



# WESTERN CAROLINA UNIVERSITY CATAMOUNTS

## 2014-15 WOMEN'S INDOOR TRACK & FIELD TOP PERFORMANCES

### 2014-15 SCHEDULE

Dec. 5-6	.....at Appalachian Open (Appalachian)	.....Boone, N.C.
Jan. 10	.....at Orange & Purple Classic (O&P)	.....Clemson, S.C.
Jan. 16-17	.....at ETSU Invitational (ETSU)	.....Johnson City, Tenn.
Jan. 30-31	.....at Thundering Herd Invitational (Herd)	.....Huntington, W. Va.
Feb. 6-7	.....at Buccaneer Invitational (Buccaneer)	.....Johnson City, Tenn.
Feb. 13	.....at Samford Invitational (Samford)	.....Birmingham, Ala.
Feb. 27-28	.....at SoCon Championships (SoCon)	.....Birmingham, Ala.

### 55m

	# WCU Record: <b>Tayla Carter</b>   2013   6.91
Tayla Carter	.....Appalachian..... 6.98
Tiffani Lewis	.....Appalachian..... 7.30
Kayla Williams	.....Appalachian..... 7.37
Chenell Bryan	.....Appalachian..... 7.40
LeNiesha Kearse	.....Appalachian..... 7.43

### 60m

	# WCU Record: <b>Tayla Carter</b>   2013   7.43
Tayla Carter	.....Samford..... 7.48
Tayla Carter	.....SoCon..... 7.49
Tayla Carter	.....Herd..... 7.49
Tayla Carter	.....ETSU..... 7.50
Tayla Carter	.....O&P..... 7.52

### 200m

	# WCU Record: <b>Tayla Carter</b>   2014   24.28
Tayla Carter	.....Herd..... 24.35
Tayla Carter	.....SoCon..... 24.46
Tayla Carter	.....Samford..... 24.46
Tayla Carter	.....Appalachian..... 24.60
Tayla Carter	.....SoCon..... 24.78

### 400m

	# WCU Record: <b>Raquel Ramseur</b>   2007   54.31
Genevieve Emrick	.....Herd..... 55.04
Genevieve Emrick	.....Samford..... 55.41
Genevieve Emrick	.....SoCon..... 55.44
Genevieve Emrick	.....SoCon..... 55.81
Genevieve Emrick	.....Appalachian..... 56.39

### 800m

	# WCU Record: <b>Jocelyn Keen</b>   2013   2:09.24
Lena Elliott	.....SoCon..... 2:15.04
Lena Elliott	.....Herd..... 2:16.07
Lena Elliott	.....Samford..... 2:16.51
Michaela Birek	.....Buccaneer..... 2:17.06
Lena Elliott	.....ETSU..... 2:18.70

### One Mile

	# WCU Record: <b>Susie Gardner</b>   1992   4:56.89
Aleshia Reese	.....SoCon..... 5:12.43
Aleshia Reese	.....Samford..... 5:14.85
Laney Browder	.....SoCon..... 5:18.00
Laney Browder	.....O&P..... 5:21.25
Aleshia Reese	.....ETSU..... 5:21.95

### 3000m

	# WCU Record: <b>Mara Smith</b>   2013   10:01.14
Aleshia Reese	.....Herd..... 10:24.57
Michelle Provost	.....Samford..... 10:33.17
Aleshia Reese	.....Appalachian..... 10:47.44
Laney Browder	.....Buccaneer..... 10:48.30
Laney Browder	.....Samford..... 10:48.67

### 5000m

	# WCU Record: <b>Jenny Warford</b>   1999   17:32.86
Laney Browder	.....SoCon..... 18:23.57
Aleshia Reese	.....SoCon..... 18:30.50
Laney Browder	.....Herd..... 18:32.57
Aleshia Reese	.....ETSU..... 18:36.00
Aleshia Reese	.....Herd..... 18:49.67

### 55m Hurdles

	# WCU Record: <b>Ronetta Burgess</b>   2001   7.99
Xaviera Bass	.....Appalachian..... 8.15
Kayla Williams	.....Appalachian..... 8.30
LeNiesha Kearse	.....Appalachian..... 8.39
Michaela Birek	.....Appalachian..... 8.49
Alyiah Riley	.....Appalachian..... 8.60

### 60m Hurdles

	# WCU Record: <b>Xaviera Bass</b>   2015   8.46#
Xaviera Bass	.....Samford..... 8.46#
Xaviera Bass	.....SoCon..... 8.50
Xaviera Bass	.....Samford..... 8.56
Xaviera Bass	.....SoCon..... 8.60
Xaviera Bass	.....Herd..... 8.63

### 4x300 (1200m) Relay

	# WCU Record: <b>Carter, Emrick, Birek, Archie-McMillan</b>   2014   2:43.80#
Carter, Emrick,	.....Appalachian..... 2:43.80
Birek, Archie-McMillan	.....Appalachian..... 2:48.41
Elliott, Gaines,	.....Appalachian..... 2:51.03
Woerner, M. Williams	.....Appalachian..... 2:51.03
Kearse, Bass,	.....Appalachian..... 2:51.03
K. Williams, Greer	.....Appalachian..... 2:52.14
Robinson, Pride,	.....Appalachian..... 2:52.14
Bryan, Feimster	.....Appalachian..... 3:00.10
Lewis, Riley,	.....Appalachian..... 3:00.10
Ford, Jenkins	.....Appalachian..... 3:00.10

### 4x400 (1600m) Relay

	# WCU Record: <b>McMichael, Paulding, Garren, Carothers</b>   2010   3:44.47
Archie-McMillan, Emrick,	.....Samford..... 3:45.62
Birek, Carter	.....SoCon..... 3:46.42
Archie-McMillan, Emrick,	.....SoCon..... 3:46.42
Birek, Carter	.....Herd..... 3:47.11
Archie-McMillan, Emrick,	.....Herd..... 3:47.11
Birek, Carter	.....ETSU..... 3:47.47
Archie-McMillan, Emrick,	.....ETSU..... 3:47.47
Birek, Carter	.....ETSU..... 3:47.47
Elliott, M. Williams,	.....Samford..... 3:54.24
Gaines, Robinson	.....Samford..... 3:54.24

### Distance Medley Relay

	# WCU Record: <b>Keen, Emrick, Elliott, Smith</b>   2013   11:52.62
Browder, M. Williams,	.....SoCon..... 12:34.70
Elliott, Reese	.....SoCon..... 12:34.70
Shetler, M. Williams,	.....ETSU..... 13:03.15
Elliott, Provost	.....ETSU..... 13:03.15
Reese, Gaines,	.....O&P..... 13:07.21
Provost, Browder	.....O&P..... 13:07.21

### High Jump

	# WCU Record: <b>Virginia LaCombe</b>   2002   1.82m (6-00.00)
Anisia Starege	.....ETSU..... 1.73m (5-08.00)
Xaviera Bass	.....SoCon..... 1.69m (5-06.50)
Xaviera Bass	.....ETSU..... 1.68m (5-06.00)
Xaviera Bass	.....O&P..... 1.68m (5-06.00)
Xaviera Bass	.....O&P..... 1.68m (5-06.00)
Anisia Starege	.....SoCon..... 1.66m (5-05.25)

### Long Jump

	# WCU Record: <b>Von Ross</b>   1992   6.09m (19-11.75)
Chenell Bryan	.....O&P..... 5.93m (19-05.50)
Chenell Bryan	.....Appalachian..... 5.92m (19-05.25)
Tiffani Lewis	.....SoCon..... 5.90m (19-04.25)
Chenell Bryan	.....Herd..... 5.84m (19-02.00)
Michaela Birek	.....Herd..... 5.69m (18-08.00)

### Triple Jump

	# WCU Record: <b>Von Ross</b>   1993   12.49m (40-11.75)
Tiffani Lewis	.....Herd..... 11.08m (36-04.25)
Tiffani Lewis	.....SoCon..... 11.04m (36-02.75)
Chenell Bryan	.....SoCon..... 11.03m (36-02.25)
Tiffani Lewis	.....ETSU..... 11.02m (36-02.00)
Xaviera Bass	.....SoCon..... 10.94m (35-10.75)
Xaviera Bass	.....Herd..... 10.94m (35-10.75)

### Pole Vault

	# WCU Record: <b>Michelle Velez</b>   2002   3.96m (13-00.00)
Devyn Ressler	.....SoCon..... 3.90m (12-09.50)
Devyn Ressler	.....Samford..... 3.80m (12-05.50)
Devyn Ressler	.....Buccaneer..... 3.80m (12-05.50)
Devyn Ressler	.....Appalachian..... 3.76m (12-04.00)
Devyn Ressler	.....Herd..... 3.75m (12-03.75)
Devyn Ressler	.....ETSU..... 3.75m (12-03.75)

### Shot Put

	# WCU Record: <b>Alisha Bradshaw</b>   2015   15.04m (49-04.25)#
Alisha Bradshaw	.....SoCon..... 15.04m (49-04.25)#
Alisha Bradshaw	.....Samford..... 14.62m (47-11.50)
Hailey Cook	.....SoCon..... 14.51m (47-07.25)
Alisha Bradshaw	.....Appalachian..... 14.42m (47-03.75)
Alisha Bradshaw	.....Buccaneer..... 14.10m (46-03.25)

## Weight Throw

# WCU Record: Alisha Bradshaw | 2014 | 19.27m (62-02.75)

Alisha Bradshaw.....	SoCon.....	17.80m (58-04.75)
Alisha Bradshaw.....	Appalachian.....	16.97m (55-08.25)
Alisha Bradshaw.....	Herd.....	16.48m (54-00.75)
Alisha Bradshaw.....	ETSU.....	16.31m (53-06.25)
Alisha Bradshaw.....	Samford.....	16.07m (52-08.75)

## Pentathlon

# WCU Record: Michaela Birek | 2015 | 3,545 pts.#

Michaela Birek.....	Buccaneer.....	3,545 pts.#
Michaela Birek.....	SoCon.....	3,511 pts.
Holly Gaines.....	Buccaneer.....	3,255 pts.
Anne Greer.....	ETSU.....	3,154 pts.
Holly Gaines.....	SoCon.....	3,099 pts.

## WESTERN CAROLINA IN THE SOCON RANKINGS

(THROUGH 3/15/15)  
(ONLY TOP 10 RANKINGS SHOWN)

Rank	Name	Event	Time/Mark	Meet
1	Tayla Carter	60m	7.48	Samford
4	Kayla Williams	60m	7.78	SoCon
6	Tiffani Lewis	60m	7.82	SoCon
6	Chenell Bryan	60m	7.82	SoCon
8	Xaviera Bass	60m	7.84	SoCon
10	Alyiah Riley	60m	7.88	SoCon
1	Tayla Carter	200m	24.35	Herd
5	Kayla Williams	200m	25.39	SoCon
6	Genevieve Emrick	200m	25.42	O&P
7	Corina Archie-McMillan	200m	25.54	SoCon
9	Chenell Bryan	200m	25.93	SoCon
1	Genevieve Emrick	400m	55.04	Herd
3	Corina Archie-McMillan	400m	57.03	Herd
4	Michaela Birek	400m	57.40	Samford
5	Holly Gaines	400m	57.73	Herd
8	Lena Elliott	400m	58.13	SoCon
10	Michaela Williams	400m	58.88	SoCon
10	Lena Elliott	800m	2:15.04	SoCon
2	Xaviera Bass	60m Hurdles	8.46	Samford
4	Kayla Williams	60m Hurdles	8.70	SoCon
5	Alyiah Riley	60m Hurdles	8.78	SoCon
8	Michaela Birek	60m Hurdles	8.96	SoCon
10	LeNiesha Kearsse	60m Hurdles	9.05	Appalachian
1	Archie-McMillan, Emrick, Birek, Carter	4x400m R	3:45.62	Samford
6	Browder, M. Williams, Elliott, Reese	DMR	12:34.70	SoCon
1	Anisia Starege	High Jump	1.73m	ETSU
2	Xaviera Bass	High Jump	1.69m	SoCon
3	Molly Fagan	High Jump	1.66m	SoCon
6	Holly Gaines	High Jump	1.60m	SoCon
9	Michaela Birek	High Jump	1.54m	SoCon
1	Devyn Ressler	Pole Vault	3.90m	SoCon
4	Korie Bennett	Pole Vault	3.66m	Appalachian
5	Cara June Elyea	Pole Vault	3.53m	O&P
6	Meghan Breden	Pole Vault	3.35m	Samford
1	Chenell Bryan	Long Jump	5.93m	O&P
2	Tiffani Lewis	Long Jump	5.90m	SoCon
3	Michaela Birek	Long Jump	5.69m	Herd
7	Xaviera Bass	Long Jump	5.47m	SoCon
9	Molly Fagan	Long Jump	5.28m	SoCon
5	Tiffani Lewis	Triple Jump	11.08m	Herd
6	Chenell Bryan	Triple Jump	11.03m	SoCon
8	Xaviera Bass	Triple Jump	10.94m	SoCon
10	Erin West	Triple Jump	10.77m	ETSU
1	Alisha Bradshaw	Shot Put	15.04m	SoCon
2	Hailey Cook	Shot Put	14.51m	SoCon
7	Jasmin Brown	Shot Put	12.49m	Buccaneer
8	Alisha Blackmon	Shot Put	12.44m	SoCon
1	Alisha Bradshaw	Weight Throw	17.80m	SoCon
4	Hailey Cook	Weight Throw	16.03m	ETSU
8	Alisha Blackmon	Weight Throw	14.71m	SoCon
9	Jasmin Brown	Weight Throw	14.31m	SoCon
10	Morgan Lau	Weight Throw	11.50m	Appalachian
1	Michaela Birek	Pentathlon	3,545 pts.	Buccaneer
5	Holly Gaines	Pentathlon	3,255 pts.	Buccaneer
7	Anne Greer	Pentathlon	3,154 pts.	SoCon

## 2014-15 WOMEN'S FIRST PLACE FINISHES

Tayla Carter.....	55m.....	Appalachian.....	6.98
Lena Elliott.....	800m.....	Appalachian.....	2:21.86
Aleshia Reese.....	3000m.....	Appalachian.....	10:47.44
Xaviera Bass.....	55m Hurdles.....	Appalachian.....	8.15
Chenell Bryan.....	Long Jump.....	Appalachian.....	5.92m (19-05.25)
Devyn Ressler.....	Pole Vault.....	Appalachian.....	3.76m (12-04.00)
Carter, Emrick.....	4x300 Relay.....	Appalachian.....	2:43.80
Birek, Archie-McMillan			
Alisha Bradshaw.....	Weight Throw.....	O&P.....	15.74m (51-07.75)
Anisia Starege.....	High Jump.....	ETSU.....	1.73m (5-08.00)
Devyn Ressler.....	Pole Vault.....	ETSU.....	3.75m (12-03.50)
Archie-McMillan, Emrick.....	4x400 Relay.....	Herd.....	3:47.11
Birek, Carter			
Chenell Bryan.....	Long Jump.....	Herd.....	5.84m (19-02.00)
Devyn Ressler.....	Pole Vault.....	Buccaneer.....	3.80m (12-05.50)
Xaviera Bass.....	60m Hurdles.....	Samford.....	8.46
Tayla Carter.....	60m.....	SoCon.....	7.49
Tayla Carter.....	200m.....	SoCon.....	24.46
Genevieve Emrick.....	400m.....	SoCon.....	55.44
Xaviera Bass.....	High Jump.....	SoCon.....	1.69m (5-06.50)
Tiffani Lewis.....	Long Jump.....	SoCon.....	5.90m (19-04.25)
Devyn Ressler.....	Pole Vault.....	SoCon.....	3.90m (12-09.50)
Alisha Bradshaw.....	Shot Put.....	SoCon.....	15.04m (49-04.25)
Alisha Bradshaw.....	Weight Throw.....	SoCon.....	17.80m (58-04.75)
Archie-McMillan, Emrick, Birek, Carter	4x400 Relay.....	SoCon.....	3:46.42
Michaela Birek.....	Pentathlon.....	SoCon.....	3,511 pts.



# WESTERN CAROLINA UNIVERSITY CATAMOUNTS

## 2014-15 WOMEN'S INDOOR TRACK & FIELD PERFORMANCES

### BY ATHLETE

#### Corina Archie-McMillan Junior Sprints

meet	time/distance	place
<b>60m</b>		
Samford	8.20	41st (prelim.)
<b>200m</b>		
SoCon	25.54	7th (prelim.)
Herd	25.76	14th
ETSU	25.94	31st (prelim.)
SoCon	26.36	8th
<b>400m</b>		
Herd	57.03	4th
SoCon	57.08	3rd
SoCon	58.13	t-3rd (prelim.)
ETSU	58.62	18th (prelim.)
Samford	58.87	19th
O&P	58.88	5th
Appalachian	1:00.06	6th

#### Xaviera Bass Senior Hurdles/High Jump

meet	time/distance	place
<b>60m</b>		
SoCon	7.84	t-7th (prelim.)
Samford	7.93	28th (prelim.)
SoCon	7.98	8th
Herd	8.11	35th (prelim.)
ETSU	8.11	50th (prelim.)
<b>55m Hurdles</b>		
Appalachian	8.15	1st
<b>60m Hurdles</b>		
Samford	8.46	1st
SoCon	8.50	2nd
Samford	8.56	t-1st (prelim.)
SoCon	8.60	2nd (prelim.)
Herd	8.63	2nd
O&P	8.66	5th
O&P	8.67	5th (prelim.)
Herd	8.83	2nd (prelim.)
ETSU	8.90	5th (prelim.)
ETSU	9.09	5th

Appalachian	8.15	1st
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Samford	8.46	1st
SoCon	8.50	2nd
Samford	8.56	t-1st (prelim.)
SoCon	8.60	2nd (prelim.)
Herd	8.63	2nd
O&P	8.66	5th
O&P	8.67	5th (prelim.)
Herd	8.83	2nd (prelim.)
ETSU	8.90	5th (prelim.)
ETSU	9.09	5th

meet	time/distance	place
<b>High Jump</b>		
SoCon	1.69m (5-06.50)	1st
ETSU	1.68m (5-06.00)	4th
O&P	1.68m (5-06.00)	7th
Samford	1.65m (5-05.00)	2nd
Herd	1.65m (5-05.00)	2nd
Appalachian	1.62m (5-03.75)	t-2nd

SoCon	5.47m (17-11.50)	5th
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SoCon	10.94m (35-10.75)	6th
Herd	10.94m (35-10.75)	t-15th

#### Korie Bennett Junior Pole Vault

meet	time/distance	place
<b>Pole Vault</b>		
Herd	3.60m (11-09.75)	7th
Appalachian	3.51m (11-06.25)	t-3rd
SoCon	3.50m (11-05.75)	4th
Samford	3.50m (11-05.75)	7th
Buccaneer	3.50m (11-05.75)	4th
ETSU	3.50m (11-05.75)	5th

#### Michaela Birek Senior Multis/Hurdles

meet	time/distance	place
<b>400m</b>		
Samford	57.40	12th
ETSU	58.25	15th (prelim.)
<b>800m</b>		
Buccaneer	2:17.06	1st (pentathlon)
SoCon	2:26.64	4th (pentathlon)

Appalachian	8.49	4th
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SoCon	8.96	8th (prelim.)
Herd	9.00	6th (prelim.)
Herd	9.08	8th
SoCon	9.13	8th
SoCon	9.16	3rd (pentathlon)
O&P	9.17	17th (prelim.)
Buccaneer	9.18	5th (pentathlon)
Samford	9.23	24th (prelim.)
ETSU	9.55	29th (prelim.)

meet	time/distance	place
<b>High Jump</b>		
SoCon	1.54m (5-00.50)	t-2nd (pentathlon)
Buccaneer	1.52m (4-11.75)	5th (pentathlon)
SoCon	1.47m (4-09.75)	9th

Herd	5.69m (18-08.00)	3rd
Samford	5.60m (18-04.50)	6th
Appalachian	5.44m (17-10.25)	6th
SoCon	5.43m (17-09.75)	6th
SoCon	5.41m (17-09.00)	1st (pentathlon)
O&P	5.36m (17-07.00)	10th
Buccaneer	5.35m (17-06.75)	3rd (pentathlon)
ETSU	5.12m (16-09.75)	25th

SoCon	10.44m (34-03.00)	1st (pentathlon)
Buccaneer	9.65m (31-08.00)	7th (pentathlon)
Appalachian	9.57m (31-04.75)	24th
ETSU	9.54m (31-03.75)	41st

Buccaneer	3,545 points	2nd
SoCon	3,511 points	1st

## Alisha Blackmon

Freshman		Throws
<i>meet</i>	<i>time/distance</i>	<i>place</i>
<u>Shot Put</u>		
SoCon	12.44m (40-09.75)	7th
Appalachian	12.39m (40-07.75)	7th
Herd	11.97m (39-03.25)	14th
Samford	11.76m (38-07.00)	14th
Buccaneer	11.43m (37-06.00)	19th
ETSU	11.02m (36-02.00)	t-26th

### Weight Throw

SoCon	14.71m (48-03.25)	8th
Samford	13.87m (45-06.00)	16th
Herd	13.53m (44-04.75)	t-21st

## Alisha Bradshaw

Senior		Throws
<i>meet</i>	<i>time/distance</i>	<i>place</i>
<u>Shot Put</u>		
SoCon	15.04m (49-04.25)	1st
Samford	14.62m (47-11.50)	2nd
Appalachian	14.42m (47-03.75)	2nd
Buccaneer	14.10m (46-03.25)	3rd
ETSU	13.73m (45-00.50)	4th
Herd	13.54m (44-05.00)	2nd
O&P	13.23m (43-05.00)	3rd

### Weight Throw

SoCon	17.80m (58-04.75)	1st
Appalachian	16.97m (55-08.25)	2nd
Herd	16.48m (54-00.75)	4th
ETSU	16.31m (53-06.25)	5th
Samford	16.07m (52-08.75)	5th
O&P	15.74m (51-07.75)	1st

## Meghan Breden

Freshman		Pole Vault
<i>meet</i>	<i>time/distance</i>	<i>place</i>
<u>Pole Vault</u>		
SoCon	3.35m (10-11.75)	7th
Samford	3.35m (10-11.75)	17th
Buccaneer	3.05m (10-00.00)	16th

## Laney Browder

Freshman		Distance
<i>meet</i>	<i>time/distance</i>	<i>place</i>
<u>One Mile</u>		
SoCon	5:18.00	17th (prelim.)
O&P	5:21.25	16th
ETSU	5:34.65	11th

### 3000m

Buccaneer	10:48.30	18th
Samford	10:48.67	34th
Herd	10:51.50	10th
Appalachian	11:08.21	3rd

### 5000m

SoCon	18:23.57	14th
Herd	18:32.57	12th
ETSU	19:34.85	26th

## Jasmin Brown

Junior		Throws
<i>meet</i>	<i>time/distance</i>	<i>place</i>
<u>Shot Put</u>		
Buccaneer	12.49m (40-11.75)	13th
Herd	12.34m (40-05.75)	t-10th
SoCon	12.21m (40-00.75)	8th
ETSU	12.17m (39-11.25)	14th
Samford	12.04m (39-06.00)	12th
O&P	11.61m (38-01.25)	8th

### Weight Throw

SoCon	14.31m (46-11.50)	9th
Samford	13.53m (44-04.75)	18th
Herd	13.53m (44-04.75)	t-21st
Buccaneer	12.81m (42-00.50)	26th
O&P	12.78m (41-11.25)	6th
ETSU	12.04m (39-06.00)	24th

## Chenell Bryan

Sophomore		Jumps
<i>meet</i>	<i>time/distance</i>	<i>place</i>
<u>55m</u>		
Appalachian	7.40	8th
<u>60m</u>		
SoCon	7.82	5th (prelim.)
SoCon	7.87	6th
O&P	7.99	23rd (prelim.)
Herd	8.00	24th (prelim.)
ETSU	8.09	44th (prelim.)
Samford	8.12	39th (prelim.)

### 200m

SoCon	25.93	t-9th (prelim.)
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### Long Jump

O&P	5.93m (19-05.50)	3rd
Appalachian	5.92m (19-05.25)	1st
Herd	5.84m (19-02.00)	1st
ETSU	5.64m (18-06.00)	4th
Samford	5.57m (18-03.00)	7th
SoCon	5.52m (18-01.50)	4th

### Triple Jump

SoCon	11.03m (36-02.25)	5th
ETSU	10.66m (34-11.75)	21st

## Tayla Carter

	Junior	Sprints
<i>meet</i>	<i>time/distance</i>	<i>place</i>
<u>55m</u>		
Appalachian	6.98	1st
<u>60m</u>		
Samford	7.48	2nd
SoCon	7.49	1st
Herd	7.49	2nd
ETSU	7.50	2nd
O&P	7.52	2nd
Samford	7.57	2nd (prelim.)
ETSU	7.57	3rd (prelim.)
O&P	7.57	3rd (prelim.)
Herd	7.59	2nd (prelim.)
SoCon	7.60	1st (prelim.)

## 200m

Herd	24.35	2nd
SoCon	24.46	1st
Samford	24.46	3rd
Appalachian	24.60	2nd
SoCon	24.78	1st (prelim.)
ETSU	24.95	9th (prelim.)

## Hailey Cook

	Sophomore	Throws
<i>meet</i>	<i>time/distance</i>	<i>place</i>
<u>Shot Put</u>		
SoCon	14.51m (47-07.25)	2nd
Appalachian	14.04m (46-00.75)	3rd
Samford	13.86m (45-05.75)	6th
ETSU	13.86m (45-05.75)	3rd
Buccaneer	13.64m (44-09.00)	6th
O&P	13.54m (44-05.00)	2nd
Herd	13.53m (44-04.75)	3rd

## Weight Throw

ETSU	16.03m (52-07.25)	7th
SoCon	15.48m (50-09.50)	5th
Herd	15.27m (50-01.25)	12th
Appalachian	15.20m (49-10.50)	4th
Samford	15.19m (49-10.00)	12th

## Samantha Cook

	Freshman	Distance
<i>meet</i>	<i>time/distance</i>	<i>place</i>
<u>5000m</u>		
Buccaneer	21:07.89	48th

## Julice Crowder

	Freshman	Sprints/Jumps
<i>meet</i>	<i>time/distance</i>	<i>place</i>
<u>60m</u>		
Herd	8.18	46th (prelim.)
<u>Long Jump</u>		
Buccaneer	4.09m (13-05.00)	51st
<u>Triple Jump</u>		
Buccaneer	10.09m (33-01.25)	28th

## Lena Elliott

	Senior	Middle Distance
<i>meet</i>	<i>time/distance</i>	<i>place</i>
<u>400m</u>		
SoCon	58.13	t-3rd (prelim.)
SoCon	58.32	6th
<u>800m</u>		
SoCon	2:15.04	2nd (prelim.)
Herd	2:16.07	3rd
Samford	2:16.51	15th
ETSU	2:18.70	12th
Appalachian	2:21.86	1st
O&P	2:22.49	8th
SoCon	2:38.46	8th
<u>One Mile</u>		
ETSU	5:31.10	6th

## Cara June Elyea

	Senior	Pole Vault
<i>meet</i>	<i>time/distance</i>	<i>place</i>
<u>Pole Vault</u>		
O&P	3.53m (11-07.00)	5th
Buccaneer	3.50m (11-05.75)	t-6th
Appalachian	3.36m (11-00.25)	3rd
SoCon	3.35m (10-11.75)	6th
Samford	3.35m (10-11.75)	16th
ETSU	3.35m (10-11.75)	t-6th

## Genevieve Emrick

	Senior	Sprints
<i>meet</i>	<i>time/distance</i>	<i>place</i>
<u>60m</u>		
Samford	8.00	33rd (prelim.)
<u>200m</u>		
SoCon	25.51	5th (prelim.)
Herd	25.53	11th
SoCon	25.62	5th
O&P	25.81	12th
ETSU	26.20	39th (prelim.)
<u>400m</u>		
Herd	55.04	2nd
Samford	55.41	3rd
SoCon	55.44	1st
SoCon	55.81	1st (prelim.)
Appalachian	56.39	2nd
ETSU	57.54	8th (prelim.)

## Molly Fagan

	Junior	High Jump
<i>meet</i>	<i>time/distance</i>	<i>place</i>
<u>High Jump</u>		
SoCon	1.66m (5-05.25)	3rd
Appalachian	1.62m (5-03.75)	t-2nd
Samford	1.60m (5-03.00)	t-3rd
Herd	1.60m (5-03.00)	t-9th
Buccaneer	1.58m (5-02.25)	t-9th
ETSU	1.58m (5-02.25)	t-9th
O&P	1.58m (5-02.25)	10th

### Long Jump

SoCon	5.28m (17-04.00)	7th
Samford	5.16m (16-11.25)	27th
ETSU	5.04m (16-06.50)	29th
Herd	4.80m (15-09.00)	27th

### Triple Jump

SoCon	10.65m (34-11.25)	8th
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## Taylor Feimster

	Senior	Sprints
<i>meet</i>	<i>time/distance</i>	<i>place</i>
<u>55m</u>		
Appalachian	7.50	10th
<u>60m</u>		
O&P	8.09	28th (prelim.)
ETSU	8.19	60th (prelim.)
Buccaneer	8.35	61st (prelim.)
<u>200m</u>		
ETSU	27.36	77th (prelim.)
Buccaneer	27.80	88th (prelim.)
O&P	28.28	22nd
<u>400m</u>		
Buccaneer	1:04.23	68th (prelim.)
ETSU	1:04.63	67th (prelim.)

## Jasmine Ford

	Redshirt Freshman	Hurdles
<i>meet</i>	<i>time/distance</i>	<i>place</i>
<u>200m</u>		
Appalachian	27.99	14th
<u>55m Hurdles</u>		
Appalachian	9.54	18th

## Holly Gaines

	Junior	Middle Distance
<i>meet</i>	<i>time/distance</i>	<i>place</i>
<u>200m</u>		
Samford	26.04	34th
Herd	26.16	20th
SoCon	26.17	13th (prelim.)
<u>400m</u>		
Herd	57.73	7th
Samford	59.16	22nd
Appalachian	1:00.62	8th
O&P	1:03.88	18th
<u>800m</u>		
Buccaneer	2:21.66	2nd (pentathlon)
SoCon	2:23.45	1st (pentathlon)

### 55m Hurdles

Appalachian	9.40	15th
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### 60m Hurdles

Samford	9.53	30th (prelim.)
SoCon	9.75	10th (pentathlon)
Herd	9.77	25th (prelim.)
Buccaneer	10.02	11th (pentathlon)
ETSU	10.02	39th (prelim.)

### High Jump

SoCon	1.60m (5-03.00)	1st (pentathlon)
Buccaneer	1.55m (5-01.00)	4th (pentathlon)
O&P	1.53m (5-00.25)	12th
Appalachian	1.52m (4-11.75)	t-2nd
SoCon	1.47m (4-09.75)	11th

### Long Jump

Buccaneer	5.19m (17-00.50)	6th (pentathlon)
ETSU	5.02m (16-05.75)	30th
SoCon	4.17m (13-08.25)	13th (pentathlon)

### Shot Put

SoCon	9.25m (30-04.25)	11th (pentathlon)
Buccaneer	8.87m (29-01.25)	8th (pentathlon)

### Pentathlon

Buccaneer	3,255 points	4th
SoCon	3,099 points	7th

## Madison Goode

	Freshman	Distance
<i>meet</i>	<i>time/distance</i>	<i>place</i>
<u>3000m</u>		
Buccaneer	11:43.20	32nd
<u>5000m</u>		
Buccaneer	19:55.76	34th
O&P	20:24.07	9th
ETSU	20:47.10	25th



## Anne Greer

	Senior	Multis/Hurdles
<i>meet</i>	<i>time/distance</i>	<i>place</i>
<u>60m</u>		
Samford	8.41	45th (prelim.)
<u>200m</u>		
Buccaneer	27.60	81st (prelim.)
<u>400m</u>		
Herd	1:00.77	23rd
Buccaneer	1:01.70	44th (prelim.)
<u>800m</u>		
Samford	2:26.84	37th
SoCon	2:26.94	5th (pentathlon)
<u>55m Hurdles</u>		
Appalachian	9.26	13th
<u>60m Hurdles</u>		
Samford	9.53	31st (prelim.)
SoCon	9.61	8th (pentathlon)
Buccaneer	9.74	24th (prelim.)
Herd	9.82	28th (prelim.)

### High Jump

SoCon	1.48m (4-10.25)	6th (pentathlon)
SoCon	1.42m (4-07.75)	13th

### Long Jump

SoCon	4.70m (15-05.00)	10th (pentathlon)
Herd	4.53m (14-10.25)	38th

### Shot Put

Appalachian	10.58m (34-08.50)	15th
SoCon	10.42m (34-02.25)	2nd (pentathlon)
Herd	9.99m (32-09.25)	24th
SoCon	9.74m (31-11.50)	12th

### Pentathlon

SoCon	3,154 points	6th
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## Ricole Jenkins

	Freshman	Sprints/Middle Distance
<i>meet</i>	<i>time/distance</i>	<i>place</i>

<u>800m</u>		
Appalachian	2:39.36	8th

## LeNiesha Kearse

	Sophomore	Hurdles/Jumps
<i>meet</i>	<i>time/distance</i>	<i>place</i>

<u>55m</u>		
Appalachian	7.43	9th

### 55m Hurdles

Appalachian	8.39	3rd
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## Morgan Lau

	Redshirt Sophomore	Throws
<i>meet</i>	<i>time/distance</i>	<i>place</i>

<u>Shot Put</u>		
Appalachian	10.26m (33-08.00)	17th
Buccaneer	10.08m (33-01.00)	34th
ETSU	9.66m (31-08.50)	38th

### Weight Throw

Appalachian	11.50m (37-08.75)	15th
ETSU	9.64m (31-07.50)	31st

## Tiffani Lewis

	Sophomore	Jumps/Sprints
<i>meet</i>	<i>time/distance</i>	<i>place</i>
<u>55m</u>		
Appalachian	7.30	4th
<u>60m</u>		
SoCon	7.82	5th (prelim.)
SoCon	7.83	5th
Herd	7.85	10th (prelim.)
Samford	7.86	21st (prelim.)
ETSU	7.95	29th (prelim.)
O&P	7.99	22nd (prelim.)
<u>200m</u>		
Appalachian	26.60	9th
<u>Long Jump</u>		
SoCon	5.90m (19-04.25)	1st
Appalachian	5.66m (18-07.00)	2nd
ETSU	5.43m (17-09.75)	10th
Samford	5.41m (17-09.00)	13th
Herd	5.32m (17-05.50)	10th

### Triple Jump

Herd	11.08m (36-04.25)	t-12th
SoCon	11.04m (36-02.75)	4th
ETSU	11.02m (36-02.00)	17th

## Latasha Pride

	Sophomore	Hurdles
<i>meet</i>	<i>time/distance</i>	<i>place</i>

<u>60m</u>		
Samford	8.44	46th (prelim.)

### 200m

Samford	27.40	45th
ETSU	27.71	93rd (prelim.)

### 400m

Herd	1:00.43	21st
Samford	1:01.68	38th
Buccaneer	1:01.73	46th (prelim.)
ETSU	1:02.02	47th (prelim.)
Appalachian	1:02.29	12th

### 800m

O&P	2:38.63	25th
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### 55m Hurdles

Appalachian	9.27	14th
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### 60m Hurdles

Buccaneer	9.59	22nd (prelim.)
Samford	9.72	34th (prelim.)
ETSU	10.03	41st (prelim.)

## Michelle Provost

meet	Redshirt Junior	Distance	place
	<i>time/distance</i>		
<u>One Mile</u>			
O&P	5:39.41		27th
<u>3000m</u>			
Samford	10:33.17		26th
Buccaneer	11:08.30		19th
Herd	11:10.48		16th
<u>5000m</u>			
Herd	19:17.31		21st
ETSU	19:29.92		6th

## Aleshia Reese

meet	Junior	Distance	place
	<i>time/distance</i>		
<u>One Mile</u>			
SoCon	5:12.43	14th (prelim.)	
Samford	5:14.85		18th
ETSU	5:21.95		10th
O&P	5:23.55		18th
<u>3000m</u>			
Herd	10:24.57		6th
Appalachian	10:47.44		1st
<u>5000m</u>			
SoCon	18:30.50		17th
ETSU	18:36.00		14th
Herd	18:49.67		18th

## Devyn Ressler

meet	Senior	Pole Vault	place
	<i>time/distance</i>		
<u>Pole Vault</u>			
SoCon	3.90m (12-09.50)		1st
Samford	3.80m (12-05.50)		2nd
Buccaneer	3.80m (12-05.50)		1st
Appalachian	3.76m (12-04.00)		1st
Herd	3.75m (12-03.75)		3rd
ETSU	3.75m (12-03.75)		1st
O&P	3.53m (11-07.00)		3rd

## Alyiah Riley

meet	Freshman	Hurdles	place
	<i>time/distance</i>		
<u>55m</u>			
Appalachian	7.54		13th
<u>60m</u>			
SoCon	7.88		10th (prelim.)
Samford	7.99		32nd (prelim.)
Herd	8.05		32nd (prelim.)
Buccaneer	8.09		34th (prelim.)
ETSU	8.41		79th (prelim.)
<u>200m</u>			
Samford	26.94		43rd
Buccaneer	27.32		74th (prelim.)
Herd	27.48		42nd
ETSU	28.03		97th (prelim.)
Appalachian	28.32		16th
O&P	28.44		23rd
<u>55m Hurdles</u>			
Appalachian	8.60		8th
<u>60m Hurdles</u>			
SoCon	8.78		5th (prelim.)
SoCon	8.90		5th
Buccaneer	8.94		3rd (semifinals)
Buccaneer	8.95		4th (prelim.)
Samford	9.00		16th (prelim.)
Buccaneer	9.02		6th
Herd	9.20		13th (prelim.)
ETSU	9.35		23rd (prelim.)
O&P	9.39		21st (prelim.)

## Alexis Robinson

meet	Sophomore	Sprints	place
	<i>time/distance</i>		
<u>55m</u>			
Appalachian	7.52		12th
<u>60m</u>			
Buccaneer	8.02		26th (prelim.)
Herd	8.03		26th (prelim.)
Samford	8.11		38th (prelim.)
ETSU	8.11		49th (prelim.)
<u>200m</u>			
Samford	26.64		41st
Buccaneer	26.66		49th (prelim.)
Herd	26.68		28th
ETSU	26.89		61st (prelim.)
<u>400m</u>			
Samford	1:00.07		32nd
Buccaneer	1:00.33		25th (prelim.)
Herd	1:00.92		25th
O&P	1:01.13		14th
ETSU	1:01.31		34th (prelim.)
Appalachian	1:02.80		14th



**Katarina Ruehl**

<i>meet</i>	Freshman	Distance	<i>place</i>
<i>time/distance</i>			
<u>3000m</u>			
Samford	10:58.87	37th	
Buccaneer	11:21.70	23rd	
Appalachian	11:42.57	5th	

5000m

Buccaneer	19:41.33	26th	
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**Kaitlyn Shetler**

<i>meet</i>	Junior	Middle Distance	<i>place</i>
<i>time/distance</i>			
<u>800m</u>			
Herd	2:24.73	22nd	
Buccaneer	2:24.93	8th	
ETSU	2:25.07	24th	
Appalachian	2:27.28	2nd	
Samford	2:27.54	38th	
O&P	2:34.70	22nd	

One Mile

Herd	5:25.55	13th	
Buccaneer	5:26.30	4th	
ETSU	5:26.77	4th	
Samford	5:29.06	24th	
O&P	5:31.23	22nd	

**Anisia Starege**

<i>meet</i>	Sophomore	High Jump	<i>place</i>
<i>time/distance</i>			
<u>High Jump</u>			
ETSU	1.73m (5-08.00)	1st	
SoCon	1.66m (5-05.25)	2nd	
Herd	1.65m (5-05.00)	3rd	
Buccaneer	1.63m (5-04.25)	t-3rd	
O&P	1.63m (5-04.25)	8th	
Appalachian	1.62m (5-03.75)	t-2nd	
Samford	1.60m (5-03.00)	t-3rd	

Long Jump

SoCon	4.70m (15-05.00)	16th	
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Triple Jump

SoCon	10.37m (34-00.25)	13th	
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**Imani Stewart**

<i>meet</i>	Sophomore	Middle Distance	<i>place</i>
<i>time/distance</i>			
<u>800m</u>			
Buccaneer	2:37.37	46th	

**Erin West**

<i>meet</i>	Freshman	Jumps	<i>place</i>
<i>time/distance</i>			
<u>Long Jump</u>			
ETSU	4.55m (14-11.25)	41st	
Herd	4.34m (14-06.50)	41st	

Triple Jump

ETSU	10.77m (35-04.00)	t-19th	
O&P	10.51m (34-05.75)	6th	
Buccaneer	10.45m (34-03.50)	23rd	
Appalachian	10.20m (33-05.75)	7th	

**Kayla Williams**

<i>meet</i>	Sophomore	Hurdles	<i>place</i>
<i>time/distance</i>			
<u>55m</u>			
Appalachian	7.37	5th	
<u>60m</u>			
SoCon	7.78	4th	
SoCon	7.81	4th (prelim.)	
Samford	7.89	25th (prelim.)	
Herd	7.92	19th (prelim.)	
ETSU	7.96	30th (prelim.)	

200m

SoCon	25.39	4th (prelim.)	
SoCon	25.79	6th	
Herd	25.94	15th	
Samford	26.14	36th	
Appalachian	26.47	7th	
ETSU	26.52	48th (prelim.)	
O&P	26.84	18th	

55m Hurdles

Appalachian	8.30	2nd	
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60m Hurdles

SoCon	8.70	4th (prelim.)	
Samford	8.71	7th	
SoCon	8.76	4th	
Samford	8.77	8th (prelim.)	
Herd	8.78	5th	
Herd	8.88	8th (prelim.)	
O&P	9.03	13th (prelim.)	
ETSU	9.12	11th (prelim.)	

**Michaela Williams**

<i>meet</i>	Junior	Sprints	<i>place</i>
<i>time/distance</i>			
<u>200m</u>			
ETSU	27.13	70th (prelim.)	

400m

SoCon	58.88	7th (prelim.)	
SoCon	59.12	7th	
Appalachian	1:00.65	9th	
Buccaneer	1:00.73	33rd (prelim.)	
Herd	1:00.97	26th	
ETSU	1:01.33	35th (prelim.)	
O&P	1:01.98	16th	

800m

Samford	2:23.12	31st	
Buccaneer	2:24.20	6th	
Herd	2:29.65	31st	

**Sally Woerner**

<i>meet</i>	Freshman	Multis	<i>place</i>
<i>time/distance</i>			
<u>55m Hurdles</u>			
Appalachian	8.66	t-9th	

Long Jump

Appalachian	5.12m (16-09.75)	13th	
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Shot Put

Appalachian	9.83m (32-03.00)	21st	
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