



# WESTERN CAROLINA UNIVERSITY

## 2008 MEN'S OUTDOOR TRACK & FIELD TOP TIMES

### 2008 OUTDOOR SCHEDULE

March 20-22	Charlotte 49er Classic (C49C)	Charlotte, N.C.
March 28-29	Western Carolina Invitational (WCU)	Cullowhee, N.C.
April 4-5	Florida Relays (FLA)	Gainesville, Fla.
April 12	Solid Orange Classic (SOCL)	Clemson, S.C.
April 18	Catamount Classic (CAT)	Cullowhee, N.C.
April 26-27	SoCon Outdoor Championships (SOCON)	Cullowhee, N.C.
May 9	Taylor Cattle Farm Classic (TCFC)	Chapel Hill, N.C.
May 10	Orange/Purple Classic (OPC)	Clemson, S.C.
May 16-17	Georgia Tech Invitational (GTINV)	Atlanta, Ga.
May 30-31	NCAA East Regional (NCAAE)	Tallahassee, Fla.
June 11-12	NCAA Outdoor Championships (NCAA)	Des Moines, Iowa

\*Q = NCAA Qualifying Time/Distance/Height

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

### 100 Meter Dash

**NCAA Regional Time: 10.55** ..... **WCU Record: 10.41**

Dominique Young	NCAAE	10.46
Zeb Johnson	FLA	10.49 * Q
Dominique Young	CAT	10.49 * Q
Dominique Young	SOCON	10.50 * Q
Dominique Young	SOCON	10.55 * Q

### 200 Meter Dash

**NCAA Regional Time: 21.35** ..... **WCU Record: 20.78**

Zeb Johnson	SOCON	20.78 * SR, Q
Manteo Mitchell	SOCON	20.85 * Q
Manteo Mitchell	C49C	20.94 * Q
Zeb Johnson	NCAAE	20.97
Zeb Johnson	NCAAE	21.01

### 400 Meter Dash

**NCAA Regional Time: 47.20** ..... **WCU Record: 46.23**

Manteo Mitchell	NCAAE	46.25
Manteo Mitchell	NCAAE	46.28
Manteo Mitchell	OPC	46.61 * Q
Zeb Johnson	CAT	46.66 * Q
Manteo Mitchell	FLA	46.68 * Q

### 800 Meter Run

**NCAA Regional Time: 1:50.40** ..... **WCU Record: 1:47.84**

Aaron Grant	CAT	1:54.30
Drew Tucker	GTINV	1:54.37
Aaron Grant	SOCON	1:54.63
Drew Tucker	SOCON	1:54.77
Aaron Grant	SOCON	1:54.83

### 3,000 Meter Steeplechase

**NCAA Regional Time: 9:07.00** ..... **WCU Record: 9:05.44**

Dylan Hermelee	WCUINV	9:38.30
Dylan Hermelee	SOCON	9:48.44
Dylan Hermelee	C49C	9:57.37

### 1,500 Meter Run

**NCAA Regional Time: 3:47.80** ..... **WCU Record: 3:47.64**

Stephen Hammond	FLA	4:01.60
Dylan Hermelee	CAT	4:04.55
Stephon Roach	C49C	4:04.72
Stephen Hammond	WCUINV	4:05.60
Stephon Roach	CAT	4:09.01

### 5,000 Meter Run

**NCAA Regional Time: 14:12.00** ..... **WCU Record: 14:30.24**

Stephen Hammond	C49C	15:31.96
Stephen Hammond	SOCL	15:42.30
Stephen Hammond	SOCON	15:43.43

### 110 Meter Hurdles

**NCAA Regional Time: 14.30** ..... **WCU Record: 14.13**

Jordan Blazer	SOCON	14.78
Jordan Blazer	OPC	14.85
Jordan Blazer	CAT	14.95
Jordan Blazer	SOCL	15.08
Christian Bethune	FLA	15.11

### 400 Meter Hurdles

**NCAA Regional Time: 52.51** ..... **WCU Record: 50.03**

Jestin Jennings	GTINV	54.77
Jordan Blazer	SOCL	55.50
Jestin Jennings	OPC	55.63
Jestin Jennings	SOCL	55.67
Jestin Jennings	CAT	55.80

### 400 Meter Relay (4x100M)

**NCAA Regional Time: 40.66** ..... **WCU Record: 39.64**

Christian Bethune, Zeb Johnson, Dominique Young, Manteo Mitchell	NCAAE	39.59 * SR
Christian Bethune, Zeb Johnson, Dominique Young, Manteo Mitchell	NCAAE	39.64
Christian Bethune, Zeb Johnson, Dominique Young, Manteo Mitchell	SOCL	39.87 * Q
Manteo Mitchell, Zeb Johnson, Dominique Young, Christian Bethune	OPC	39.87 * Q

### 1,600 Meter Relay (4x400M)

**NCAA Regional Time: 3:10.00** ..... **WCU Record: 3:07.66**

Manteo Mitchell, Dominique Young, Chris Gaillard, Zeb Johnson	SOCL	3:07.66 * SR, Q
Manteo Mitchell, Dominique Young, Chris Gaillard, Zeb Johnson	GTINV	3:08.35 * Q
Manteo Mitchell, Dominique Young, Thomas Funderburk, Zeb Johnson	NCAAE	3:08.39
Manteo Mitchell, Dominique Young, Drew Tucker, Zeb Johnson	C49C	3:08.54 * Q
Manteo Mitchell, Dominique Young, Chris Gaillard, Zeb Johnson	SOCL	3:12.29

**Discus Throw (in meters)**

<i>NCAA Regional Distance: 51.70m</i> .....		<i>WCU Record: 52.71m</i>
Cody Lawson.....	OPC.....	46.22m
Cody Lawson.....	SOCON.....	44.72m
Cody Lawson.....	SOCL.....	44.61m
Patrick Morris.....	SOCON.....	44.16m

**Long Jump (in meters)**

<i>NCAA Regional Distance: 7.34m</i> .....		<i>WCU Record: 7.81m</i>
Chris Gaillard.....	SOCON.....	7.28m
Chris Gaillard.....	FLA.....	7.14m
Alex Dollard.....	SOCON.....	7.03m

**Triple Jump (in meters)**

<i>NCAA Regional Distance: 15.00m</i> .....		<i>WCU Record: 15.66m</i>
Daniel Joseph.....	GTINV.....	15.43m * Q
Daniel Joseph.....	OPC.....	15.40m * Q
Daniel Joseph.....	SOCL.....	15.16m * Q
Daniel Joseph.....	CAT.....	15.09m * Q
Daniel Joseph.....	SOCON.....	14.93m

**High Jump (in meters)**

<i>NCAA Regional Distance: 2.10m</i> .....		<i>WCU Record: 2.15m</i>
Matt Evans.....	OPC.....	2.15m * SR, Q
Matt Evans.....	GTINV.....	2.10m * Q
Matt Evans.....	C49C.....	2.10m * Q
Matt Evans.....	SOCL.....	2.10m * Q
Matt Evans.....	NCAA.....	2.06m

**Decathlon**

<i>NCAA Automatic: 7500 pts</i> .....		<i>Provisional: 6900 pts</i> .....	<i>WCU Record: 6309 pts</i>
David Gift.....	SOCON.....	6,034 pts	
Matt Evans.....	SOCON.....	5,958 pts	

**Shot Put (in meters)**

<i>NCAA Regional Distance: 16.80m</i> .....		<i>WCU Record: 16.63m</i>
Patrick Morris.....	SOCON.....	15.15m
Chris Page.....	SOCON.....	14.87m
Patrick Morris.....	SOCL.....	14.78m
Cale McDaniel.....	SOCON.....	14.63m
Chris Page.....	C49C.....	14.60m

**Hammer Throw (in meters)**

<i>NCAA Regional Distance: 56.80m</i> .....		<i>WCU Record: 55.98m</i>
Cale McDaniel.....	FLA.....	50.32m
Chris Page.....	FLA.....	50.19m
Cale McDaniel.....	SOCON.....	49.97m
Chris Page.....	SOCL.....	49.13m
Chris Page.....	SOCON.....	49.08m

**Javelin Throw (in meters)**

<i>NCAA Regional Distance: 61.60m</i> .....		<i>WCU Record: 66.66m</i>
Matt Evans.....	FLA.....	66.66m * SR, Q
Matt Evans.....	OPC.....	64.90m * Q
Matt Evans.....	SOCL.....	63.18m * Q
Matt Evans.....	C49C.....	63.05m * Q
Matt Evans.....	CAT.....	63.03m * Q
Matt Evans.....	SOCON.....	59.68m
David Bowles.....	OPC.....	59.21m

**Pole Vault (in meters)**

<i>NCAA Regional Distance: 5.05m</i> .....		<i>WCU Record: 5.50m</i>
Mike O'Steen.....	CAT.....	4.54m
James Logan.....	CAT.....	4.54m
Mike O'Steen.....	FLA.....	4.50m
Sean Reardon.....	FLA.....	4.50m
Logan James.....	SOCON.....	4.49m

**NCAA REGIONAL QUALIFIERS****- MEN -**

200-Meter Dash.....	Manteo Mitchell.....	SOCON.....	20.85
200-Meter Dash.....	Zeb Johnson.....	SOCON.....	20.78
4x400-Meter Relay.....	C49C.....	3:09.75	
- Manteo Mitchell, Dominique Young, Drew Tucker, Zeb Johnson			
Javelin Throw.....	Matt Evans.....	FLA.....	66.66m
100-Meter Dash.....	Zeb Johnson.....	FLA.....	10.49
200-Meter Dash.....	Dominique Young.....	FLA.....	21.07
4x100-Meter Relay.....	SOCL & OPC.....	39.87	
- Manteo Mitchell, Dominique Young, Christian Bethune, Zeb Johnson			
4x400-Meter Relay.....	SOCL.....	3:07.66	
- Manteo Mitchell, Dominique Young, Chris Johnson, Zeb Johnson			
100-Meter Dash.....	Dominique Young.....	CAT.....	10.49
400-Meter Dash.....	Zeb Johnson.....	CAT.....	46.66
400-Meter Dash.....	Manteo Mitchell.....	OPC.....	46.61
Triple Jump.....	Daniel Joseph.....	OPC.....	15.40m
High Jump.....	Matt Evans.....	OPC.....	2.15m



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### 100 Meter Dash

**NCAA Regional Time: 11.75** ..... **WCU Record: 11.59**

Felicia Paulding	SOCON	11.59 * SR, Q
Tangelia Johnson	SOCON	11.71 * Q
Tangelia Johnson	CAT	11.75 * Q
Felicia Paulding	CAT	11.79
Raquel Ramseur	SOCON	11.79

### 200 Meter Dash

**NCAA Regional Time: 23.96** ..... **WCU Record: 23.43**

Raquel Ramseur	FLA	23.43 * SR, Q
Raquel Ramseur	SOCON	23.67 * Q
Felicia Paulding	SOCON	23.76 * Q
Raquel Ramseur	CAT	23.77 * Q
Raquel Ramseur	OPC	23.88

### 400 Meter Dash

**NCAA Regional Time: 54.61** ..... **WCU Record: 53.08**

Raquel Ramseur	GTINV	53.08 * SR, Q
Raquel Ramseur	NCAAE	53.15
Raquel Ramseur	NCAAE	53.43
Raquel Ramseur	NCAA	54.02
Raquel Ramseur	FLA	54.67

### 800 Meter Run

**NCAA Regional Time: 2:09.80** ..... **WCU Record: 2:06.28**

Kerrie Savery	GTINV	2:10.22
Kerrie Savery	CAT	2:10.54 * MR
Kerrie Savery	FLA	2:11.48
Kerrie Savery	TCFC	2:12.83
Kerrie Savery	SOCON	2:13.04

### 3,000 Meter Steeplechase

**NCAA Regional Time: 10:50.25** ..... **WCU Record: 11:19.07**

Skye Aiello	OPC	12:01.56
Skye Aiello	WCUINV	12:13.02
Skye Aiello	C49C	13:23.94

### 1,500 Meter Run

**NCAA Regional Time: 4:27.80** ..... **WCU Record: 4:33.49**

Kerrie Savery	SOCON	4:37.80
Kerrie Savery	SOCL	4:42.06
Megan Isaacs	SOCL	4:42.25
Megan Isaacs	SOCON	4:42.08
Megan Isaacs	FLA	4:45.02

### 5,000 Meter Run

**NCAA Regional Time: 16:52.00** ..... **WCU Record: 17:09.64**

Lindsay Groce	SOCON	18:38.91
Leah Nicholson	C49C	19:00.76
Lindsay Groce	SOCL	19:01.06
Lindsay Groce	WCUINV	19:14.10
Leah Nicholson	WCUINV	19:33.98

### 100 Meter Hurdles

**NCAA Regional Time: 13.92** ..... **WCU Record: 13.75**

Rashanda Simmons	SOCON	14.45
Rashanda Simmons	SOCON	14.59
Morgan Joseph	SOCON	14.67
Rashanda Simmons	OPC	14.67
Rashanda Simmons	GTINV	14.74

### 400 Meter Hurdles

**NCAA Regional Time: 1:00.82** ..... **WCU Record: 58.05**

Tierra Johnson	SOCON	1:03.37
Tierra Johnson	OPC	1:04.79
Tierra Johnson	SOCON	1:04.80
Morgan Joseph	WCUINV	1:05.05
Morgan Joseph	SOCON	1:05.20

### 400 Meter Relay (4x100M)

**NCAA Regional Time: 45.70** ..... **WCU Record: 44.95**

Tangelia Johnson, Raquel Ramseur, Janet Carothers, Felicia Paulding	NCAAE	44.95 * SR
Tangelia Johnson, Raquel Ramseur, Janet Carothers, Felicia Paulding	NCAAE	45.19
Tangelia Johnson, Raquel Ramseur, Janet Carothers, Felicia Paulding	GTINV	45.45 * Q
Tangelia Johnson, Raquel Ramseur, Janet Carothers, Felicia Paulding	CAT	45.56 * Q, MR

### 1,600 Meter Relay (4x400M)

**NCAA Regional Time: 3:42.00** ..... **WCU Record: 3:36.36**

Janet Carothers, Felicia Paulding, Shalyn McMichael, Raquel Ramseur	NCAAE	3:37.58
Kerrie Savery, Raquel Ramseur, Shayln McMichael, Felicia Paulding	C49C	3:42.67
Janet Carothers, Felicia Paulding, Shayln McMichael, Raquel Ramseur	OPC	3:42.84
Janet Carothers, Raquel Ramseur, Tangelia Johnson, Felicia Paulding	SOCON	3:44.09

**Discus Throw (in meters)**

*NCAA Regional Distance: 47.30m..... WCU Record: 43.48m*

Nicole Lopez.....	SOCON.....	41.99m
Nicole Lopez.....	C49C.....	40.60m
Nicole Lopez.....	SOCL.....	39.59m
Nicole Lopez.....	WCUINV.....	37.05m
Brandise Hawthorne.....	CAT.....	35.55m

**Long Jump (in meters)**

*NCAA Regional Distance: 6.00m..... WCU Record: 6.50m*

Tia Jones.....	SOCON.....	5.72m
Tia Jones.....	CAT.....	5.67m
Rashanda Simmons.....	CAT.....	5.60m
Katie Tershel.....	C49C.....	5.51m
Rashanda Simmons.....	WCUINV.....	5.32m

**High Jump (in meters)**

*NCAA Regional Distance: 1.75m..... WCU Record: 1.83m*

Jessika Johnson.....	SOCON.....	1.63m
Jessika Johnson.....	CAT.....	1.62m
Jessika Johnson.....	FLA.....	1.60m
Jessika Johnson.....	WCUINV.....	1.60m
Angela Stark.....	SOCL.....	1.60m

**Shot Put (in meters)**

*NCAA Regional Distance: 14.30m..... WCU Record: 14.61m*

Nicole Lopez.....	SOCL.....	12.53m
Nicole Lopez.....	C49C.....	12.49m
Chelsea McLean.....	SOCL.....	12.16m
Chelsey McLean.....	C49C.....	11.95m
Nicole Lopez.....	SOCON.....	11.76m

**Triple Jump (in meters)**

*NCAA Regional Distance: 12.32m..... WCU Record: 12.65m*

Tia Jones.....	OPC.....	12.21m
Tia Jones.....	FLA.....	12.11m
Tia Jones.....	SOCL.....	12.11m
Tia Jones.....	SOCL.....	12.06m
Tia Jones.....	SOCON.....	12.05m

**Hammer Throw (in meters)**

*NCAA Regional Distance: 54.15m..... WCU Record: 49.89m*

Michaela Hall.....	CAT.....	46.63m
Michaela Hall.....	SOCL.....	46.00m
Nicole Lopez.....	WCUINV.....	45.89m
Michaela Hall.....	SOCON.....	45.76m

**Javelin Throw (in meters)**

*NCAA Regional Distance: 43.45m..... WCU Record: 60.91m*

Tara Tounzen.....	SOCON.....	42.69m
Tara Tounzen.....	CAT.....	38.88m
Tara Tounzen.....	WCUINV.....	37.97m
Tara Tounzen.....	NCAAE.....	36.80m

**Pole Vault (in meters)**

*NCAA Regional Distance: 3.85m..... WCU Record: 4.00m*

Melissa Cabe.....	CAT.....	3.34m
Melissa Cabe.....	FLA.....	3.20m
Kassie McKie.....	FLA.....	3.20m
Kassie McKie.....	SOCON.....	3.19m
Melissa Cabe.....	SOCON.....	3.19m

**Pentathlon**

*NCAA Automatic: 4050 pts ..... Provisional: 3700 pts ..... WCU Record: 3274 pts*

Rashanda Simmons.....	AKRON.....	2878 pts
Morgan Joseph.....	AKRON.....	2877 pts
Shay McGriff.....	AKRON.....	2524 pts

**NCAA REGIONAL QUALIFIERS**

**- WOMEN -**

200-Meter Dash.....	Raquel Ramseur.....	FLA.....	23.43
100-Meter Dash.....	Tangelia Johnson.....	SOCON.....	11.71
4x100-Meter Relay ... "A" Team.....	.....	GTINV.....	45.45
- Raquel Ramseur, Tangelia Johnson, Janet Carothers, Felicia Paulding			
100-Meter Dash.....	Felicia Paulding.....	SOCON.....	11.59
200-Meter Dash.....	Felicia Paulding.....	SOCON.....	23.76
400-Meter Dash.....	Raquel Ramseur.....	GTINV.....	53.08

## 2007-08 MEN'S OUTDOOR FIRST-PLACE FINISHES

High Jump ..... Matt Evans ..... C49C ..... 2.10m (SR)	4x100-Meter Relay ..... "A" Team ..... CAT ..... 40.00
400-Meter Dash ..... Manteo Mitchell ..... C49C ..... 47.02	<i>Kevin Johnson, Zeb Johnson, Dominique Young, Manteo Mitchell</i>
100-Meter Dash ..... Zeb Johnson ..... C49C ..... 10.59	Long Jump ..... Alex Dollard ..... CAT ..... 6.97m
100-Meter Dash ..... Zeb Johnson ..... WCUINV ..... 10.67	Triple Jump ..... Daniel Joseph ..... CAT ..... 15.09m
200-Meter Dash ..... Zeb Johnson ..... WCUINV ..... 21.14	Discus Throw ..... Chris Page ..... CAT ..... 42.82m
800-Meter Run ..... Aaron Grant ..... WCUINV ..... 1:55.74	Javelin Throw ..... Matt Evans ..... CAT ..... 63.03m
1500-Meter Run ..... Stephen Hammond ..... WCUINV ..... 4:05.60	100-Meter Dash ..... Dominique Young ..... SOCON ..... 10.50
400-Meter Hurdles ..... Jordan Blazer ..... WCUINV ..... 56.50	200-Meter Dash ..... Manteo Mitchell ..... SOCON ..... 21.10
3000-Meter Steeple ..... Dylan Hermelee ..... WCUINV ..... 9:38.30	400-Meter Dash ..... Manteo Mitchell ..... SOCON ..... 48.13
4x100-Meter Relay ..... "B" Team ..... WCUINV ..... 42.39	Decathlon ..... David Gift ..... SOCON ..... 6,034 pts
<i>Thomas Funderburke, Christian Bethune, Duke Craig, Kevin Johnson</i>	4x100-Meter Relay ..... "A" Team ..... SOCON ..... 40.26
4x400-Meter Relay ..... "B" Team ..... WCUINV ..... 3:21.00	<i>Drew Tucker, Zeb Johnson, Dominique Young, Manteo Mitchell</i>
<i>Jeff Reinke, Chris Gaillard, Marcus McClary, Aaron Grant</i>	4x400-Meter Relay ..... "A" Team ..... SOCON ..... 3:20.00
Triple Jump ..... Daniel Joseph ..... WCUINV ..... 14.20m	<i>Kevin Johnson, Zeb Johnson, Dominique Young, Manteo Mitchell</i>
Hammer Throw ..... Chris Page ..... WCUINV ..... 48.79m	High Jump ..... Matt Evans ..... SOCON ..... 1.96m
Javelin Throw ..... Matt Evans ..... WCUINV ..... 59.03m	Long Jump ..... Chris Gaillard ..... SOCON ..... 7.28m
Triple Jump ..... Daniel Joseph ..... SOCL ..... 15.16m	Javelin Throw ..... David Bowles ..... SOCON ..... 56.90m
Discus Throw ..... Cody Lawson ..... SOCL ..... 44.61m	400-Meter Dash ..... Manteo Mitchell ..... OPC ..... 46.61
Javelin Throw ..... Matt Evans ..... SOCL ..... 63.18m	High Jump ..... Matt Evans ..... OPC ..... 2.15m
100-Meter Dash ..... Dominique Young ..... CAT ..... 10.49	Triple Jump ..... Daniel Joseph ..... OPC ..... 15.40m
200-Meter Dash ..... Manteo Mitchell ..... CAT ..... 21.07	Javelin Throw ..... Matt Evans ..... OPC ..... 64.90m
400-Meter Dash ..... Zeb Johnson ..... CAT ..... 46.66	4x100-Meter Relay ..... "A" Team ..... GTINV ..... 39.97
400-Meter Hurdles ..... Jestin Jennings ..... CAT ..... 55.80	<i>Drew Tucker, Zeb Johnson, Dominique Young, Manteo Mitchell</i>
	4x400-Meter Relay ..... "A" Team ..... GTINV ..... 3:08.35
	<i>Kevin Johnson, Zeb Johnson, Dominique Young, Manteo Mitchell</i>

## 2007-08 WOMEN'S OUTDOOR FIRST-PLACE FINISHES

4x400-Meter Relay ..... "A" Team ..... C49C ..... 3:42.67	800-Meter Run ..... Kerrie Savery ..... CAT ..... 2:10.54
100-Meter Dash ..... Tangelia Johnson ..... WCUINV ..... 11.96	1500-Meter Run ..... Jordan Gaddy ..... CAT ..... 5:03.34
200-Meter Dash ..... Raquel Ramseur ..... WCUINV ..... 24.17	100-Meter Hurdles ..... Morgan Joseph ..... CAT ..... 14.79
400-Meter Dash ..... Janet Carothers ..... WCUINV ..... 57.02	400-Meter Hurdles ..... Morgan Joseph ..... CAT ..... 1:05.67
800-Meter Run ..... Kerrie Savery ..... WCUINV ..... 2:15.72	3000-Meter Steeple ..... Skye Aiello ..... CAT ..... 12:38.79
1500-Meter Run ..... Megan Isaacs ..... WCUINV ..... 4:48.55	4x100-Meter Relay ..... "A" Team ..... CAT ..... 45.56
5000-Meter Run ..... Lindsay Groce ..... WCUINV ..... 19:14.10	<i>Tangelia Johnson, Felicia Paulding, Janet Carothers, Raquel Ramseur</i>
400-Meter Hurdles ..... Morgan Joseph ..... WCUINV ..... 1:05.05	High Jump ..... Jessika Johnson ..... CAT ..... 1.62m
3000-Meter Steeple ..... Skye Aiello ..... WCUINV ..... 12:13.02	Long Jump ..... Tia Jones ..... CAT ..... 5.67m
4x100-Meter Relay ..... "A" Team ..... WCUINV ..... 45.72	Hammer Throw ..... Michaela Hall ..... CAT ..... 46.63m
<i>Tangelia Johnson, Felicia Paulding, Janet Carothers, Raquel Ramseur</i>	Javelin Throw ..... Tara Tounzen ..... CAT ..... 38.88m
4x400-Meter Relay ..... "A" Team ..... WCUINV ..... 4:00.02	100-Meter Dash ..... Felicia Paulding ..... SOCON ..... 11.86
<i>Janet Carothers, Tierra Johnson, Aneasha Lane, Felicia Paulding</i>	200-Meter Dash ..... Raquel Ramseur ..... SOCON ..... 23.94
High Jump ..... Jessika Johnson ..... WCUINV ..... 1.60m	400-Meter Dash ..... Raquel Ramseur ..... SOCON ..... 55.14
Long Jump ..... Rashanda Simmons ..... WCUINV ..... 5.32m	800-Meter Run ..... Kerrie Savery ..... SOCON ..... 2:13.04
Hammer Throw ..... Nicole Lopez ..... WCUINV ..... 45.89m	1,500-Meter Run ..... Kerrie Savery ..... SOCON ..... 4:37.80
1500-Meter Run ..... Kerrie Savery ..... SOCL ..... 4:42.06	100-Meter Hurdles ..... Rashanda Simmons ..... SOCON ..... 14.45
5000-Meter Run ..... Lindsay Groce ..... SOCL ..... 19:01.06	4x100-Meter Relay ..... "A" Team ..... SOCON ..... 45.68
Shot Put ..... Nicole Lopez ..... SOCL ..... 12.53m	<i>Tangelia Johnson, Felicia Paulding, Janet Carothers, Raquel Ramseur</i>
Javelin Throw ..... Tara Tounzen ..... SOCL ..... 36.03m	4x400-Meter Relay ..... "A" Team ..... SOCON ..... 3:44.09
100-Meter Dash ..... Tangelia Johnson ..... CAT ..... 11.75	<i>Shalyn McMichael, Felicia Paulding, Janet Carothers, Raquel Ramseur</i>
200-Meter Dash ..... Raquel Ramseur ..... CAT ..... 23.77	Javelin Throw ..... Tara Tounzen ..... SOCON ..... 42.69m
400-Meter Dash ..... Shalyn McMichael ..... CAT ..... 57.03	Triple Jump ..... Tia Jones ..... OPC ..... 12.21m