

Southern Conference Indoor Track & Field Record Book



March 2005

Women's Records and Individual Honors



Appalachian State
East Tennessee State

College of Charleston
Furman

Chattanooga
Georgia Southern

The Citadel
UNC Greensboro

Davidson
Western Carolina

Elon
Wofford

SoCon Women's Indoor Records

Event	Mark	Athlete	Year
55m Dash	6.82	Lamonda Miller, Appalachian State	1989
60m Dash	7.43	Nicole Brown, Georgia Southern	2005
200m Dash	23.84	Lamonda Miller, Appalachian State	1989
400m Dash	54.64	Angela Rowe, Western Carolina	1995
800m Run	2:08.40	Mary Jayne Harrelson, Appalachian State	2001
Mile Run	4:53.37	Val Urchison, East Tennessee State	1998
3,000m Run	9:45.31	Amanda Lynch, Chattanooga	2000
5,000m Run	16:52.46	Whitney Ball, Appalachian State	1989
55m Hurdles	7.86	Ronda White, Appalachian State	2003
60m Hurdles	8.48	Ronda White, Appalachian State	2004
Long Jump	6.21m (20'4.5")	Von Ross, Western Carolina	1993
Triple Jump	13.30m (43'7.75")	Taniesha Robinson, East Tennessee State	1999
High Jump	1.75m (5'9")	Linda McKoy, Appalachian State	1989
Shot Put	16.61m (54'6")	Angie Barker, East Tennessee State	1988
Pole Vault	3.95m (12'117.5")	Laura Tieszen, Western Carolina	2004
20-Pound Weight	18.32m (60'1.25")	Chakosha Lance, College of Charleston	2005
Mile Relay	3:46.40	Western Carolina	2005
	(Leslie Martin, Raquel Ramseur, Asia Davis, Jennifer Spivey)		
Distance Medley	11:58.99	East Tennessee State	1998
	(Michelle Gregg, Val Urchison, Catherine Berry, Taneisha Robinson)		
Pentathlon	3754	Kellie Mitchell, Georgia Southern	2004

Coach-of-the-Year

1988	John Weaver, Appalachian State
1989	John Weaver, Appalachian State
1990	John Weaver, Appalachian State
1991	Danny Williamson, Western Carolina
1992	Danny Williamson, Western Carolina
1993	Danny Williamson, Western Carolina
1994	John Weaver, Appalachian State
1995	Dave Walker, East Tennessee State
1996	Danny Williamson, Western Carolina
1997	Danny Williamson, Western Carolina
1998	Bill Gautier, Chattanooga
1999	Danny Williamson, Western Carolina
2000	Danny Williamson, Western Carolina
2001	John Weaver, Appalachian State
2002	John Weaver, Appalachian State
2003	Bill Gautier, Chattanooga
2004	John Weaver, Appalachian State
2005	John Weaver, Appalachian State

Outstanding Performer

1988	Lamonda Miller, Appalachian State
1989	Sabrina Keeton, East Tennessee State
1990	Monica Teeter, Appalachian State
1991	Cate Pichon, Furman
1992	Melissa Morrison, Appalachian State
1993	Melissa Morrison, Appalachian State
1994	Shiree Cutts, Furman
1995	Shelli Clendenon, East Tennessee State
1996	Heather VandeBrake, Furman
1997	Daree Thompson, Western Carolina
1998	Taneisha Robinson, East Tennessee State
1999	Taniesha Robinson, East Tennessee State

2000	Rosalyn Hood, Western Carolina
2001	Tyleana Hanner, Chattanooga
2002	LaShana Poole, Appalachian State (field)

Outstanding Track Performer

2002	Shannon Wommack, Chattanooga
2003	Shannon Wommack, Chattanooga
2004	Shannon Wommack, Chattanooga
2005	Nettie Halcomb, Chattanooga

Outstanding Field Performer

2002	LaShana Poole, Appalachian State
2003	LaShana Poole, Appalachian State
2004	Ronda White, Appalachian State
	Kellie Mitchell, Georgia Southern
2005	Laura Tieszen, Western Carolina

Freshman-of-the-Year

1992	Precious Quire, Appalachian State
1993	Heather VandeBrake, Furman
1994	Michele Marshall, UT-Chattanooga
1995	Mary Jane Middlekoop, UT-Chattanooga
1996	Karen Houston, Appalachian State
1997	Tyleana Hanner, Chattanooga
1998	Anna Wright, Chattanooga
1999	Virginia Lacombe, Western Carolina
2000	Andrea Matthews, Appalachian State
2001	Oddbjorg Haugen, Chattanooga
2002	Jennifer Claud, Appalachian State
2003	Rashedah Arnold, Georgia Southern
2004	Kathleen Turchin, Chattanooga
2005	Raquel Ramseur, Western Carolina

Women's Champions and Champion Meet Results



Appalachian State
East Tennessee State

College of Charleston
Furman

Chattanooga
Georgia Southern

The Citadel
UNC Greensboro

Davidson
Western Carolina

Elon
Wofford

Women's Past Champions

Year	Site	Champion
1988	Johnson City, TN	Appalachian State
1989	Johnson City, TN	Appalachian State
1990	Lexington, VA	Appalachian State
1991	Johnson City, TN	Appalachian State
1992	Johnson City, TN	Appalachian State
1993	Lexington, VA	Appalachian State
1994	Johnson City, TN	Appalachian State
1995	Johnson City, TN	East Tennessee State
1996	Lexington, VA	Western Carolina
1997	Johnson City, TN	Western Carolina
1998	Johnson City, TN	Chattanooga
1999	Johnson City, TN	Western Carolina
2000	Lexington, VA	Western Carolina
2001	Johnson City, TN	Appalachian State
2002	Johnson City, TN	Appalachian State
2003	Johnson City, TN	Appalachian State
2004	Johnson City, TN	Appalachian State
2005	Johnson City, TN	Appalachian State

Women's Championship Meet Results

1988	Appalachian State 196	UT-Chattanooga 41	Davidson 9	UNC Greensboro 17
	East Tennessee State 74.5	Marshall 37	Wofford 0	Furman 7
	Marshall 48	Davidson 1	The Citadel NTS	VMI 3
	Western Carolina 41		VMI NTS	Davidson 2
	UT-Chattanooga 22	1994 Appalachian State 156	1999 Western Carolina 169	2003 Appalachian State 186.5
	Furman 14	Western Carolina 73	Appalachian State 149	Chattanooga 158.5
	Davidson 6.5	East Tennessee State 63	Chattanooga 118	Georgia Southern 97
1989	Appalachian State 215	UT-Chattanooga 55	East Tennessee State 100.5	Western Carolina 78
	East Tennessee State 99	Furman 54	Furman 43.5	East Tennessee State 40
	Marshall 68	Marshall 31	VMI 25	VMI 24
	UT-Chattanooga 31	Davidson 2	Davidson 11	Furman 14
	Western Carolina 18	1995 East Tennessee State 114	Wofford 4	Davidson 7
	Furman 0	Western Carolina 94	The Citadel 3	College of Charleston 6
1990	Appalachian State 236	Appalachian State 92	2000 Western Carolina 145.5	The Citadel 2
	Marshall 68	Furman 63	Appalachian State 119	UNC Greensboro 1
	Western Carolina 56	UT-Chattanooga 43	Chattanooga 86	2004 Appalachian State 222
	East Tennessee State 32	Marshall 26	East Tennessee State 71	Chattanooga 138.5
	UT-Chattanooga 26	Davidson 2	Georgia Southern 30	Georgia Southern 105
	Furman 18	1996 Western Carolina 127.5	Furman 21.5	Western Carolina 72
1991	Appalachian State 185	East Tennessee State 108	VMI 11	East Tennessee State 69.5
	Western Carolina 81	Appalachian State 96	UNC Greensboro 8	College of Charleston 23
	UT-Chattanooga 56	Furman 64.5	The Citadel 4	Elon 16
	Marshall 48	UT-Chattanooga 44	2001 Appalachian State 130	Furman 12
	Furman 34	Marshall 17	Western Carolina 128	Davidson 3
	East Tennessee State 29	Davidson 7	Chattanooga 101	The Citadel 1
1992	Appalachian State 156	1997 Western Carolina 143	East Tennessee State 52	2005 Appalachian State 161.83
	Western Carolina 82	Chattanooga 87	Furman 36	Western Carolina 152.5
	UT-Chattanooga 60	Appalachian State 81.33	Georgia Southern 19	Georgia Southern 125.5
	Marshall 47	East Tennessee State 80.33	VMI 16	Chattanooga 75.5
	East Tennessee State 38	Marshall 42.33	UNC Greensboro 8	East Tennessee State 54
	Furman 23	Furman 28	The Citadel 4	Elon 27.33
	Davidson 17	Davidson 3	Davidson 2	College of Charleston 23.33
1993	Appalachian State 154	1998 Chattanooga 141	2002 Appalachian State 139	Furman 23
	Western Carolina 91	East Tennessee State 131	Western Carolina 111	Davidson 9
	Furman 64	Western Carolina 84	Chattanooga 96	The Citadel 6
	East Tennessee State 46	Appalachian State 82	Georgia Southern 69	UNC Greensboro 4
		Furman 17	East Tennessee State 52	

Women's Individual Champions



Appalachian State East Tennessee State	College of Charleston Furman	Chattanooga Georgia Southern	The Citadel UNC Greensboro	Davidson Western Carolina	Elon Wofford
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55 Meter Dash

1988	Lamonda Miller, ASU, 6.91
1989	Lamonda Miller, ASU, 6.82
1990	Lynett Farmer, ASU, 7.01
1991	Kim Arthur, WCU, 7.18]
1992	Melissa Morrison, ASU, 7.10
1993	Melissa Morrison, ASU, 6.98
1994	Alice Vinson, ASU, 7.05
1995	Daree Thompson, WCU, 7.14
1996	Nikki Harris, ASU, 7.25
1997	Daree Thompson, WCU, 6.98
1998	Rashida Dodson, UTC, 7.05
1999	Tyleana Hanner, UTC, 7.10
2000	Shonte Pinkston, ASU, 6.95
2001	Shonte Pinkston, ASU, 6.90
2002	Jennifer Claud, ASU, 7.04
2003	Rashedah Arnold, GSU, 7.05

60 Meter Dash

2004	Chantelle Vernon, ETSU, 7.54
2005	Nicole Brown, GSU, 7.43

55 Meter Hurdles

1988	Patrina Massey, ASU, 8.68
1989	Lynn Kochendorfer, Marshall, 8.62
1990	Monica Teeter, ASU, 8.49
1991	Melissa Morrison, ASU, 8.18
1992	Melissa Morrison, ASU, 7.98
1993	Melissa Morrison, ASU, 8.09
1994	Beth Burleson, ASU, 8.20
1995	Charlotte Redden, ASU, 8.20
1996	Rahma Mateen, WCU, 8.12
1997	Trice Roundtree, ASU, 8.07
1998	Tyleana Hanner, UTC, 8.28
1999	Marna Moore, UTC, 8.08
2000	Rosalyn Hood, WCU, 8.44
2001	Marna Moore, UTC, 8.05
2002	Lindy Petteway, GSU, 8.11
2003	Ronda White, ASU, 7.86

60 Meter Hurdles

2004	Ronda White, ASU, 8.62
2005	Ronda White, ASU, 8.48

200 Meter Dash

1988	Lamonda Miller, ASU, 24.06
1989	Lamonda Miller, ASU, 23.84
1990	Stethane Pipkins, ASU, 25.83
1991	Lynette Gardin, ASU, 24.99
1992	Lynette Gardin, ASU, 24.93
1993	Melissa Morrison, ASU, 25.69
1994	Shiree Cutts, Furman, 24.66
1995	Shelli Clendenon, ETSU, 24.60
1996	Salima Fountain, Furman, 25.87
1997	Daree Thompson, WCU, 24.89
1998	Rashida Dodson, UTC, 24.39
1999	Tyleana Hanner, UTC, 25.80
2000	Shonte Pinkston, ASU, 26.36
2001	Shonte Pinkston, ASU, 24.63
2002	Ronetta Burgess, WCU, 24.64
2003	Rashedah Arnold, GSU, 24.42
2004	Jennifer Claud, ASU, 24.59
2005	Nicole Brown, GSU, 24.33

400 Meter Dash

1988	Melissia Rogers, ASU, 58.39
1989	April Via, ETSU, 58.28
1990	Monica Teeter, ASU, 59.17
1991	Tega Crawford, WCU, 59.04

1992	Lynette Gardin, ASU, 56.55
1993	Joy Davis, WCU, 60.09
1994	Shiree Cutts, Furman, 55.88
1995	Angela Rowe, WCU, 54.64
1996	Andrea Shropshire, UTC, 58.95
1997	Salima Fountain, Furman, 56.47
1998	Keeya Mcmanus, WCU, 57.14
1999	Shawnta Person, WCU, 59.20
2000	Rosaline Addo, ETSU, 56.33
2001	Roseline Addo, ETSU, 56.92
2002	Jennifer Howard, ETSU, 56.95
2003	Tiffany Pointer, UTC, 56.97
2004	Marlo Mincey, GSU, 55.6
2005	Nichola Cornish, ETSU, 56.21

800 Meter Run

1988	Debbie Dukes, Marshall, 2:16.86
1989	Sabrina Keeton, ETSU, 2:19.93
1990	Jennifer Bowers, ASU, 2:18.59
1991	Jennifer Bowers, ASU, 2:13.67
1992	Susie Gardner, WCU, 2:17.21
1993	Sarah Crandall, Marshall, 2:20.08
1994	Sarah Crandall, Marshall, 2:16.10
1995	Michelle Gregg, ETSU, 2:12.98
1996	Michelle Gregg, ETSU, 2:15.8
1997	Mary Jayne Harrelson, ASU, 2:13.30
1998	Mary Jayne Harrelson, ASU, 2:10.54
1999	Mary Jayne Harrelson, ASU, 2:15.91
2000	Lauren Campbell, ETSU, 2:12.96
2001	Mary Jayne Harrelson, ASU, 2:08.40
2002	Katie Sujkowski, ASU, 2:13.29
2003	Katie Sujkowski, ASU, 2:19.45
2004	Kim Simmons, ETSU, 2:14.55
2005	Leslie Martin, WCU, 2:14.81

Mile Run

1988	Sabrina Keeton, ETSU, 5:10.33
1989	Sabrina Keeton, ETSU, 5:02.02
1990	Traci McIntyre, ASU, 5:12.61
1991	Monica Lambert, UTC, 5:04.60
1992	Susie Gardner, WCU, 5:04.59
1993	Heather VandeBrake, Furman, 5:06.10
1994	Jennel Walby, ETSU, 5:09.09
1995	Heather VandeBrake, Furman, 4:58.87
1996	Heather VandeBrake, Furman, 5:06.8
1997	Valerie Urchison, ETSU, 5:02.46
1998	Valerie Urchison, ETSU, 4:53.37
1999	Mary Jayne Harrelson, ASU, 4:57.17
2000	Becky Slick, UTC, 5:04.25
2001	Mary Jayne Harrelson, ASU, 4:59.20
2002	Katie Sujkowski, ASU, 5:07.96
2003	Shannon Wommack, UTC, 4:58.90
2004	Shannon Wommack, UTC, 4:55.61
2005	Nettie Halcomb, UTC, 5:04.99

3,000 Meter Run

1988	Emily Romines, UTC, 10:27.13
1989	Whitney Ball, ASU, 9:48.61
1990	Whitney Ball, ASU, 9:57.28
1991	Cate Pichon, Furman, 10:03.84
1992	Lucie Mayes, UTC, 9:59.51
1993	Gail Pennachio, Furman, 10:08.50
1994	Michele Marshall, UTC, 10:09.02
1995	Mary Jane Middlekoop, UTC, 10:12.55
1996	Heather VandeBrake, Furman, 10:06.1
1997	Mary Jane Middlekoop, UTC, 10:13.25
1998	Catherine Berry, ETSU, 9:49.73
1999	Amanda Lynch, UTC, NT
2000	Amanda Lynch, UTC, 9:45.31

2001	Jill Braley, Furman, 10:08.58
2002	Shannon Wommack, UTC, 10:29.43
2003	Shannon Wommack, UTC, 10:10.56
2004	Shannon Wommack, UTC, 9:52.87
2005	Nettie Halcomb, UTC, 10:05.70

5,000 Meter Run

1989	Whitney Ball, ASU, 16:52.46
1990	Whitney Ball, ASU, 17:26.16
1991	Cate Pichon, Furman, 17:30.50
1992	Leigh Wallace, ASU, 17:07.82
1993	Lucie Mayes, UTC, 17:44.41
1994	Rita Roberts, WCU, 17:35.19
1995	Mary Jane Middlekoop, UTC, 17:54.54
1996	Heather VandeBrake, Furman, 17:36.1
1997	Mary Jo Ferrigan, ETSU, 17:36.82
1998	Anna Wright, UTC, 17:02.29
1999	Amanda Lynch, UTC, 17:35.29
2000	Catherine Berry, ETSU, 17:01.05
2001	Jill Braley, Furman, 17:33.06
2002	Shannon Wommack, UTC, 17:54.22
2003	Sarah Primeau, ASU, 17:43.56
2004	Shannon Wommack, UTC, 17:40.19
2005	Nettie Halcomb, UTC, 17:20.87

Long Jump

1988	Sandra Davis, WCU, 19'2"
1989	Erica West, Marshall, 18'10"
1990	Erica West, Marshall, 18'8½"
1991	Sabrina Hill, ASU, 18'8¾"
1992	Von Ross, WCU, 20'4"
1993	Von Ross, WCU, 20'3½" (6.21m)
1994	Alice Vinson, ASU, 19'3½"
1995	Shelli Clendenon, ETSU, 19'8½"
1996	Rahma Mateen, WCU, 20'0"
1997	Rahma Mateen, WCU, 5.81m
1998	Taneisha Robinson, ETSU, 5.94m
1999	Taneisha Robinson, ETSU, 20'3.0"
2000	Rosalyn Hood, WCU, 19'8.25"
2001	Tyleana Hanner, UTC, 20'0.25"
2002	Ronda White, ASU, 19'6.75"
2003	Kellie Mitchell, GSU, 5.93m
2004	Kasola Smith, UTC, 6.05m
2005	Jennifer Claud, ASU, 5.95m

Triple Jump

1988	Linda McKoy, ASU, 38'2"
1989	Stethane Pipkins, ASU, 38'11"
1990	Sabrina Hill, ASU, 39'2"
1991	Sabrina Hill, ASU, 40'6½"
1992	Melissa Morrison, ASU, 40'11¼"
1993	Melissa Morrison, ASU, 40'11½"
1994	Precious Quire, ASU, 39'3½"
1995	Precious Quire, ASU, 41'6"
1996	Nikki Harris, ASU, 38'8¾"
1997	Rahma Mateen, WCU, 11.86m
1998	Taneisha Robinson, ETSU, 12.49m
1999	Taneisha Robinson, ETSU, 42'5.25"
(13.30m)	
2000	Rosalyn Hood, WCU, 39'8.75"
2001	Kirsten Bowden, ASU, 41'2.25"
2002	Tondra White, ASU, 40'4.75"
2003	Ronda White, ASU, 12.61m
2004	Ronda White, ASU, 13.30m
2005	Jennifer Claud, ASU, 12.79m

High Jump

1988	Linda McKoy, ASU, 5'6"
1989	Linda McKoy, ASU, 5'9" (1.75m)

Women's Individual Champions



Appalachian State
East Tennessee State

College of Charleston
Furman

Chattanooga
Georgia Southern

The Citadel
UNC Greensboro

Davidson
Western Carolina

Elon
Wofford

1990 Linda McKoy, ASU, 5'6"
1991 Sabrina Hill, ASU, 5'6"
1992 Shelli Clendenon, ETSU, 5'6½"
1993 Shelli Clendenon, ETSU, 5'6"
1994 Cindy Miner, ASU, 5'7¾"
1995 Shelli Clendenon, ETSU, 5'7¾"
1996 Rahma Mateen, WCU, 5'6"
1997 Jennifer Sluss, ETSU, 1.67m
1998 Jennifer Sluss, ETSU, 1.67m
1999 Taneisha Robinson, ETSU, 5'8"
2000 Virginia Lacombe, WCU, 5'5.75"
2001 Virginia Lacombe, WCU, 5'7.75"
2002 Virginia Lacombe, WCU, 5'7"
2003 Cheryl Howard, ETSU, 1.66m
2004 Suzanne Makinson, ASU, 1.68m
2005 Anna Ricciardi, ETSU, 1.73m

Shot Put

1988 Angie Barker, ETSU, 54'6" (16.61m)
1989 Angie Barker, ETSU, 45'1"
1990 Tina Osbourne, Marshall, 42'9½"
1991 Missy Kouns, Marshall, 41'9¾"
1992 Michelle Rhyne, ASU, 41'9¼"
1993 Zondra Johnson, WCU, 40'11"
1994 Beth Reck, Marshall, 39'9"
1995 LaSha Jackson, WCU, 43'8¼"
1996 Ayokka Green, ASU, 46'3"
1997 LaSha Jackson, WCU, 13.49m
1998 Ayokka Green, ASU, 14.5m
1999 Ashley Herndon, WCU, 40'5.5"
2000 Ashley Herndon, WCU, 42'2.0"
2001 Ashley Herndon, WCU, 44'9.75"
2002 LaShana Poole, ASU, 43'10.75"
2003 Mildred Cooper, VMI, 13.92m
2004 Beverly Burnett, ASU, 14.68m
2005 Brittani Williams, ASU, 14.39m

20-Pound Weight Throw

1996 Ayokka Green, UTC, 48'2¾"
1997 Robyn Stockunas, WCU, 14.88m
1998 Ayokka Green, ASU, 16.8m
1999 Valerie Mertz, WCU, 50'5.25"
2000 Valerie Mertz, WCU, 54'7.25"
2001 LaShana Poole, ASU, 55'3.75"
2002 LaShana Poole, ASU, 56'3.25"
2003 LaShana Poole, ASU, 17.42m
2004 Chakosha Lance, CofC, 16.33m
2005 Chakosha Lance, CofC, 18.32m

Two Mile Relay

1988 East Tennessee State, 9:45.63
1989 East Tennessee State, 9:32.27
1991 Appalachian State, 9:29.56
1992 Appalachian State, 9:34.06
1993 Furman, 9:33.30

Mile Relay

1988 Western Carolina, 4:01.41
1989 Appalachian State, 3:58.83
1991 Western Carolina, 3:55.47
1992 Western Carolina, 3:56.89
1993 Appalachian State, 4:06.51
1994 Chattanooga, 3:57.69
1996 Western Carolina, 3:57.7

4x800 Meter Relay

1990 Appalachian State, 9:47.70

4x400 Meter Relay

1990 Appalachian State, 4:00.92
1995 East Tennessee State, 3:50.44
1997 Western Carolina, 3:50.85
1998 Western Carolina, 3:50.64
1999 Western Carolina, 3:58.94
2000 Western Carolina, 3:54.38
2001 East Tennessee State, 3:49.11
2002 Western Carolina, 3:48.89
2003 Georgia Southern, 3:47.35
2004 Western Carolina, 3:47.59
2005 Western Carolina, 3:46.40

Distance Medley

1994 Appalachian State, 12:23.41
1995 *Chattanooga, 11:35.99
1996 East Tennessee State, 12:22.0
1997 East Tennessee State, 12:06.54
1998 East Tennessee State, 11:58.99
1999 Appalachian State, 12:23.66
2000 East Tennessee State, 12:03.81
2001 Appalachian State, 12:14.16
2002 Chattanooga, 12:17.69
2003 Chattanooga, 12:11.58
2004 Chattanooga, 12:20.24
2005 Western Carolina, 12:14.55

Pole Vault

1999 Valerie Jalajas, WCU, 11'7.75"
2000 Valerie Jalajas, WCU, 12'0.5"
2001 Valerie Jalajas, WCU, 11'11.75"
2002 Michelle Velez, WCU, 12'7.50" (3.85m)
2003 Laura Tieszen, WCU, 12'1.25" (3.69m)
2004 Laura Tieszen, WCU, 3.95m

Pentathlon

2004 Kellie Mitchell, GSU, 3754
2005 Laura Tieszen, WCU, 3274

*Run one lap short

Italics = Conference Record



INDOOR TRACK AND FIELD CHAMPIONSHIP

YEAR BY YEAR RESULTS

2005 Women's Indoor Track & Field Championships

Team Results

Team Finish	Points	Team Finish	Points
1. Appalachian State	161.83	7. College of Charleston	23.33
2. Western Carolina	152.5	8. Furman	23
3. Georgia Southern	125.5	9. Davidson	9
4. Chattanooga	75.5	10. The Citadel	6
5. East Tennessee State	54	11. UNC Greensboro	4
6. Elon	27.33		

Individual Results

60 Meter Dash

1. Nicole Brown, GSU	7.43
2. Jennifer Claud, ASU	7.44
3. Chantelle Vernon, ETSU	7.52
4. Tangelia Johnson, WCU	7.76
5. Alexis Hoover, ASU	7.81
6. Christinia Roberts, ASU	7.84

200 Meter Dash

1. Nicole Brown, GSU	24.33
2. Jennifer Claud, ASU	24.44
3. Raquel Ramseur, WCU	24.68
4. Ebonie Jones, ETSU	24.98
5. Chantelle Vernon, ETSU	25.14
6. Alexis Hoover, ASU	25.29

400 Meter Dash

1. Nichola Cornish, ETSU	56.21
2. Raquel Ramseur, WCU	56.24
3. Asia Davis, WCU	57.53
4. Alice Turner, Elon	57.85
5. Jennifer Spivey, WCU	58.11
6. McKenzie Sharpe, FUR	58.45

800 Meter Run

1. Leslie Martin, WCU	2:14.81
2. Kerrie Savery, WCU	2:16.85
3. Emily Wood, UTC	2:17.32
4. Brittney Swick, GSU	2:19.97
5. Mallorie Williams, UTC	2:22.00
6. Tonya Edmonds, WCU	2:23.17

Mile Run

1. Nettie Halcomb, UTC	5:04.99
2. Kasey Smith, ASU	5:07.37
3. Brittney Swick, GSU	5:07.57
4. Molly Mungovan, FUR	5:10.99
5. Megal Atias, DAV	5:12.43
6. Meghan Gaffney, ASU	5:12.76

3,000 Meter Run

1. Nettie Halcomb, UTC	10:05.70
2. Kasey Smith, ASU	10:09.07
3. Molly Mungovan, FUR	10:09.38
4. Ashley Arnold, CofC	10:15.08
5. Ellen Davis, UTC	10:22.94
6. Sabrina LeFort, UTC	10:28.18

5,000 Meter Run

1. Nettie Halcomb, UTC	17:20.87
2. Ashley Arnold, CofC	17:23.29
3. Jennifer Kelley, ASU	17:47.97
4. Kasey Smith, ASU	17:55.20
5. Ellen Davis, UTC	18:14.11
6. Christine Ward, ETSU	18:17.17

60 Meter Hurdles

1. Brittany Chase, GSU	8.67
2. Amber Wilson, GSU	8.98
3. NaShay McGriff, WCU	9.06
4. Dominique Price, Elon	9.16
5. Brittany Boda, Elon	9.19
6. Asia Davis, WCU	9.21

Distance Medley

1. WCU	12:14.55
2. ASU	12:23.99
3. UTC	12:27.82
4. GSU	12:36.88
5. FUR	12:37.64
6. UNCG	12:40.38

4 x 400 M Relay

1. WCU	3:46.40
2. GSU	3:51.29
3. ETSU	3:58.95
4. Elon	4:00.51
5. UTC	4:02.05
6. FUR	4:06.20

Long Jump

1. Jennifer Claud, ASU	5.95m
2. Kasola Smith, UTC	5.66m
3. Ebonie Jones, ETSU	5.58m
4. Vontenna Knotts, ASU	5.58m
5. Paula Moore, ASU	5.53m
6. Tonya Grimes, GSU	5.52m

Triple Jump

1. Jennifer Claud, ASU	12.79m
2. Nicole Brown, GSU	12.49m
3. Paula Moore, ASU	12.38m
4. Laura Williams, GSU	12.35m
5. NaShay McGriff, WCU	11.72m
6. Brittany Chase, GSU	11.71m

High Jump

1. Anna Ricciardi, ETSU	1.73m
2. Brittany Whitaker, WCU	1.70m
3. Jessica Johnson, WCU	1.67m
4. Laura Tieszen, WCU	1.58m
4. Jessica Wilkerson, WCU	1.58m
6. Amber Wilson, GSU	1.53m
6. Alexine Crutchfield, UTC	1.53m
6. Tonya Grimes, GSU	1.53m

Shot Put

1. Brittani Williams, ASU	14.39m
2. Beverly Burnett, ASU	14.30m
3. Nikki Slocumb, GSU	13.65m
4. Nikole Simmons, ASU	13.53m
5. Emily Greeson, GSU	13.02m
6. Stephanie McNeill, CIT	13.01m

Weight Throw

1. Chakosha Lance, CofC	18.32m
2. Nikki Slocumb, GSU	16.42m
3. Miranda Long, WCU	16.39m
4. Kristie Boggan, ASU	15.81m
5. Nikole Simmons, ASU	15.61m
6. Jenn Hawkins, WCU	15.23m

Pole Vault

1. Laura Tieszen, WCU	3.85m
2. Jessica Clendenning, Elon	3.35m
3. Caren Mah, ASU	3.20m
4. Rachel Glasgow, WCU	3.05m
4. Megan Irwin, ASU	3.05m
6. Melissa Cabe, WCU	3.05m

Pentathlon

1. Laura Tieszen, WCU	3274
2. Kristie Boggan, ASU	3227
3. Tonya Grimes, GSU	3042
4. Rachel Glasgow, WCU	3015
5. Serenity Thompson, GSU	2940
6. Lauren Jacobs, GSU	2870

Individual Awards

Most Outstanding Track Performer
Nettie Halcomb, Chattanooga

Most Outstanding Field Performer
Laura Tieszen, Western Carolina

Freshman of the Year
Raquel Ramseur, Western Carolina

Coach of the Year
John Weaver, Appalachian State

2004 Women's Indoor Track & Field Championships

Team Results

Team Finish	Points	Team Finish	Points
1. Appalachian State	222	6. College of Charleston	12
2. Chattanooga	138.5	7. Elon	16
3. Georgia Southern	105	8. Furman	12
4. Western Carolina	72	9. Davidson	3
5. East Tennessee State	69.5	10. The Citadel	1

Individual Results

60 Meter Dash

1. Chantelle Vernon, ETSU 7.54
2. Jennifer Claud, ASU 7.67
3. Latavia Shores, UTC 7.72
4. Carita Cole, UTC 7.75
5. Cassie Gentry, WCU 7.79
6. Laura Williams, GSU 7.81

200 Meter Dash

1. Jennifer Claud, ASU 24.59
2. Giselle Cunningham, GSU 24.93
3. Chantelle Vernon, ETSU 24.93
4. Christina Roberts, ASU 24.98
5. Ronda White, ASU 25.03
6. Carita Cole, UTC 25.28

400 Meter Dash

1. Marlo Mincey, GSU 55.6
2. Nichola Cornish, ETSU 55.7
3. Leslie Martin, WCU 56.4
4. Shamika Johnson, UTC 56.5
5. Jennifer Spivey, WCU 57.43
6. Matasha Brown, ASU 57.91

800 Meter Run

1. Kim Simmons, ETSU 2:14.55
2. Jennifer Habbestad, ETSU 2:18.23
3. Tiffany Collier, ETSU 2:20.01
4. Katie Sujkowski, ASU 2:21.56
5. Alana Black, Elon 2:21.95
6. Deanna Kulesz, WCU 2:23.51

Mile Run

1. Shannon Wommack, UTC 4:55.61
2. Kathleen Turchin, UTC 5:00.42
3. Katie Sujkowski, ASU 5:02.32
4. Nettie Halcomb, UTC 5:08.45
5. Marivi Mercado, ASU 5:13.47
6. Deanna Kulesz, WCU 5:18.45

3,000 Meter Run

1. Shannon Womack, UTC 9:52.87
2. Kathleen Turchin, UTC 9:59.75
3. Kyle Palmquist, CofC 10:11.10
4. Melanie Cooper, WCU 10:12.96
5. Kelly Rosborough, ASU 10:28.65
6. Jennifer Kelley, ASU 10:32.67

5,000 Meter Run

1. Shannon Wommack, UTC 17:40.19
2. Kathleen Turchin, UTC 17:46.56
3. Lanni Marchant, UTC 17:53.53
4. Kyle Palmquist, CofC 18:20.78
5. Kelly Rosborough, ASU 18:25.60
6. Ehrin Irvin, ASU 19:30.65

60 Meter Hurdles

1. Ronda White, ASU 8.62
2. Lindy Petteway, GSU 8.78
3. Shamika Johnson, UTC 8.86
4. Tondra White, ASU 8.88
5. Marlo Mincey, GSU 8.90
6. Alison Frese, UTC 8.92

Distance Medley

1. Chattanooga 12:20.24
2. Appalachian State 12:24.71
3. Western Carolina 12:27.31
4. Furman 12:41.32
5. Georgia Southern 12:55.54
6. Davidson 12:55.98

4 x 400 M Relay

1. Western Carolina 3:47.59
2. Georgia Southern 3:48.17
3. Chattanooga 3:53.72
4. East Tennessee State 3:53.72
5. Furman 3:59.37
6. Appalachian State 4:04.70

Long Jump

1. Kasola Smith, UTC 6.05m
2. Ronda White, ASU 5.96m
3. Shameka Harris, WCU 5.81m
4. Kellie Mitchell, GSU 5.70m
5. Lauren Jacobs, GSU 5.62m
6. Paula Moore, ASU 5.50m

Triple Jump

1. Ronda White, ASU 13.30m
2. Tondra White, ASU 12.30m
3. Jennifer Claud, ASU 12.19m
4. Kristin Truman, ETSU 11.92m
5. Paula Moore, ASU 11.90m
6. Lauren Jacobs, GSU 11.35m

High Jump

1. Suzanne Makison, ASU 1.68m
2. Alison Frese, UTC 1.68m
3. Kellie Mitchell, GSU 1.63m
4. Brittany Whitaker, WCU 1.63m
5. Tondra White, ASU 1.58m
6. Shanna Fouts, WCU 1.58m

Shot Put

1. Beverly Burnett, ASU 14.68m
2. Nikki Slocumb, GSU 13.86m
3. Nikole Simmons, ASU 13.85m
4. Kristie Boggan, ASU 12.95m
5. Jamila Minnifield, GSU 12.86m
6. Crystal Miller, ASU 12.68m

Weight Throw

1. Chakosha Lance, CofC 16.33m
2. Nikole Simmons, ASU 16.13m
3. Nikki Slocumb, GSU 15.68m
4. Amber Tiggs, GSU 15.67m
5. Beverly Burnett, ASU 15.17m
6. Crystal Miller, ASU 15.16m

Pole Vault

1. Laura Tieszen, WCU 3.95m
2. Suzanne Makison, ASU 3.80m
3. Jessica Clendenning, Elon 3.35m
4. Jessica Fowler, ASU 3.20m
5. Susan Shore, Elon 3.05m
6. Natalie Sayewich, ASU 2.90m

Pentathlon

1. Kellie Mitchell, GSU 3754
2. Kristin Truman, ETSU 3415
3. Tondra White, ASU 3342
4. Kristie Boggan, ASU 3214
5. Myra Keeter, ASU 3162
6. Laura Tieszen, WCU 3102

Individual Awards

Most Outstanding Track Performer
Shannon Wommack, Chattanooga

Most Outstanding Field Performer
Tondra White, Appalachian State
Kellie Mitchell, Georgia Southern

Freshman of the Year
Kathleen Turchin, Chattanooga

Coach of the Year
John Weaver, Appalachian State

2003 Women's Indoor Track & Field Championships

Team Results

Team Finish	Points	Team Finish	Points
1. Appalachian State	186.5	7. Furman	14
2. Chattanooga	158.5	8. Davidson	7
3. Georgia Southern	97	9. College of Charleston	6
4. Western Carolina	98	10. The Citadel	2
5. East Tennessee State	40	UNC Greensboro	1
6. VMI	24		

Individual Results

55 Meter Dash

1. Rashedah Arnold, GSU	7.05
2. Jennifer Claud, ASU	7.06
3. Chantelle Vernon, ETSU	7.13
4. Latavia Shores, UTC	7.18
5. Christina Roberts, ASU	7.24
6. Ronda White, ASU	7.25

200 Meter Dash

1. Rashedah Arnold, GSU	24.64
2. Jennifer Claud, ASU	24.46
3. Shamioka Johnson, UTC	24.58
4. Candace Foster, UTC	25.04
5. Latavia Shores, UTC	25.22
6. Javonne Blackley, GSU	25.39

400 Meter Dash

1. Tiffany Pointer, UTC	56.97
2. Marlo Mincey, GSU	57.12
3. Margo Mincey, GSU	57.21
4. Leslie Martin, WCU	57.40
5. Kim Simmons, ETSU	57.42
6. Elisabeth Sain, UTC	57.67

800 Meter Run

1. Katie Sujkowski, ASU	2:19.45
2. Amy Doolittle, UTC	2:19.81
3. Tonya Edmonds, WCU	2:21.02
4. Channel Lemon, UTC	2:22.35
5. Becky Signoretti, WCU	2:23.86
6. Jennifer Habbestad, ETSU	2:24.12

Mile Run

1. Shannon Wommack, UTC	4:58.90
2. Katie Sujkowski, ASU	4:59.33
3. Amy Doolittle, UTC	5:02.55
4. Missy Dock, ASU	5:14.15
5. Brittney Swick, GSU	5:17.77
6. Katie Marshall, ETSU	5:19.75

3,000 Meter Run

1. Shannon Womack, UTC	10:10.56
2. Sarah Primeau, ASU	10:14.16
3. Gina Recher, UTC	10:16.09
4. Ellen Davis, UTC	10:23.61
5. Melanie Cooper, WCU	10:27.09
6. Noel Smith, ASU	10:29.29

5,000 Meter Run

1. Sarah Primeau, ASU	17:43.56
2. Shannon Wommack, UTC	17:59.20
3. Gina Recher, UTC	18:01.59
4. Neol Smith, ASU	18:13.90
5. Whitney Sharp, FUR	18:36.52
6. Ellen Davis, UTC	18:36.69

55 Meter Hurdles

1. Ronda White, ASU	7.86
2. Shamioka Johnson, UTC	8.20
3. Dawn Harden, UTC	8.25
4. Tondra White, ASU	8.31
5. Elisabeth Sain, UTC	8.33
6. Alison Frese, UTC	8.53

Distance Medley

1. Chattanooga	12:11.58
2. Appalachian State	12:14.98
3. Western Carolina	12:26.59
4. Georgia Southern	12:28.12
5. East Tennessee State	12:55.88
6. Davidson	12:56.54

4 x 400 M Relay

1. Georgia Southern	3:47.35
2. Chattanooga	3:49.59
3. Western Carolina	3:50.80
4. East Tennessee State	3:54.30
5. Furman	4:07.25
6. VMI	4:09.39

Long Jump

1. Kellie Mitchell, GSU	19'5.50"
2. Kasola Smith, UTC	19'5.50"
3. Ronda White, ASU	19'1.25"
4. Cedeia Bowden, WCU	18'5.25"
5. Candace Foster, UTC	18'5.25"
6. Jacqueline Allen, GSU	18'1.00"

Triple Jump

1. Ronda White, ASU	41'4.50"
2. Jennifer Claud, ASU	40'0.00"
3. Tondra White, ASU	39'3.75"
4. Jacqueline Allen, GSU	38'7.50"
5. Paula Moore, ASU	38'4.75"
6. Kristin Truman, ETSU	36'11.75"

High Jump

1. Cheryl Howard, ETSU	5'5.25"
2. Suzanne Makison, ASU	5'5.25"
3. Kellie Mitchell, GSU	5'5.25"
4. Tondra White, ASU	5'3.25"
Alison Frese, UTC	5'3.25"
6. Amanda Yeck, DAV	4'11.50"

Shot Put

1. Mildred Cooper, VMI	45'8.00"
2. LaShana Poole, ASU	44'2.75"
3. Beverly Burnett, ASU	43'7.25"
4. Kineta Williams-Rogers, WCU	43'3.75"
5. Kristie Boggan, ASU	42'10.25"
6. Amber Tiggs, GSU	41'8.75"

Pole Vault

1. Laura Tieszen, WCU	12'1.25"
2. Michelle Velez, WCU	11'9.25"
3. Suzanne Makison, ASU	11'5.25"
4. Nadia Wendlandt, VMI	10'5.50"

Weight Throw

1. LaShana Poole, ASU	57'2.00"
2. Amber Tiggs, GSU	54'10.25"
3. Chakosha Lance, CofC	51'3.50"
4. Mildred Cooper, VMI	51'0.25"
5. Quiletta Dunston, WCU	49'11.75"
6. Kineta Williams-Rogers, WCU	49'11.25"

Individual Awards

Most Outstanding Track Performer
Shannon Wommack, Chattanooga

Most Outstanding Field Performer
LaShana Poole, Appalachian State

Freshman of the Year
Rashedah Arnold, Georgia Southern

Coach of the Year
Bill Gautier, Chattanooga

2002 Women's Indoor Track & Field Championships

Team Results

Team Finish	Points	Team Finish	Points
1. Appalachian State	139	6. UNC Greensboro	17
2. Western Carolina	111	7. Furman	7
3. Chattanooga	96	8. VMI	3
4. Georgia Southern	69	9. Davidson	2
5. East Tennessee State	52		

Individual Results

55 Meter Dash

1. Jennifer Claud, ASU	7.04
2. Chantelle Vernon, ETSU	7.05
3. Jacqueline Allen, GSU	7.11
4. Ronetta Burgess, WCU	7.16
5. Christina Roeberts, ASU	7.17
6. Javonne Blackley, GSU	7.21

200 Meter Dash

1. Ronetta Burgess, WCU	24.64
2. Jennifer Claud, ASU	24.93
3. Jennifer Howard, ETSU	25.04
4. Javonne Blackley, GSU	25.24
5. Tondra White, ASU	25.43
6. Christina Roberts, ASU	25.55

400 Meter Dash

1. Jennifer Howard, ETSU	56.95
2. Tiffany Pointer, UTC	57.21
3. Marlo Moncey, GSU	57.41
4. Natasha Brown, ASU	57.92
5. Benetta Boyd, WCU	58.45

800 Meter Run

1. Katie Sujkowski, ASU	2:13.29
2. Roseline Addo, ETSU	2:13.32
3. Morgan Thacker, WCU	2:14.26
4. Channel Lemon, UTC	2:16.04
5. Kim Simmons, ETSU	2:19.76
6. Tonya Edwards, WCU	2:22.79

Mile Run

1. Katie Sujkowski, ASU	5:07.96
2. Shannon Womack, UTC	5:10.43
3. Amy Doolittle, UTC	5:11.11
4. Erin Howard, FUR	5:12.02
5. Alisha Little, ASU	5:17.37
6. Morgan Cole, UNCG	5:17.94

3,000 Meter Run

1. Shannon Womack, UTC	10:29.43
2. Ellen Davis, UTC	10:29.89
3. Sarah Primeau, ASU	10:36.81
4. Emily Furr, UNCG	10:39.81
5. Mary Nero, UNCG	10:40.60
6. Jackie Tugman, VMI	10:43.81

5,000 Meter Run

1. Shannon Womack, UTC	17:54.22
2. Ellen Davis, UTC	17:54.55
3. Gina Recher, UTC	17:54.95
4. Sarah Primeau, ASU	17:59.28
5. Laura Puckett, DAV	18:38.02
6. Emily Furr, UNCG	18:39.77

55 Meter Hurdles

1. Lindy Petteway, GSU	8.11
2. Michelle Velez, WCU	8.32
3. Dawn Harden, UTC	8.38
4. Ronda White, ASU	8.39
5. Rosalyn Hood, WCU	8.39
6. Ronetta Burgess, WCU	8.50

Distance Medley

1. Chattanooga	12:17.69
2. Western Carolina	12:20.08
3. East Tennessee State	12:20.09
4. Appalachian State	12:30.38
5. Furman	12:33.93
6. UNCG	13:06.76

4 x 400 M Relay

1. Western Carolina	3:48.89
2. East Tennessee State	3:51.82
3. Chattanooga	3:52.37
4. Georgia Southern	3:52.56
5. Appalachian State	4:00.85
6. Furman	4:06.94

Long Jump

1. Ronda White, ASU	19'6.75"
2. Kellie Mitchell, GSU	19'5.50"
3. Jacqueline Allen, GSU	19'2.75"
4. Kelia Thomas, GSU	18'10.75"
5. Rosalyn Hood, WCU	18'9.00"
6. Cedeia Bowden, WCU	18'7.75"

Triple Jump

1. Tondra White, ASU	40'4.75"
2. Ronda White, ASU	40'2.25"
3. Cedeia Bowden, WCU	40'1.25"
4. Paula Moore, ASU	39'10.50"
5. Jennifer Claud, ASU	38'11.75"
6. Rosalyn Hood, WCU	38'11.50"

High Jump

1. Virginia LaCombe, WCU	5'7"
2. Leigh Anne Ronk, ASU	5'5"
3. Alison Frese, UTC	5'5"
4. Cheryl Howard, ETSU	5'3"
5. Kellie Mitchell, GSU	5'3"
6. Suzanne Makinson, ASU	5'3"

Shot Put

1. LaShana Poole, ASU	43'10.75"
2. Amber Tiggs, GSU	43'2.50"
3. Nikki Slocumb, GSU	43'1.50"
4. Kineta Williams, WCU	39'10.00"
5. Mildred Cooper, VMI	39'4.50"
6. Altavise Franklin, WCU	38'7.50"

Pole Vault

1. Michelle Velez, WCU	12'7.50"
2. Laura Tieszen, WCU	12'3.50"
3. Dana Anglin, WCU	11'5.75"
4. Suzanne Makison, ASU	11'5.75"
5. Chi Sawyer, WCU	10'3.50"
6. Tricia Shepard, WCU	10'3.50"

Weight Throw

1. LaShana Poole, ASU	56'3.25"
2. Niki Ash, UNCG	54'8.00"
3. Quiletta Dunston, WCU	50'6.75"
4. Amber Tiggs, GSU	50'3.25"
5. Nancy Hinson, ASU	49'3.75"

Individual Awards

Most Outstanding Track Performer
Shannon Wommack, Chattanooga

Most Outstanding Field Performer
LaShana Poole, Appalachian State

Freshman of the Year
Jennifer Claud, Appalachian State

Coach of the Year
John Weaver, Appalachian State



Team Results

Team Finish	Points	Team Finish	Points
1. Appalachian State	130	6. Georgia Southern	19
2. Western Carolina	128	7. VMI	16
3. Chattanooga	101	8. UNC Greensboro	8
4. East Tennessee State	52	9. The Citadel	4
5. Furman	36	10. Davidson	2

Individual Results

55 Meter Dash

1. Shonte Pinkston, ASU	6.90
2. Tyleana Hanner, UTC	7.17
3. Ronetta Burgess, WCU	7.20
4. LaDonna McClure, GSU	7.21
5. Cedeia Bowden, WCU	7.25
6. Benetta Boyd, WCU	7.44

200 Meter Dash

1. Shonte Pinkston, ASU	24.63
2. Ronetta Burgess, WCU	24.73
3. Roseline Addo, ETSU	25.03
4. Marna Moore, UTC	25:14
5. Tyleana Hanner, UTC	25.31
6. Jennifer Howard, ETSU	25.47

400 Meter Dash

1. Roseline Addo, ETSU	56.92
2. Jennifer Howard, ETSU	57.30
3. Marlo Mincey, GSU	57.34
4. Benetta Boyd, WCU	58.88
5. Roslyn Bingley, WCU	59.53
6. Tyler Caudle, ASU	59.70

800 Meter Run

1. Mary Jayne Harrelson, ASU	2:08.40
2. Lauren Campbell, ETSU	2:15.28
3. Katie Sujkowski, ASU	2:16.36
4. Julie Stackhouse, FUR	2:16.41
5. Megan Thacker, WCU	2:19.97
6. Channel Lemon, UTC	2:24.65

Mile Run

1. Mary Jayne Harrelson, ASU	4:59.20
2. Becky Slick, UTC	5:06.34
3. Holly Bright, WCU	5:09.11
4. Erin Howard, FUR	5:12.47
5. Amy Doolittle, UTC	5:13.19
6. Johanna Allen, ASU	5:15.54

3,000 Meter Run

1. Jill Braley, FUR	10:08.58
2. Oddbjorg Haugen, UTC	10:11.45
3. Emily Campbell, ETSU	10:12.96
4. Becky Slick, UTC	10:17.74
5. Andrea Davis, UTC	10:18.09
6. Whiney Woods, WCU	10:22.98

5,000 Meter Run

1. Jill Braley, FUR	17:33.06
2. Oddbjorg Haugen, UTC	17:40.90
3. Andrea Davis, UTC	17:56.90
4. Whiney Woods, WCU	17:58.96
5. Heather Needham, ASU	18:04.49
6. Johanna Allen, ASU	18:18.17

55 Meter Hurdles

1. Marna Moore, UTC	8.05
2. Ronetta BURGESS, WCU	8.07
3. Lindy Petteway, GSU	8.23
4. Tyleana Hanner, UTC	8.37
5. Kirsten Bowden, ASU	8.62
6. Tondra White, ASU	8.65

Distance Medley

1. Appalachian State	12:14.16
2. Chattanooga	12:25.09
3. Furman	12:26.82
4. Western Carolina	12:37.32
5. Davidson	12:48.65
6. VMI	12:54.20
7. Georgia Southern	12:57.16

4 x 400 M Relay

1. East Tennessee State	3:49.11
2. Western Carolina	3:51.04
3. Appalachian State	3:51.37
4. Chattanooga	3:55.28
5. Furman	4:01.41
6. Georgia Southern	4:06.58
7. Davidson	4:10.53
8. VMI	4:15.08

Long Jump

1. Tyleana Hanner, UTC	20'00.25"
2. Angela Pryor, ASU	19'00.50"
3. Kamata Potts, WCU	18'09.75"
4. Kirsten Bowden, ASU	18'07.75"
5. Star Lingo, GSU	18'02.50"
6. Ronetta Burgess, WCU	17'09.75"

Triple Jump

1. Kirsten Bowden, ASU	41'02.25"
2. Tondra White, ASU	40'01.25"
3. Tyleana Hanner, UTC	39'08.00"
4. Virginia LaCombe, WCU	38'06.25"
5. Cedeia Brown, WCU	38'02.25"
6. Kristen Truman, ETSU	36'09.00"

High Jump

1. Virginia LaCombe, WCU	5'07.75"
2. Jennifer Carroll, VMI	5'05.75"
3. Tyleana Hanner, UTC	5'03.75"
4. Suzanne Makinson, ASU	5'03.75"
5. Cheryl Howard, ETSU	5'01.75"
6. Kirsten Bowden, ASU	5'01.75"

Shot Put

1. Ashley Herndon, WCU	44'09.75"
2. La Shanna Poole, ASU	42'10.75"
3. Barbara Lee Palmer, WCU	41'05.00"
4. Catrina Moore, CIT	38'05.00"
5. Kitey Wright, WCU	38'04.25"
6. Angela Vizzi, VMI	38'00.00"

Weight Throw

1. La Shanna Poole, ASU	55'03.75"
2. Niki Ash, UNCG	51'07.25"
3. Barbara Lee Palmer, WCU	49'04.50"
4. Quiletta Dunston,	48'08.00"
5. Kineta Williams, WCU	46'06.25"
6. Ashley Herndon, WCU	46'02.00"

Pole Vault

1. Valerie Jalajas, WCU	11'11.75"
2. Michelle Velez, WCU	11'05.75"
3. Nadia Wendlandt, VMI	10'06.00"
4. Suzanne Makinson, ASU	10'00.00"
4. Kelly Hawkins, ASU	10'00.00"
4. Kate Minser, ASU	10'00.00"

Individual Awards

Most Outstanding Performer
Tyleana Hanner, Chattanooga

Freshman of the Year
Oddbjorg Haugen, Chattanooga

Coach of the Year
John Weaver, Appalachian State

2000 Women's Indoor Track & Field Championships

Team Results

Team Finish	Points	Team Finish	Points
1. Western Carolina	145.5	6. Furman	21.5
2. Appalachian State	119	7. VMI	11
3. Chattanooga	86	8. UNC Greensboro	8
4. East Tennessee State	71	9. The Citadel	4
5. Georgia Southern	30		

Individual Results

* Conference Record

55 Meter Dash

1. Shonte Pinkston, ASU	6.95
2. Angela Pryor, ASU	7.17
3. Jacqueline Allen, GSU	7.19
4. Andrea Matthews, ASU	7.22
5. Keyonia Collins, GSU	7.36
6. Shantre Mayfield, ASU	7.39

200 Meter Dash

1. Shonte Pinkston, ASU	26.36
2. Andrea Matthews, ASU	25.01
3. Angela Pryor, ASU	25.19
4. Rosaline Addo, ETSU	25.34
5. Shavone Neely, WCU	25.52
6. Jacqueline Allen, GSU	26.12

400 Meter Dash

1. Rosaline Addo, ETSU	56.33
2. Jennifer Howard, ETSU	56.36
3. Rosalyn Hood, WCU	58.08
4. Angela Highbaugh, FUR	58.11
5. Shavone Neely, WCU	58.38
6. Andrea Matthews, ASU	58.62

800 Meter Run

1. Lauren Campbell, ETSU*	2:12.96
2. Julie Stackhouse, FUR	2:15.00
3. Becky Slick, UTC	2:15.54
4. Christina Smith, WCU	2:17.29
5. Channel Lemon, UTC	2:17.32
6. Catherine Brunk, UTC	2:18.87
7. Karen Underwood, ASU	2:22.84
8. Erin Howard, FUR	2:24.88

Mile Run

1. Becky Slick, UTC	5:04.25
2. Andrea Davis, UTC	5:06.50
3. Catherine Brunk, UTC	5:06.97
4. Gina Recher, UTC	5:11.47
5. Kimberly Hemstreet, ETSU	5:13.98
6. Michelle Cooke, UTC	5:14.18
7. Tanya Brown, ETSU	5:14.56
8. Erin Howard, FUR	5:15.85

3,000 Meter Run

1. Amanda Lynch, UTC*	9:45.31
2. Catherine Berry, ETSU	9:46.75
3. Andrea Davis, UTC	10:06.50
4. Jenny Warfford, WCU	10:17.82
5. Heather Needham, ASU	10:26.89
6. Melanie Cooper, WCU	10:27.99
7. Emily Campbell, ETSU	10:33.66
7. Dana Smith, FUR	10:43.16

5,000 Meter Run

1. Catherine Berry, ETSU	17:01.05
2. Amanda Lynch, UTC	17:03.20
3. Andrea Davis, UTC	17:46.04
4. Jenny Warfford, WCU	17:52.98
5. Heather Needham, ASU	18:12.09
6. Emily Campbell, ETSU	18:20.00
7. Dana Smith, FUR	18:43.51
8. Emily Eades, FUR	18:44.80

Distance Medley

1. East Tennessee State	12:03.81
2. Chattanooga	12:20.71
3. Western Carolina	12:32.89
4. Furman	12:39.48
5. Appalachian State	12:53.40
6. Georgia Southern	13:17.48
7. UNC Greensboro	13:20.83
8. Davidson	13:35.16
9. The Citadel	14:15.21

55 Meter Hurdles

1. Rosalyn Hood, WCU	8.44
2. Kristen Bowden, ASU	8.45
3. Jennifer McCalla, GSU	8.49
5. Jackie Poage, ASU	8.60
7. Virginia Lacombe, WCU	8.85
6. Domonique LaBeaud, GSU	9.14

4 x 400 M Relay

1. Western Carolina	3:54.38
2. East Tennessee State	3:54.84
3. Appalachian State	3:58.94
4. Furman	3:59.91
5. Chattanooga	3:59.97
6. Georgia Southern	4:10.69
7. The Citadel	4:16.64
8. Davidson	4:27.55

Long Jump

1. Rosalyn Hood, WCU	19'08.25"
2. Angela Pryor, ASU	19'02.75"
3. Jacqueline Allen, GSU	18'04.25"
4. Altavise Franklin, WCU	18'02.25"
5. Kristen Bowden, ASU	17'11.75"
6. Jennifer Carroll, VMI	17'09.75"

Triple Jump

1. Rosalyn Hood, WCU	39'08.75"
2. Kristen Bowden, ASU	39'07.00"
3. Virginia Lacombe, WCU	38'11.00"
4. Cedeia Bowden, WCU	37'11.50"
5. Altavise Franklin, WCU	36'07.75"
6. Monica Lockett, GSU	35'03.00"

High Jump

1. Virginia Lacombe, WCU	5'05.75"
2. Anna Hutcherson, UTC	5'05.75"
3. Jennifer Carroll, VMI	5'01.75"
3. Whitney Nelson, GSU	5'01.75"
5. Altavise Franklin, WCU	5'01.75"
5. Julie Stackhouse, FUR	5'01.75"

Shot Put

1. Ashley Herendon, WCU	42'02.00"
2. LaShanna Poole, ASU	40'08.25"
3. Sydney Rowland, ASU	39'01.75"
4. Valerie Mertz, WCU	38'07.00"
5. Catrina Moore, CIT	38'01.25"
6. Angela Vizzi, VMI	38'01.25"

Weight Throw

1. Valerie Mertz, WCU	54'07.25"
2. Niki Ash, UNCG	52'11.50"
3. LaShanna Poole, ASU	46'09.50"
4. Angela Vizzi, VMI	45'00.25"
5. Carol Hamlin, CIT	44'09.00"
6. Sydney Rowland, ASU	44'09.00"

Pole Vault

1. Valerie Jalajas, WCU*	12'00.50"
2. Sara Searcy, ASU	9'11.75"
3. Tricia Shepard, WCU	9'11.75"
4. Altavise Franklin, WCU	9'11.75"
5. Virginia Lacombe, WCU	9'05.75"
6. Kelly Hawkins, ASU	9'05.75"

Individual Awards

Most Outstanding Performer
Rosalyn Hood, Western Carolina

Freshman of the Year
Andrea Matthews, Appalachian State

Coach of the Year
Danny Williamson, Western Carolina



Team Results

Team Finish	Points	Team Finish	Points
1. Western Carolina	169	6. VMI	25
2. Appalachian State	149	7. Davidson	11
3. Chattanooga	118	8. Wofford	4
4. East Tennessee State	105	9. The Citadel	3
5. Furman	43.5		

Individual Results

55 Meter Dash

1. Tyleana Hanner, UTC 7.10
2. Shonte Pinkston, ASU 7.25
3. Marna Moore, UTC 7.28
4. Kamilah Gabriel, WCU 7.38
5. Angela Highbaugh, FUR 7.40
5. Angela Pryor, ASU 7.40
7. Latrice Sales, CIT 7.43
8. Karen Houston, ASU 7.49

200 Meter Dash

1. Tyleana Hanner, UTC 25.80
2. Marna Moore, UTC 25.86
3. Jennifer Howard, ETSU 26.19
4. Shonte Pinkston, ASU 26.36
5. Shawnta Person, WCU 26.79
6. Angela Highbaugh, FUR 26.83
7. Angela Pryor, ASU 26.88
8. Karen Houston, ASU 27.14

400 Meter Dash

1. Shawnta Person, WCU 59.20
2. Rosaline Addo, ETSU 59.96
3. Jennifer Howard, ETSU ... 1:00.04
4. Maria Rivas, FUR 1:00.68
5. Susan Poole, ASU 1:00.69
6. Juanita Welford, ASU 1:01.44
7. Monica Hill, FUR 1:01.62
8. Rosalyn Hood, WCU 1:01.87

800 Meter Run

1. Mary J. Harrelson, ASU .. 2:15.91
2. Keeya McManus, WCU ... 2:17.78
3. Val Urchison, ETCU 2:18.30
4. Ann Gardner, WCU 2:20.74
5. Christina Smith, WCU 2:21.05
6. Abby Slack, ASU 2:21.92
7. Lauren Campbell, ETSU .. 2:24.34
8. Jessie Brown, WCU 2:24.70

Mile Run

1. Mary J. Harrelson, ASU .. 4:57.17
2. Val Urchison, ETSU 4:59.26
3. Abby Reeder, ASU 4:59.88
4. Catherine Berry, ETSU 5:07.18
5. Andrea Davis, UTC 5:07.28
6. Ann Gardner, WCU 5:14.98
7. Jessie Brown, WCU 5:19.00
8. Michelle Cooke, UTC 5:21.76

3,000 Meter Run

1. Amanda Lynch, UTC (NT)
2. Abby Reader, ASU
3. Catherine Berry, ETSU
4. Andrea Davis, UTC
5. Jenny Warfford, WCU
6. Laurie Grey, FUR
7. Dana Smith, FUR
8. Corie Fuchs, ASU

5,000 Meter Run

1. Amanda Lynch, UTC 17:35.29
2. Jenny Warfford, WCU ... 17:45.92
3. Dana Smith, FUR 17:57.44
4. Leah Moore, UTC 18:10.33
5. Megan Fischer, FUR 18:16.04
6. Emily Campbell, ETSU . 18:21.38
7. Corie Fuchs, ASU 18:33.57
8. Natlie Scruggs, UTC 18:38.43

Distance Medley

1. Appalachian State 12:23.66
2. Western Carolina 12:36.34
3. Davidson 12:45.16
4. Chattanooga 12:48.70
5. Furman 12:51.59
6. East Tennessee State 13:33.48
7. VMI 13:53.82
8. The Citadel 14:04.76

55 Meter Hurdles

1. Marna Moore, UTC 8.08
2. Tyleana Hanner, UTC 8.27
3. Kristen Bowden, ASU 8.68
4. Rosalyn Hood, WCU 8.71
5. Jackie Poage, ASU 8.76
6. Jamilah Sawyer, DAV 8.77
7. Virginia Lacombe, WCU 8.95
8. Ginger Denison, FUR 9.49

4 x 400 M Relay

1. Western Carolina 3:58.94
2. Furman 4:02.78
3. East Tennessee State 4:08.91
4. Appalachian State 4:09.05
5. Chattanooga 4:14.23
6. VMI 4:22.85
7. Davidson 4:24.85

Long Jump

- 1 Taneisha Robinson, ETSU20'03.0"
2. Tyleana Hanner, UTC .. 19'08.00"
3. Rosalyn Hood, WCU 19'00.75"
4. Angela Pryor, ASU 18'05.25"
5. Kamilah Gabriel, WCU . 18'04.25"
6. Kristen Bowden, ASU ... 17'09.75"
7. Angela Highbaugh, FUR 17'09.50"
8. Brooke Deacon, ETSU . 17'06.00"

Triple Jump

- 1* Taneisha Robinson, ETSU42'05.25"
2. Kristen Bowden, ASU ... 40'01.25"
3. Tyleana Hanner, UTC .. 39'11.25"
4. Kamilah Gabriel, WCU . 39'06.50"
5. Dee Mittman, WCU 38'01.50"
6. Virginia Lacombe, WCU 37'07.75"
7. Altavise Franklin, WCU 36'05.75"
8. Mary Engle, ASU 33'07.25"

High Jump

1. Taneisha Robinson, ETSU ... 5'08"
2. Virginia Lacombe, WCU 5'06"
3. Karen Breeding, ETSU ... 5'03.75"
4. Hanna Hutcherson, UTC 5'03.75"
5. Kristen Bowden, ASU 5'03.75"
6. Mary Engle, ASU 5'01.75"
6. Tyleana Hanner, UTC 5'01.75"
6. Dee Mittman, WCU 5'01.75"

Shot Put

1. Ashley Herendon, WCU . 40'05.5"
2. Valerie Mertz, WCU 39'11.50"
3. Sydney Rowland, ASU .. 35'07.75"
4. Robin Kennel, ASU 32'10.50"
5. Altavise Franklin, WCU . 32'01.0"
6. Courtney Klitzsch, ASU . 32'00.0"
7. Lena Summers, ETSU ... 31'01.00"
8. Angela Vizzi, VMI 30'11.75"

Weight Throw

1. Valerie Mertz, WCU 50'05.25"
2. Kelly Sullivan, VMI 43'10.75"
3. Courtney Klitzsch, ASU . 43'0.25"
4. Nicki Myers, VMI 41'02.50"
5. Alexis Abrams, VMI 40'02.00"
6. Jackie Poage, ASU 39'06.50"
7. Angela Vizzi, VMI 38'06.75"
8. Ashley Herendon, WCU 36'09.50"

Pole Vault

1. Valerie Jalajas, WCU 11'07.75"
2. Karen Houston, ASU 9'05.25"
3. Virginia Lacombe, WCU . 8'11.50"
4. Altavise Franklin, WCU . 8'11.50"
5. Page Stroup, WOF 8'05.50"
6. Sara Searcy, ASU 7'11.50"
6. Lena Summers, ETSU 7'11.50"
8. Dee Mittman, WCU 7'05.75"

Individual Awards

Most Outstanding Performer
Taneisha Robinson, East Tennessee State

Freshman of the Year
Virginia Lacombe, Western Carolina

Coach of the Year
Danny Williamson, Western Carolina



Team Results

Team Finish	Points	Team Finish	Points
1. Chattanooga	141	6. Davidson	9
2. East Tennessee State	131	7. Wofford	0
3. Western Carolina	84	8. The Citadel	0
4. Appalachian State	82	9. VMI	0
5. Furman	17		

Individual Results

55 Meter Dash

1. Rashida Dodson, UTC	7:05
2. Shonte Pinkston, ASU	7:17
3. Tyleana Hanner, UTC	7:27
4. Reshia Johnson, UTC	7:30
5. Karen Houston, ASU	7:40
6. Holly Arnold, ASU	7:41

200 Meter Dash

1. Rashida Dodson, UTC	24.39
2. Tyleana Hanner, UTC	25.34
3. Shonte Pinkston, ASU	25.53
4. Andrea Shropshire, UTC	25.58
5. Reshia Johnson, UTC	25.89
6. Karen Houston, ASU	26.08

400 Meter Dash

1. Keeya McManus, WCU	57.14
2. Michelle Gregg, ETSU	57.32
3. Angela Highbaugh, FUR	58.12
4. Summer Clomek, UTC	59.41
5. Paige Stivers, UTC	1:01.10

800 Meter Run

1. *Mary Jayne Harrelson, ASU	2:10.54
2. Michelle Gregg, ETSU	2:10.64
3. Jennifer Croft, UTC	2:15.35
4. Val Urchison, ETSU	2:17.40
5. Anne Gardner, WCU	2:17.69
6. Cassie Moss, UTC	2:19.26

Mile Run

1. *Val Urchison, ETSU	4:53.37
2. Jennifer Croft, UTC	4:54.40
3. Catherine Wright, UTC	4:57.39
4. Mary Jayne Harrelson, ASU	4:59.48
5. Catherine Berry, ETSU	5:01.66
6. Abby Reeder, ASU	5:13.10

3,000 Meter Run

1. Catherine Berry, ETSU	9:49.73
2. Anna Wright, UTC	9:52.52
3. Amanda Lynch, UTC	10:07.50
4. Jenny Warfford, WCU	10:10.55
5. Emily Campbell, ETSU	10:11.09
6. L. Kepper-Hudson, FUR	10:12.58

5,000 Meter Run

1. Anna Wright, UTC	17:02.29
2. Catherine Wright, UTC	17:05.77
3. Catherine Berry, ETSU	17:20.78
4. Emily Campbell, ETSU	17:30.61
5. Amanda Lynch, UTC	17:36.07
6. Jenny Warfford, WCU	17:39.91

Distance Medley

1. *East Tennessee State	11:58.99
2. Chattanooga	12:19.07
3. Appalachian State	12:45.69
4. Davidson	12:51.74
5. Furman	13:02.08
6. Western Carolina	14:10.34

55 Meter Hurdles

1. Tyleana Hanner, UTC	8:28
2. Kamilah Gabriel, WCU	8.44
3. Jackie Poage, ASU	8.52
4. Jamilah Sawyer, DAV	8.60
5. Kirsten Bowden, ASU	8.66
6. Emily White, WCU	8.98

1,600 Meter Relay

1. Western Carolina	3:50.64
2. Chattanooga	3:53.31
3. East Tennessee State	3:59.69
4. Furman	4:04.26
5. Appalachian State	4:11.62
6. Davidson	4:27.86

Long Jump

1. Taneisha Robinson, ETSU	5.94m
2. Tyleana Hanner, UTC	5.89m
3. Tracie George, ETSU	5.55m
4. Jennifer Sluss, ETSU	5.43m
5. Kirsten Bowden, ASU	5.30m
6. Angela Highbaugh, FUR	5.30m

Triple Jump

1. Taneisha Robinson, ETSU	12.49m
2. Jennifer Sluss, ETSU	11.96m
3. Kamilah Gabriel, WCU	11.84m
4. Kirsten Bowden, ASU	11.43m
5. Tyleana Hanner, UTC	11.31m
6. Dee Mittman, WCU	11.22m

High Jump

1. Jennifer Sluss, ETSU	1.67m
2. Taneisha Robinson, ETSU	1.62m
3. Dee Mittman, WCU	1.57m
4. Emily White, WCU	1.57m
4. Katie Condon, FUR	1.57m
6. Mary Engle, ASU	1.47m

Shot Put

1. Ayokka Green, ASU	14.50m
2. LaSha Jackson, WCU	14.37m
3. Robyn Stockunas, WCU	13.07m
4. Kelly Weaver, ETSU	12.73m
5. Valerie Metz, WCU	12.44m
6. LaKeysha Lovette, WCU	12.08m

Weight Throw

1. *Ayokka Green, ASU	16.80m
2. Robyn Stockunas, WCU	15.76m
3. Valerie Metz, WCU	14.19m
4. Niki Ash, ASU	14.04m
5. Allison Walker, ASU	13.70m
6. Kelly Weaver, ETSU	13.64m

Individual Awards

Most Outstanding Performer
Taneisha Robinson, East Tennessee State

Freshman of the Year
Anna Wright, Chattanooga

Coach of the Year
Bill Gautier, Chattanooga



Team Results

Team Finish	Points	Team Finish	Points
1. Western Carolina	143	5. Marshall	42.33
2. Chattanooga	87	6. Furman	28
3. Appalachian State	81.33	7. Davidson	3
4. East Tennessee State	80.33		

Individual Results

55 Meter Dash

1. Daree Thompson, WCU	6.98
2. Trice Roundtree, ASU	7.21
3. Reshia Johnson, UTC	7.22
4. Rahma MATEen, WCU	7.29
5. Cindy Dawson, MAR	7.31
6. Tyleana Hanner, UTC	7.41

200 Meter Dash

1. Daree Thompson, WCU	24.89
2. Tyleana Hanner, UTC	25.06
3. Salima Fountain, FUR	25.17
4. Andrea Shropshire, UTC	25.92
5. Shawnta Person, WCU	25.99
6. Reshia Johnson, UTC	26.35

400 Meter Dash

1. Salima Fountain, FUR	56.47
2. Andrea Shropshire, UTC	57.06
3. Shawnta Person, WCU	57.39
4. Karen Houston, ASU	59.41
5. Michelle Simmons, ASU	59.60
6. Juanita Welford, ASU	1:00.64

800 Meter Run

1. Mary Jayne Harrelson, ASU	2:13.30
2. Maggie Donahue, WCU	2:14.19
3. Emily Redmon, WCU	2:16.12
4. Maria Stiver, UTC	2:17.38
5. Valerie Urchison, ETSU	2:21.62
6. Becky Pouch, MAR	2:22.28

Mile Run

1. Valerie Urchison, ETSU	5:02.46
2. Kristen Savery, WCU	5:03.54
3. Jennifer Eckard, UTC	5:04.31
4. Jenny Chase, ASU	5:08.35
5. Corie Fuchs, ASU	5:11.60
6. Abby Reeder, ASU	5:13.16

3,000 Meter

1. Mary Jane Middelkoop, UTC	10:13.25
2. Mary Jo Ferrigan, ETSU	10:14.37
3. Christina Olson, ASU	10:24.63
4. Amanda Lynch, UTC	10:25.03
5. Taylor Perin, ETSU	10:29.11
6. L. Kepper-Hudson, FUR	10:29.44

Distance Medley

1. *East Tennessee State	12:06.54
2. Chattanooga	12:08.66
3. Appalachian State	12:09.61
4. Western Carolina	12:36.89
5. Marshall	13:01.58
6. Davidson	13:04.49

5,000 Meter Run

1. Mary Jo Ferrigan, ETSU	17:36.82
2. Lynn Kepper-Hudson, FUR	17:49.67
3. Mary Jane Middelkoop, UTC	17:55.76
4. Michele marshall, UTC	17:59.30
5. Christina Olson, ASU	18:17.10
6. Amanda Lynch, UTC	18:19.61

55 Meter Hurdles

1. Trice Roundtree, ASU	8.07
2. Cindy Dawson, MAR	8.19
3. Rahma Mateen, WCU	8.22
4. Adrienne Hundemer, MAR	8.36
5. Jamilah Sawyer, DAV	8.48
6. Kamilah Gabriel, WCU	8.65

1,600 Meter Relay

1. Western Carolina	3:50.85
2. Chattanooga	3:54.88
3. Appalachian State	3:57.54
4. East Tennessee State	4:00.98
5. Marshall	4:01.96
6. Furman	4:03.28

Long Jump

1. Rahma Mateen, WCU	5.81m
2. Taneisha Robinson, ETSU	5.67m
3. Tyleana Hanner, UTC	5.65m
4. Daree Thompson, WCU	5.49m
5. Jennifer Sluss, ETSU	5.47m
6. Lisa Roberts, ASU	5.33m

Triple Jump

1. Rahma Mateen, WCU	11.86m
2. Jennifer Sluss, ETSU	11.81m
3. Taneisha Robinson, ETSU	11.77m
4. Lisa Roberts, ASU	11.70m
5. Tyleana Hanner, UTC	11.40m
6. Starrbria Anderson, MAR	11.39m

High Jump

1. Jennifer Sluss, ETSU	1.67m
2. Rahma Mateen, WCU	1.67m
3. Cori Telzrow, ASU	1.62m
4. Lakeeva Brooks, WCU	1.62m
5. Katie Condon, FUR	1.57m
6. Kelly Fisher, ASU	1.57m

Shot Put

1. LaSha Jackson, WCU	13.49m
2. Elizabeth Reck, MAR	13.15m
3. Robyn Stockunas, WCU	13.07m
4. Chandra Nelson, MAR	12.09m
5. Christine Ziemba, ASU	12.06m
6. Allison Walker, ASU	11.67m

Weight Throw

1. *Robyn Stockunas, WCU	14.88m
2. Chandra Nelson, MAR	13.52m
3. LaKeysha Lovette, WCU	13.04m
4. Allison Walker, ASU	12.56m
5. Elizabeth Reck, MAR	12.49m
6. Rachel Olander, ASU	12.29m

Individual Awards

Most Outstanding Performer
Daree Thompson, Western Carolina

Freshman of the Year
Tyleana Hanner, Chattanooga

Coach of the Year
Danny Williamson, Western Carolina

Team Results

Team Finish	Points	Team Finish	Points
1. Western Carolina	127.5	5. UT-Chattanooga	44
2. East Tennessee State	108	6. Marshall	17
3. Appalachian State	96	7. Davidson	7
4. Furman	64.5		

Individual Results

55 Meter Dash

1. Nikki Harris, ASU	7.25
2. Rahma Mateen, WCU	7.31
3. Talisha Goins, ASU	7.34
4. Wykesha Bailey, WCU	7.48
5. Karen Houston, ASU	7.52
6. Kendra Prather, ETSU	8.04

200 Meter Dash

1. Salima Fountain, FUR	25.87
2. Kendra Prather, ETSU	26.27
3. Karen Houston, ASU	26.35
4. Wykesha Bailey, WCU	26.38
5. Rahma Mateen, WCU	26.55
6. Tracie George, ETSU	27.17

400 Meter Dash

1. Andrea Shropshire, UTC	58.95
2. Salima Fountain, FUR	59.15
3. Karen Houston, ASU	59.20
4. Kendra Prather, ETSU	59.63
5. Tracie George, ETSU	1:00.32
6. Laura Beck, WCU	1:00.92

800 Meter Run

1. Michelle Gregg, ETSU	2:15.8
2. Emily Redmon, WCU	2:16.1
3. Maggie Donahoe, WCU	2:17.5
4. Val Urchison, WCU	2:19.8
5. Keeva McManus, WCU	2:20.9
6. Michelle Bozue, UTC	2:23.0

3,000 Meter Run

1. Heather VandeBrake, FUR	10:06.1
2. Mary Jane Middlekoop, UTC	10:13.8
3. Jennel Walby, ETSU	10:16.5
4. Christina Olson, ASU	10:22.3
5. Mary Jo Ferrigan, ETSU	10:29.8
6. Lindsay Pinkney, MAR	10:35.5

5,000 Meter Run

1. Heather VandeBrake, FUR	17:36.1
2. Mary Jane Middlekoop, UTC	17:41.6
3. Mary Jo Ferrigan, ETSU	17:55.6
4. Lynn Kepper, FUR	17:55.9
5. Christina Olson, ASU	17:59.6
6. Jennel Walby, ETSU	18:10.0

Mile Run

1. Heather VandeBrake, FUR	5:06.8
2. Kristen Savery, WCU	5:08.4
3. Michelle Gregg, ETSU	5:10.3
4. Mary Jane Middlekoop, UTC	5:16.3
5. Jennel Walby, ETSU	5:17.3
6. Jennifer Eckard, UTC	5:17.5

55 Meter Hurdles

1. Rahma Mateen, WCU	8.12
2. Trice Roundtree, ASU	8.26
3. Erica Edmond, ETSU	8.45
4. Wykesha Bailey, WCU	8.46
5. Kamilah Gabriel, WCU	8.75
6. Faith Ninivaggi, ASU	9.89

Mile Relay

1. Western Carolina	3:57.7
2. East Tennessee State	4:01.2
3. UT-Chattanooga	4:03.5
4. Appalachian State	4:06.4
5. Marshall	4:15.6
6. Furman	4:22.1

Distance Medley

1. East Tennessee State	12:22.0
2. Western Carolina	12:29.4
3. Furman	12:39.2
4. UT-Chattanooga	12:51.2
5. Davidson	13:11.3

Long Jump

1. Rahma Mateen, WCU	20'0"
2. Tracie George, ETSU	19'3"
3. Nikki Harris, ASU	19'¼"
4. Taneisha Robinson, ETSU	18'5½"
5. Jennifer Sluss, ETSU	18'2"
6. Jennifer Sluss, ETSU	18'1"

Triple Jump

1. Nikki Harris, ASU	38'8¾"
2. Rahma Mateen, WCU	38'4¾"
3. Jennifer Sluss, ETSU	38'¼"
4. Lisa Roberts, ASU	36'4¾"
5. Taneisha Robinson, ETSU	35'11½"
6. Karen Newsan, ETSU	35'2¾"

High Jump

1. Rahma Mateen, WCU	5'6"
2. Jennifer Sluss, ETSU	5'4¼"
3. Vanessa Sims, DAV	5'4¼"
3. Gina Richter, FUR	5'4¼"
5. Shalimar Folds, UTC	5'2¼"
6. Katie Condon, FUR	5'2¼"
6. Lakeeva Brooks, WCU	5'2¼"

Shot Put

1. Ayokka Green, ASU	46'3"
2. LaSha Jackson, WCU	45'1½"
3. Beth Reck, MAR	43'11½"
4. Robyn Stockunas, WCU	41'7½"
5. Chandra Nelson, MAR	41'1"
6. Zondra Johnson, WCU	40'4"

25-pound Weight Throw

1. Ayokka Green, ASU	48'2¾"
2. Robyn Stockunas, WCU	43'6½"
3. Erica Bahry, ASU	43'5¾"
4. Chandra Nelson, MAR	42'11¾"
5. Beth Reck, MAR	42'8"
6. Zondra Johnson, WCU	41'7¼"

Individual Awards

Most Outstanding Performer
Heather VandeBrake, Furman

Freshman of the Year
Karen Houston, Appalachian State

Coach of the Year
Danny Williamson, Western Carolina