

2011-12 WESTERN CAROLINA WOMEN'S INDOOR TRACK & FIELD PROGRESSIONS

55-Meter Dash (WCU Record: 2006, Tangelia Johnson, 6.95)

Date	Athlete	Meet	Time
12/3	Janise Robinson	Appalachian Invitational	7.33
1/19	Raven Parrish	Mountaineer Split	7.38
1/19	Shinique Pryor	Mountaineer Split	7.43

60-Meter Dash (WCU Record: 2006, Tangelia Johnson, 7.48)

Date	Athlete	Meet	Time
2/11	Raven Parrish	JDL Fast Track Invitational	7.84
1/27	Janise Robinson	Niswonger Invitational	7.88
2/11	Raven Parrish	JDL Fast Track Invitational	7.96

200-Meter Dash (WCU Record: 2006, Raquel Ramseur, 24.51)

Date	Athlete	Meet	Time
2/4	Shinique Pryor	Sykes & Sabock Cup	25.33
1/27	Brittany Diggs	Niswonger Invitational	25.55
1/27	Felisha Garren	Niswonger Invitational	25.59

400-Meter Dash (WCU Record: 2007, Raquel Ramseur, 54.31)

Date	Athlete	Meet	Time
2/4	Felisha Garren	Sykes & Sabock Cup	55.62
2/4	Genevieve Emrick	Sykes & Sabock Cup	57.33
2/11	Shinique Pryor	JDL Fast Track Invitational	58.43

800-Meter Run (WCU Record: 2007, Kerrie Savery, 2:10.17)

Date	Athlete	Meet	Time
2/11	Jocelyn Keen	JDL Fast Track Invitational	2:14.09
2/11	Lena Elliott	JDL Fast Track Invitational	2:18.08
2/4	Hayley Tomlinson	Sykes & Sabock Cup	2:18.19

Mile Run (WCU Record: 1992, Susie Gardner, 4:56.89)

Date	Athlete	Meet	Time
2/4	Mara Smith	Sykes & Sabock Cup	5:06.40
2/4	Kaylan Lance	Sykes & Sabock Cup	5:12.98

1500-Meter Run (WCU Record: 1972, Ben Bailey, 3:47.64)

Date	Athlete	Meet	Time
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3000-Meter Run (WCU Record: 2007, Deanna Kulesz, 10:02.84)

Date	Athlete	Meet	Time
2/11	Mara Smith	JDL Fast Track Invitational	10:12.63
2/4	Olivia Jacobs	Sykes & Sabock Cup	10:31.92

5000-Meter Run (WCU Record: 1999, Jenny Warford, 17:32.86)

Date	Athlete	Meet	Time
1/27	Mara Smith	Niswonger Invitational	18:07.46
1/27	Aleshia Reese	Niswonger Invitational	18:38.67

55-Meter Hurdles (WCU Record: 2001, Ronetta Burgess, 7.99)

Date	Athlete	Meet	Time
12/2	Xaviera Bass	Appalachian Invitational	8:46
1/19	Jettana Thomas	Mountaineer Split	8.65
12/2	Michaela Birek	Appalachian Invitational	8.90

60-Meter Hurdles (WCU Record: 2011, Nicole Okolo, 8.50)

Date	Athlete	Meet	Time
2/11	Xaviera Bass	JDL Fast Track Invitational	8.89
1/27	Michaela Birek	Niswonger Invitational	9.23
2/4	Brittany Diggs	Sykes & Sabock Cup	10.91

High Jump (WCU Record: 2002, V. LaCombe, 6-0 (1.83m))

Date	Athlete	Meet	Mark
1/19	Xaviera Bass	Mountaineer Split	1.61m
1/27	Chelsea Cordone	Niswonger Invitational	1.58m

Pole Vault (WCU Record: 2002, Michelle Velez, 13-0 (3.96m))

Date	Athlete	Meet	Mark
1/27	Cara June Elyea	Niswonger Invitational	3.50m
2/11	Ashley Wala	JDL Fast Track Invitational	3.35m

Long Jump (WCU Record: 1992, Von Ross, 20-4.25 (6.20m))

Date	Athlete	Meet	Mark
1/27	Michaela Birek	Niswonger Invitational	5.47m
2/4	Jettana Thomas	Sykes & Sabock Cup	5.35m

Triple Jump (WCU Record: 1993, Von Ross, 41-3.25 (12.58m))

Date	Athlete	Meet	Mark
1/27	Danielle Hawkins	Niswonger Invitational	10.82m
12/2	Tiandria Hines	Appalachian Invitational	10.04m

Shot Put (WCU Record: 1998, LaSha Jackson, 47-1.75 (14.37m))

Date	Athlete	Meet	Mark
2/11	Alisha Bradshaw	JDL Fast Track Invitational	13.14m
2/4	Megan Withers	Sykes & Sabock Cup	11.80m

Weight Throw (WCU Record: 2000, Valerie Metz, 54-7.25 (16.64m))

Date	Athlete	Meet	Mark
1/27	Alisha Bradshaw	Niswonger Invitational	15.03m
1/27	A. Archie McMillan	Niswonger Invitational	13.75m

Pentathlon (WCU Record: 2010, Jettana Thomas, 3,314)

Date	Athlete	Meet	Points
2/4	Jettana Thomas	Sykes & Sabock Cup	3,180

Distance Medley Relay (WCU Record: 2008, 11:58.68)

Date	Team	Meet	Time
1/27		Niswonger Invitational	12:20.54
1/14	Smith, Diggs, Elliott, Lance	Dick Taylor Invitational	12:39.52

1600-Meter Relay (WCU Record: 2010, 3:44.47)

Date	Team	Meet	Time
2/4		Sykes & Sabock Cup	3:46.59 [^]
2/11	Diggs, Pryor, Emrick Garren	JDL Fast Track Invit.	3:51.55
12/2	S. Pryor, F. Garren, G. Emrick, L. Elliott	Appalachian Invitational	3:54.74
1/14	S. Pryor, F. Garren, G. Emrick, L. Elliott	Dick Taylor Invitational	3:55.98

[^]SoCon Leader

*WCU Record

2011-12 WESTERN CAROLINA WOMEN'S INDOOR TRACK & FIELD PROGRESSIONS

Aleisha Archie-McMillan • Fr. • Charlotte, N.C.

Date	Meet	Event	Finish	Time/Mark
12/3	Appalachian Invitational	Shot Put	-	Foul
12/3	Appalachian Invitational	Weight Throw	16	11.16m
1/14	Dick Taylor Invitational	Shot Put	15	10.05m
1/14	Dick Taylor Invitational	Weight Throw	7	13.01m
1/19	Mountaineer Split	Shot Put	7	10.22m
1/19	Mountaineer Split	Weight Throw	4	12.87m
1/28	Niswonger Invitational	Shot Put	-	Foul
1/28	Niswonger Invitational	Weight Throw	18	13.75m
2/4	Sykes & Sabock Cup	Shot Put	-	Foul
2/4	Sykes & Sabock Cup	Weight Throw	28	11.94m
2/11	JDL Fast Track Invit.	Shot Put	-	Foul
2/11	JDL Fast Track Invit.	Weight Throw	3	14.94m

Saqweta Barrino • So. • Monroe, N.C.

Date	Meet	Event	Finish	Time/Mark
1/14	Dick Taylor Invitational	Shot Put	16	10.03m
1/14	Dick Taylor Invitational	Weight Throw	-	Foul
1/28	Niswonger Invitational	Shot Put	-	Foul
2/11	JDL Fast Track Invit.	Shot Put	18	10.85m
2/11	JDL Fast Track Invit.	Weight Throw	20	11.71m

Xaviera Bass • Fr. • Nashville, N.C.

Date	Meet	Event	Finish	Time/Mark
12/3	Appalachian Invitational	55mH	5	8.46
12/3	Appalachian Invitational	High Jump	8	1.58m
1/14	Dick Taylor Invitational	60m	P	8.25
1/14	Dick Taylor Invitational	200m	31	28.36
1/14	Dick Taylor Invitational	60mH	P	9.15
1/14	Dick Taylor Invitational	High Jump	-	NH
1/19	Mountaineer Split	200m	5	28.62
1/19	Mountaineer Split	55mH	1	8.48
1/19	Mountaineer Split	High Jump	4	1.61m
1/28	Niswonger Invitational	60m	P	8.04
1/28	Niswonger Invitational	60mH	P	9.08
1/28	Niswonger Invitational	60mH	5	9.10
1/28	Niswonger Invitational	High Jump	10	1.53m
2/4	Sykes & Sabock Cup	60m	P	8.22
2/4	Sykes & Sabock Cup	60mH	P	8.99
2/4	Sykes & Sabock Cup	High Jump	-	NH
2/11	JDL Fast Track Invit.	60m	P	8.03
2/11	JDL Fast Track Invit.	60m	12	8.05
2/11	JDL Fast Track Invit.	60mH	P	8.89
2/11	JDL Fast Track Invit.	60mH	4	8.90
2/11	JDL Fast Track Invit.	High Jump	7	1.55m

Michaela Birek • Fr. • Raleigh, N.C.

Date	Meet	Event	Finish	Time/Mark
12/3	Appalachian Invitational	55mH	16	8.90
12/3	Appalachian Invitational	High Jump	20	1.48m
1/14	Dick Taylor Invitational	60mH	P	9.97
1/14	Dick Taylor Invitational	High Jump	-	NH
1/14	Dick Taylor Invitational	Long Jump	9	5.32m
1/19	Mountaineer Split	High Jump	7	1.51m
1/28	Niswonger Invitational	400m	P	59.98
1/28	Niswonger Invitational	60mH	P	9.57
1/28	Niswonger Invitational	60mH	8	9.23
1/28	Niswonger Invitational	Long Jump	8	5.47m
1/28	Niswonger Invitational	Shot Put	-	Foul
2/4	Sykes & Sabock Cup	60mH	P	9.60

2/4	Sykes & Sabock Cup	Long Jump	26	4.82m
2/11	JDL Fast Track Invit.	60m	P	8.13
2/11	JDL Fast Track Invit.	60mH	P	9.44
2/11	JDL Fast Track Invit.	Long Jump	13	5.02m

Alisha Bradshaw • Fr. • Salisbury, N.C.

Date	Meet	Event	Finish	Time/Mark
12/3	Appalachian Invitational	Shot Put	9	11.77m
12/3	Appalachian Invitational	Weight Throw	4	14.43m
1/14	Dick Taylor Invitational	Shot Put	9	11.59m
1/14	Dick Taylor Invitational	Weight Throw	3	14.91m
1/19	Mountaineer Split	Shot Put	1	12.02m
1/19	Mountaineer Split	Weight Throw	3	14.35m
1/28	Niswonger Invitational	Shot Put	8	12.35m
1/28	Niswonger Invitational	Weight Throw	8	15.03m
2/4	Sykes & Sabock Cup	Shot Put	13	12.70m
2/4	Sykes & Sabock Cup	Weight Throw	14	14.97m
2/11	JDL Fast Track Invit.	Shot Put	5	13.14m
2/11	JDL Fast Track Invit.	Weight Throw	3	14.94m

Jasmin Brown • Fr. • Alpharetta, Ga.

Date	Meet	Event	Finish	Time/Mark
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Brielle Burnett • Fr. • Greensboro, N.C.

Date	Meet	Event	Finish	Time/Mark
12/3	Appalachian Invitational	200m	16	26.99
12/3	Appalachian Invitational	400m	15	1:00.44
1/14	Dick Taylor Invitational	600m	19	1:44.49
1/19	Mountaineer Split	400m	7	1:01.65
1/28	Niswonger Invitational	200m	P	26.50
1/28	Niswonger Invitational	400m	P	1:02.38
2/11	JDL Fast Track Invit.	60m	P	8.11
2/11	JDL Fast Track Invit.	400m	16	1:01.55

Stephanie Burris • Fr. • Waynesville, N.C.

Date	Meet	Event	Finish	Time/Mark
12/3	Appalachian Invitational	200m	22	27.40
12/3	Appalachian Invitational	400m	22	1:03.15
1/14	Dick Taylor Invitational	600m	21	1:45.12
1/19	Mountaineer Split	400m	6	1:01.06
1/28	Niswonger Invitational	200m	P	26.87
1/28	Niswonger Invitational	400m	P	1:00.72
2/11	JDL Fast Track Invit.	60m	P	8.31
2/11	JDL Fast Track Invit.	800m	43	2:32.21

Kim Cannon • So. • Arden, N.C.

Date	Meet	Event	Finish	Time/Mark
12/3	Appalachian Invitational	Shot Put	12	11.01m
12/3	Appalachian Invitational	Weight Throw	14	11.87m
1/14	Dick Taylor Invitational	Shot Put	-	Foul
1/14	Dick Taylor Invitational	Weight Throw	12	11.43m
1/19	Mountaineer Split	Shot Put	10	9.90m
1/19	Mountaineer Split	Weight Throw	6	12.28m
1/28	Niswonger Invitational	Shot Put	-	Foul
1/28	Niswonger Invitational	Weight Throw	23	12.18m
2/11	JDL Fast Track Invit.	Shot Put	11	11.51m
2/11	JDL Fast Track Invit.	Weight Throw	16	12.39m

Tsanni Collier • Jr. • Winston-Salem, N.C.

Date	Meet	Event	Finish	Time/Mark
12/3	Appalachian Invitational	400m	11	59.97

2011-12 WESTERN CAROLINA WOMEN'S INDOOR TRACK & FIELD PROGRESSIONS

1/14	Dick Taylor Invitational	600m	17	1:44.16
1/19	Mountaineer Split	400m	3	1:00.14
1/28	Niswonger Invitational	200m	P	27.04
1/28	Niswonger Invitational	400m	P	1:00.79
2/4	Sykes & Sabock Cup	400m	28	59.21
2/11	JDL Fast Track Invit.	60m	P	8.36
2/11	JDL Fast Track Invit.	400m	15	1:01.51

Chelsea Cordone • So. • Franklin, N.C.

Date	Meet	Event	Finish	Time/Mark
12/3	Appalachian Invitational	High Jump	8	1.58m
1/14	Dick Taylor Invitational	High Jump	-	NH
1/19	Mountaineer Split	High Jump	5	1.56m
1/28	Niswonger Invitational	High Jump	5	1.58m
2/4	Sykes & Sabock Cup	High Jump	-	NH
2/11	JDL Fast Track Invit.	High Jump	9	1.55m

Brittany Diggs • So. • Charlotte, N.C.

Date	Meet	Event	Finish	Time/Mark
12/3	Appalachian Invitational	55mH	20	9.31
1/14	Dick Taylor Invitational	60mH	P	10.91
1/19	Mountaineer Split	500m	5	1:19.87
1/28	Niswonger Invitational	200m	P	25.55
1/28	Niswonger Invitational	400m	P	59.51
1/28	Niswonger Invitational	400m	5	58.72
1/28	Niswonger Invitational	60mH	P	9.52
2/4	Sykes & Sabock Cup	400m	31	59.64
2/11	JDL Fast Track Invit.	400m	7	58.93
2/11	JDL Fast Track Invit.	60mH	P	9.64

Kendra Douglas • Fr. • Cary, N.C.

Date	Meet	Event	Finish	Time/Mark
4/23	SoCon Outdoors	800m	P	2:19.45

Lena Elliott • Fr. • Winston-Salem, N.C.

Date	Meet	Event	Finish	Time/Mark
12/3	Appalachian Invitational	800m	2	2:22.68
1/14	Dick Taylor Invitational	400m	20	1:02.17
1/14	Dick Taylor Invitational	600m	8	2:23.77
1/19	Mountaineer Split	500m	1	1:16.97
1/28	Niswonger Invitational	800m	8	2:19.35
2/4	Sykes & Sabock Cup	800m	26	2:24.19
2/11	JDL Fast Track Invit.	800m	9	2:18.08

Cara June Elyea • Fr. • Georgetown, Texas

Date	Meet	Event	Finish	Time/Mark
12/3	Appalachian Invitational	Pole Vault	2	3.50m
1/14	Dick Taylor Invitational	Pole Vault	7	3.40m
1/19	Mountaineer Split	Pole Vault	3	3.26m
1/28	Niswonger Invitational	Pole Vault	4	3.50m
2/4	Sykes & Sabock Cup	Pole Vault	-	NH

Genevieve Emrick • Fr. • Franklin, N.C.

Date	Meet	Event	Finish	Time/Mark
12/3	Appalachian Invitational	400m	8	59.30
1/14	Dick Taylor Invitational	400m	14	1:00.55
1/19	Mountaineer Split	55m	11	7.65
1/19	Mountaineer Split	500m	2	1:18.00
1/28	Niswonger Invitational	200m	P	26.82
1/28	Niswonger Invitational	400m	P	59.11
1/28	Niswonger Invitational	400m	10	1:00.15
2/4	Sykes & Sabock Cup	400m	14	57.33

2/11	JDL Fast Track Invit.	60m	P	8.58
2/11	JDL Fast Track Invit.	400m	9	59.23

Taylor Feimster • Fr. • Asheville, N.C.

Date	Meet	Event	Finish	Time/Mark
12/3	Appalachian Invitational	55m	21	7.52
1/14	Dick Taylor Invitational	60m	P	8.18
1/14	Dick Taylor Invitational	200m	25	27.57
1/19	Mountaineer Split	200m	2	26.99
1/28	Niswonger Invitational	60m	P	8.06
1/28	Niswonger Invitational	200m	P	26.83
2/4	Sykes & Sabock Cup	60m	P	8.06
2/4	Sykes & Sabock Cup	200m	P	26.66
2/11	JDL Fast Track Invit.	200m	18	27.10

Felisha Garren • Sr. • Fletcher, N.C.

Date	Meet	Event	Finish	Time/Mark
12/3	Appalachian Invitational	400m	3	56.57
1/14	Dick Taylor Invitational	400m	4	58.07
1/19	Mountaineer Split	55m	6	7.49
1/19	Mountaineer Split	800m	2	2:23.07
1/28	Niswonger Invitational	200m	P	25.59
1/28	Niswonger Invitational	400m	P	57.47
1/28	Niswonger Invitational	400m	1	56.45
2/4	Sykes & Sabock Cup	200m	3	55.62
2/11	JDL Fast Track Invit.	60m	P	7.96
2/11	JDL Fast Track Invit.	400m	2	55.90

Anne Greer • Fr. • Scaley Mountain, Ga.

Date	Meet	Event	Finish	Time/Mark
1/19	Mountaineer Split	800m	5	2:31.52
1/28	Niswonger Invitational	Shot Put	-	Foul
2/11	JDL Fast Track Invit.	800m	42	2:32.21
2/11	JDL Fast Track Invit.	60mH	P	10.13
2/11	JDL Fast Track Invit.	Shot Put	27	9.58m

Lauren Harris • R-Fr. • Cary, N.C.

Date	Meet	Event	Finish	Time/Mark
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Danielle Hawkins • Fr. • Durham, N.C.

Date	Meet	Event	Finish	Time/Mark
12/3	Appalachian Invitational	Long Jump	17	4.83m
12/3	Appalachian Invitational	Triple Jump	12	10.65m
1/14	Dick Taylor Invitational	Long Jump	19	4.91m
1/14	Dick Taylor Invitational	Long Jump	14	10.12m
1/28	Niswonger Invitational	60mH	P	12.06
1/28	Niswonger Invitational	Long Jump	-	Foul
1/28	Niswonger Invitational	Triple Jump	10	10.82m
2/4	Sykes & Sabock Cup	Long Jump	22	4.94m
2/4	Sykes & Sabock Cup	Triple Jump	18	10.70m
2/11	JDL Fast Track Invit.	High Jump	12	1.50m
2/11	JDL Fast Track Invit.	Long Jump	22	4.50m
2/11	JDL Fast Track Invit.	Triple Jump	9	10.73m

Kayla Heineike • Fr. • Sunbury, Ohio

Date	Meet	Event	Finish	Time/Mark
12/3	Appalachian Invitational			
1/14	Dick Taylor Invitational	Pole Vault	12	3.20m
1/19	Mountaineer Split	High Jump	12	1.46m
1/19	Mountaineer Split	Pole Vault	6	3.06m
1/28	Niswonger Invitational	Pole Vault	10	3.20m

2011-12 WESTERN CAROLINA WOMEN'S INDOOR TRACK & FIELD PROGRESSIONS

2/4	Sykes & Sabock Cup	Pole Vault	-	NH
2/11	JDL Fast Track Invit.	Pole Vault	6	3.05m

Summer Hughes • Sr. • Bryson City, N.C.

Date	Meet	Event	Finish	Time/Mark
12/3	Appalachian Invitational	Pole Vault	7	3.20m
1/19	Mountaineer Split	Pole Vault	5	3.21m
1/28	Niswonger Invitational	Pole Vault	15	3.05m
2/11	JDL Fast Track Invit.	Pole Vault	6	3.05m

Olivia Jacobs • Jr. • Kannapolis, N.C.

Date	Meet	Event	Finish	Time/Mark
12/3	Appalachian Invitational	3000m	3	11:00.96
1/14	Dick Taylor Invitational	3000m	13	10:45.20
1/14	Dick Taylor Invitational	5000m	7	18:54.04
1/19	Mountaineer Split	3000m	2	10:48.35
1/28	Niswonger Invitational	5000m	14	19:08.87
2/4	Sykes & Sabock Cup	3000m	19	10:31.92
2/11	JDL Fast Track Invit.	800m	49	2:37.75
2/11	JDL Fast Track Invit.	1 Mile	17	5:33.78

Jocelyn Keen • So. • Fuquay Varina, N.C.

Date	Meet	Event	Finish	Time/Mark
12/3	Appalachian Invitational	800m	1	2:20.61
1/14	Dick Taylor Invitational	800m	2	2:17.17
1/19	Mountaineer Split	1 Mile	5	5:23.34
1/28	Niswonger Invitational	800m	3	2:15.38
2/4	Sykes & Sabock Cup	800m	9	2:15.38
2/11	JDL Fast Track Invit.	800m	3	2:14.09

Kaylan Lance • So. • Brevard, N.C.

Date	Meet	Event	Finish	Time/Mark
12/3	Appalachian Invitational	800m	4	2:23.91
1/14	Dick Taylor Invitational	800m	11	2:25.59
1/19	Mountaineer Split	1 Mile	10	5:46.77
1/28	Niswonger Invitational	1 Mile	4	5:23.35
2/4	Sykes & Sabock Cup	1 Mile	29	5:12.98
2/11	JDL Fast Track Invit.	800m	28	2:25.90
2/11	JDL Fast Track Invit.	1 Mile	10	5:21.31

Megan Morton • So. • Schwenksville, Pa.

Date	Meet	Event	Finish	Time/Mark
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Emily Nesbitt • Fr. • Mooresville, N.C.

Date	Meet	Event	Finish	Time/Mark
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Raven Parrish • Jr. • Harlem, Ga.

Date	Meet	Event	Finish	Time/Mark
1/14	Dick Taylor Invitational	60m	P	7.90
1/14	Dick Taylor Invitational	200m	12	26.53
1/19	Mountaineer Split	55m	2	7.38
2/4	Sykes & Sabock Cup	60m	P	7.85
2/4	Sykes & Sabock Cup	200m	P	26.25
2/11	JDL Fast Track Invit.	60m	P	7.84
2/11	JDL Fast Track Invit.	60m	6	7.84
2/11	JDL Fast Track Invit.	Long Jump	16	4.89m

Michelle Provost • Fr. • Sylva, N.C.

Date	Meet	Event	Finish	Time/Mark
12/3	Appalachian Invitational	3000m	6	11:29.00
1/19	Mountaineer Split	3000m	7	11:50.34

1/28	Niswonger Invitational	5000m	41	20:28.31
2/11	JDL Fast Track Invit.	3000m	37	11:22.24

Shinique Pryor • So. • Greensboro, Ga.

Date	Meet	Event	Finish	Time/Mark
1/14	Dick Taylor Invitational	400m	11	1:00.00
1/19	Mountaineer Split	55m	5	7.43
1/19	Mountaineer Split	500m	4	1:19.54
1/28	Niswonger Invitational	200m	P	25.72
1/28	Niswonger Invitational	400m	P	59.78
1/28	Niswonger Invitational	400m	6	59.04
2/4	Sykes & Sabock Cup	200m	P	25.33
2/11	JDL Fast Track Invit.	60m	P	7.96
2/11	JDL Fast Track Invit.	400m	5	58.43

Aleshia Reese • Fr. • Mars Hill, N.C.

Date	Meet	Event	Finish	Time/Mark
12/3	Appalachian Invitational	3000m	2	10:51.20
1/14	Dick Taylor Invitational	3000m	9	10:39.01
1/19	Mountaineer Split	3000m	3	10:49.13
1/28	Niswonger Invitational	1 Mile	11	5:33.95
1/28	Niswonger Invitational	5000m	11	18:38.67

Devyn Ressler • Fr. • Charlotte, N.C.

Date	Meet	Event	Finish	Time/Mark
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Janise Robinson • So. • Greensboro, N.C.

Date	Meet	Event	Finish	Time/Mark
12/3	Appalachian Invitational	55m	9	7.33
12/3	Appalachian Invitational	200m	10	26.42
1/14	Dick Taylor Invitational	60m	P	8.11
1/14	Dick Taylor Invitational	200m	23	27.30
1/19	Mountaineer Split	55m	2	7.38
1/19	Mountaineer Split	200m	1	26.25
1/28	Niswonger Invitational	60m	P	7.88
1/28	Niswonger Invitational	60m	4	7.88
1/28	Niswonger Invitational	200m	P	26.35
1/28	Niswonger Invitational	200m	7	26.22
2/4	Sykes & Sabock Cup	60m	P	7.88
2/4	Sykes & Sabock Cup	200m	P	26.11
2/11	JDL Fast Track Invit.	60m	P	7.89
2/11	JDL Fast Track Invit.	60m	7	7.89
2/11	JDL Fast Track Invit.	200m	6	26.10

Mara Smith • Jr. • Murertown, Va.

Date	Meet	Event	Finish	Time/Mark
12/3	Appalachian Invitational	3000m	1	10:40.71
1/14	Dick Taylor Invitational	1 Mile	6	5:18.79
1/19	Mountaineer Split	3000m	1	10:35.65
1/28	Niswonger Invitational	5000m	8	18:07.46
2/4	Sykes & Sabock Cup	1 Mile	20	5:06.40
2/11	JDL Fast Track Invit.	3000m	2	10:12.63

Jettana Thomas • Sr. • High Point, N.C.

Date	Meet	Event	Finish	Time/Mark
1/19	Mountaineer Split	200m	6	28.75
1/19	Mountaineer Split	High Jump	12	1.46m
1/28	Niswonger Invitational	Long Jump	12	5.23m
2/4	Sykes & Sabock Cup	60mH	P	11.56
2/4	Sykes & Sabock Cup	Long Jump	18	5.13m
2/4	Sykes & Sabock Cup	High Jump	-	Foul

2011-12 WESTERN CAROLINA WOMEN'S INDOOR TRACK & FIELD PROGRESSIONS

2/11	JDL Fast Track Invit.	60mH	P	9.46
2/11	JDL Fast Track Invit.	Long Jump	19	4.80m

Emrick, Garren

Hayley Tomlinson • So. • Maitland, Fla.

Date	Meet	Event	Finish	Time/Mark
12/3	Appalachian Invitational	800m	5	2:25.15
1/14	Dick Taylor Invitational	1 Mile	17	5:47.11
1/19	Mountaineer Split	1 Mile	9	5:42.08
1/28	Niswonger Invitational	800m	12	2:21.13
1/28	Niswonger Invitational	1 Mile	7	5:26.00
2/4	Sykes & Sabock Cup	800m	19	2:18.19
2/4	Sykes & Sabock Cup	1 Mile	32	5:20.75
2/11	JDL Fast Track Invit.	800m	17	2:23.05
2/11	JDL Fast Track Invit.	1 Mile	11	5:21.86

* **Bold indicates personal record.**

Morgan Turner • Jr. • Lincolnton, N.C.

Date	Meet	Event	Finish	Time/Mark
12/3	Appalachian Invitational	Shot Put	12	11.01m

Ashley Wala • Jr. • Lincolnton, N.C.

Date	Meet	Event	Finish	Time/Mark
1/28	Niswonger Invitational	Pole Vault	13	3.05m
2/4	Sykes & Sabock Cup	Pole Vault	-	NH
2/11	JDL Fast Track Invit.	Pole Vault	4	3.35m

Meghan Withers • Fr. • Lincolnton, N.C.

Date	Meet	Event	Finish	Time/Mark
1/14	Dick Taylor Invitational	Shot Put	21	9.18m
1/14	Dick Taylor Invitational	Weight Throw	13	10.70m
1/19	Mountaineer Split	Shot Put	3	11.78m
1/19	Mountaineer Split	Weight Throw	8	12.06m
1/28	Niswonger Invitational	Shot Put	14	11.69m
1/28	Niswonger Invitational	Weight Throw	22	12.41m
2/4	Sykes & Sabock Cup	Shot Put	17	11.80m
2/4	Sykes & Sabock Cup	Weight Throw	27	11.94m
2/11	JDL Fast Track Invit.	Weight Throw	12	12.90m

Distance Medley

'A'

Date	Meet	Members	Finish	Time/Mark
1/14	Dick Taylor Invitational	Smith, Diggs, Elliott, Lance	4	12:39.52
1/28	Niswonger Invitational	Lance, Collier, Keen, Smith	2	12:20.54
2/4	Sykes & Sabock Cup		4	12:25.06

4x400m Relay

'A'

Date	Meet	Members	Finish	Time/Mark
12/3	Appalachian Invitational	Pryor, Garren, Emrick, Elliott	2	3:54.74
1/14	Dick Taylor Invitational	Pryor, Garren, Emrick, Elliott	3	3:55.98
1/19	Mountaineer Split		1	3:59.12
1/28	Niswonger Invitational	Diggs, Pryor Keen, Garren	2	3:52.94
2/4	Sykes & Sabock Cup		3	3:46.59
2/11	JDL Fast Track Invit.	Diggs, Pryor	1	3:51.55

2011-12 WESTERN CAROLINA MEN'S INDOOR TRACK & FIELD TOP TIMES/MARKS

55-Meter Dash (WCU Record: 2003, T. Alford, 6.22)

Date	Athlete	Meet	Time
12/2	Ron Duncan	Appalachian Invitational	6.43
12/2	Willie Bowman	Appalachian Invitational	6.46
1/19	Brandon Hairston	Mountaineer Split Open	6.51

60-Meter Dash (WCU Record: 2008, Dominique Young, 6.74)

Date	Athlete	Meet	Time
2/11	Ron Duncan	JDL Fast Track Invitational	6.89
1/27	Willie Bowman	Niswonger Invitational	6.92
1/13	Brandon Hairston	Dick Taylor Invitational	6.94

200-Meter Dash (WCU Record: 2008, Zeb Johnson, 21.24)

Date	Athlete	Meet	Time
2/4	Brandon Hairston	Sykes & Sabock Cup	21.95 [^]
1/27	Benny Davis	Niswonger Invitational	21.96
2/4	Jeffery Hendricks	Sykes & Sabock Cup	22.26

400-Meter Dash (WCU Record: 2002, Darrus Cofield, 47.45)

Date	Athlete	Meet	Time
1/27	Benny Davis	Niswonger Invitational	48.05 [^]
2/11	Brandon Hairston	JDL Fast Track Invitational	48.97
1/19	Aaron Tribble	Mountaineer Split Open	49.77

800-Meter Run (WCU Record: 2003, Caleb Bailey, 1:48.32)

Date	Athlete	Meet	Time
2/4	Aaron Harris	Sykes & Sabock Cup	1:56.14
1/27	Garrett West	Niswonger Invitational	1:56.44

Mile Run (WCU Record: 1972, Ben Bailey, 4:06.23)

Date	Athlete	Meet	Time
2/11	Garrett West	JDL Fast Track Invitational	4:16.34
2/4	Jake Swimmer	Sykes & Sabock Cup	4:30.63

1500-Meter Run (WCU Record: 1972, Ben Bailey, 3:47.64)

Date	Athlete	Meet	Time

3000-Meter Run (WCU Record: 1985, Phil Roberts, 8:19.59)

Date	Athlete	Meet	Time
2/11	Chase Fisher	JDL Fast Track Invitational	8:46.97
2/11	Travis Alfaro	JDL Fast Track Invitational	8:53.62

5000-Meter Run (WCU Record: 1985, Robert Baker, 14:46.80)

Date	Athlete	Meet	Time
1/27	Travis Alfaro	Niswonger Invitational	15:29.29
1/14	Chase Fisher	Dick Taylor Invitational	15:37.15

55-Meter Hurdles (WCU Record: 1998, Tony McKennie, 7.43)

Date	Athlete	Meet	Time
12/2	Sam Lusty	Appalachian Invitational	7.81
12/2	Marquis Bailey	Appalachian Invitational	7.89
1/19	Tyler Bentley	Mountaineer Split Open	7.96

60-Meter Hurdles (WCU Record: 2010, Cordell Livingston, 7.85)

Date	Athlete	Meet	Time
2/11	Abraham Faison	JDL Fast Track Invitational	8.33
2/4	Marquis Bailey	Sykes & Sabock Cup	8.40
2/4	Tyler Bentley	Sykes & Sabock Cup	8.50

High Jump (WCU Record: 1993, Shawn Miller, 7-2.25 (2.19m))

Date	Athlete	Meet	Mark
2/11	Jordan Orr	JDL Fast Track Invitational	2.05m
1/19	Bob McNeil	Mountaineer Split Open	1.95m

Pole Vault (WCU Record: 2002, Charles Rice, 16-3.25 (4.96m))

Date	Athlete	Meet	Mark
2/11	Keith Leonard	JDL Fast Track Invitational	4.55m
1/19	Wayne Parker	Mountaineer Split Open	4.30m

Long Jump (WCU Record: 1983, Anthony James, 25-1.5 (7.66m))

Date	Athlete	Meet	Mark
12/2	Lawren Willard	Appalachian Invitational	7.05m [^]
2/11	Bob McNeil	JDL Fast Track Invitational	6.87m

Triple Jump (WCU Record: 1972, Jerry Gaines, 50-6.5 (15.41m))

Date	Athlete	Meet	Mark
2/11	Bob McNeil	JDL Fast Track Invitational	14.55m
12/2	Lawren Willard	Appalachian Invitational	13.55m

Shot Put (WCU Record: 1996, Derek Summerour, 53-7 (16.33m))

Date	Athlete	Meet	Mark
2/4	Jonathan Newton	Sykes & Sabock Cup	13.89m
2/4	Jamie Van Pelt	Sykes & Sabock Cup	13.85m

Weight Throw (WCU Record: 1999, Phillip Johnson, 63-2.25 (19.26m))

Date	Athlete	Meet	Mark
2/4	Jamie Van Pelt	Sykes & Sabock Cup	17.21m
12/2	Jonathan Newton	Niswonger Invitational	14.75m

Heptathlon (WCU Record: 2010, Matt Evans, 5,034)

Date	Athlete	Meet	Points

Distance Medley Relay (WCU Record: 2006, 10:05.02)

Date	Team	Meet	Time
2/4		Sykes & Sabock Cup	10:33.31
1/14	West, Bowman, Harris, Fisher	Dick Taylor Invitational	10:36.19

1600-Meter Relay (WCU Record: 2001, 3:11.28)

Date	Team	Meet	Time
2/4		Sykes & Sabock Cup	3:14.77 [^]
2/11	Tribble, Hairston, Boswell, Davis	JDL Fast Track Invit.	3:18.82
12/2	D. Boswell, B. Davis, B. Hairston, A. Tribble	Appalachian Invitational	3:20.74
1/14	A. Tribble, B. Hairston D. Boswell, B. Davis	Dick Taylor Invitational	3:22.02

[^]SoCon Leader

*WCU Record

2011-12 WESTERN CAROLINA MEN'S INDOOR TRACK & FIELD PROGRESSIONS

Travis Alfaro • Fr. • Lincolnton, N.C.

Date	Meet	Event	Finish	Time/Mark
12/3	Appalachian Invitational	3000m	7	9:14.40
1/14	Dick Taylor Invitational	5000m	9	15:53.68
1/19	Mountaineer Split	3000m	3	9:00.12
1/28	Niswonger Invitational	5000m	12	15:29.29
2/4	Sykes & Sabock Cup	3000m	18	8:54.74
2/11	JDL Fast Track Invit.	3000m	21	8:53.62

Marquis Bailey • Fr. • Greensboro, N.C.

Date	Meet	Event	Finish	Time/Mark
12/3	Appalachian Invitational	55mH	7	7.89
1/14	Dick Taylor Invitational	60mH	P	8.48
1/19	Mountaineer Split	500m	3	1:11.25
1/19	Mountaineer Split	55mH	5	7.99
1/28	Niswonger Invitational	200m	P	23.12
1/28	Niswonger Invitational	60mH	P	8.60
1/28	Niswonger Invitational	60mH	11	8.56
2/4	Sykes & Sabock Cup	600m	22	1:36.52
2/4	Sykes & Sabock Cup	60mH	P	8.40
2/11	JDL Fast Track Invit.	60m	P	7.15
2/11	JDL Fast Track Invit.	60mH	P	8.54
2/11	JDL Fast Track Invit.	60mH	14	8.67

Taylor Beckett • Fr. • Sylva, N.C.

Date	Meet	Event	Finish	Time/Mark
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Andy Benesh • So. • North Wilkesboro, N.C.

Date	Meet	Event	Finish	Time/Mark
1/14	Dick Taylor Invitational	Shot Put	24	12.04m
1/14	Dick Taylor Invitational	Weight Throw	12	12.59m
2/11	JDL Fast Track Invit.	Shot Put	14	13.37m
2/11	JDL Fast Track Invit.	Weight Throw	11	14.03m

Tyler Bentley • Jr. • Lenoir, N.C.

Date	Meet	Event	Finish	Time/Mark
1/14	Dick Taylor Invitational	400m	30	53.47
1/14	Dick Taylor Invitational	600m	28	1:30.45
1/14	Dick Taylor Invitational	Triple Jump	11	11.97m
1/19	Mountaineer Split	500m	2	1:11.08
1/19	Mountaineer Split	55mH	4	7.96
1/28	Niswonger Invitational	200m	P	24.14
1/28	Niswonger Invitational	400m	P	52.62
1/28	Niswonger Invitational	60mH	P	8.68
1/28	Niswonger Invitational	Triple Jump	10	13.04m
2/4	Sykes & Sabock Cup	60mH	P	8.50
2/4	Sykes & Sabock Cup	Triple Jump	-	Foul
2/11	JDL Fast Track Invit.	60m	P	7.54
2/11	JDL Fast Track Invit.	60mH	P	8.62
2/11	JDL Fast Track Invit.	Triple Jump	12	12.54m

Kyle Bernier • Fr. • Murphy, N.C.

Date	Meet	Event	Finish	Time/Mark
1/14	Dick Taylor Invitational	400m	36	55.58
1/14	Dick Taylor Invitational	60mH	P	9.64
2/11	JDL Fast Track Invit.	60mH	P	9.92
2/11	JDL Fast Track Invit.	Pole Vault	-	NH
2/11	JDL Fast Track Invit.	Long Jump	37	5.23m

Demari Boswell • Fr. • Greensboro, N.C.

Date	Meet	Event	Finish	Time/Mark
12/3	Appalachian Invitational	400m	7	50.32
1/19	Mountaineer Split	55m	9	6.71
1/19	Mountaineer Split	400m	2	50.05
1/28	Niswonger Invitational	200m	P	22.55
1/28	Niswonger Invitational	400m	P	50.92
2/11	JDL Fast Track Invit.	60m	P	7.09
2/11	JDL Fast Track Invit.	400m	17	50.91

Willie Bowman • Jr. • Richmond, Va.

Date	Meet	Event	Finish	Time/Mark
12/3	Appalachian Invitational	55m	5	6.46
1/14	Dick Taylor Invitational	60m	P	6.99
1/19	Mountaineer Split	55m	1	6.47
1/19	Mountaineer Split	300m	4	36.34
1/28	Niswonger Invitational	60m	P	6.92
1/28	Niswonger Invitational	60m	8	6.94
1/28	Niswonger Invitational	200m	P	22.63
2/4	Sykes & Sabock Cup	60m	P	6.95
2/4	Sykes & Sabock Cup	60m	8	6.93
2/4	Sykes & Sabock Cup	200m	32	22.96
2/11	JDL Fast Track Invit.	200m	15	22.96

Luke Burton • R-Jr. • Marion, N.C.

Date	Meet	Event	Finish	Time/Mark
1/14	Dick Taylor Invitational	600m	25	1:29.61
1/14	Dick Taylor Invitational	60mH	P	8.91
1/14	Dick Taylor Invitational	Pole Vault	21	3.97m
1/19	Mountaineer Split	55mH	10	8.35
1/19	Mountaineer Split	Pole Vault	5	4.30m
1/19	Mountaineer Split	Shot Put	16	11.08m
1/28	Niswonger Invitational	60m	P	7.42
1/28	Niswonger Invitational	60mH	P	9.05
1/28	Niswonger Invitational	Pole Vault	-	NH
1/28	Niswonger Invitational	Shot Put	33	11.30m
2/11	JDL Fast Track Invit.	60mH	P	8.99
2/11	JDL Fast Track Invit.	High Jump	13	1.70m
2/11	JDL Fast Track Invit.	Pole Vault	-	NH
2/11	JDL Fast Track Invit.	Shot Put	31	11.22m

Greg Capps • So. • Weaverville, N.C.

Date	Meet	Event	Finish	Time/Mark
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Nolan Clark • Jr. • Gainesville, Ga.

Date	Meet	Event	Finish	Time/Mark
12/3	Appalachian Invitational	3000m	2	8:55.86
1/19	Mountaineer Split	3000m	5	9:09.90
1/28	Niswonger Invitational	5000m	29	15:58.51

Benny Davis • Sr. • Morgantown, N.C.

Date	Meet	Event	Finish	Time/Mark
12/3	Appalachian Invitational	400m	2	49.62
1/14	Dick Taylor Invitational	400m	2	48.70
1/19	Mountaineer Split	55m	5	6.59
1/19	Mountaineer Split	800m	3	2:04.64
1/28	Niswonger Invitational	200m	P	21.96
1/28	Niswonger Invitational	400m	P	49.21
1/28	Niswonger Invitational	400m	2	48.05

2011-12 WESTERN CAROLINA MEN'S INDOOR TRACK & FIELD PROGRESSIONS

2/4	Sykes & Sabock Cup	400m	7	48.78
2/11	JDL Fast Track Invit.	60m	P	7.12
2/11	JDL Fast Track Invit.	400m	2	48.88

Ron Duncan • R-So. • Charlotte, N.C.

Date	Meet	Event	Finish	Time/Mark
12/3	Appalachian Invitational	55m	4	6.43
1/14	Dick Taylor Invitational	60m	P	6.94
2/4	Sykes & Sabock Cup	60m	P	6.90
2/4	Sykes & Sabock Cup	60m	5	6.89
2/4	Sykes & Sabock Cup	200m	15	22.44
2/11	JDL Fast Track Invit.	60m	P	6.89
2/11	JDL Fast Track Invit.	60m	9	6.92
2/11	JDL Fast Track Invit.	200m	18	22.99

Jacob Englert • Fr. • Gastonia, N.C.

Date	Meet	Event	Finish	Time/Mark
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Abraham Faison • Fr. • Saxapahaw, N.C.

Date	Meet	Event	Finish	Time/Mark
12/3	Appalachian Invitational	200m	32	23.84
12/3	Appalachian Invitational	55mH	22	8.32
1/14	Dick Taylor Invitational	200m	25	24.12
1/14	Dick Taylor Invitational	400m	24	53.22
1/14	Dick Taylor Invitational	60mH	P	8.50
1/19	Mountaineer Split	500m	4	1:11.91
1/19	Mountaineer Split	55mH	7	8.09
1/28	Niswonger Invitational	200m	P	23.67
1/28	Niswonger Invitational	400m	P	53.88
1/28	Niswonger Invitational	60mH	P	8.62
1/28	Niswonger Invitational	60mH	7	8.34
2/4	Sykes & Sabock Cup	600m	21	1:32.53
2/4	Sykes & Sabock Cup	60mH	P	8.46
2/11	JDL Fast Track Invit.	60m	P	7.48
2/11	JDL Fast Track Invit.	60mH	P	8.41
2/11	JDL Fast Track Invit.	60mH	10	8.33

Chase Fisher • R-Fr. • Concord, N.C.

Date	Meet	Event	Finish	Time/Mark
12/3	Appalachian Invitational	3000m	3	8:55.87
1/14	Dick Taylor Invitational	3000m	4	8:50.66
1/14	Dick Taylor Invitational	5000m	5	15:37.15
1/28	Niswonger Invitational	1 Mile	16	4:36.02
2/11	JDL Fast Track Invit.	3000m	11	8:46.97

Greg Gilchrist • Fr. • Gastonia, N.C.

Date	Meet	Event	Finish	Time/Mark
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Brandon Hairston • So. • Walkertown, N.C.

Date	Meet	Event	Finish	Time/Mark
12/3	Appalachian Invitational	400m	1	49.42
1/14	Dick Taylor Invitational	60m	P	6.96
1/14	Dick Taylor Invitational	60m	6	6.95
1/14	Dick Taylor Invitational	200m	2	22.37
1/19	Mountaineer Split	55m	2	6.51
1/19	Mountaineer Split	300m	1	34.62
1/28	Niswonger Invitational	60m	P	7.00
1/28	Niswonger Invitational	200m	P	22.27
1/28	Niswonger Invitational	400m	P	50.34

1/28	Niswonger Invitational	400m	6	49.33
2/4	Sykes & Sabock Cup	60m	P	6.99
2/4	Sykes & Sabock Cup	200m	6	21.95
2/11	JDL Fast Track Invit.	60m	P	7.01
2/11	JDL Fast Track Invit.	200m	3	48.97
2/11	JDL Fast Track Invit.	Long Jump	16	6.32m

Taylor Hancock • Fr. • Charlotte, N.C.

Date	Meet	Event	Finish	Time/Mark
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Aaron Harris • So. • Greensboro, N.C.

Date	Meet	Event	Finish	Time/Mark
12/3	Appalachian Invitational	800m	4	1:57.49
1/14	Dick Taylor Invitational	800m	22	2:02.62
1/19	Mountaineer Split	500m	1	1:06.22
1/28	Niswonger Invitational	800m	8	1:57.07
2/4	Sykes & Sabock Cup	800m	20	1:56.14
2/11	JDL Fast Track Invit.	800m	10	1:58.65

Jeffrey Hendricks • Fr. • Charlotte, N.C.

Date	Meet	Event	Finish	Time/Mark
12/3	Appalachian Invitational	55m	26	6.66
12/3	Appalachian Invitational	200m	9	22.82
1/19	Mountaineer Split	55m	7	6.67
1/19	Mountaineer Split	200m	2	22.91
1/28	Niswonger Invitational	60m	P	7.11
1/28	Niswonger Invitational	200m	P	22.80
2/4	Sykes & Sabock Cup	60m	P	7.01
2/4	Sykes & Sabock Cup	200m	11	22.26
2/11	JDL Fast Track Invit.	60m	P	7.02

Brian Holmes • So. • Austell, Ga.

Date	Meet	Event	Finish	Time/Mark
12/3	Appalachian Invitational	200m	10	22.83

Joe Korac • So. • Alpharetta, Ga.

Date	Meet	Event	Finish	Time/Mark
1/14	Dick Taylor Invitational	Shot Put	-	Foul
1/14	Dick Taylor Invitational	Weight Throw	11	13.44m
1/19	Mountaineer Split	Shot Put	7	13.05m
1/19	Mountaineer Split	Weight Throw	6	13.66m
1/28	Niswonger Invitational	Shot Put	19	13.20m
1/28	Niswonger Invitational	Weight Throw	20	13.50m
2/11	JDL Fast Track Invit.	Shot Put	20	12.77m
2/11	JDL Fast Track Invit.	Weight Throw	13	13.62m

Keith Leonard • R-So. • Salisbury, N.C.

Date	Meet	Event	Finish	Time/Mark
12/3	Appalachian Invitational	Pole Vault	3	4.42m
1/14	Dick Taylor Invitational	Pole Vault	7	4.30m
1/19	Mountaineer Split	Pole Vault	5	4.30m
1/28	Niswonger Invitational	Pole Vault	9	4.30m
2/4	Sykes & Sabock Cup	Pole Vault	-	NH
2/11	JDL Fast Track Invit.	Pole Vault	2	4.55m

Sam Lusty • So. • Hayesville, N.C.

Date	Meet	Event	Finish	Time/Mark
12/3	Appalachian Invitational	55mH	4	7.81
12/3	Appalachian Invitational	Pole Vault	-	NH
2/11	JDL Fast Track Invit.	High Jump	12	1.70m

2011-12 WESTERN CAROLINA MEN'S INDOOR TRACK & FIELD PROGRESSIONS

2/11 JDL Fast Track Invit. Shot Put 40 9.52m

Bob McNeil • So. • Burlington, N.C.

Date	Meet	Event	Finish	Time/Mark
12/3	Appalachian Invitational	Long Jump	-	Foul
12/3	Appalachian Invitational	Triple Jump	4	14.36m
1/14	Dick Taylor Invitational	Long Jump	-	Foul
1/14	Dick Taylor Invitational	Triple Jump	3	14.48m
1/19	Mountaineer Split	200m	5	23.47
1/19	Mountaineer Split	High Jump	4	1.95m
1/28	Niswonger Invitational	Long Jump	-	Foul
1/28	Niswonger Invitational	Triple Jump	-	Foul
2/4	Sykes & Sabock Cup	Long Jump	10	6.79m
2/4	Sykes & Sabock Cup	Triple Jump	6	14.54m
2/11	JDL Fast Track Invit.	High Jump	-	NH
2/11	JDL Fast Track Invit.	Long Jump	3	6.87m
2/11	JDL Fast Track Invit.	Triple Jump	1	14.55m

Jonathan Newton • R-So. • Hendersonville, N.C.

Date	Meet	Event	Finish	Time/Mark
12/3	Appalachian Invitational	Shot Put	14	13.49m
12/3	Appalachian Invitational	Weight Throw	14	13.65m
1/14	Dick Taylor Invitational	Shot Put	20	12.67m
1/14	Dick Taylor Invitational	Weight Throw	10	13.61m
1/19	Mountaineer Split	Shot Put	4	13.48m
1/19	Mountaineer Split	Weight Throw	4	14.67m
1/28	Niswonger Invitational	Shot Put	13	13.75m
1/28	Niswonger Invitational	Weight Throw	17	14.75m
2/4	Sykes & Sabock Cup	Shot Put	22	13.89m
2/4	Sykes & Sabock Cup	Weight Throw	19	14.08m
2/11	JDL Fast Track Invit.	Shot Put	19	13.03m
2/11	JDL Fast Track Invit.	Weight Throw	10	14.43m

Jordan Orr • So. • Robbinsville, N.C.

Date	Meet	Event	Finish	Time/Mark
12/3	Appalachian Invitational	High Jump	5	1.98m
1/14	Dick Taylor Invitational	High Jump	9	1.96m
1/28	Niswonger Invitational	High Jump	9	1.95m
2/4	Sykes & Sabock Cup	High Jump	12	2.05m
2/11	JDL Fast Track Invit.	High Jump	1	2.05m

Wayne Parker • Sr. • Gold Hill, N.C.

Date	Meet	Event	Finish	Time/Mark
1/14	Dick Taylor Invitational	Pole Vault	-	NH
1/19	Mountaineer Split	Pole Vault	3	4.30m
1/28	Niswonger Invitational	Pole Vault	12	4.15m
2/11	JDL Fast Track Invit.	Pole Vault	7	4.25m

Ammar Phillips • So • Charlotte, N.C.

Date	Meet	Event	Finish	Time/Mark
12/3	Appalachian Invitational	400m	21	52.57
1/14	Dick Taylor Invitational	400m	10	51.75
1/19	Mountaineer Split	400m	3	50.83
1/28	Niswonger Invitational	200m	P	23.39
1/28	Niswonger Invitational	400m	P	51.17
2/4	Sykes & Sabock Cup	400m	23	50.39
2/11	JDL Fast Track Invit.	60m	P	7.27
2/11	JDL Fast Track Invit.	400m	19	51.34

Matt Stenger • So. • Hendersonville, N.C.

Date	Meet	Event	Finish	Time/Mark
12/3	Appalachian Invitational	Pole Vault	8	4.27m
1/14	Dick Taylor Invitational	Pole Vault	-	NH
1/19	Mountaineer Split	Pole Vault	-	NH
1/28	Niswonger Invitational	Pole Vault	-	NH
2/4	Sykes & Sabock Cup	Pole Vault	-	NH

Justin Strickland • So. • Yadkinville, N.C.

Date	Meet	Event	Finish	Time/Mark
12/3	Appalachian Invitational	High Jump	9	1.93m
12/3	Appalachian Invitational	Triple Jump	18	12.38m
2/11	JDL Fast Track Invit.	Pole Vault	-	NH

Jake Swimmer • Jr. • Cherokee, N.C.

Date	Meet	Event	Finish	Time/Mark
1/28	Niswonger Invitational	800m	20	2:06.29
1/28	Niswonger Invitational	1 Mile	13	4:31.47
2/4	Sykes & Sabock Cup	1 Mile	24	4:30.63

Hunter Townsend • Fr. • Taylorsville, N.C.

Date	Meet	Event	Finish	Time/Mark
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Aaron Tribble • Fr. • Gastonia, N.C.

Date	Meet	Event	Finish	Time/Mark
12/3	Appalachian Invitational	400m	6	50.08
1/14	Dick Taylor Invitational	200m	20	23.56
1/14	Dick Taylor Invitational	High Jump	-	NH
1/19	Mountaineer Split	400m	1	49.77
1/19	Mountaineer Split	High Jump	-	NH
1/28	Niswonger Invitational	200m	P	22.59
1/28	Niswonger Invitational	400m	P	50.66
1/28	Niswonger Invitational	High Jump	18	1.80m
2/4	Sykes & Sabock Cup	400m	17	50.06
2/11	JDL Fast Track Invit.	400m	11	50.38
2/11	JDL Fast Track Invit.	High Jump	4	1.90

Brian Ulrich • GS • Duncannon, Pa.

Date	Meet	Event	Finish	Time/Mark
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Jamie Van Pelt • Sr. • Tampa, Fla.

Date	Meet	Event	Finish	Time/Mark
12/3	Appalachian Invitational	Shot Put	16	13.16m
12/3	Appalachian Invitational	Weight Throw	5	15.47m
1/14	Dick Taylor Invitational	Shot Put	14	13.02m
1/14	Dick Taylor Invitational	Weight Throw	5	15.16m
1/19	Mountaineer Split	Shot Put	5	13.21m
1/19	Mountaineer Split	Weight Throw	1	16.58m
1/28	Niswonger Invitational	Shot Put	27	12.60m
1/28	Niswonger Invitational	Weight Throw	9	16.51m
2/4	Sykes & Sabock Cup	Shot Put	23	13.89m
2/4	Sykes & Sabock Cup	Weight Throw	9	17.21m
2/11	JDL Fast Track Invit.	Shot Put	24	12.58m
2/11	JDL Fast Track Invit.	Weight Throw	2	17.07m

Garrett West • Jr. • China Grove, N.C.

Date	Meet	Event	Finish	Time/Mark
12/3	Appalachian Invitational	800m	8	1:58.86

2011-12 WESTERN CAROLINA MEN'S INDOOR TRACK & FIELD PROGRESSIONS

1/14	Dick Taylor Invitational	800m	8	1:58.09
1/19	Mountaineer Split	3000m	11	9:25.10
1/28	Niswonger Invitational	800m	7	1:56.44
1/28	Niswonger Invitational	1 Mile	9	4:21.30
2/4	Sykes & Sabock Cup	1 Mile	17	4:18.93
2/11	JDL Fast Track Invit.	800m	21	1:59.90
2/11	JDL Fast Track Invit.	1 Mile	9	4:16.34

Jerry Wickerson • Fr. • Greenville, S.C.

Date	Meet	Event	Finish	Time/Mark
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Lawren Willard • Jr. • Stone Mountain, Ga.

Date	Meet	Event	Finish	Time/Mark
12/3	Appalachian Invitational	Long Jump	2	7.05m

Cornelius Williams • Sr. • Gastonia, N.C.

Date	Meet	Event	Finish	Time/Mark
1/28	Niswonger Invitational	Long Jump	12	6.74m

4x400m Relay

'A'

Date	Meet	Members	Finish	Time/Mark
12/3	Appalachian Invitational	Boswell, Davis Hairston, Tribble	1	3:20.74
1/14	Dick Taylor Invitational	Tribble, Hairston Boswell, Davis	5	3:22.02
1/19	Mountaineer Split		1	3:20.35
1/28	Niswonger Invitational	Phillips, Harris, Boswell, Davis	1	3:15.51
2/4	Sykes & Sabock Cup		2	3:14.77
2/11	JDL Fast Track Invit.	Tribble, Hairston, Boswell, Davis	1	3:18.82

Distance Medley

'A'

Date	Meet	Members	Finish	Time/Mark
1/14	Dick Taylor Invitational	West, Bowman Harris Fisher	5	10:36.19
1/28	Niswonger Invitational	Swimmer, Boswell, Harris, Fisher	2	10:35.50
2/4	Sykes & Sabock Cup		6	10:33.81