

2007-08 Cross Country and Track & Field

William FORREST

Indoor Long Jump

5.94 ETSU Invite 2008

Outdoor 100m Dash

10.80 Solid Orange 2005
10.80 Solid Orange 2006
10.95 Solid Orange Prelim 2006
11.00 Furman Invite 2007
11.11 Wake Forest 2005
11.11 SoCon Prelim 2006
11.13 USC Invite 2006
11.17 SoCon Prelim 2007
11.22 Solid Orange 2007
11.28 Clemson Relays 2007
11.31 SoCon Finals 2006
11.44 Clemson Relays 2006
12.07 Furman Invite 2005

Outdoor 200m Dash

22.15 Solid Orange 2005
22.63 SoCon Prelim 2007
22.77 SoCon Prelim 2006
22.84 Furman Invite 2006
23.14 Furman Invite 2005

Outdoor 4x100 Meter Relay

42.90 SoCon Finals 2007
LaFrance, Gourdin,
Williams, Forrest
43.59 Solid Orange 2007
Forrest, Gourdin,
Witzke, Wilkerson

Outdoor 4x400 Meter Relay

3:35.55 Clemson Relays 2007
Wilkerson, Matz, Morgan, Forrest