

**2006 Outdoor Track & Field Outdoor Championships
Western Carolina Individual Finishes / Awards**

Women 100 Meter Dash

1 Johnson, Tangelia	SO W. Carolina	11.69R	10
* NCAA Regional Qualifying time			
5 Davis, Asia	JR W. Carolina	12.20	4
6 Gentry, Cassie	SR W. Carolina	12.42	3

Women 200 Meter Dash

1 Johnson, Tangelia	SO W. Carolina	24.40	10
2 Ramseur, Raquel	SO W. Carolina	24.57	8

Women 400 Meter Dash

1 Ramseur, Raquel	SO W. Carolina	54.15R	10
* NCAA Regional Qualifying time			

Women 800 Meter Run

3 Savery, Kerrie	SO W. Carolina	2:12.52	6
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Women 100 Meter Hurdles

4 Davis, Asia	JR W. Carolina	14.33	5
7 Mack, Tiffany	SR W. Carolina	14.79	2

Women 400 Meter Hurdles

1 Davis, Asia	JR W. Carolina	1:00.47R	10
* NCAA Regional Qualifying time			

Women 10000 Meter Run

7 Kulesz, Deanna	JR W. Carolina	40:03.62	2
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Women 4x100 Meter Relay

2 Western Carolina 'A'		46.20	8
1) Gentry, Cassie SR	2) Johnson, Tangelia SO		
3) Davis, Asia JR	4) Ramseur, Raquel SO		

Women 4x400 Meter Relay

1 Western Carolina 'A'		3:43.15S	10
1) Lane, Aneesha FR	2) Ramseur, Raquel SO		
3) Davis, Asia JR	4) Johnson, Tangelia SO		
* Southern Conference record			

Women High Jump

1 Johnson, Jessika	SO W. Carolina	1.67m	5-05.75	10
3 Whitaker, Brittany	JR W. Carolina	1.57m	5-01.75	6
6 McGriff, NaShay	SO W. Carolina	1.52m	4-11.75	3
8 Wilkerson, Jessica	SO W. Carolina	1.47m	4-09.75	1

Women Triple Jump

2 McGriff, NaShay	SO W. Carolina	11.96m	1.1	39-03.00	8
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Women Shot Put

7 Lopez, Nicole	SO W. Carolina	12.50m	41-00.25	2
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Women Discus Throw

7 Lopez, Nicole	SO W. Carolina	40.19m	131-10	2
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Women Pole Vault

7	Wilson, Jessie	SO W. Carolina	3.05m	10-00.00	2
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Women Long Jump

6	Simmons, Rashanda	FR W. Carolina	5.57m	1.3	18-03.25	3
8	McGriff, NaShay	SO W. Carolina	5.37m	0.7	17-07.50	1

Women Javelin Throw

3	Tounzen, Tara	FR W. Carolina	37.46m	122-11	6
8	Glasgow, Rachel	SO W. Carolina	34.35m	112-08	1

Women's Heptathlon

3	Whitaker, Brittany	SO W. Carolina	3952 pts
6	Wilkerson, Jessica	SO W. Carolina	3526 pts
7	Broadnax, Morgan	FR W. Carolina	3318 pts

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Men 100 Meter Dash

1 Johnson, Zeb	11 W. Carolina	10.88	10
2 Johnson, Kevin	FR W. Carolina	10.96	8
3 Malone, Michael	JR W. Carolina	10.99	6

Men 200 Meter Dash

1 Johnson, Zeb	11 W. Carolina	21.63	10
2 Mitchell, Manteo	FR W. Carolina	21.67	8
3 Bolton, Milton	SR W. Carolina	21.94	6
5 Johnson, Kevin	FR W. Carolina	22.14	4
6 Gregory, James	JR W. Carolina	22.46	3
8 Craig, Duke	SO W. Carolina	22.74	1

Men 400 Meter Dash

1 Mitchell, Manteo	FR W. Carolina	47.20R	10
<i>* NCAA Regional Qualifying time</i>			
2 Bolton, Milton	SR W. Carolina	47.50	8
3 Gregory, James	JR W. Carolina	49.00	6
5 Grant, Charleton	SR W. Carolina	49.60	4
7 Oros, John	FR W. Carolina	49.94	2

Men 800 Meter Run

3 Puett, Adam	SR W. Carolina	1:53.29	6
8 Fassinger, Dan	JR W. Carolina	2:11.89	1

Men 1500 Meter Run

1 Puett, Adam	SR W. Carolina	3:56.93	10
7 Fassinger, Dan	JR W. Carolina	4:01.96	2

Men 5000 Meter Run

4 Puett, Adam	SR W. Carolina	14:57.83	5
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Men 110 Meter Hurdles

2 Briscoe, Lawrence	SR W. Carolina	14.38	8
5 Bennett, Ashten	JR W. Carolina	15.55	4
6 Harlfinger, Matt	JR W. Carolina	15.61	3

Men 400 Meter Hurdles

1 Malone, Michael	JR W. Carolina	52.71	10
3 Briscoe, Lawrence	SR W. Carolina	52.78	6

Men 4x100 Meter Relay

1 Western Carolina 'A'		40.58R	10
1) Johnson, Zeb 11	2) Malone, Michael JR		
3) Bolton, Milton SR	4) Johnson, Kevin FR		
<i>* NCAA Regional Qualifying time</i>			

Men 4x400 Meter Relay

1 Western Carolina 'A'		3:14.30	10
1) Bolton, Milton SR	2) Mitchell, Manteo FR		
3) Gregory, James JR	4) Malone, Michael JR		

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Men High Jump

3	Briscoe, Lawrence	SR W. Carolina	1.90m	6-02.75	6
4	Gaillard, Chris	FR W. Carolina	1.90m	6-02.75	4.5
7	Joseph, Daniel	FR W. Carolina	1.85m	6-00.75	2
8	Harlfinger, Matt	JR W. Carolina	1.85m	6-00.75	1

Men Triple Jump

6	Gaillard, Chris	FR W. Carolina	14.26m	1.1	46-09.50	3
8	Joseph, Daniel	FR W. Carolina	14.09m	-0.8	46-02.75	1

Men Shot Put

5	Page, Chris	SO W. Carolina	14.03m	46-00.50	4
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Men Discus Throw

3	Page, Chris	SO W. Carolina	44.88m	147-03	6
5	Sturgis, Willie	JR W. Carolina	42.05m	137-11	2

Men Pole Vault

3	Lynch, Joel	FR W. Carolina	4.30m	14-01.25	6
6	Spormann, Justin	SO W. Carolina	4.15m	13-07.25	3
7	Benson, Christian	SR W. Carolina	4.15m	13-07.25	2

Men Long Jump

2	Gaillard, Chris	FR W. Carolina	6.97m	0.5	22-10.50	8
4	Ferguson, Tyler	JR W. Carolina	6.66m	2.3	21-10.25	5
6	Malone, Michael	JR W. Carolina	6.61m	1.8	21-08.25	3
7	Joseph, Daniel	FR W. Carolina	6.53m	3.0	21-05.25	2

Men Hammer Throw

7	Page, Chris	SO W. Carolina	43.63m	143-02	2
8	Sturgis, Willie	JR W. Carolina	43.54m	142-10	1

Men Javelin Throw

2	Lee, Josh	SR W. Carolina	57.19m	187-07	8
3	Bowles, David	SO W. Carolina	53.42m	175-03	6
5	Fussell, Ryan	JR W. Carolina	50.49m	165-08	4
7	Ferguson, Tyler	JR W. Carolina	49.84m	163-06	2

Men's Decathlon

2	Harlfinger, Matt	SR W. Carolina	6068 pts
4	Bennett, Ashten	JR W. Carolina	5526 pts
6	Palmer, Rod	SR W. Carolina	4866 pts

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Individual Western Carolina SoCon Champions:

Men's 100-Meter Dash: Zeb Johnson
Men's 200-Meter Dash: Zeb Johnson
Men's 400-Meter Dash: Manteo Mitchell
Men's 400-Meter Hurdles: Mike Malone
Men's 1,500-Meter Run: Adam Puett
Men's 4x100-Meter Relay: Zeb Johnson, Mike Malone, Milton Bolton, Kevin Johnson
Men's 4x400-Meter Relay: Milton Bolton, Manteo Mitchell; James Gregory; Mike Malone

Women's 100-Meter Dash: Tangelia Johnson
Women's 200-Meter Dash: Tangelia Johnson
Women's 400-Meter Dash: Raquel Ramseur
Women's 400-Meter Hurdles: Asia Davis
Women's 4x400-Meter Relay: Aneesha Lane, Raquel Ramseur, Asia Davis, Tangelia Johnson
Women's High Jump: Jessika Johnson

Western Carolina All-Southern Conference Performers:

Milton Bolton - 200-Meter Dash; 400-Meter Dash; 4x100-Meter Relay; 4x400-Meter Relay
David Bowles - Javelin
Lawrence Briscoe - 110-Meter Hurdles; 400-Meter Hurdles; High Jump
Chris Gaillard - Long Jump
James Gregory - 400-Meter Dash; 4x400-Meter Relay
Matt Harlfinger - Decathlon
Zeb Johnson - 100-Meter Dash; 200-Meter Dash; 4x100-Meter Relay
Kevin Johnson - 100-Meter Dash; 4x100-Meter Relay
Josh Lee - Javelin
Joel Lynch - Pole Vault
Mike Malone - 100-Meter Dash; 400-Meter Hurdles; 4x100-Meter Relay; 4x400-Meter Relay
Manteo Mitchell - 200-Meter Dash; 400-Meter Dash; 4x400-Meter Relay
Chris Page - Discus
Adam Puett - 800-Meter Run; 1,500-Meter Run; 5,000-Meter Run

Asia Davis - 400-Meter Hurdles; 4x100-Meter Relay; 4x400-Meter Relay
Cassie Gentry - 4x100-Meter Relay
Jessika Johnson - High Jump
Tangelia Johnson - 100-Meter Dash; 200-Meter Dash; 4x100-Meter Relay; 4x400-Meter Relay
Aneesha Lane - 4x400-Meter Relay
NaShay McGriff - Triple Jump
Raquel Ramseur - 200-Meter Dash; 400-Meter Dash; 4x100-Meter Relay; 4x400-Meter Relay
Tara Tounzen - Javelin
Brittany Whitaker - High Jump; Heptathlon