



WESTERN CAROLINA UNIVERSITY

2008-09 MEN'S INDOOR TRACK & FIELD TOP TIMES

2008-09 INDOOR SCHEDULE

Dec. 5	ASU Invitational (App. Invite).....	Boone, N.C.
Jan. 17	ASU Open (ASO).....	Boone, N.C.
Jan. 23-24	Liberty Multi Meet (LMM)	Lynchburg, Va.
Jan. 30-31	Niswonger Invitational (NISW).....	Johnson City, Tenn.
Feb. 6-7.....	Sykes-Sabock Challenge Cup (SykesCC).....	University Park, Pa.
Feb. 13-14	Tiger Paw Invitational (TIGERPAW)	Clemson, S.C.
Feb. 21.....	Tiger Invitational (TIGER).....	Clemson, S.C.
Feb. 28-Mar. 1	SoCon Indoor Championship (SOCON) ..	Clemson, S.C.
Mar. 7.....	Virginia Tech Last Chance (VTLC).....	Blacksburg, Va.
Mar. 13-14.....	NCAA Indoor Championships (NCAA).....	College Station, Tx.

55 Meter Dash

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

Dominique Young	ASO.....	6.26
Manteo Mitchell.....	ASO.....	6.38
Christian Bethune.....	App. Invite	6.49
Kevin Johnson.....	App. Invite	6.51

60 Meter Dash

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

Manteo Mitchell.....	SykesCC.....	6.76
Dominique Young	SykesCC.....	6.88
Dominique Young	NISW	6.89
Christian Bethune.....	TigerPaw	6.92

55 Meter Hurdles

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

Christian Bethune.....	ASO.....	7.76
Jordan Blazer	App. Invite	7.79
Christian Bethune.....	App. Invite	7.80

60 Meter Hurdles

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

Christian Bethune.....	SykesCC	8.27
Jordan Blazer	SykesCC	8.39
Christian Bethune.....	TigerPaw	8.43
Jordan Blazer	TigerPaw	8.44

200 Meter Dash

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

Dominique Young	SykesCC	21.51
Manteo Mitchell.....	TigerPaw	21.65
Christian Bethune.....	SykesCC	22.26
Howard Thompson.....	App. Invite	22.31

400 Meter Dash

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

Manteo Mitchell.....	App. Invite.....	47.88 (new ASU record)
Manteo Mitchell.....	NISW	47.98
Thomas Funderburk	SykesCC	49.37
Benny Davis.....	SykesCC	49.38

800 Meter Run

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

Jestin Jennings	SykesCC	1:57.36
Stephon Roach	ASO.....	1:57.64
Stephon Roach	App. Invite	1:59.37
Drew Tucker.....	App. Invite	1:59.67

Mile Run

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

Stephen Hammond.....	TigerPaw	4:31.04
Stephon Roach	SykesCC	4:32.62

3,000 Meter Run

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

Josey Weaver.....	SykesCC	9:01.86
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5,000 Meter Run

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

Josey Weaver.....	NISW	15:42.46
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1,600 Meter Relay (4x400M)

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

Manteo Mitchell, Benny Davis,.....	SykesCC	3:14.38
Thomas Funderburk, Dominique Young		
Manteo Mitchell, Benny Davis,.....	NISW	3:17.04
Thomas Funderburk, Dominique Young		
Jestin Jennings, Howard Thompson,.....	NISW	3:19.65
John Oros, Kevin Johnson		
Manteo Mitchell, Benny Davis,.....	App. Invite	3:20.58
John Oros, Dominique Young		
Manteo Mitchell, Benny Davis,.....	ASO	3:21.48
Thomas Funderburk, Dominique Young		

Distance Medley Relay

NCAA Automatic: 9:36.20..... Provisional: 9:47.90 WCU Record: 10:05.02
 Josey Weaver, Stephon Roach,.....SykesCC..... 10:30.14
 Drew Tucker, Jestin Jennings

Long Jump (in meters)

NCAA Automatic: 7.85m..... Provisional: 7.50m WCU Record: 7.66m
 Alex Dollard..... NISW 7.14m
 Thomas Funderburk SykesCC 7.00m
 Alex Dollard..... App. Invite 6.98m
 Alex Dollard..... ASO..... 6.65m

Triple Jump (in meters)

NCAA Automatic: 16.10m... Provisional: 15.40m WCU Record: 15.41m
 Daniel Joseph..... SykesCC 14.83m
 Daniel Joseph..... App. Invite 14.37m
 Daniel Joseph..... NISW 14.21m
 Alex Dollard..... SykesCC 13.99m

High Jump (in meters)

NCAA Automatic: 2.240m.... Provisional: 2.16m WCU Record: 2.19m
 Matt Evans NISW 2.10m
 Matt Evans App. Invite 2.08m
 Matt Evans ASO..... 2.06m

Shot Put (in meters)

NCAA Automatic: 19.30m... Provisional: 17.75m WCU Record: 16.33m
 Cale McDaniel App. Invite 15.14m
 Ryan Pless App. Invite 14.90m
 Ryan Pless ASO..... 14.88m

Weight Throw (in meters)

NCAA Automatic: 21.50m... Provisional: 19.50m WCU Record: 19.26m
 Cale McDaniel NISW 16.20m
 Chris Page SykesCC 16.17m

Quincy Marshall..... App. Invite 15.74m

Pole Vault (in meters)

NCAA Automatic: 5.50m..... Provisional: 5.20m WCU Record: 4.96m
 Michael O'Steen NISW 4.60m
 Michael O'Steen App. Invite 4.60m
 Joel Lynch App. Invite 4.27m

Heptathlon

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

2008-09 MEN'S INDOOR FIRST-PLACE FINISHES

200 Meter Dash..... Dominique Young...App. Invite ... 21.77
 400 Meter Dash..... Manteo Mitchell.....App. Invite... 47.88
 800 Meter Run Stephon RoachApp. Invite.. 1:59.37
 4x400 Meter Relay..... WCU "A" Team.....App. Invite .. 3:20.58
Manteo Mitchell, Dominique Young, John Oros, Benny Davis
 High Jump..... Matt Evans App. Invite 2.08m
 400 Meter Dash..... Benny Davis ASO 49.56
 4x400 Meter Relay..... WCU "A" Team ASO 3:21.48
Manteo Mitchell, Dominique Young, Thomas Funderburk, Benny Davis
 High Jump..... Matt Evans ASO 2.06m
 High Jump..... Matt Evans NISW 2.10m
 400 Meter Dash..... Manteo Mitchell ...SykesCC 48.02

NCAA QUALIFIERS



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Feb. 28-Mar. 1	SoCon Indoor Championship (SOCON)	Clemson, S.C.
Mar. 7	Virginia Tech Last Chance (VTLC)	Blacksburg, Va.
Mar. 13-14	NCAA Indoor Championships (NCAA)	College Station, Tx.

55 Meter Dash

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

Felicia Paulding	App. Invite	7.03
Felicia Paulding	ASO	7.10
Sherrelle Froneberger	App. Invite	7.28
Janet Carothers	ASO	7.29

60 Meter Dash

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

Felicia Paulding	NISW	7.68
Felicia Paulding	SykesCC	7.69
Emma Bowers	NISW	7.94

55 Meter Hurdles

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

Jettana Thomas	App. Invite	8.91
Rashanda Simmons	App. Invite	9.02
Alicia Gainey	ASO	9.12

60 Meter Hurdles

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

200 Meter Dash

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

Felicia Paulding	SykesCC	24.60
Janet Carothers	TigerPaw	24.80
Emma Bowers	SykesCC	25.55
Sherrelle Froneberger	SykesCC	25.60

400 Meter Dash

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

Janet Carothers	SykesCC	55.14
Janet Carothers	App. Invite	55.63
Shalyn McMichael	App. Invite	56.83
Shalyn McMichael	SykesCC	56.98
Hannah Bowers	TigerPaw	58.68

800 Meter Run

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

Megan Isaacs	SykesCC	2:18.51
Jordan Gaddy	SykesCC	2:19.18
Annie Bailey	SykesCC	2:20.24
Danielle Shaurette	SykesCC	2:20.62

Mile Run

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

Jordan Gaddy	SykesCC	5:10.09
Megan Isaacs	NISW	5:14.25

3,000 Meter Run

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

5,000 Meter Run

NCAA Automatic: 15:49.90..... Provisional: 16:11.90 WCU Record: 16:46.80

Lindsay Groce	TigerPaw	18:55.65
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1,600 Meter Relay (4x400M)

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

Janet Carothers, Emma Bowers,	SykesCC	3:45.51
Shayln McMichael, Felicia Paulding		
Janet Carothers, Emma Bowers,	NISW	3:47.46
Shayln McMichael, Felicia Paulding		
Janet Carothers, Felisha Garren,	App. Invite	3:48.16
Shayln McMichael, Felicia Paulding		
Janet Carothers, Hannah Bowers,	ASO	3:54.93
Shayln McMichael, Felicia Paulding		

Distance Medley Relay

NCAA Automatic: 11:11.00..... Provisional: 11:32.00 WCU Record: 11:58.68
 Jordan Gaddy, Hannah Bowers,.....SykesCC 12:12.54
 Annie Bailey, Megan Isaacs

Long Jump (in meters)

NCAA Automatic: 6.40m..... Provisional: 6.10m WCU Record: 6.20m
 Morgan Joseph TigerPaw 5.47m
 Tia Jones NISW 5.42m
 Tia Jones App. Invite 5.42m
 Tia Jones ASO..... 5.42m

Triple Jump (in meters)

NCAA Automatic: 13.30m... Provisional: 12.65m WCU Record: 12.58m
 Tia Jones TigerPaw 11.93m
 Tia Jones App. Invite 11.85m
 Tia Jones ASO..... 11.72m

High Jump (in meters)

NCAA Automatic: 1.84m..... Provisional: 1.78m WCU Record: 1.83m
 Laura Langley App. Invite 1.58m
 Laura Langley ASO..... 1.57m
 Alicia Gainey App. Invite 1.43m

Shot Put (in meters)

NCAA Automatic: 16.90m... Provisional: 15.20m WCU Record: 14.37m
 Deirdra Morrison SykesCC 12.60m
 Deirdra Morrison App. Invite 12.54m

Weight Throw (in meters)

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

Chelsey Mclean..... SykesCC 15.31m
 Chelsey Mclean..... App. Invite 13.94m
 Chelsey Mclean..... ASO..... 13.84m

Pole Vault (in meters)

NCAA Automatic: 4.20m..... Provisional: 3.95m WCU Record: 3.96m
 Kassie McKie..... TigerPaw 3.17m
 Jessie Wilson..... App. Invite 3.05m
 Jessie Wilson..... ASO..... 3.05m

Pentathlon

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

2008-09 WOMEN'S INDOOR FIRST-PLACE FINISHES

400 Meter Dash..... Janet Carothers.....App. Invite..... 55.63
 4x400 Meter Relay..... "A" Team.....App. Invite... 3:48.16
ShalynMcMichael,JanetCarothers,FeliciaPaulding,FelishaGarren
 55 Meter Dash..... Felicia Paulding.....ASO..... 7.10
 400 Meter Dash..... Shalyn McMichael.....ASO..... 55.63
 4x400 Meter Relay..... "A" Team.....ASO..... 3:54.93
ShalynMcMichael,JanetCarothers,FeliciaPaulding,HannahBowers
 60 Meter Dash..... Felicia Paulding.....NISW..... 7.68
 4x400 Meter Relay..... "A" Team.....NISW..... 3:47.46
Janet Carothers, Felicia Paulding, Emma Bowers, Shalyn McMichael

NCAA QUALIFIERS