



# WESTERN CAROLINA UNIVERSITY

## 2007 MEN'S OUTDOOR TRACK & FIELD TOP TIMES

### 2007 OUTDOOR SCHEDULE

Mar. 15-17	Charlotte 49er Classic (C49C)	Charlotte, N.C.
Mar. 22-24	Wake Forest Open (WAKE)	Winston-Salem, N.C.
Mar. 24	Clemson Relays (CLEMR)	Clemson, S.C.
Mar. 31	Western Carolina Invitational (WCUINV)	Cullowhee, N.C.
Apr. 7	Clemson Invitational (CLEMINV)	Clemson, S.C.
Apr. 13-14	Solid Orange Classic (SOCLS)	Clemson, S.C.
Apr. 21-22	SoCon Outdoor Championships (SOCON)	Boone, N.C.
May 6	Duke Twilight Meet (DUKE)	Durham, N.C.
May 11-12	Georgia Tech Invitational (GTINV)	Atlanta, Ga.
May 25-26	NCAA East Regional (NCAAE)	Gainesville, Fla.
June 6-9	NCAA Outdoor Championships (NCAA)	Sacramento, Calif.

\*Q = NCAA Qualifying Time/Distance/Height

\*SR = School Record \*MR = Meet Record \*CR = Conference Record

### 100-Meter Dash

<i>NCAA Regional Time: 10.50</i>		<i>WCU Record: 10.41</i>
Dominique Young	SOCON	10.48 - Q
Zeb Johnson	GTINV	10.66
Kevin Johnson	SOCON	10.79
Mike Malone	WAKE	10.81
Manteo Mitchell	SOCON	10.82
Christian Bethune	WCUINV	10.87
Rashad Herndon	CLEMINV	11.25
Albert Ashcraft	WCUINV	12.40

### 200-Meter Dash

<i>NCAA Regional Time: 21.19</i>		<i>WCU Record: 20.88</i>
Manteo Mitchell	SOCON	21.05 - Q
Dominique Young	SOCON	21.09 - Q
John Oros	SOCON	21.70
Zeb Johnson	SOCON	21.86
Kevin Johnson	WAKE	21.96
James Gregory	SOCON	22.27
Duke Craig	C49C	22.40
Christian Bethune	CLEMINV	22.44

### 400-Meter Dash

<i>NCAA Regional Time: 47.20</i>		<i>WCU Record: 46.23</i>
Manteo Mitchell	WCUINV	46.23 *SR, MR, Q
James Gregory	SOCON	48.70
John Oros	WCUINV	48.92
Zeb Johnson	SOCON	49.71
Duke Craig	WAKE	50.12

### 800-Meter Run

<i>NCAA Regional Time: 1:50.40</i>		<i>WCU Record: 1:47.84</i>
Aaron Grant	SOCON	1:53.59
Dan Fassinger	WCUINV	1:53.94
Jestin Jennings	WCUINV	1:54.32
Dylan Hermelee	CLEMINV	1:59.50

Jesse Ramirez	CLEMINV	2:05.75
Stephen Hammond	CLEMINV	2:10.82

### 1,500-Meter Run

<i>NCAA Regional Time: 3:47.80</i>		<i>WCU Record: 3:47.64</i>
Dan Fassinger	WAKE	3:54.89
Stephen Hammond	CLEMINV	4:11.42
Noah Taylor	WAKE	4:12.03
Dylan Hermelee	WAKE	4:16.58
Jestin Jennings	WAKE	4:17.73
Jesse Ramirez	CLEMINV	4:18.23
Aaron Grant	WAKE	4:18.68

### 3,000-Meter Run

<i>NCAA Regional Time:</i>		<i>WCU Record: 8:29.12</i>
Stephen Hammond	C49C	9:16.06
Jesse Ramirez	WAKE	9:23.24
Field Miller	WAKE	9:30.83

### 3,000-Meter Steeplechase

<i>NCAA Regional Time: 9:07.00</i>		<i>WCU Record: 9:05.44</i>
Dylan Hermelee	CLEMINV	9:56.71
Noah Taylor	WCUINV	10:20.37

### 5,000-Meter Run

<i>NCAA Regional Time: 14:12.00</i>		<i>WCU Record: 14:30.24</i>
Field Miller	C49C	16:06.27
Jesse Ramirez	C49C	16:19.21
Stephen Hammond	WCUINV	16:25.17
Jake Clawson	C49C	16:53.21

### 110-Meter Hurdles

<i>NCAA Regional Time: 14.30</i>		<i>WCU Record: 14.13</i>
Mike Malone	WAKE	15.01
Ashten Bennett	CLEMINV	15.30
Matt Harlfinger	WCUINV	15.41
Christan Bethune	CLEMINV	15.54
David Gift	SOCON	15.99

### 400-Meter Hurdles

<i>NCAA Regional Time: 52.51</i>		<i>WCU Record: 50.03</i>
Mike Malone	GTINV	51.95
Ogden Hansford	WCUINV	55.00
Ashten Bennett	C49C	57.98

### 400-Meter Relay (4x100)

<i>NCAA Regional Time: 40.66</i>		<i>WCU Record: 39.87</i>
M. Mitchell, Z. Johnson	NCAAE	39.87 - SR
D. Young, K. Johnson		
M. Mitchell, M. Malone	WCUINV	40.79
D. Young, A. Ashcraft		
M. Mitchell, M. Malone	CLEMINV	41.22
D. Young, Z. Johnson		

J. Oros, K. Johnson .....	WAKE .....	41.97
J. Gregory, D. Craig		
C. Bethune, M. Malone .....	C49C .....	42.38
J. Gregory, D. Craig		
J. Oros, K. Johnson .....	CLEMINV .....	42.65
J. Gregory, C. Bethune		
J. Sporman, D. Gift .....	WCUINV .....	43.87
M. Harlfinger, A. Bennett		

**1,600-Meter Relay (4x400)**

<i>NCAA Regional Time: 3:10.00 ..... WCU Record: 3:08.34</i>		
M. Mitchell, J. Gregory .....	GTINV .....	3:08.34 - SR
M. Malone, Z. Johnson		
M. Mitchell, J. Gregory .....	WAKE .....	3:12.24
M. Malone, D. Young		
M. Mitchell, Z. Johnson .....	DUKE .....	3:12.79
M. Malone, J. Gregory		
J. Jennings, J. Gregory .....	WCUINV .....	3:13.42
D. Young, M. Malone		
J. Jennings, C. Grant .....	WAKE .....	3:20.16
O. Hansford, R. Herndon		
C. Grant, K. Johnson .....	WCUINV .....	3:24.16
O. Hansford, R. Herndon		
O. Hansford, A. Grant .....	CLEMINV .....	3:24.92
J. Oros, J. Jennings		
J. Oros, D. Young .....	C49C .....	3:25.57
K. Johnson, D. Craig		
M. Harlfinger, D. Gift .....	WCUINV .....	3:35.75
A. Bennett, C. Bethune		

**High Jump**

<i>NCAA Regional Distance: 2.10 (6-10.75) ..... WCU Record: 2.08 (6-10)</i>		
Matt Evans .....	SOCON .....	2.05m (6-8.75)
Rashad Herndon .....	SOCON .....	2.00m (6-6.75)
Daniel Joseph .....	SOCON .....	1.90m (6-2.75)
Anthony Rogers .....	SOCON .....	1.90m (6-2.75)
David Gift .....	SOCON .....	1.85m (6-0.75)
Matt Harlfinger .....	SOCON .....	1.85m (6-0.75)

**Pole Vault**

<i>NCAA Regional Distance: 5.05 (16-6.75) ..... WCU Record: 5.50 (16-4.75)</i>		
Mike Osteen .....	WCUINV & CLEMINV .....	4.60m (15-1.0)
Logan James .....	WAKE .....	4.35m (14-3.25)
Joel Lynch .....	SOCON .....	4.30m (14-1.25)
Justin Spormann .....	WCUINV .....	4.30m (14-1.25)
Matt Harlfinger .....	SOCON .....	4.15m (13-7.25)

**Long Jump**

<i>NCAA Regional Distance: 7.34 (24-1) ..... WCU Record: 7.81 (25.-7.5)</i>		
Mike Malone .....	SOCON .....	7.19m (23-7.25)
Tyler Ferguson .....	SOCON .....	7.16m (23-6.0)
Anthony Rogers .....	SOCON .....	6.92m (22-8.5)
Rashad Herndon .....	CLEMINV .....	6.77m (22-2.5)
Alex Dollard .....	WCUINV .....	6.69m (21-11.25)
Daniel Joseph .....	SOCON .....	6.56m (21-6.25)
Lee Banks .....	SOCON .....	6.47m (21-2.75)
Matt Evans .....	WCUINV .....	6.21m (20-4.25)

Matt Harlfinger .....	WCUINV .....	5.97m (19-7.0)
Ashten Bennett .....	WCUINV .....	5.96m (19-6.5)
David Gift .....	WCUINV .....	5.54m (18-2.0)

**Triple Jump**

<i>NCAA Regional Distance: 15.00 (49-2.5) ..... WCU Record: 15.66 (51-4.75)</i>		
Daniel Joseph .....	SOCON .....	14.99m (49-2.25)
Tyler Ferguson .....	SOCON .....	14.39m (47-2.5)
Lee Banks .....	C49C .....	14.05m (46-1.25)
Alex Dollard .....	CLEMINV .....	13.07m (42-10.75)

**Shot Put**

<i>NCAA Regional Distance: 16.80 (55-1.5) ..... WCU Record: 16.63 (54-6.75)</i>		
Chris Page .....	CLEMR .....	14.54m (47-8.5)
Cale McDaniel .....	CLEMINV .....	13.41m (44-0.0)
Shamar Allen .....	CLEMINV .....	12.60m (41-4.25)

**Discus**

<i>NCAA Regional Distance: 51.70 (169-7) ..... WCU Record: 52.71 (172-11.0)</i>		
Chris Page .....	CLEMR .....	45.16m (148-2)
Cale McDaniel .....	CLEMINV .....	41.28m (135-5)
Shamar Allen .....	C49C .....	40.67m (133-5)
David Bowles .....	WCUINV .....	35.90m (117-9.25)

**Hammer**

<i>NCAA Regional Distance: 55.60 (182-5) ..... WCU Record: 55.98 (183-8.0)</i>		
Chris Page .....	SOCON .....	46.14m (151-4)
Cale McDaniel .....	CLEMR .....	44.77m (146-10)
Shamar Allen .....	C49C .....	40.37m (132-5)

**Javelin**

<i>NCAA Regional Distance: 61.60 (202-1) ..... WCU Record: 62.91 (206-5)</i>		
David Bowles .....	SOCON .....	54.44m (178-7)
Tyler Ferguson .....	CLEMINV .....	53.19m (174-6)
Matt Evans .....	WCUINV .....	50.64m (166-1.5)
Lee Banks .....	C49C .....	49.59m (162-8)
Chris Page .....	SOCON .....	47.50m (155-10)
Logan James .....	WCUINV .....	41.72m (136-10.5)
Cale McDaniel .....	CLEMR .....	27.10m (88-11)

**Decathlon**

<i>NCAA Auto: 7,500 pts. .... NCAA Prov: 6,900 pts</i>		
<i>WCU Record: 6,309 pts</i>		
Matt Harlfinger .....	C49C .....	5569 pts
Ashten Bennett .....	SOCON .....	5329 pts
David Gift .....	C49C .....	5094 pts
Michael Osteen .....	C49C .....	2886 pts



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\*Q = NCAA Qualifying Time/Distance/Height

\*SR = School Record \*MR = Meet Record \*CR = Conference Record

### 100-Meter Dash

NCAA Regional Time: 11.75	WCU Record: 11.63
Tangelia Johnson	SOCON 11.88
Sherrell Froneberger	SOCON 11.91
Melissa Berry	WCUINV 12.44

### 200-Meter Dash

NCAA Regional Time: 23.96	WCU Record: 24.11
Raquel Ramseur	SOCON 24.13
Sherrell Froneberger	SOCON 24.51
Tangelia Johnson	SOCON 25.24
Melissa Berry	WAKE 25.95
Tierra Johnson	WAKE & WCUINV 26.17

### 400-Meter Dash

NCAA Regional Time: 54.61	WCU Record: 53.48
Raquel Ramseur	GTINV 53.97 - Q
Aneesha Lane	WCUINV 57.82
Tierra Johnson	WCUINV 58.97
Melissa Berry	WAKE 59.83

### 800-Meter Run

NCAA Regional Time: 2:09.80	WCU Record: 2:06.28
Kerrie Savery	GTINV 2:10.27
Deanna Kulesz	WAKE 2:15.16
Annie Bailey	CLEMINV 2:18.58
Brooke Saddler	WAKE 2:22.64
Skye Aiello	WCUINV 2:41.00

### 1,500-Meter Run

NCAA Regional Time: 4:27.80	WCU Record: 4:33.49
Deanna Kulesz	CLEMINV 4:37.73
Kerrie Savery	WAKE 4:43.22
Annie Bailey	C49C 5:01.12
Skye Aiello	WAKE 5:14.81
Brooke Saddler	WAKE 5:22.84
Sara Dickson	WCUINV 5:32.67

### 3,000-Meter Run

NCAA Regional Time:	WCU Record: 9:59.28
Deanna Kulesz	C49C 10:32.85
Lindsay Groce	WAKE 10:56.08
Leah Nicholson	WAKE 11:21.74

### 5,000-Meter Run

NCAA Regional Time: 16:52.00	WCU Record: 17:09.64
Deanna Kulesz	WCUINV 18:26.89
Lindsay Groce	CLEMINV 18:38.41
Leah Nicholson	C49C 18:51.82
Skye Aiello	WCUINV 20:02.89

### 3,000-Meter Steeplechase

NCAA Regional Time: 10:50.25	WCU Record: 11:19.07
Skye Aiello	CLEMINV 12:02.22

### 100-Meter Hurdles

NCAA Regional Time: 13.92	WCU Record: 13.75
Asia Davis	C49C & WAKE 14.36
NaShay McGriff	SOCON 14.45
Rashanda Simmons	WAKE 15.38
Jessica Wilkerson	WAKE 17.47

### 400-Meter Hurdles

NCAA Regional Time: 1:00.82	WCU Record: 58.05
Asia Davis	GTINV 59.24 - Q
Rashanda Simmons	SOCON 1:07.64

### 400-Meter Relay (4x100)

NCAA Regional Time: 45.70	WCU Record: 45.72
S. Froneberger, Ta. Johnson	NCAAE 45.97
M. Berry, R. Ramseur	
S. Froneberger, Ta. Johnson	SOCON 46.025
A. Davis, R. Ramseur	
A. Davis, S. Froneberger	WAKE 47.08
M. Berry, R. Ramseur	
S. Froneberger, Ta. Johnson	C49C 48.07
M. Berry, R. Ramseur	
B. Saddler, N. McGriff	WCUINV 49.69
T. Jones, Ti. Johnson	

### 1,600-Meter Relay (4x400)

NCAA Regional Time: 3:42.00	WCU Record: 3:36.36
A. Davis, R. Ramseur	WAKE 3:46.74
K. Savery, S. Froneberger	
A. Davis, R. Ramseur	C49C 3:51.98
K. Savery, Ti. Johnson	
B. Saddler, M. Berry	WAKE 3:58.95
Ti. Johnson, A. Bailey	
Ti. Johnson, M. Berry	WCUINV 3:59.95
A. Bailey, R. Simmons	
Ti. Johnson, A. Bailey	CLEMINV 4:00.54
K. Savery, Ta. Johnson	

### High Jump

*NCAA Regional Distance: 1.75 (5-8.75) ..... WCU Record: 1.83 (6-0)*

Jessika Johnson	WCUINV & SOCON	1.70m (5-7.0)
Brittany Whitaker	WAKE	1.68m (5-6.0)
NaShay McGriff	WCUINV	1.60m (5-2.75)
Jessica Wilkerson	WCUINV	1.45m (4-9.0)

### Pole Vault

*NCAA Regional Distance: 3.80 (12-5.5) ..... WCU Record: 4.00 (13-1.5)*

Melissa Cabe	WCUINV	3.05m (10-0.0)
Amanda Massey	WCUINV	2.95m (9-8.0)

### Long Jump

*NCAA Regional Distance: 6.00 (19-8) ..... WCU Record: 6.50 (21-4)*

Tia Jones	SOCON	5.77m (18-11.25)
Rashanda Simmons	CLEMINV	5.18m (17-0.0)
NaShay McGriff	WAKE	5.00m (16-5)
Melissa Berry	WCUINV	4.98m (16-4.0)
Morgan Joseph	WCUINV	4.98m (15-8.0)
Jessica Wilkerson	WCUINV	4.59m (15-0.5)

### Triple Jump

*NCAA Regional Distance: 12.32 (40-5) ..... WCU Record: 12.65 (41-6.0)*

NaShay McGriff	WCUINV	11.46m (37-7.0)
Tia Jones	WAKE	11.30m (37-1)
Morgan Broadnax	C49C	10.84m (35-6.75)

### Shot Put

*NCAA Regional Distance: 14.30 (46-11.0) ..... WCU Record: 14.61 (47-11.25)*

Sharhonda Bell	SOCON	12.56m (41-2.5)
Logan Rhodes	CLEMR	11.12m (36-5.75)
Tara Tounzen	C49C	10.04m (32-11.25)
Rachel Karriker	C49C	10.04m (32-11.25)
Morgan Broadnax	WCUINV	9.43m (30-11)

### Discus

*NCAA Regional Distance: 47.30 (155-2.0) ..... WCU Record: 43.48 (142-8.0)*

Sharhonda Bell	SOCON	39.41m (129-3)
Rachel Karriker	CLEMINV	34.85m (114-4)
Logan Rhodes	CLEMINV	32.16m (105-6)
Deirda Steele	CLEMR	31.92 (104-9)
Tara Tounzen	C49C	30.92m (101-5)

### Hammer

*NCAA Regional Distance: 54.15 (177-8) ..... WCU Record: 49.89 (163-8.0)*

Michaela Hall	DUKE	44.74m (146-9)
Nicole Lopez	SOCON	44.12m (144-9)
Sharhonda Bell	CLEMR	43.27m (141-11)
Tara Tounzen	WCUINV	39.89m (130-10)
Rachel Karriker	WCUINV	39.05m (128-1)
Deidre Steele	WCUINV	36.83m (120-10)
Logan Rhodes	WCUINV	33.55m (110-0)

### Javelin

*NCAA Regional Distance: 43.45 (142-6) ..... WCU Record: 60.91 (199-10.0)*

Tara Tounzen	SOCON	38.07m (124-11)
Lynsie Lamitie	SOCON	37.38m (122-8)
Brittany Whitaker	WCUINV	32.78m (107-6)
Michaela Hall	WCUINV	29.22m (95-10)
Rachel Karriker	CLEMR	24.01m (78-9)
Logan Rhodes	CLEMR	23.39m (76-9)
Jessica Wilkerson	WCUINV	23.36m (76-7)
Melissa Cabe	C49C	21.82m (71-7)

### Heptathlon

*NCAA Auto: 5,500 pts ..... NCAA Prov: 5,050 pts*  
*WCU Record: 5,055 pts*

NaShay McGriff	C49C	3882 pts
Morgan Broadnax	SOCON	3791 pts
Jessica Wilkerson	SOCON	3706 pts



# WESTERN CAROLINA UNIVERSITY

## 2007 MEN'S TOP THREE FINISHES

Decathlon	Matt Harlfinger ..... C49C ..... 5569 pts (1st)
4x100M Relay	WCU 'A' ..... C49C ..... 41.42 (2nd) M. Mitchell, Z. Johnson, D. Young, K. Johnson
Decathlon	David Gift ..... C49C ..... 5094 pts (3rd)
Triple Jump	Daniel Joseph ..... C49C ..... 14.39m (47-2.5) (3rd)
200M Dash	Dominique Young ..... WAKE ..... 21.21 (1st)
200M Dash	Manteo Mitchell ..... WAKE ..... 21.22 (2nd)
4x400M Relay	WCU 'A' ..... WAKE ..... 3:12.24 (3rd) M. Mitchell, J. Gregory, M. Malone, D. Young
Discus	Chris Page ..... CLEMR ..... 45.16m (148-2)(2nd)
200-Meter Dash	Manteo Mitchell ..... WCUINV ..... 21.35 (1st)
400-Meter Dash	Manteo Mitchell ..... WCUINV ..... 46.23 (1st)
800-Meter Run	Dan Fassinger ..... WCUINV ..... 1:53.94 (1st)
110-Meter Hurdles	Mike Malone ..... WCUINV ..... 53.78 (1st)
High Jump	Matt Evans ..... WCUINV ..... 2.03m (6-7.75)(1st)
100-Meter Dash	Dominique Young ..... WCUINV ..... 10.68 (2nd)
800-Meter Run	Jestin Jennings ..... WCUINV ..... 1:54.32 (2nd)
4x100M Relay	WCU 'A' ..... WCUINV ..... 40.79 (2nd) M. Mitchell, M. Malone, D. Young, A. Ashcraft
4x400M Relay	WCU 'A' ..... WCUINV ..... 3:13.42 J. Jennings, J. Gregory, D. Young, M. Malone
Triple Jump	Daniel Joseph ..... WCUINV .. 14.25m (46-9.0) (2nd)
High Jump	Rashad Herndon ..... WCUINV ..... 1.88m (6-2.0)(2nd)
5,000-Meter Run	Stephen Hammond ..... WCUINV ..... 16:25.17 (3rd)
3,000-M Steeple	Dylan Hermelee ..... WCUINV ..... 10:02.93 (3rd)
110-Meter Hurdles	Ogden Hansford ..... WCUINV ..... 55.00 (3rd)
Javelin	David Bowles ..... WCUINV ..... 54.28m (178-1)(3rd)
Triple Jump	Tyler Ferguson ..... WCUINV .. 13.93m (45-8.25)(3rd)
High Jump	Daniel Joseph ..... WCUINV ..... 1.83m (6-0)(3rd)
Javelin	Tyler Ferguson ..... CLEMINV ..... 53.19m(174-6)(1st)
200-Meter Dash	Manteo Mitchell ..... CLEMINV ..... 21.23 (2nd)
800-Meter Run	Aaron Grant ..... CLEMINV ..... 1:56.31 (2nd)
1500-Meter Run	Dan Fassinger ..... CLEMINV ..... 3:59.47 (2nd)
4x100-Meter Relay	WCU 'A' ..... CLEMINV ..... 41.22 (2nd) M. Mitchell, M. Malone, D. Young, Z. Johnson
4x400-Meter Relay	WCU 'B' ..... CLEMINV ..... 3:24.92 O. Hansford, A. Grant, J. Oros, J. Jennings
High Jump	Matt Evans ..... CLEMINV ..... 2.0m (6-6.75)(2nd)
Javelin	David Bowles ..... CLEMINV ... 49.11m (161-1)(2nd)
400-Meter Dash	John Oros ..... CLEMINV ..... 50.79 (3rd)
400-Meter Hurdles	Mike Malone ..... CLEMINV ..... 54.11 (3rd)
Shot Put	Chris Page ..... CLEMINV ... 14.11m (46-3.5)(3rd)
Discus	Chris Page ..... CLEMINV ... 44.46m (145-10)(3rd)
Javelin	Matt Evans ..... CLEMINV ..... 46.21m (151-7)(3rd)

100-Meter Dash	Dominique Young ..... SOCON ..... 10.48 (1st)
400-Meter Dash	Manteo Mitchell ..... SOCON ..... 48.68 (1st)
4x100-Meter Relay	WCU 'A' ..... SOCON ..... 40.53 (1st) M. Mitchell, M. Malone, D. Young, Z. Johnson
4x400-Meter Relay	WCU 'A' ..... SOCON ..... 3:15.08 (1st) M. Mitchell, J. Gregory, Z. Johnson, D. Young
High Jump	Matt Evans ..... SOCON ..... 2.05m(6-8.75)(1st)
Decathlon	Ashten Bennett ..... SOCON ..... 5329 pts (1st)
200-Meter Dash	Manteo Mitchell ..... SOCON ..... 21.05 (2nd)
400-Meter Dash	James Gregory ..... SOCON ..... 48.70 (2nd)
1,500-Meter Run	Dan Fassinger ..... SOCON ..... 4:00.08 (2nd)
High Jump	Rashad Herndon ..... SOCON ..... 2.00m(6-6.75)(2nd)
Triple Jump	Daniel Joseph ..... SOCON ... 14.99m(49-2.25)(2nd)
Javelin	David Bowles ..... SOCON ..... 54.44m(178-7)(2nd)
Decathlon	Matt Harlfinger ..... SOCON ..... 4890 pts (2nd)
100-Meter Dash	Kevin Johnson ..... SOCON ..... 10.79 (3rd)
200-Meter Dash	Dominique Young ..... SOCON ..... 21.09 (3rd)
400-Meter Dash	John Oros ..... SOCON ..... 49.21 (3rd)
800-Meter Run	Aaron Grant ..... SOCON ..... 1:53.59 (3rd)
110-Meter Hurdles	Mike Malone ..... SOCON ..... 15.10 (3rd)
Pole Vault	Mike O'Steen ..... SOCON ..... 4.45m(14-7.25)(3rd)
Long Jump	Mike Malone ..... SOCON ..... 7.19m(23-7.25)(3rd)
Triple Jump	Tyler Ferguson ..... SOCON ..... 14.39m(47-2.5)(3rd)
Decathlon	David Gift ..... SOCON ..... 4857 pts (3rd)

4x100-Meter Relay	WCU 'A' ..... DUKE ..... 40.87 (1st) Z. Johnson, M. Mitchell, D. Young, K. Johnson
Triple Jump	Daniel Joseph ..... DUKE ..... 14.72m(48-3.5)(1st)
4x400-Meter Relay	WCU 'A' ..... DUKE ..... 3:12.79 (2nd) M. Mitchell, J. Gregory, Z. Johnson, D. Young
400-Meter Hurdles	Mike Malone ..... DUKE ..... 53.03 (3rd)
High Jump	Matt Evans ..... DUKE ..... 2.01m(6-7)(3rd)
4x400-Meter Relay	WCU 'A' ..... GTINV ..... 3:08.34 (1st) M. Mitchell, J. Gregory, M. Malone, Z. Johnson

### NCAA East Regional Qualifiers

Event	Name	Reg. Finish	Time/Mark
100-Meter Dash	Dominique Young	25th	10.77
200-Meter Dash	Dominique Young	22nd	21.237
400-Meter Dash	Manteo Mitchell	11th	47.06
400-Meter Hurdles	Mike Malone	19th	52.55
4x100-Meter Relay	WCU 'A'	6th	40.10
	M. Mitchell, Z. Johnson, D. Young, K. Johnson		

### NCAA National Championship Qualifiers

Event	Name	Nat. Finish	Time/Mark
400-Meter Dash	Manteo Mitchell	26th	47.89
4x100-Meter Relay	WCU 'A'	9th	40.09
	M. Mitchell, Z. Johnson, D. Young, K. Johnson		





# WESTERN CAROLINA UNIVERSITY

## 2007 WOMEN'S TOP THREE FINISHES

400-Meter Hurdles	Asia Davis ..... C49C ..... 1:01.12 (1st)
400-Meter Dash	Raquel Ramseur ..... C49C ..... 55.56 (2nd)
3,000-M Steeple	Skye Aiello ..... C49C ..... 12:15.91 (2nd)
Heptathlon	NaShay McGriff ..... C49C ..... 3882 pts (2nd)
800-Meter Run	Kerrie Savery ..... C49C ..... 2:15.07 (3rd)
Long Jump	Tia Jones ..... C49C ..... 5.57m (18-3.25) (3rd)
<b>High Jump</b>	<b>Brittany Whitaker ..... WAKE ..... 1.68m (5-6)(1st)</b>
4x400M Relay	WCU 'A' ..... WAKE ..... 3:46.74 (3rd)
	A. Davis, R. Ramseur, K. Savery, S. Froneberger
Shot Put	Sharhonda Bell ..... CLEMR ..... 11.62m (38-1.5)(2nd)
400-Meter Dash	Raquel Ramseur ..... WCUINV ..... 54.87 (1st)
800-Meter Dash	Kerrie Savery ..... WCUINV ..... 2:12.13 (1st)
5,000-Meter Run	Deanna Kulesz ..... WCUINV ..... 18:26.89 (1st)
100-Meter Hurdles	Asia Davis ..... WCUINV ..... 14.85 (1st)
400-Meter Hurdles	Asia Davis ..... WCUINV ..... 1:01.39 (1st)
High Jump	Jessika Johnson ..... WCUINV ..... 1.70m (5-6.75)(1st)
4x100M Relay	WCU 'A' ..... WCUINV ..... 46.30 (1st)
	S. Froneberger, Ta. Johnson, M. Berry, R. Ramseur
4x400M Relay	WCU 'A' ..... WCUINV ..... 3:48.00 (1st)
	A. Davis, R. Ramseur, K. Savery, S. Froneberger
100-Meter Dash	Sherrell Froneberger ..... WCUINV ..... 12.23 (2nd)
400-Meter Dash	Aneesha Lane ..... WCUINV ..... 57.82 (2nd)
800-Meter Run	Deanna Kulesz ..... WCUINV ..... 2:15.62 (2nd)
High Jump	Brittany Whitaker ..... WCUINV ..... 1.65m (5-4.75)(2nd)
Javelin	Tara Tounzen ..... WCUINV ..... 35.00m (114-9.75)(2nd)
Long Jump	Tia Jones ..... WCUINV ..... 5.42m (17-9.25)(2nd)
Triple Jump	NaShay McGriff ..... WCUINV ..... 11.46m (37-7.0)(2nd)
200-Meter Dash	Sherrell Froneberger ..... WCUINV ..... 25.06 (3rd)
100-Meter Hurdles	NaShay McGriff ..... WCUINV ..... 15.03 (3rd)
Triple Jump	Tia Jones ..... WCUINV ..... 11.24m (36-10.5)(3rd)
400-Meter Dash	Raquel Ramseur ..... CLEMINV ..... 55.56 (1st)
800-Meter Run	Kerrie Savery ..... CLEMINV ..... 2:12.98 (1st)
1500-Meter Run	Deanna Kulesz ..... CLEMINV ..... 4:37.73 (1st)
5000-Meter Run	Lindsay Groce ..... CLEMINV ..... 18:38.41 (1st)
400-Meter Hurdles	Asia Davis ..... CLEMINV ..... 1:01.43 (1st)
4x400-Meter Relay	WCU 'B' ..... CLEMINV ..... 4:00.54 (1st)
	Ti. Johnson, A. Bailey, K. Savery, Ta. Johnson
100-Meter Dash	Sherrell Froneberger ..... CLEMINV ..... 11.98 (2nd)
200-Meter Dash	Sherrell Froneberger ..... CLEMINV ..... 24.81 (2nd)
1500-Meter Run	Leah Nicholson ..... CLEMINV ..... 19:19.28 (3rd)
100-Meter Hurdles	Asia Davis ..... CLEMINV ..... 14.61 (3rd)
4x100-Meter Relay	WCU 'A' ..... CLEMINV ..... 47.48 (2nd)
	S. Froneberger, Ta. Johnson, M. Berry, R. Ramseur
High Jump	Brittany Whitaker ..... CLEMINV ..... 1.65m (5-5.0) (3rd)
Shot Put	Sharhonda Bell ..... CLEMINV ..... 12.15m (39-10.5)(2nd)
Hammer Throw	Michaela Hall ..... CLEMINV ..... 44.36m (145-6)(3rd)

400-Meter Dash	Raquel Ramseur ..... SOCON ..... 54.41 (1st)
400-Meter Hurdles	Asia Davis ..... SOCON ..... 1:00.48 (1st)
800-Meter Dash	Kerrie Savery ..... SOCON ..... 2:12.65 (1st)
4x100-Meter Relay	WCU 'A' ..... SOCON ..... 46.025 (1st)
	S. Froneberger, Ta. Johnson, A. Davis, R. Ramseur
100-Meter Dash	Tangelia Johnson ..... SOCON ..... 11.88 (2nd)
200-Meter Dash	Raquel Ramseur ..... SOCON ..... 24.13 (2nd)
4x400-Meter Relay	WCU 'A' ..... SOCON ..... 3:48.61 (2nd)
	A. Davis, K. Savery, S. Froneberger, R. Ramseur
High Jump	Jessika Johnson ..... SOCON ..... 1.70m(5-7)(2nd)
Javelin	Tara Tounzen ..... SOCON ..... 38.07m (124-11)(2nd)
100-Meter Dash	Sherelle Froneberger ..... SOCON ..... 11.91 (3rd)
200-Meter Dash	Sherelle Froneberger ..... SOCON ..... 24.51 (3rd)
1,500-Meter Run	Deanna Kulesz ..... SOCON ..... 4:38.21 (3rd)
High Jump	Brittany Whitaker ..... SOCON ..... 1.65m(5-5)(3rd)
Javelin	Lynsie Lamitie ..... SOCON ..... 37.38m(122-8)(3rd)
200-Meter Dash	Sherelle Froneberger DUKE ..... 25.24 (1st)
400-Meter Dash	Raquel Ramseur ..... DUKE ..... 54.29 (1st)
4x400-Meter Relay	WCU 'A' ..... DUKE ..... 3:52.78 (1st)
	R. Ramseur, S. Froneberger, Ta. Johnson, K. Savery
100-Meter Dash	Tangelia Johnson ..... DUKE ..... 12.49 (2nd)
Hammer Throw	Michaela Hall ..... DUKE ..... 44.74m(146-9)(3rd)

### NCAA East Regional Qualifiers

Event	Name	Reg. Finish	Time/Mark
400-Meter Dash	Raquel Ramseur	13th	54.23
800-Meter Run	Kerrie Savery	22nd	2:14.15
400-Meter Hurdles	Asia Davis	13th	1:00.46
4x100-Meter Relay	WCU 'A'	12th	45.97
	S. Froneberger, Ta. Johnson, M. Berry, R. Ramseur		

