	Name	Yr	School	Prelims	
1	Powell, Landon	FR	Appalachian	10.68	
2	Thomas, Justin	FR	Appalachian	10.75	
3	Young, Dominique	SR	Western Caro	10.76	
4	Moore, Dennis	SO	Appalachian	10.77	
5	Bowman, Willie	FR	Western Caro	10.90	
6	Till, Daniel	FR	Citadel	10.93	
7	Bethune, Christian	SR	Western Caro	11.01	
8	Davis, Benny	SO	Western Caro	11.07	
9	Contis, Elias	SR	Wofford	11.12	
10	Scott, Mordecai	JR	Davidson	11.21	
11	Ellison, Bobby	FR	Samford	11.51	

Event 2 ...(Men 100 Meter Dash)

	Name	Yr	School	Prelims	
12	McCoy, Ben	FR	Citadel	11.65	
13	Hairston, Brandon	FR	Western Caro	NT	

Event 4 Men 200 Meter Dash Prelims

World:	**19.19**	**8/20/2009**	**Usain Bolt**
American:	**19.32**	**8/1/1996**	**Michael Johnson**
Collegiate:	**19.69**	**5/25/2007**	**Walter Dix**
SoCon Record:	**20.80**	**1977**	**Calvin Alston**

	Name	Yr	School	Seed Time	
1	Young, Dominique	SR	Western Caro	21.34	
2	Svoboda, John	SR	Appalachian	21.43	
3	Hairston, Brandon	FR	Western Caro	21.74	
4	Bush, Phillip	JR	Appalachian	21.75	
5	Moore, Dennis	SO	Appalachian	21.75	
6	Powell, Landon	FR	Appalachian	21.91	
7	Thomas, Justin	FR	Appalachian	21.94	
8	Till, Daniel	FR	Citadel	22.06	
9	Bethune, Christian	SR	Western Caro	22.07	
10	Miller, Brunson	FR	Citadel	22.08	
11	Graham, Christian	SO	Citadel	22.51	
12	Bowman, Willie	FR	Western Caro	22.60	
13	Contis, Elias	SR	Wofford	22.62	
14	Jones, Bryce	JR	Davidson	22.70	
15	McLain, Royce	FR	Western Caro	23.00	
16	Davis, Benny	SO	Western Caro	23.04	
17	Rodriquez, Raul	FR	Furman	23.15	
18	Vaca, Eduardo	FR	Davidson	23.74	
19	Toney, Brian	SO	Furman	23.98	
20	Halliday, Connor	FR	Furman	24.00	
21	McCoy, Ben	FR	Citadel	NT	

Event 4 Men 200 Meter Dash

World:	**19.19**	**8/20/2009**	**Usain Bolt**
American:	**19.32**	**8/1/1996**	**Michael Johnson**
Collegiate:	**19.69**	**5/25/2007**	**Walter Dix**
SoCon Record:	**20.80**	**1977**	**Calvin Alston**

	Name	Yr	School	Prelims	
1	Moore, Dennis	SO	Appalachian	21.52	
2	Powell, Landon	FR	Appalachian	21.52	
3	Svoboda, John	SR	Appalachian	21.54	
4	Thomas, Justin	FR	Appalachian	21.62	
5	Young, Dominique	SR	Western Caro	21.64	
6	Hairston, Brandon	FR	Western Caro	21.79	
7	Davis, Benny	SO	Western Caro	21.79	
8	Till, Daniel	FR	Citadel	21.90	
9	Bush, Phillip	JR	Appalachian	22.15	
10	Miller, Brunson	FR	Citadel	22.17	
11	Graham, Christian	SO	Citadel	22.27	
12	Contis, Elias	SR	Wofford	22.30	
13	Bowman, Willie	FR	Western Caro	22.31	
14	Bethune, Christian	SR	Western Caro	22.33	
15	Jones, Bryce	JR	Davidson	22.63	
16	McLain, Royce	FR	Western Caro	23.05	

Southern Conference Championships 2010 - 4/24/2010 to 4/25/2010
Results at www.cfpitiming.com
Hosted by Appalachian State University
Performance List

17	Rodriquez, Raul	FR	Furman	23.25	
18	McCoy, Ben	FR	Citadel	23.54	
19	Toney, Brian	SO	Furman	23.84	
20	Halliday, Connor	FR	Furman	24.35	
21	Vaca, Eduardo	FR	Davidson	NT	

Event 6 Men 400 Meter Dash Prelims

World:	**43.18**	**8/26/1999**	**Michael Johnson**
American:	**43.18**	**8/26/1999**	**Michael Johnson**
Collegiate:	**44.00**	**6/6/1992**	**Quincy Watts**
SoCon Record:	**45.77**	**1991**	**Mario Small**

	Name	Yr	School	Seed Time	
1	Svoboda, John	SR	Appalachian	47.48	
2	Davis, Benny	SO	Western Caro	47.89	
3	Miller, Brunson	FR	Citadel	48.00	
4	Hairston, Brandon	FR	Western Caro	48.27	
5	Combs, Tyler	FR	Appalachian	48.77	
6	Zeller, Nick	JR	Appalachian	49.00	
7	Song, JinHan	JR	Davidson	49.62	
8	Cordner, Zac	FR	Samford	49.64	
9	Cooper, Donald	SO	Samford	49.90	
10	Teka, Melaku	SO	Davidson	50.79	
11	Ketron, Blake	SR	Ut-Chattanoo	50.85	
12	McLain, Royce	FR	Western Caro	52.00	
13	Tolleson, James	FR	Davidson	52.07	
14	Vaca, Eduardo	FR	Davidson	52.07	
15	Rodriquez, Raul	FR	Furman	52.62	
16	Jennings, Jestin	SR	Western Caro	NT	

Event 6 Men 400 Meter Dash

World:	**43.18**	**8/26/1999**	**Michael Johnson**
American:	**43.18**	**8/26/1999**	**Michael Johnson**
Collegiate:	**44.00**	**6/6/1992**	**Quincy Watts**
SoCon Record:	**45.77**	**1991**	**Mario Small**

	Name	Yr	School	Prelims	
1	Miller, Brunson	FR	Citadel	47.83	
2	Svoboda, John	SR	Appalachian	47.89	
3	Davis, Benny	SO	Western Caro	48.34	
4	Hairston, Brandon	FR	Western Caro	48.69	
5	Song, JinHan	JR	Davidson	49.15	
6	Combs, Tyler	FR	Appalachian	49.41	
7	Zeller, Nick	JR	Appalachian	49.68	
8	Cordner, Zac	FR	Samford	50.32	
9	McLain, Royce	FR	Western Caro	50.40	
10	Cooper, Donald	SO	Samford	50.41	
11	Tolleson, James	FR	Davidson	50.76	
12	Ketron, Blake	SR	Ut-Chattanoo	51.15	
13	Jennings, Jestin	SR	Western Caro	51.16	
14	Teka, Melaku	SO	Davidson	51.37	
15	Rodriquez, Raul	FR	Furman	51.60	
16	Vaca, Eduardo	FR	Davidson	52.37	

Event 8 Men 800 Meter Run Prelims

World:	**1:41.11**	**8/24/1997**	**Wilson Kipketer**
American:	**1:42.60**	**8/28/1985**	**Johnny Gray**
Collegiate:	**1:44.55**	**5/4/1996**	**Julius Achon**
SoCon Record:	**1:49.20**	**1977**	**Phil Barker**

	Name	Yr	School	Seed Time	
1	Taylor, Alex	FR	Appalachian	1:51.98	
2	Tucker, Drew	JR	Western Caro	1:52.16	
3	Wyatt, Terry	SR	Unc-Greensbo	1:52.37	
4	Hudgins, Brandon	SR	Appalachian	1:52.50	
5	Watkins, Lamar	SO	Unc-Greensbo	1:54.15	
6	Bruton, Peter	SR	Davidson	1:54.88	
7	Hurst, Taylor	JR	Unc-Greensbo	1:55.23	
8	West, Garrett	FR	Western Caro	1:55.50	
9	Moore, David	JR	Ut-Chattanoo	1:55.70	
10	Houser, Josh	SR	Appalachian	1:56.27	
11	White, Ramsey	FR	Samford	1:56.55	
12	Denton, Will	SR	Samford	1:56.67	
13	Dioguardi, Frank	SO	Citadel	1:57.39	
14	Stratford, Will	FR	Davidson	1:57.53	
15	Gatewood, John	FR	Citadel	1:57.83	
16	Johnson, Zach	SR	Citadel	1:57.91	
17	Fallis, Chris	JR	Citadel	1:58.83	
18	Mitchell, Will	FR	Davidson	1:59.58	
19	Vecchione, Paul	SR	Wofford	2:01.87	

Event 8 Men 800 Meter Run

World:	**1:41.11**	**8/24/1997**	**Wilson Kipketer**
American:	**1:42.60**	**8/28/1985**	**Johnny Gray**
Collegiate:	**1:44.55**	**5/4/1996**	**Julius Achon**
SoCon Record:	**1:49.20**	**1977**	**Phil Barker**

	Name	Yr	School	Prelims	
1	Tucker, Drew	JR	Western Caro	1:52.47	
2	Wyatt, Terry	SR	Unc-Greensbo	1:53.01	
3	Hudgins, Brandon	SR	Appalachian	1:53.07	
4	Taylor, Alex	FR	Appalachian	1:53.43	
5	West, Garrett	FR	Western Caro	1:53.50	
6	Moore, David	JR	Ut-Chattanoo	1:53.93	
7	Stratford, Will	FR	Davidson	1:54.71	
8	Houser, Josh	SR	Appalachian	1:54.79	
9	Bruton, Peter	SR	Davidson	1:54.81	
10	Denton, Will	SR	Samford	1:55.32	
11	Watkins, Lamar	SO	Unc-Greensbo	1:55.58	
12	Hurst, Taylor	JR	Unc-Greensbo	1:55.76	
13	White, Ramsey	FR	Samford	1:55.76	
14	Fallis, Chris	JR	Citadel	1:56.51	
15	Mitchell, Will	FR	Davidson	1:59.36	
16	Dioguardi, Frank	SO	Citadel	2:00.41	
17	Johnson, Zach	SR	Citadel	2:06.49	

Southern Conference Championships 2010 - 4/24/2010 to 4/25/2010
Results at www.cfpitiming.com
Hosted by Appalachian State University
Performance List

Event 10 Men 1500 Meter Run

World:	**3:26.00**	**7/14/1998**	**Hicham El Guerrouj**	
American:	**3:29.30**	**8/28/2005**	**Bernard Lagat**	
Collegiate:	**3:35.30**	**6/6/1981**	**Sydney Maree**	
SoCon Record:	**3:40.04**	**1977**	**Kevin Cropp**	

	Name	Yr	School	Seed Time	
1	Taylor, Alex	FR	Appalachian	3:52.48	
2	Gilmer, Lee	SO	Furman	3:53.21	
3	Cope, Scott	JR	Samford	3:53.77	
4	Thompson, Joey	SO	Unc-Greensbo	3:54.20	
5	Bruton, Peter	SR	Davidson	3:54.94	
6	Houser, Josh	SR	Appalachian	3:55.31	
7	Hudgins, Brandon	SR	Appalachian	3:56.31	
8	Carie, Blaise	JR	Samford	3:56.75	
9	Clyne, Andy	JR	Unc-Greensbo	3:57.62	
10	Hammond, Stephen	SR	Western Caro	3:57.64	
11	West, Garrett	FR	Western Caro	3:57.95	
12	Moore, David	JR	Ut-Chattanoo	3:59.07	
13	Coore, Jermaine	SO	Unc-Greensbo	3:59.47	
14	Cotter, Lucas		Ut-Chattanoo	4:00.51	
15	Stratford, Will	FR	Davidson	4:01.08	
16	Evitt, Blake	SR	Davidson	4:02.61	
17	Fallis, Chris	JR	Citadel	4:03.55	
18	Day, Taylor	FR	Unc-Greensbo	4:08.29	
19	Given, Wilkerson	FR	Furman	4:08.63	
20	Mitchell, Will	FR	Davidson	4:10.45	
21	Koch, Jonathan	JR	Davidson	4:16.82	
22	Kight, Brendan	SR	Citadel	NT	
23	Weir, Vincent	FR	Davidson	NT	

Event 14 Men 5000 Meter Run

World:	**12:37.35**	**5/31/2004**	**Kenenisa Bekele**	
American:	**12:56.27**	**8/28/2009**	**Dathan Ritzenhein**	
Collegiate:	**13:08.4h**	**4/8/1978**	**Henry Rono**	
SoCon Record:	**14:13.06**	**1981**	**Adrian Leek**	

	Name	Yr	School	Seed Time	
1	Bean, Cameron	SR	Samford	14:29.33	
2	Schmitt, Charlie	JR	Davidson	14:44.84	
3	Hopkins, Ryan	SO	Davidson	14:47.95	
4	Mitchell, Phillip	SR	Appalachian	14:48.12	
5	Meyer, Alec	SR	Appalachian	14:58.00	
6	Pagonis, Demetrios	FR	Davidson	14:58.42	
7	Hammond, Stephen	SR	Western Caro	14:58.55	
8	Graves, Brian	SO	Appalachian	14:59.28	
9	Savoia, AJ	JR	Unc-Greensbo	15:02.58	
10	Soderman, Sean	SO	Appalachian	15:06.87	
11	McGoogan, Charles	JR	Furman	15:12.00	
12	Clark, Nolan	FR	Western Caro	15:19.10	
13	Reynolds, Wes	FR	Davidson	15:23.22	
14	Weaver, Josey	SO	Western Caro	15:38.44	
15	Brooks, Bryan	SR	Wofford	15:45.45	
16	Carrington, Brian	SO	Unc-Greensbo	16:08.69	
17	Harris, Maverick	SO	Wofford	16:08.88	
18	Baker, Russell	FR	Wofford	16:57.79	

Event 14 ...(Men 5000 Meter Run)

	Name	Yr	School	Seed Time	
19	Kenwright, Matthew		Ut-Chattanoo	NT	
20	Bett, Kipyegon		Ut-Chattanoo	NT	
21	Kirwa, Emmanuel	SO	Ut-Chattanoo	NT	
22	Campbell, Mason	SO	Appalachian	NT	
23	Flood, Kevin	JR	Citadel	NT	
24	Houser, Josh	SR	Appalachian	NT	
25	Tupper, Ian	SO	Davidson	NT	
26	Divinnie, Tom	JR	Davidson	NT	
27	Huwe, Kevin		Ut-Chattanoo	NT	
28	Cole, Mark		Ut-Chattanoo	NT	
29	Thompson, Joey	SO	Unc-Greensbo	NT	
30	Coore, Jermaine	SO	Unc-Greensbo	NT	

Event 16 Men 10000 Meter Run

World:	**26:17.53**	**8/26/2005**	**Kenenisa Bekele**	
American:	**27:13.98**	**5/4/2001**	**Meb Keflezighi**	
Collegiate:	**27:28.48**	**4/24/2007**	**Sam Chelanga**	
SoCon Record:	**29:21.30**	**1979**	**Adrian Leek**	

	Name	Yr	School	Seed Time	
1	Mitchell, Phillip	SR	Appalachian	30:36.70	
2	Graves, Brian	SO	Appalachian	31:15.03	
3	Weaver, Josey	SO	Western Caro	31:40.88	
4	Brooks, Bryan	SR	Wofford	33:01.79	
5	Miller, Jay	SO	Furman	33:04.13	
6	Waldrop, Austin	FR	Citadel	33:35.57	
7	Akbari, Ehsan	SO	Davidson	34:11.37	
8	Harris, Maverick	SO	Wofford	34:33.57	
9	Riley, Josh	JR	Wofford	35:45.34	
10	Vasquez, Ben	JR	Unc-Greensbo	NT	
11	Clark, Nolan	FR	Western Caro	NT	
12	Cole, Mark		Ut-Chattanoo	NT	
13	Wasilchak, P.J.	SO	Citadel	NT	
14	Pagonis, Demetrios	FR	Davidson	NT	
15	Johnson, Wells	JR	Citadel	NT	
16	Keene, Kyle	FR	Citadel	NT	
17	Hopkins, Ryan	SO	Davidson	NT	
18	McGoogan, Charles	JR	Furman	NT	
19	Reynolds, Wes	FR	Davidson	NT	

Event 18 Men 110 Meter Hurdles Prelims

World:	**12.87**	**6/12/2008**	**Dayron Robles**	
American:	**12.90**	**7/11/2006**	**Dominique Arnold**	
Collegiate:	**13.00**	**5/6/1979**	**Renaldo Nehemiah**	
SoCon Record:	**14.1h**	**1977**	**Marvin Rank, Tim Bridges**	

	Name	Yr	School	Seed Time	
1	Livingston, Cordell	FR	Western Caro	14.49	
2	Jones, Trey	FR	Appalachian	14.78	
3	Boruff, Matt	SR	Appalachian	14.89	
4	Dohanic, AJ	SO	Appalachian	14.90	
5	Corcoran, Cavan	SO	Samford	14.93	
6	Bentley, Tyler	FR	Western Caro	15.23	
7	Bethune, Christian	SR	Western Caro	15.29	
8	Reardon, Sean	JR	Western Caro	15.87	

Southern Conference Championships 2010 - 4/24/2010 to 4/25/2010
Results at www.cfpitiming.com
Hosted by Appalachian State University
Performance List

9	Bassett, Brandon	FR	Samford	15.92	
10	O'Rourke, Joey	SR	Citadel	NT	

Event 18 Men 110 Meter Hurdles

World:	**12.87**	**6/12/2008**	**Dayron Robles**
American:	**12.90**	**7/11/2006**	**Dominique Arnold**
Collegiate:	**13.00**	**5/6/1979**	**Renaldo Nehemiah**
SoCon Record:	**14.1h**	**1977**	**Marvin Rank, Tim Bridges**

	Name	Yr	School	Prelims	
1	Livingston, Cordell	FR	Western Caro	14.82	
2	Boruff, Matt	SR	Appalachian	14.94	
3	Dohanic, AJ	SO	Appalachian	15.03	
4	Jones, Trey	FR	Appalachian	15.13	
5	Bethune, Christian	SR	Western Caro	15.20	
6	Bentley, Tyler	FR	Western Caro	15.62	
7	Corcoran, Cavan	SO	Samford	15.66	
8	Reardon, Sean	JR	Western Caro	15.72	
9	O'Rourke, Joey	SR	Citadel	16.05	
10	Bassett, Brandon	FR	Samford	16.16	

Event 20 Men 400 Meter Hurdles Prelims

World:	**46.78**	**8/6/1992**	**Kevin Young**
American:	**46.78**	**8/6/1992**	**Kevin Young**
Collegiate:	**47.56**	**6/11/2005**	**Kerron Clement**
SoCon Record:	**50.70**	**1977**	**David Anderson**

	Name	Yr	School	Seed Time	
1	Keithan, Chas	SR	Samford	51.18	
2	Livingston, Cordell	FR	Western Caro	53.14	
3	Jennings, Jestin	SR	Western Caro	54.45	
4	Cooper, Donald	SO	Samford	55.11	
5	Jones, Trey	FR	Appalachian	55.32	
6	Boruff, Matt	SR	Appalachian	55.36	
7	Dohanic, AJ	SO	Appalachian	55.39	
8	Bentley, Tyler	FR	Western Caro	55.43	
9	Corcoran, Cavan	SO	Samford	55.51	
10	Martin, Taylor	SO	Davidson	55.96	
11	Olson, Blake		Ut-Chattanoo	56.45	
12	Burton, Luke	FR	Western Caro	56.88	
13	O'Rourke, Joey	SR	Citadel	58.92	
14	Simms, Jake	FR	Ut-Chattanoo	NT	

Event 20 Men 400 Meter Hurdles

World:	**46.78**	**8/6/1992**	**Kevin Young**
American:	**46.78**	**8/6/1992**	**Kevin Young**
Collegiate:	**47.56**	**6/11/2005**	**Kerron Clement**
SoCon Record:	**50.70**	**1977**	**David Anderson**

	Name	Yr	School	Prelims	
1	Livingston, Cordell	FR	Western Caro	54.55	
2	Jennings, Jestin	SR	Western Caro	54.75	
3	Dohanic, AJ	SO	Appalachian	55.71	
4	Olson, Blake		Ut-Chattanoo	55.81	
5	Keithan, Chas	SR	Samford	55.93	
6	Martin, Taylor	SO	Davidson	55.93	
7	Jones, Trey	FR	Appalachian	57.54	
8	Bentley, Tyler	FR	Western Caro	57.57	

Event 20 ...(Men 400 Meter Hurdles)

	Name	Yr	School	Prelims	
9	Boruff, Matt	SR	Appalachian	58.27	
10	Burton, Luke	FR	Western Caro	58.68	
11	Cooper, Donald	SO	Samford	58.79	
12	Simms, Jake	FR	Ut-Chattanoo	59.23	
13	Corcoran, Cavan	SO	Samford	59.58	
14	O'Rourke, Joey	SR	Citadel	1:02.09	

Event 12 Men 3000 Meter Steeplechase

World:	**7:53.63**	**9/3/2004**	**Saïf Shaheen**
American:	**8:08.82**	**7/14/2006**	**Daniel Lincoln**
Collegiate:	**8:05.4h**	**5/13/1978**	**Henry Rono**
SoCon Record:	**8:49.77**	**1988**	**Todd Crosson**

	Name	Yr	School	Seed Time	
1	Bean, Cameron	SR	Samford	9:01.32	
2	Kirwa, Emmanuel	SO	Ut-Chattanoo	9:19.11	
3	Carie, Blaise	JR	Samford	9:21.84	
4	Savoia, AJ	JR	Unc-Greensbo	9:23.91	
5	Kight, Brendan	SR	Citadel	9:25.50	
6	Soderman, Sean	SO	Appalachian	9:29.65	
7	Meyer, Alec	SR	Appalachian	9:32.23	
8	Campbell, Mason	SO	Appalachian	9:42.42	
9	Weaver, Josey	SO	Western Caro	10:00.25	
10	Evitt, Blake	SR	Davidson	10:03.57	
11	Weir, Vincent	FR	Davidson	10:04.55	
12	Tupper, Ian	SO	Davidson	10:10.84	
13	Day, Taylor	FR	Unc-Greensbo	10:25.77	
14	Cotter, Lucas		Ut-Chattanoo	NT	

Event 38 Men 4x100 Meter Relay

World:	**37.10**	**8/22/2008**	**JAM**
Carter, Frater, Bolt, Powell			
American:	**37.40**	**8/8/1992**	**National Team**
Marsh, Burrell, Mitchell, Lewis			
Collegiate:	**38.04**	**6/5/1998**	**TCU**
Howard, Holloway, Williams, Spencer			
SoCon Record:	**39.91**	**4/19/2003**	**Appalachian State**

	Team	Relay	Seed Time	
1	Appalachian	A	40.76	
2	Western Caro	A	41.04	
3	Citadel	A	41.89	
4	Samford	A	42.99	
5	Davidson	A	43.02	
6	Wofford	A	44.70	
7	Ut-Chattanoo	A	NT	

Southern Conference Championships 2010 - 4/24/2010 to 4/25/2010
Results at www.cfpitiming.com
Hosted by Appalachian State University
Performance List

Event 40 Men 4x400 Meter Relay

World: 2:54.29 8/22/1993 USA
Watts, Valmon, Reynolds, Johnson
American: 2:54.20 7/22/1998 National Team
Young, Pettigrew, Washington, Johnson
Collegiate: 2:59.59 6/11/2005 LSU
Dardar, Willie, Brazell, Carter
SoCon Record: 3:10.50 1984 VMI

	Team	Relay	Seed Time	
1	Western Caro	A	3:11.16	
2	Citadel	A	3:17.44	
3	Samford	A	3:18.79	
4	Appalachian	A	3:19.28	
5	Davidson	A	3:20.92	
6	Ut-Chattanoo	A	3:26.39	
7	Unc-Greensbo	A	3:27.64	
8	Furman	A	3:31.65	
9	Wofford	A	3:35.61	

Event 22 Men High Jump

World: 2.45m 7/27/1993 Javier Sotomayor
American: 2.40m 8/7/1991 Charles Austin
Collegiate: 2.38m 6/3/1989 Hollis Conway
SoCon Record: 2.16m 1984 Charles Mack

	Name	Yr	School	Seed Mark	
1	Purcell, Darius	SO	Appalachian	2.10m	
2	Evans, Matt	SR	Western Caro	2.10m	
3	Harris, James	JR	Citadel	2.00m	
4	Triplett, Brad	FR	Appalachian	2.00m	
5	Boruff, Matt	SR	Appalachian	1.95m	
6	Ackerson-Gilroy, Bo	FR	Samford	1.95m	
7	Newton, Xavier	FR	Citadel	1.90m	
8	Toney, Brian	SO	Furman	1.89m	
9	Cooper, Donald	SO	Samford	1.89m	
10	Bailey, Joe	SO	Wofford	1.84m	
11	Gift, David	SR	Western Caro	1.82m	
12	Bassett, Brandon	FR	Samford	1.80m	

Event 24 Men Pole Vault

World: 6.14m 7/31/1994 Sergey Bubka
American: 6.04m 6/8/2008 Brad Walker
Collegiate: 5.98m 5/25/1996 Lawrence Johnson
SoCon Record: 5.31m 1989 Todd Poremba

	Name	Yr	School	Seed Mark	
1	Seaman, Michael	SO	Samford	5.05m	
2	Wells, Patrick	JR	Samford	5.05m	
3	Boruff, Matt	SR	Appalachian	4.90m	
4	O'Steen, Mike	SR	Western Caro	4.75m	
5	Wilson, Mike	JR	Appalachian	4.75m	
6	Cook, Ryan	FR	Samford	4.70m	
7	O'Rourke, Joey	SR	Citadel	4.65m	
8	Epperson, Zac	JR	Samford	4.60m	
9	Bell, Jack	SO	Appalachian	4.60m	
10	Bassett, Brandon	FR	Samford	4.60m	

Event 24 ...(Men Pole Vault)

	Name	Yr	School	Seed Mark	
11	Reardon, Sean	JR	Western Caro	4.50m	
12	Jones, Bryce	JR	Davidson	4.25m	
13	Parker, Wayne	SO	Western Caro	4.20m	

Event 26 Men Long Jump

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

	Name	Yr	School	Seed Mark	
1	Bassett, Brandon	FR	Samford	7.00m	
2	Dollard, Alex	SR	Western Caro	6.96m	
3	Willard, Lawren	FR	Western Caro	6.95m	
4	Amah, Chinedu	SO	Samford	6.85m	
5	Bush, Phillip	JR	Appalachian	6.77m	
6	Livingston, Cordell	FR	Western Caro	6.75m	
7	Pearce, DeSean	JR	Appalachian	6.65m	
8	Zeller, Nick	JR	Appalachian	6.63m	
9	Hill, Andrew	FR	Appalachian	6.51m	
10	Williams, Cornelius	SO	Western Caro	6.51m	
11	Purcell, Darius	SO	Appalachian	6.41m	
12	Woodard, Shane	SO	Citadel	6.36m	
13	Haustein, Marcus	FR	Davidson	6.18m	
14	Evans, Matt	SR	Western Caro	6.11m	
15	Dorsey, Lee	SO	Davidson	6.10m	
16	Hardy, Kevin	SO	Citadel	ND	
17	Dunn, Ethan	SO	Davidson	ND	

Event 28 Men Triple Jump

World: 18.29m 8/7/1995 Jonathan Edwards
American: 18.09m 7/27/1996 Kenny Harrison
Collegiate: 17.57m 6/5/1982 Keith Connor
SoCon Record: 16.06m 1987 Michael Hanks

	Name	Yr	School	Seed Mark	
1	Williams, Cornelius	SO	Western Caro	14.66m	
2	Livingston, Cordell	FR	Western Caro	14.39m	
3	Dollard, Alex	SR	Western Caro	14.30m	
4	Amah, Chinedu	SO	Samford	13.96m	
5	Willard, Lawren	FR	Western Caro	13.37m	
6	Bassett, Brandon	FR	Samford	13.15m	
7	Jennings, Jestin	SR	Western Caro	12.42m	
8	Woodard, Shane	SO	Citadel	12.09m	
9	Lakes, Shane	FR	Davidson	11.70m	
10	Wilson, Mike	JR	Appalachian	ND	
11	Pearce, DeSean	JR	Appalachian	ND	
12	Zeller, Nick	JR	Appalachian	ND	
13	Evans, Matt	SR	Western Caro	ND	

Southern Conference Championships 2010 - 4/24/2010 to 4/25/2010
Results at www.cfpitiming.com
Hosted by Appalachian State University
Performance List

Event 36 Men Shot Put

World:	**23.12m**	**5/20/1990**	**Randy Barnes**	
American:	**23.13m**	**5/20/1990**	**Randy Barnes**	
Collegiate:	**22.00m**	**6/3/1995**	**John Godina**	
SoCon Record:	**17.72m**	**5/1/2005**	**Anthony Greer**	

	Name	Yr	School	Seed Mark	
1	Gardner, Jerod	JR	Appalachian	16.44m	
2	Styers, Malcolm	JR	Appalachian	16.23m	
3	McDaniel, Cale	SR	Western Caro	15.77m	
4	Pless, Ryan	JR	Western Caro	15.30m	
5	Marshall, Quincy	SR	Western Caro	15.00m	
6	Stalling, Jared	SO	Appalachian	14.74m	
7	Turner, Quintin	JR	Citadel	14.63m	
8	Davis, Chris	JR	Samford	14.13m	
9	Van Pelt, Jamie	SO	Western Caro	13.16m	
10	Des Marais, Scott	FR	Furman	13.16m	
11	Daly, Timothy	JR	Appalachian	12.45m	
12	Evans, Matt	SR	Western Caro	12.16m	
13	McCracken, Brian	FR	Wofford	10.75m	

Event 30 Men Discus Throw

World:	**74.08m**	**6/6/1986**	**Jurgen Schult**	
American:	**72.34m**	**7/7/1981**	**Ben Plucknett**	
Collegiate:	**67.66m**	**5/29/2004**	**Hannes Hopley**	
SoCon Record:	**52.08m**	**1995**	**Kevin Showers**	

	Name	Yr	School	Seed Mark	
1	Stalling, Jared	SO	Appalachian	49.02m	
2	Turner, Quintin	JR	Citadel	48.56m	
3	Van Pelt, Jamie	SO	Western Caro	47.32m	
4	Gardner, Jerod	JR	Appalachian	47.07m	
5	Styers, Malcolm	JR	Appalachian	46.71m	
6	Marshall, Quincy	SR	Western Caro	45.80m	
7	Pless, Ryan	JR	Western Caro	43.46m	
8	Des Marais, Scott	FR	Furman	41.16m	
9	Kirby, Kyle	JR	Samford	39.17m	
10	McDaniel, Cale	SR	Western Caro	38.30m	
11	McCracken, Brian	FR	Wofford	33.40m	
12	Norris, William	SR	Citadel	ND	

Event 32 Men Hammer Throw

World:	**86.74m**	**8/30/1986**	**Yuriy Sedykh**	
American:	**82.52m**	**9/7/1996**	**Lance Deal**	
Collegiate:	**81.94m**	**5/19/1995**	**Balazs Kiss**	
SoCon Record:	**60.62m**	**4/26/2008**	**Wes Kiser**	

	Name	Yr	School	Seed Mark	
1	Styers, Malcolm	JR	Appalachian	58.01m	
2	Daly, Timothy	JR	Appalachian	56.57m	
3	McDaniel, Cale	SR	Western Caro	54.15m	
4	Kirby, Kyle	JR	Samford	53.34m	
5	Stalling, Jared	SO	Appalachian	52.91m	
6	Marshall, Quincy	SR	Western Caro	52.07m	
7	Van Pelt, Jamie	SO	Western Caro	51.49m	
8	Castagno, Chris	JR	Citadel	50.85m	
9	Pless, Ryan	JR	Western Caro	47.47m	

Event 32 ...(Men Hammer Throw)

	Name	Yr	School	Seed Mark	
10	Gardner, Jerod	JR	Appalachian	47.35m	
11	Norris, William	SR	Citadel	46.79m	
12	Earls, Matt	SR	Citadel	45.62m	
13	Turner, Quintin	JR	Citadel	44.86m	
14	Davis, Chris	JR	Samford	41.78m	

Event 34 Men Javelin Throw

World:	**98.48m**	**5/25/1996**	**Jan Zelezny**	
American:	**91.29m**	**6/21/2007**	**Breaux Greer**	
Collegiate:	**89.10m**	**3/24/1990**	**Patrik Boden**	
SoCon Record:	**71.82m**	**1981**	**Jeff Roseme**	

	Name	Yr	School	Seed Mark	
1	Evans, Matt	SR	Western Caro	65.46m	
2	Oliver, Thomas	FR	Samford	63.35m	
3	Dotson, Darron	SO	Western Caro	61.77m	
4	Robbins, Ryland	FR	Samford	54.99m	
5	Van Pelt, Jamie	SO	Western Caro	53.70m	
6	Vess, Andy	JR	Wofford	52.92m	
7	Earls, Matt	SR	Citadel	52.48m	
8	Hill, Andrew	FR	Appalachian	52.12m	
9	Ackerson-Gilroy, Bo	FR	Samford	51.41m	
10	Keithan, Chas	SR	Samford	50.60m	
11	Parker, Wayne	SO	Western Caro	49.48m	
12	Norris, William	SR	Citadel	44.17m	
13	Toney, Brian	SO	Furman	ND	

Event 42 Men Decathlon

World:	**9026**	**5/27/2001**	**Roman Sebrle**	
American:	**8891**	**9/5/1992**	**Dan O'Brien**	
Collegiate:	**8465**	**4/5/2006**	**Trey Hardee**	
SoCon Record:	**6287**	**2000**	**Andrew Whitson**	

	Name	Yr	School	Points	
1	Ackerson-Gilroy, Bo	FR	Samford	6320	
2	Keithan, Chas	SR	Samford	6205	
3	Gift, David	SR	Western Caro	NP	
4	Burton, Luke	FR	Western Caro	NP	
5	Hill, Andrew	FR	Appalachian	NP	
6	Reardon, Sean	JR	Western Caro	NP	