



WESTERN CAROLINA UNIVERSITY

2007-08 MEN'S INDOOR TRACK & FIELD TOP TIMES

2007-08 INDOOR SCHEDULE

Dec. 1	ASU Opener (ASO)	Boone, N.C.
Jan. 12	UNC Invitational (UNC)	Chapel Hill, N.C.
Jan. 18-19	Niswonger Invitational (NISW)	Johnson City, Tenn.
Feb. 2	Akron Open (AKRON)	Akron, Ohio
Feb. 15-16	Tiger Invitational (TIGER)	Clemson, S.C.
Feb. 29-Mar. 1	SoCon Indoor Championship (SOCON)	Clemson, S.C.
Mar. 8	Virginia Tech Last Chance (VTLC)	Blacksburg, Va.
Mar. 14-15	NCAA Indoor Championships (NCAA)	Fayetteville, Ark.

55 Meter Dash

NCAA Automatic: 6.14.....Provisional: 6.26.....WCU Record: 6.22

Zeb Johnson	ASO	6.25* Provisional
Dominique Young	ASO	6.34
Manteo Mitchell	ASO	6.40
Christian Bethune	ASO	6.58

60 Meter Dash

NCAA Automatic: 6.62.....Provisional: 6.74.....WCU Record: 6.75

Zeb Johnson	SOCON	6.75 (Tied School Record)
Manteo Mitchell	SOCON	6.79
Zeb Johnson	NISW	6.80
Dominique Young	SOCON	6.80
Zeb Johnson	VTLC	6.80

55 Meter Hurdles

NCAA Automatic: 7.17.....Provisional: 7.38.....WCU Record: 7.43

Christian Bethune	ASO	7.95
Michael Robinson	ASO	8.07
Lindsay Hunt	ASO	8.26

60 Meter Hurdles

NCAA Automatic: 7.70.....Provisional: 7.91.....WCU Record: 8.05

Christian Bethune	TIGER	8.37
Christian Bethune	SOCON	8.38
Christian Bethune	TIGER	8.48
Christian Bethune	SOCON	8.49
Jordan Blazer	SOCON	8.57

200 Meter Dash

NCAA Automatic: 21.08.....Provisional: 21.48.....WCU Record: 21.46

Zeb Johnson	VTLC	21.24
Manteo Mitchell	VTLC	21.29
Manteo Mitchell	SOCON	21.48* Provisional
Dominique Young	AKRON	21.49
Manteo Mitchell	SOCON	21.52
Zeb Johnson	NISW	21.52

400 Meter Dash

NCAA Automatic: 46.45.....Provisional: 47.65.....WCU Record: 47.45

Manteo Mitchell	TIGER	47.96 (1st in SoCon)
Manteo Mitchell	AKRON	48.04
Manteo Mitchell	ASO	48.10
Zeb Johnson	TIGER	48.13

800 Meter Run

NCAA Automatic: 1:48.40... Provisional: 1:50.50 WCU Record: 1:48.32

Aaron Grant	SOCON	1:55.25
Drew Tucker	AKRON	1:55.53
Drew Tucker	TIGER	1:55.60
Aaron Grant	TIGER	1:56.43
Drew Tucker	SOCON	1:56.93

Mile Run

NCAA Automatic: 3:59.80... Provisional: 4:04.80 WCU Record: 4:06.23

Stephen Hammond	SOCON	4:20.96
Stephon Roach	SOCON	4:27.90
Stephon Roach	AKRON	4:28.40
Stephon Roach	ASO	4:29.00
Stephon Roach	TIGER	4:29.12

3,000 Meter Run

NCAA Automatic: 7:55.30... Provisional: 8:06.30 WCU Record: 8:19.49

Stephen Hammond	AKRON	8:37.51
Stephen Hammond	SOCON	8:46.08
Jake Clawson	TIGER	9:27.99
Field Miller	TIGER	9:42.44

5,000 Meter Run

NCAA Automatic: 13:49.90..... Provisional: 14:11.90 WCU Record: 14:46.80

Field Miller	AKRON	15:52.09
Stephen Hammond	SOCON	16:01.46
Jake Clawson	AKRON	16:14.77

1,600 Meter Relay (4x400M)

NCAA Automatic: 3:08.10... Provisional: 3:12.00 WCU Record: 3:11.28

Manteo Mitchell, Duke Craig,	TIGER	3:15.93 (1st in SoCon)
Drew Tucker, Zeb Johnson		
Manteo Mitchell, Drew Tucker	NISW	3:16.81
Dominique Young, Zeb Johnson		
Manteo Mitchell, Drew Tucker	NISW	3:16.94
Dominique Young, Zeb Johnson		
Manteo Mitchell, Drew Tucker	SOCON	3:22.59
Dominique Young, Duke Craig		

Distance Medley Relay

NCAA Automatic: 9:36.20..... Provisional: 9:47.90 WCU Record: 10:05.02

Stephon Roach, Jestin Jennings, SOCON.....	10:25.99
Drew Tucker, Stephen Hammond	
Stephon Roach, Duke Craig, NISW.....	10:32.08
Drew Tucker, Stephen Hammond	
Aaron Grant, Jestin Jennings, NISW.....	11:02.43
Thomas Funderburk, Field Miller	

Long Jump (in meters)

NCAA Automatic: 7.85m..... Provisional: 7.50m WCU Record: 7.66m

Rashad Herndon ASO.....	7.32m
Chris Gaillard..... ASO.....	7.32m
Chris Gaillard..... SOCON.....	6.93m
Rashad Herndon TIGER.....	6.92m

Triple Jump (in meters)

NCAA Automatic: 16.10m... Provisional: 15.40m WCU Record: 15.41m

Daniel Joseph..... VTLC.....	15.31m
Daniel Joseph..... SOCON.....	15.12m
Daniel Joseph..... TIGER.....	14.89m
Daniel Joseph..... AKRON.....	14.83m
Daniel Joseph..... TIGER.....	14.73m

High Jump (in meters)

NCAA Automatic: 2.240m.... Provisional: 2.16m WCU Record: 2.19m

Matt Evans..... ASO.....	2.08m (1st in SoCon)
Matt Evans..... NISW.....	2.06m
Matt Evans..... AKRON.....	2.03m
Rashad Herndon TIGER.....	2.02m

Shot Put (in meters)

NCAA Automatic: 19.30m... Provisional: 17.75m WCU Record: 16.33m

Patrick Morris..... SOCON.....	15.32m
Cale McDaniel SOCON.....	15.05m
Patrick Morris..... TIGER.....	15.03m
Chris Page..... TIGER.....	14.97m
Chris Page..... SOCON.....	14.91m

Weight Throw (in meters)

NCAA Automatic: 21.50m... Provisional: 19.50m WCU Record: 19.26m

Cale McDaniel SOCON.....	15.81m
Chris Page..... SOCON.....	15.73m
Chris Page..... AKRON.....	15.21m
Chris Page..... ASO.....	15.20m
Chris Page..... TIGER.....	15.00m

Pole Vault (in meters)

NCAA Automatic: 5.50m..... Provisional: 5.20m WCU Record: 4.96m

Michael O'Steen TIGER.....	4.75m
Michael O'Steen ASO.....	4.75m
Michael O'Steen NISW.....	4.72m
Michael O'Steen AKRON.....	4.60m
Michael O'Steen SOCON.....	4.60m

Heptathlon

NCAA Automatic: 5650 pts Provisional: 5300 pts WCU Record: 4620 pts

Sean Reardon AKRON.....	4489
Sean Reardon SOCON.....	4460
Matt Evans..... SOCON.....	4426
David Gift..... SOCON.....	4122

2007-08 MEN'S INDOOR FIRST-PLACE FINISHES

55 Meter Dash	Zeb Johnson	ASO	6.25
200 Meter Dash	Dominique Young.....	ASO	21.92
400 Meter Dash	Manteo Mitchell.....	ASO	48.10
800 Meter Run.....	Jestin Jennings	ASO	2:02.18
High Jump	Matt Evans	ASO	2.08m
400 Meter Dash	Manteo Mitchell.....	AKRON	48.04
4x400 Meter Relay	WCU "A" Team.....	NISW	3:16.94
..... Manteo Mitchell, Dominique Young, Drew Tucker, Zeb Johnson			
High Jump	Matt Evans	NISW	2.06m
400 Meter Dash	Manteo Mitchell.....	TIGER	47.96
Triple Jump.....	Daniel Joseph	TIGER	14.89m
60 Meter Dash	Manteo Mitchell.....	SOCON	6.81
200 Meter Dash	Manteo Mitchell.....	SOCON	22.33
400 Meter Dash	Manteo Mitchell.....	SOCON	49.12
800 Meter Run.....	Drew Tucker.....	SOCON	1:56.93
4x400 Meter Relay	WCU "A" Team.....	SOCON	3:22.59
..... Manteo Mitchell, Duke Craig, Drew Tucker, Zeb Johnson			
High Jump	Daniel Joseph	SOCON	1.95m
Shot Put.....	Patrick Morris.....	SOCON	15.32m

NCAA QUALIFIERS

55 Meter Dash.....	Zeb Johnson.....	ASO - prov.....	6.25
200 Meter Dash.....	Manteo Mitchell.....	SOCON - prov.....	21.48



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55 Meter Dash

NCAA Automatic: 6.75.....Provisional: 6.92.....WCU Record: 6.95

Raquel Ramseur.....	ASO	7.16
Tangelia Johnson.....	ASO	7.17
Felicia Johnson.....	ASO	7.23
Sherrelle Froneberger.....	ASO	7.41
Melissa Berry.....	ASO	7.44

60 Meter Dash

NCAA Automatic: 7.27.....Provisional: 7.44.....WCU Record: 7.48

Tangelia Johnson.....	SOCON	7.57
Tangelia Johnson.....	SOCON	7.59
Tangelia Johnson.....	VTLC	7.63
Felicia Paulding.....	SOCON	7.64
Felicia Paulding.....	SOCON	7.67

55 Meter Hurdles

NCAA Automatic: 7.58.....Provisional: 7.86.....WCU Record: 7.99

Shay McGriff.....	ASO	8.36
Rashanda Simmons.....	ASO	8.58
Morgan Joseph.....	ASO	9.53

60 Meter Hurdles

NCAA Automatic: 8.15.....Provisional: 8.43.....WCU Record: 8.74

Rashanda Simmons.....	TIGER	9.04
Rashanda Simmons.....	SOCON	9.07
Nashay McGriff.....	SOCON	9.08
Rashanda Simmons.....	TIGER	9.12
Rashanda Simmons.....	SOCON	9.14

200 Meter Dash

NCAA Automatic: 23.50.....Provisional: 24.10.....WCU Record: 24.51

Felicia Paulding.....	VTLC	24.68
Janet Carothers.....	VTLC	24.68
Raquel Ramseur.....	TIGER	24.72
Raquel Ramseur.....	NISW	24.84
Raquel Ramseur.....	SOCON	24.87

400 Meter Dash

NCAA Automatic: 52.70.....Provisional: 54.70.....WCU Record: 54.31

Raquel Ramseur.....	VTLC	55.02
Raquel Ramseur.....	AKRON	55.27
Raquel Ramseur.....	ASO	55.71
Raquel Ramseur.....	SOCON	55.74
Shalyn McMichael.....	ASO	56.38

800 Meter Run

NCAA Automatic: 2:05.60... Provisional: 2:09.40 WCU Record: 2:10.17

Kerrie Savery.....	SOCON	2:12.26
Kerrie Savery.....	TIGER	2:12.71
Kerrie Savery.....	SOCON	2:14.62
Megan Isaacs.....	SOCON	2:15.98
Kerrie Savery.....	NISW	2:15.31

Mile Run

NCAA Automatic: 4:40.60... Provisional: 4:48.60 WCU Record: 4:56.89

Megan Isaacs.....	VTLC	5:03.58
Kerrie Savery.....	SOCON	5:04.26
Megan Isaacs.....	SOCON	5:07.84
Megan Isaacs.....	TIGER	5:09.08
Kerri Savery.....	NISW	5:12.53
Megan Isaacs.....	AKRON	5:12.87

3,000 Meter Run

NCAA Automatic: 9:15.80... Provisional: 9:34.80 WCU Record: 10:02.84

Megan Isaacs.....	TIGER	10:37.81
Kerri Savery.....	TIGER	10:37.93
Skye Aiello.....	TIGER	10:44.45
Skye Aiello.....	SOCON	10:48.15

1,600 Meter Relay (4x400M)

NCAA Automatic: 3:35.40... Provisional: 3:42.40 WCU Record: 3:45.31

Janet Carothers, Raquel Ramsuer,.....	NISW	3:46.31 (1st in SoCon)
Shayln McMichael, Felicia Paulding		
Janet Carothers, Kerrie Savery,.....	SOCON	3:47.17
Felicia Paulding, Raquel Ramseur		
Janet Carothers, Raquel Ramsuer,.....	NISW	3:48.16
Shayln McMichael, Felicia Paulding		
Janet Carothers, Shalyn McMichael,.....	TIGER	4:38.76
Tangelia Johnson, Raquel Ramseur		
Janet Carothers, Raquel Ramseur,.....	ASO	3:52.06
Shalyn McMichael, Felicia Paulding		

Distance Medley Relay

NCAA Automatic: 11:11.00..... Provisional: 11:32.00WCU Record: 11:58.68

Kerrie Savery, Annie Bailey,..... TIGER.....	11:58.68*
Raquel Ramseur, Megan Isaacs (School Record)	
Kerrie Savery, Aneesha Lane,..... SOCON.....	12:09.60
Annie Bailey, Megan Isaacs	
Kerrie Savery, Tangelia Johnson, NISW.....	12:24.84
Jordan Gaddy, Megan Isaacs	
Skye Aiello, Leah Nicholson, NISW.....	13:02.58
Sherrelle Frongeberger, Annie Bailey	

Long Jump (in meters)

NCAA Automatic: 6.40m..... Provisional: 6.10m WCU Record: 6.20m

Tia Jones..... SOCON.....	5.53m
Tia Jones..... ASO.....	5.40m
Tia Jones..... TIGER.....	5.35m
Tia Jones..... AKRON.....	5.32m
Rashanda Simmons..... AKRON.....	5.28m

Triple Jump (in meters)

NCAA Automatic: 13.30m... Provisional: 12.65m WCU Record: 12.58m

Tia Jones..... VTLC.....	12.39m
Tia Jones..... SOCON.....	12.21m
Tia Jones..... TIGER.....	11.90m
Tia Jones..... TIGER.....	11.86m
Tia Jones..... ASO.....	11.80m

High Jump (in meters)

NCAA Automatic: 1.84m..... Provisional: 1.78m WCU Record: 1.83m

Jessika Johnson..... SOCON.....	1.66m
Angela Stark..... ASO.....	1.57m
Angela Stark..... TIGER.....	1.53m
Shay McGriff..... ASO.....	1.52m
Tia Jones..... ASO.....	1.52m

Shot Put (in meters)

NCAA Automatic: 16.90m... Provisional: 15.20m WCU Record: 14.37m

Nicole Lopez..... SOCON.....	12.87m
Nicole Lopez..... ASO.....	12.73m
Nicole Lopez..... NISW.....	12.43m
Nicole Lopez..... TIGER.....	12.13m
Chelsea McLean..... SOCON.....	12.03m

Weight Throw (in meters)

NCAA Automatic: 21.00m... Provisional: 19.00m WCU Record: 16.64m

Nicole Lopez..... SOCON.....	16.44m
Nicole Lopez..... TIGER.....	15.86m
Nicole Lopez..... ASO.....	15.75m
Nicole Lopez..... TIGER.....	15.59m
Nicole Lopez..... AKRON.....	14.98m

Pole Vault (in meters)

NCAA Automatic: 4.20m..... Provisional: 3.95m WCU Record: 3.96m

Kassie McKie..... ASO.....	3.35m
Kassie McKie..... NISW.....	3.35m
Melissa Cabe..... ASO.....	3.20m
Kassie McKie..... TIGER.....	3.20m
Melissa Cabe..... SOCON.....	3.15m

2007-08 WOMEN'S INDOOR FIRST-PLACE FINISHES

55 Meter Hurdles..... Shay McGriff..... ASO.....	8.36
400 Meter Dash..... Raquel Ramseur..... ASO.....	55.71
800 Meter Run..... Annie Bailey..... ASO.....	2:30.08
Mile Run..... Kerri Savery..... ASO.....	5:18.00
4x400 Meter Relay..... "A" Team..... ASO.....	3:52.06
4x400 Meter Relay..... "A" Team..... NISW.....	3:46.31
Mile Run..... Kerrie Savery..... NISW.....	5:12.53
Mile Run..... Jordan Gaddy..... AKRON.....	5:15.11
800 Mter Run..... Kerri Savery..... TIGER.....	2:12.71
4x400 Meter Relay..... "A" Team..... TIGER.....	3:48.76
.....Raquel Ramseur, Janet Carothers, Tangelia Johnson, Shalyn McMichael	
60 Meter Dash..... Tangelia Johnson..... SOCON.....	7.57
200 Meter Dash..... Raquel Ramseur..... SOCON.....	24.87
400 Meter Dash..... Raquel Ramseur..... SOCON.....	56.65
Mile Run..... Kerrie Savery..... SOCON.....	5:04.26
800 Meter Run..... Kerrie Savery..... SOCON.....	2:12.26
4x400 Meter Relay..... "A" Team..... SOCON.....	3:47.17
.....Raquel Ramseur, Janet Carothers, Felicia Paulding, Kerrie Savery	
Distance Medley Relay..... "A" Team..... SOCON.....	12:09.60
.....Annie Bailey, Aneesha Lane, Megan Isaacs, Kerrie Savery	

High Jump..... Jessika Johnson..... SOCON.....	1.66m
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