



# WESTERN CAROLINA UNIVERSITY CATAMOUNTS

## 2015-16 WOMEN'S INDOOR TRACK & FIELD TOP PERFORMANCES

### 2015-16 SCHEDULE

Dec. 4-5 .....at Appalachian Open (Appalachian).....Boone, N.C.  
 Jan. 9 .....at Walker Kickoff Classic (Kickoff).....Johnson City, Tenn.  
 Jan. 15-16 .....at ETSU Invitational (ETSU).....Johnson City, Tenn.  
 Jan. 29-30 .....at Thundering Herd Invitational (Herd).....Huntington, W. Va.  
 Feb. 5-6 .....at Buccaneer Invitational (Buccaneer).....Johnson City, Tenn.  
 Feb. 12 .....at Samford Invitational (Samford).....Birmingham, Ala.  
 Feb. 26-27 .....at SoCon Championships (SoCon).....Birmingham, Ala.

### 55m

# WCU Record: Tayla Carter   2013   6.91	
Mia Little	Appalachian..... 7.19
Bri Anna Adams	Appalachian..... 7.32
Alyiah Riley	Appalachian..... 7.38
Kayla Williams	Appalachian..... 7.42
Si'Keysia Grant	Appalachian..... 7.59

### 60m

# WCU Record: Tayla Carter   2016   7.43#	
Tayla Carter	SoCon..... 7.43#
Tayla Carter	Herd..... 7.43#
Tayla Carter	Samford..... 7.47
Tayla Carter	SoCon..... 7.49
Tayla Carter	ETSU..... 7.51

### 200m

# WCU Record: Tayla Carter   2016   24.15	
Tayla Carter	SoCon..... 24.15
Tayla Carter	Herd..... 24.50
Tayla Carter	Samford..... 24.52
Tayla Carter	SoCon..... 24.80
Bri Anna Adams	SoCon..... 24.81

### 400m

# WCU Record: Raquel Ramseur   2007   54.31	
Corina Archie-McMillan	SoCon..... 54.49
Holly Gaines	Samford..... 57.32
Corina Archie-McMillan	Appalachian..... 57.49
Corina Archie-McMillan	SoCon..... 57.84
Corina Archie-McMillan	Herd..... 57.92

### 800m

# WCU Record: Jocelyn Keen   2013   2:09.24	
Holly Gaines	SoCon..... 2:17.71
Christina Nikolaou	Herd..... 2:20.34
Christina Nikolaou	SoCon..... 2:22.24
Christina Nikolaou	ETSU..... 2:22.69
Amanda Johnson	Herd..... 2:23.36

### One Mile

# WCU Record: Susie Gardner   1992   4:56.89	
Katarina Ruehl	Samford..... 5:16.66
Laney Browder	Buccaneer..... 5:19.44
Kaitlyn Shetler	Herd..... 5:19.72
Kaitlyn Shetler	Samford..... 5:20.57
Laney Browder	Samford..... 5:21.00

### 3000m

# WCU Record: Mara Smith   2013   10:01.14	
Laney Browder	Samford..... 10:26.75
Laney Browder	SoCon..... 10:44.71
Katarina Ruehl	Samford..... 10:44.73
Laney Browder	ETSU..... 10:50.59
Laney Browder	Kickoff..... 10:52.19

### 5000m

# WCU Record: Jenny Warford   1999   17:32.86	
Laney Browder	SoCon..... 18:19.87
Katarina Ruehl	SoCon..... 18:58.62
Katarina Ruehl	ETSU..... 19:30.74
Kaitlyn Shetler	SoCon..... 19:34.53
Madison Goode	ETSU..... 19:38.84

### 55m Hurdles

# WCU Record: Ronetta Burgess   2001   7.99	
Kayla Williams	Appalachian..... 8.24
Alyiah Riley	Appalachian..... 8.44
Nidonna Nicholson	Appalachian..... 8.90
Holly Gaines	Appalachian..... 9.08
Latasha Pride	Appalachian..... 9.67

### 60m Hurdles

# WCU Record: Xaviera Bass   2015   8.46	
Alyiah Riley	SoCon..... 8.68
Alyiah Riley	SoCon..... 8.69
Alyiah Riley	Buccaneer..... 8.90
Alyiah Riley	Buccaneer..... 8.90
Alyiah Riley	Samford..... 8.94

### 4x300 (1200m) Relay

# WCU Record: Carter, Emrick, Birek, Archie-McMillan   2014   2:43.80	
Riley, Archie-McMillan,	Appalachian..... 2:45.52
Adams, Bryan	
Little, Riley	Appalachian..... 2:56.33
Grant, Lewis	

### 4x400 (1600m) Relay

# WCU Record: McMichael, Paulding, Garren, Carothers   2010   3:44.47	
Archie-McMillan, Arnaut,	SoCon..... 3:50.37
Woerner, Carter	
Archie-McMillan, Gaines,	ETSU..... 3:52.03
Woerner, Carter	
Archie-McMillan, Gaines,	Herd..... 3:52.09
Woerner, Carter	
Archie-McMillan, Gaines,	Samford..... 3:53.04
Woerner, Carter	
Archie-McMillan, Gaines,	Kickoff..... 3:54.85
Arnaut, Carter	

### Distance Medley Relay

# WCU Record: Keen, Emrick, Elliott, Smith   2013   11:52.62	
Shetler, Woerner,	SoCon..... 12:33.28
Nikolaou, Ruehl	
Shetler, Henry,	ETSU..... 12:47.66
Nikolaou, Ruehl	

### High Jump

# WCU Record: Virginia LaCombe   2002   1.82m (6-00.00)	
Anisia Starege	Kickoff..... 1.71m (5-07.25)
Anisia Starege	Appalachian..... 1.69m (5-06.50)
Anisia Starege	ETSU..... 1.66m (5-05.25)
Anisia Starege	Herd..... 1.65m (5-05.00)
Anisia Starege	Samford..... 1.65m (5-05.00)

### Long Jump

# WCU Record: Von Ross   1992   6.09m (19-11.75)	
Chenell Bryan	Appalachian..... 5.98m (19-07.50)
Tiffani Lewis	Samford..... 5.86m (19-02.75)
Tiffani Lewis	Kickoff..... 5.85m (19-02.50)
Tiffani Lewis	Appalachian..... 5.85m (19-02.50)
Tiffani Lewis	Herd..... 5.75m (18-10.50)

### Triple Jump

# WCU Record: Von Ross   1993   12.49m (40-11.75)	
Tiffani Lewis	Appalachian..... 12.06m (39-07.00)
Tamilia Wright	SoCon..... 11.95m (39-02.50)
Chenell Bryan	Appalachian..... 11.94m (39-02.25)
Tiffani Lewis	SoCon..... 11.63m (38-02.00)
Alanna Johnson	SoCon..... 11.58m (38-00.00)

### Pole Vault

# WCU Record: Michelle Velez   2002   3.96m (13-00.00)	
Korie Bennett	SoCon..... 3.65m (11-11.75)
Meghan Breden	SoCon..... 3.65m (11-11.75)
Sage Proffitt	SoCon..... 3.65m (11-11.75)
Sage Proffitt	Herd..... 3.60m (11-09.75)
Meghan Breden	Samford..... 3.50m (11-05.75)
Korie Bennett	Samford..... 3.50m (11-05.75)

### Shot Put

# WCU Record: Alisha Bradshaw   2015   15.04m (49-04.25)	
Hailey Cook	Samford..... 15.03m (49-03.75)
Hailey Cook	Buccaneer..... 14.95m (49-00.75)
Hailey Cook	ETSU..... 14.93m (48-11.75)
Hailey Cook	Appalachian..... 14.76m (48-05.25)
Hailey Cook	SoCon..... 14.64m (48-00.75)

### Weight Throw

# WCU Record: Alisha Bradshaw   2014   19.27m (62-02.75)	
Hailey Cook	SoCon..... 17.23m (56-06.50)
Hailey Cook	Herd..... 17.16m (56-03.00)
Hailey Cook	Appalachian..... 16.97m (55-08.25)
Hailey Cook	ETSU..... 16.91m (55-05.75)
Hailey Cook	Kickoff..... 16.87m (55-04.25)

# Pentathlon

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

Holly Gaines.....	SoCon.....	3,492 pts.
Holly Gaines.....	Herd.....	3,433 pts.
Nidonna Nicholson.....	SoCon.....	3,078 pts.
Marisa Scott.....	SoCon.....	3,014 pts.
Tamilia Wright.....	SoCon.....	2,923 pts.

## WESTERN CAROLINA IN THE SOCON RANKINGS

(THROUGH 3/20/16)  
(ONLY TOP 10 RANKINGS SHOWN)

Rank	Name	Event	Time/Mark	Meet
1	Tayla Carter	60m	7.43	Herd
4	Mia Little	60m	7.66	SoCon
5	Tiffani Lewis	60m	7.67	SoCon
6	Bri Anna Adams	60m	7.69	SoCon
1	Tayla Carter	200m	24.15	SoCon
3	Bri Anna Adams	200m	24.81	SoCon
4	Corina Archie-McMillan	400m	56.49	SoCon
5	Holly Gaines	400m	57.32	Samford
8	Dasha Arnaut	400m	58.08	SoCon
9	Sally Woerner	400m	58.35	SoCon
8	Holly Gaines	800m	2:17.71	SoCon
9	Laney Browder	3,000m	10:26.75	Samford
4	Alyiah Riley	60m Hurdles	8.68	SoCon
5	Kayla Williams	60m Hurdles	8.89	Appalachian
2	Archie-McMillan, Arnaut, Woerner, Carter	4x400m R	3:50.37	SoCon
6	Shetler, Woerner, Nikolaou, Ruehl	DMR	12:33.28	SoCon
1	Anisia Starege	High Jump	1.71m	Kickoff
6	Holly Gaines	High Jump	1.59m	SoCon
7	Ashley Parker	High Jump	1.56m	Kickoff
7	Tiffani Lewis	High Jump	1.56m	SoCon
3	Sage Proffitt	Pole Vault	3.65m	SoCon
3	Meghan Breden	Pole Vault	3.65m	SoCon
3	Korie Bennett	Pole Vault	3.65m	SoCon
1	Chenell Bryan	Long Jump	5.98m	Appalachian
2	Tiffani Lewis	Long Jump	5.86m	Samford
1	Tiffani Lewis	Triple Jump	12.06m	Appalachian
2	Tamilia Wright	Triple Jump	11.95m	SoCon
3	Chenell Bryan	Triple Jump	11.94m	Appalachian
6	Alanna Johnson	Triple Jump	11.58m	SoCon
1	Hailey Cook	Shot Put	15.03m	Samford
5	Alisha Blackmon	Shot Put	12.10m	Kickoff
7	Simone Williams	Shot Put	11.76m	SoCon
2	Hailey Cook	Weight Throw	17.23m	SoCon
5	Alisha Blackmon	Weight Throw	15.45m	Appalachian
8	Simone Williams	Weight Throw	14.83m	Appalachian
10	Morgan Lau	Weight Throw	13.05m	Appalachian
1	Holly Gaines	Pentathlon	3,492 pts.	SoCon
7	Nidonna Nicholson	Pentathlon	3,078 pts.	SoCon
9	Marisa Scott	Pentathlon	3,014 pts.	SoCon

## 2015-16 WOMEN'S FIRST PLACE FINISHES

Kaitlyn Shetler .....	3,000m .....	Appalachian.....	11:14.42
Kayla Williams .....	55m Hurdles .....	Appalachian.....	8.24
Chenell Bryan.....	Long Jump .....	Appalachian.....	5.98m
Tiffani Lewis.....	Triple Jump .....	Appalachian.....	12.06m
Anisia Starege.....	High Jump .....	Kickoff.....	1.71m
Tayla Carter .....	60m .....	ETSU .....	7.51
Anisia Starege.....	High Jump.....	ETSU .....	1.66m
Hailey Cook.....	Shot Put.....	ETSU .....	14.93m
Hailey Cook.....	Weight Throw... ETSU .....		16.91m
Tiffani Lewis.....	Long Jump .....	ETSU .....	5.65m
Tayla Carter .....	60m .....	Herd .....	7.43
Tayla Carter.....	200m .....	Herd .....	24.50
Tiffani Lewis.....	Long Jump .....	Herd .....	5.75m
Tayla Carter .....	60m.....	SoCon.....	7.43
Tayla Carter.....	200m .....	SoCon.....	24.15
Tamilia Wright.....	Triple Jump .....	SoCon.....	11.95m
Hailey Cook.....	Shot Put.....	SoCon.....	14.65m
Hailey Cook.....	Weight Throw... SoCon.....		17.23m
Holly Gaines.....	Pentathlon.....	SoCon.....	3,492 pts.



# WESTERN CAROLINA UNIVERSITY CATAMOUNTS

## 2015-16 WOMEN'S INDOOR TRACK & FIELD PERFORMANCES

### BY ATHLETE

#### Bri Anna Adams

meet	Freshman time/distance	Sprints place
<u>55m</u>		
Appalachian	7.32	t-5th
<u>60m</u>		
SoCon	7.69	5th (prelim.)
SoCon	7.70	6th
Samford	7.75	11th
Herd	7.79	6th (prelim.)
Herd	7.81	8th
Kickoff	7.84	9th
ETSU	7.88	11th

#### 200m

SoCon	24.81	2nd (prelim.)
SoCon	25.03	3rd
Samford	25.31	18th
Herd	25.40	11th
ETSU	25.45	3rd
ETSU	25.52	7th (prelim.)
Kickoff	25.61	11th

#### 400m

Buccaneer	1:01.01	46th
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#### Corina Archie-McMillan

meet	Senior time/distance	Sprints place
<u>200m</u>		
SoCon	25.51	10th
Samford	25.51	22nd
Kickoff	25.84	15th
ETSU	25.85	12th
Herd	25.92	23rd

#### 400m

SoCon	56.49	4th
Appalachian	57.49	2nd
SoCon	57.84	3rd (prelim.)
Herd	57.92	15th
ETSU	57.99	5th
ETSU	58.13	4th (prelim.)
Kickoff	58.15	4th
Samford	58.26	25th

#### 800m

Buccaneer	2:24.72	24th
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#### Dasha Arnaut

meet	Freshman time/distance	Sprints place
<u>200m</u>		
SoCon	26.01	14th
Herd	26.25	36th
Samford	26.48	40th
Kickoff	26.60	24th
ETSU	27.06	59th

#### 400m

SoCon	58.08	5th
SoCon	58.75	8th (prelim.)
Herd	59.34	28th
Appalachian	1:00.21	t-7th
Samford	1:00.25	40th
Kickoff	1:00.50	10th
ETSU	1:00.92	22nd

#### 800m

Buccaneer	2:25.78	30th
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#### Korie Bennett

meet	Senior time/distance	Pole Vault place
<u>Pole Vault</u>		
SoCon	3.65m (11-11.75)	3rd
Samford	3.50m (11-05.75)	21st
Buccaneer	3.45m (11-03.75)	t-3rd
Kickoff	3.40m (11-01.75)	5th

#### Alisha Blackmon

meet	Sophomore time/distance	Throws place
<u>Shot Put</u>		
Kickoff	12.10m (39-08.50)	8th
ETSU	12.02m (39-05.25)	7th
Herd	11.80m (38-08.75)	16th
Appalachian	11.29m (37-00.50)	11th

#### Weight Throw

Appalachian	15.45m (50-08.25)	10th
Herd	14.93m (48-11.00)	15th
Kickoff	14.90m (48-10.75)	9th
ETSU	13.54m (44-05.25)	5th

#### Jada Blake

meet	Freshman time/distance	Distance place
<u>One Mile</u>		
Samford	5:29.88	26th
Buccaneer	5:31.47	23rd

#### Meghan Breden

meet	Sophomore time/distance	Pole Vault place
<u>Pole Vault</u>		
SoCon	3.65m (11-11.75)	4th
Samford	3.50m (11-05.75)	t-18th
Buccaneer	3.45m (11-03.75)	t-3rd
ETSU	3.20m (10-06.00)	t-4th
Kickoff	3.10m (10-02.00)	t-10th
Appalachian	3.07m (10-00.75)	10th

## Laney Browder

meet	Sophomore	Distance
<i>time/distance</i>		<i>place</i>
<u>One Mile</u>		
Buccaneer	5:19.44	12th
Samford	5:21.00	24th
Herd	5:27.52	30th

### 3,000m

Samford	10:26.75	20th
SoCon	10:44.71	8th
ETSU	10:50.59	5th
Kickoff	10:52.19	7th

### 5,000m

SoCon	18:19.87	11th
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## Chenell Bryan

meet	Junior	Jumps
<i>time/distance</i>		<i>place</i>
<u>60m</u>		
SoCon	7.84	12th
Samford	7.86	27th
Kickoff	8.02	15th
ETSU	8.06	30th
Herd	8.16	33rd

### Long Jump

Appalachian	5.98m (19-07.50)	1st
Buccaneer	5.66m (18-07.00)	6th
Kickoff	5.57m (18-03.25)	10th
ETSU	5.54m (18-02.25)	4th
SoCon	5.46m (17-11.00)	4th
Samford	5.32m (17-05.50)	15th
Herd	5.32m (17-05.50)	9th

### Triple Jump

Appalachian	11.94m (39-02.25)	2nd
SoCon	10.92m (35-10.00)	11th
ETSU	10.89m (35-08.75)	13th
Herd	10.26m (33-08.00)	25th
Samford	10.17m (33-04.50)	24th

## Hannah Carson

meet	Freshman	High Jump
<i>time/distance</i>		<i>place</i>
<u>High Jump</u>		
ETSU	1.51m (4-11.50)	8th
Kickoff	1.51m (4-11.50)	t-12th
Appalachian	1.49m (4-10.50)	t-12th

## Tayla Carter

meet	Senior	Sprints
<i>time/distance</i>		<i>place</i>
<u>60m</u>		
SoCon	7.43	1st
Herd	7.43	1st
Samford	7.47	2nd
SoCon	7.49	1st (prelim.)
ETSU	7.51	1st
Herd	7.52	1st (prelim.)
Samford	7.54	2nd (prelim.)
ETSU	7.60	2nd (prelim.)
Kickoff	7.68	4th

### 200m

SoCon	24.15	1st
Herd	24.50	1st
Samford	24.52	5th
SoCon	24.80	1st (prelim.)
ETSU	24.96	4th (prelim.)
Kickoff	25.00	7th

### Long Jump

Buccaneer	5.00m (16-05.00)	30th
SoCon	4.96m (16-03.25)	17th

## Hailey Cook

meet	Junior	Throws
<i>time/distance</i>		<i>place</i>
<u>Shot Put</u>		
Samford	15.03m (49-03.75)	3rd
Buccaneer	14.95m (49-00.75)	2nd
ETSU	14.93m (48-11.75)	1st
Appalachian	14.76m (48-05.25)	2nd
SoCon	14.65m (48-00.75)	1st
Herd	14.59m (47-10.50)	2nd
Kickoff	14.49m (47-06.50)	2nd

### Weight Throw

SoCon	17.23m (56-06.50)	1st
Herd	17.16m (56-03.00)	4th
Appalachian	16.97m (55-08.25)	5th
ETSU	16.91m (55-05.75)	1st
Kickoff	16.87m (55-04.25)	5th
Samford	16.54m (54-03.25)	11th
Buccaneer	16.36m (53-08.25)	4th

## Danyel Desouza

meet	Freshman	Multis
<i>time/distance</i>		<i>place</i>
<u>400m</u>		
Appalachian	1:02.93	20th

## Holly Gaines

	Senior	Multis
<i>meet</i>	<i>time/distance</i>	<i>place</i>
<u>60m</u>		
Kickoff	8.14	24th
<u>200m</u>		
ETSU	25.89	13th
<u>400m</u>		
Samford	57.32	14th
SoCon	58.46	6th
SoCon	58.59	4th (prelim.)
Buccaneer	59.56	20th

### 800m

SoCon	2:17.71	1st (pentathlon)
Herd	2:24.12	1st (pentathlon)

### 55m Hurdles

Appalachian	9.08	11th
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### 60m Hurdles

Herd	9.13	2nd (pentathlon)
Samford	9.14	25th
SoCon	9.35	10th
SoCon	9.37	10th (pentathlon)
ETSU	9.51	18th
Kickoff	9.69	13th

### High Jump

SoCon	1.59m (5-02.50)	t-2nd (pentathlon)
Herd	1.58m (5-02.25)	t-7th (pentathlon)
SoCon	1.56m (5-01.25)	8th
ETSU	1.56m (5-01.25)	6th
Kickoff	1.51m (4-11.50)	t-12th
Samford	1.50m (4-11.00)	t-23rd
Appalachian	1.49m (4-10.50)	t-9th

### Long Jump

Herd	5.12m (16-09.75)	3rd (pentathlon)
SoCon	5.03m (16-06.00)	t-5th (pentathlon)

### Shot Put

SoCon	9.73m (31-11.25)	5th (pentathlon)
Herd	9.21m (30-02.75)	12th (pentathlon)

### Pentathlon

SoCon	3,492 pts.	1st
Herd	3,433 pts.	2nd

## Madison Goode

	Sophomore	Distance
<i>meet</i>	<i>time/distance</i>	<i>place</i>
<u>3,000m</u>		
Herd	11:04.06	33rd
Kickoff	11:11.94	12th
Buccaneer	11:12.96	19th
<u>5,000m</u>		
ETSU	19:38.84	17th
Herd	19:46.65	25th

## Si'Keysia Grant

	Freshman	Sprints
<i>meet</i>	<i>time/distance</i>	<i>place</i>
<u>55m</u>		
Appalachian	7.59	20th
<u>200m</u>		
Appalachian	28.55	21st
<u>Emma Hand</u>		
Freshman	Distance	
<i>meet</i>	<i>time/distance</i>	<i>place</i>
<u>3,000m</u>		
Buccaneer	11:23.40	26th
Kickoff	11:34.91	15th

### 5,000m

ETSU	20:13.71	24th
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## Kendra Henry

	Sophomore	Sprints
<i>meet</i>	<i>time/distance</i>	<i>place</i>
<u>200m</u>		
ETSU	27.46	t-73rd

### 400m

Buccaneer	1:00.89	42nd
Herd	1:01.46	40th
Appalachian	1:01.75	14th
ETSU	1:02.27	33rd

## Alanna Johnson

<i>meet</i>	Freshman	Jumps
<i>time/distance</i>		<i>place</i>
<u>60m</u>		
Buccaneer	8.66	107th
<u>200m</u>		
ETSU	28.30	96th
<u>800m</u>		
SoCon	2:41.06	15th (pentathlon)
<u>60m Hurdles</u>		
SoCon	10.23	15th (pentathlon)
Samford	10.46	48th
Buccaneer	10.70	t-53rd
ETSU	10.98	47th
Kickoff	11.75	22nd
<u>High Jump</u>		
SoCon	1.41m (4-07.50)	t-12th (pentathlon)
<u>Long Jump</u>		
SoCon	5.03m (16-06.00)	t-5th (pentathlon)
ETSU	4.97m (16-03.75)	18th
<u>Triple Jump</u>		
SoCon	11.58m (38-00.00)	5th
ETSU	11.05m (36-03.00)	11th
Appalachian	10.95m (35-11.25)	10th
Buccaneer	10.94m (35-10.75)	22nd
Kickoff	10.84m (35-06.75)	8th
Samford	10.63m (34-10.50)	22nd
Herd	10.61m (34-09.75)	22nd

### Shot Put

SoCon	7.99m (26-02.75)	12th (pentathlon)
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### Pentathlon

SoCon	2,720 pts.	14th
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## Amanda Johnson

<i>meet</i>	Freshman	Middle Distance
<i>time/distance</i>		<i>place</i>
<u>800m</u>		
Herd	2:23.36	24th
Buccaneer	2:24.30	23rd
Samford	2:25.56	24th
Appalachian	2:26.39	6th
Kickoff	2:36.13	16th

### 60m Hurdles

Herd	10.82	39th
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## Morgan Lau

<i>meet</i>	Junior	Throws
<i>time/distance</i>		<i>place</i>
<u>Shot Put</u>		
Appalachian	10.43m (34-02.75)	17th
Buccaneer	10.09m (33-01.25)	32nd
ETSU	9.45m (31-00.00)	24th

### Weight Throw

Appalachian	13.05m (42-09.75)	17th
ETSU	11.41m (37-05.25)	12th

## Tiffani Lewis

<i>meet</i>	Junior	Jumps/Sprints
<i>time/distance</i>		<i>place</i>
<u>60m</u>		
SoCon	7.67	5th
Herd	7.69	5th
Herd	7.71	8th (prelim.)
SoCon	7.76	6th (prelim.)
Samford	7.76	12th
Kickoff	7.86	11th
ETSU	7.94	15th

### High Jump

SoCon	1.56m (5-01.25)	t-4th
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### Long Jump

Samford	5.86m (19-02.75)	5th
Kickoff	5.85m (19-02.50)	4th
Appalachian	5.85m (19-02.50)	2nd
Herd	5.75m (18-10.50)	1st
SoCon	5.71m (18-09.00)	2nd
ETSU	5.65m (18-06.50)	1st
Buccaneer	5.50m (18-00.50)	11th

### Triple Jump

Appalachian	12.06m (39-07.00)	1st
SoCon	11.63m (38-02.00)	4th
Herd	11.55m (37-10.75)	3rd
ETSU	11.18m (36-08.25)	9th
Samford	11.01m (36-01.50)	18th

### Shot Put

SoCon	9.47m (31-01.00)	12th
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## Mia Little

<i>meet</i>	Freshman	Sprints/Jumps
<i>time/distance</i>		<i>place</i>

### 55m

Appalachian	7.19	2nd
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### 60m

SoCon	7.66	4th
SoCon	7.66	2nd (prelim.)
Herd	7.70	6th
Samford	7.71	7th
Samford	7.71	6th (prelim.)
Herd	7.73	3rd (prelim.)
Kickoff	7.82	6th
ETSU	7.83	6th
ETSU	7.86	7th (prelim.)

### 200m

SoCon	25.50	9th
Samford	25.82	31st
ETSU	25.93	15th
Herd	26.08	28th
Kickoff	26.10	18th
Appalachian	26.52	4th

### 400m

Buccaneer	1:03.26	77th
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### Long Jump

SoCon	5.03m (16-06.00)	14th
Samford	4.84m (15-10.50)	30th

**Kedra Murray**

Freshman		Sprints
<i>meet</i>	<i>time/distance</i>	<i>place</i>
<u>200m</u>		
Samford	26.38	37th
Herd	26.42	39th
ETSU	26.81	50th
Kickoff	26.86	27th
<u>400m</u>		
Buccaneer	1:00.56	33rd
Appalachian	1:00.92	12th
Samford	1:01.91	45th
Herd	1:02.14	45th
ETSU	1:02.20	31st
Kickoff	1:02.95	19th

**Nidonna Nicholson**

Freshman		Hurdles/Jumps
<i>meet</i>	<i>time/distance</i>	<i>place</i>
<u>60m</u>		
Buccaneer	8.23	74th
Kickoff	8.26	30th
<u>200m</u>		
ETSU	27.61	76th
<u>800m</u>		
SoCon	2:33.85	10th (pentathlon)
Herd	2:35.25	10th (pentathlon)
<u>55m Hurdles</u>		
Appalachian	8.90	t-9th
<u>60m Hurdles</u>		
SoCon	9.27	8th (pentathlon)
Samford	9.33	30th
SoCon	9.35	11th
Buccaneer	9.38	22nd
Herd	9.53	11th (pentathlon)
Kickoff	9.54	9th
ETSU	9.83	32nd
<u>High Jump</u>		
SoCon	1.44m (4-08.75)	10th (pentathlon)
Herd	1.40m (4-07.00)	20th (pentathlon)
<u>Long Jump</u>		
Buccaneer	5.26m (17-03.25)	19th
Appalachian	5.26m (17-03.25)	12th
Herd	5.03m (16-06.00)	9th (pentathlon)
Samford	4.89m (16-00.50)	28th
SoCon	4.87m (15-11.75)	19th
SoCon	4.82m (15-09.75)	12th (pentathlon)
<u>Triple Jump</u>		
SoCon	10.56m (34-07.75)	15th
<u>Shot Put</u>		
SoCon	9.75m (32-00.00)	4th (pentathlon)
Herd	7.87m (25-10.00)	19th (pentathlon)
<u>Pentathlon</u>		
SoCon	3,078 pts.	7th
Herd	2,901 pts.	13th

**Christina Nikolaou**

Freshman		Middle Distance
<i>meet</i>	<i>time/distance</i>	<i>place</i>
<u>800m</u>		
Herd	2:20.34	15th
SoCon	2:22.24	11th
ETSU	2:22.69	10th
Samford	2:24.17	21st
Kickoff	2:25.30	8th
Appalachian	2:26.34	5th
<u>One Mile</u>		
Buccaneer	5:26.66	19th

**Ashley Parker**

Freshman		Jumps
<i>meet</i>	<i>time/distance</i>	<i>place</i>
<u>High Jump</u>		
SoCon	1.56m (5-01.25)	t-6th
ETSU	1.56m (5-01.25)	7th
Kickoff	1.56m (5-01.25)	t-8th
Samford	1.55m (5-01.00)	21st
Buccaneer	1.55m (5-01.00)	17th
Herd	1.55m (5-01.00)	t-17th
Appalachian	1.49m (4-10.50)	t-9th
<u>Triple Jump</u>		
SoCon	10.13m (33-03.00)	17th

**Latasha Pride**

Junior		Hurdles
<i>meet</i>	<i>time/distance</i>	<i>place</i>
<u>60m</u>		
Kickoff	8.67	39th
<u>200m</u>		
ETSU	27.74	81st
<u>400m</u>		
ETSU	1:03.28	t-40th
Buccaneer	1:04.14	88th
<u>55m Hurdles</u>		
Appalachian	9.67	20th
<u>60m Hurdles</u>		
ETSU	10.17	36th
Buccaneer	10.19	40th
Kickoff	10.54	19th

**Sage Proffitt**

Junior		Pole Vault/Sprints
<i>meet</i>	<i>time/distance</i>	<i>place</i>
<u>Pole Vault</u>		
SoCon	3.65m (11-11.75)	5th
Herd	3.60m (11-09.75)	3rd
Buccaneer	3.45m (11-03.75)	t-3rd
Samford	3.35m (10-11.75)	23rd
Kickoff	3.25m (10-08.00)	t-6th

## Alyiah Riley

<i>meet</i>	Sophomore	Hurdles
<i>time/distance</i>		<i>place</i>
<u>55m</u>		
Appalachian	7.38	9th
<u>60m</u>		
Samford	7.90	30th
SoCon	7.95	14th
Herd	8.05	28th
Buccaneer	8.09	50th
ETSU	8.09	35th
Kickoff	8.10	22nd

### 200m

Appalachian	27.19	9th
Samford	27.34	47th
ETSU	27.58	75th

### 55m Hurdles

Appalachian	8.44	6th
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### 60m Hurdles

SoCon	8.68	3rd
SoCon	8.69	4th (prelim.)
Buccaneer	8.90	6th
Buccaneer	8.90	8th (semifinals)
Samford	8.94	17th
Herd	8.97	7th (prelim.)
Herd	9.01	7th
Buccaneer	9.02	9th (prelim.)
ETSU	9.02	8th
ETSU	9.08	7th (prelim.)
Kickoff	9.08	3rd

## Destiny Riley

<i>meet</i>	Freshman	Sprints
<i>time/distance</i>		<i>place</i>
<u>200m</u>		
Kickoff	26.56	23rd

### 400m

Appalachian	59.78	6th
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## Katarina Ruehl

<i>meet</i>	Sophomore	Distance
<i>time/distance</i>		<i>place</i>
<u>800m</u>		
Samford	2:29.13	27th

### One Mile

Samford	5:16.66	19th
SoCon	5:21.78	17th
Buccaneer	5:22.78	17th
Herd	5:24.38	24th
Kickoff	5:37.47	12th

### 3,000m

Samford	10:44.73	25th
Appalachian	11:29.13	2nd

### 5,000m

SoCon	18:58.62	17th
ETSU	19:30.74	14th

## Marisa Scott

<i>meet</i>	Freshman	Hurdles/Multis
<i>time/distance</i>		<i>place</i>
<u>60m</u>		
Buccaneer	8.45	91st
Kickoff	8.58	38th
<u>200m</u>		
Samford	27.06	45th
ETSU	27.43	70th
<u>400m</u>		
Samford	1:01.24	41st
Herd	1:02.56	47th
ETSU	1:03.74	45th

### 800m

SoCon	2:39.49	13th (pentathlon)
Buccaneer	2:41.06	93rd

### 55m Hurdles

Appalachian	10.57	21st
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### 60m Hurdles

SoCon	9.63	11th (pentathlon)
ETSU	9.76	28th
Buccaneer	9.79	34th
Kickoff	9.91	14th
Samford	10.04	46th
SoCon	10.31	14th

### High Jump

SoCon	1.50m (4-11.00)	t-5th (pentathlon)
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### Long Jump

ETSU	5.05m (16-07.00)	17th
SoCon	5.00m (16-05.00)	t-8th (pentathlon)
Buccaneer	4.77m (15-07.75)	34th
Herd	4.76m (15-07.50)	30th

### Shot Put

SoCon	9.12m (29-11.25)	7th (pentathlon)
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### Pentathlon

SoCon	3,014 pts.	8th
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## Kaitlyn Shetler

	Senior	Distance
<i>meet</i>	<i>time/distance</i>	<i>place</i>
<u>800m</u>		
Herd	2:24.54	30th
ETSU	2:25.32	17th
Samford	2:26.50	25th
Buccaneer	2:40.63	91st

## One Mile

Herd	5:19.72	18th
Samford	5:20.57	23rd
Buccaneer	5:25.39	18th
Kickoff	5:29.91	9th
SoCon	5:34.42	22nd

## 3,000m

Appalachian	11:14.42	1st
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## 5,000m

SoCon	19:34.53	18th
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## Anisia Starege

	Junior	High Jump
<i>meet</i>	<i>time/distance</i>	<i>place</i>
<u>High Jump</u>		
Kickoff	1.71m (5-07.25)	1st
Appalachian	1.69m (5-06.50)	2nd
ETSU	1.66m (5-05.25)	1st
Samford	1.65m (5-05.00)	t-10th
Herd	1.65m (5-05.00)	3rd
Buccaneer	1.60m (5-03.00)	t-8th

## Ashley Taylor

	Sophomore	Distance
<i>meet</i>	<i>time/distance</i>	<i>place</i>
<u>3,000m</u>		
Kickoff	11:25.63	14th
<u>5,000m</u>		
ETSU	20:04.39	23rd

## Erin West

	Sophomore	Jumps
<i>meet</i>	<i>time/distance</i>	<i>place</i>
<u>Triple Jump</u>		
Appalachian	10.62m (34-10.25)	12th
ETSU	10.45m (34-03.50)	16th
Kickoff	10.25m (33-07.50)	10th

## Trinity Wiles

	Freshman	Middle Distance
<i>meet</i>	<i>time/distance</i>	<i>place</i>
<u>800m</u>		
ETSU	2:29.57	8th
Buccaneer	2:29.80	52nd

## Kayla Williams

	Junior	Hurdles
<i>meet</i>	<i>time/distance</i>	<i>place</i>
<u>55m</u>		
Appalachian	7.42	13th
<u>60m</u>		
Herd	8.02	25th
Kickoff	8.03	18th

## 200m

Herd	26.51	40th
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## 55m Hurdles

Appalachian	8.24	1st
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## 60m Hurdles

Herd	9.06	t-13th
Kickoff	9.46	7th

## Kennedy Williams

	Freshman	Pole Vault
<i>meet</i>	<i>time/distance</i>	<i>place</i>
<u>Pole Vault</u>		
Samford	3.05m (10-00.00)	29th
ETSU	3.05m (10-00.00)	t-7th
Herd	3.00m (9-10.00)	t-14th
Kickoff	2.95m (9-08.00)	t-12th

## Michaela Williams

	Senior	Sprints
<i>meet</i>	<i>time/distance</i>	<i>place</i>
<u>800m</u>		
Appalachian	2:24.38	3rd

## Simone Williams

	Freshman	Throws
<i>meet</i>	<i>time/distance</i>	<i>place</i>
<u>Shot Put</u>		
SoCon	11.76m (38-07.00)	5th
Buccaneer	11.31m (37-01.25)	t-24th
Samford	10.99m (36-00.75)	17th
Appalachian	10.81m (35-05.75)	14th
Kickoff	10.49m (34-05.00)	15th

## Weight Throw

Appalachian	14.83m (48-08.00)	12th
ETSU	14.46m (47-05.25)	2nd
Herd	14.35m (47-01.00)	21st
Samford	14.34m (47-00.75)	23rd
SoCon	14.33m (47-00.25)	7th
Kickoff	13.45m (44-01.50)	16th
Buccaneer	12.76m (41-10.50)	26th

**Sally Woerner**

<i>meet</i>	Freshman	Multis
<i>time/distance</i>		<i>place</i>
<u>60m</u>		
Kickoff	8.22	28th
<u>200m</u>		
Herd	26.32	37th
ETSU	26.78	48th
<u>400m</u>		
SoCon	58.35	7th (prelim.)
SoCon	58.50	7th
Samford	58.73	31st
Herd	58.81	24th
ETSU	59.73	13th
Kickoff	1:00.26	9th
Appalachian	1:02.62	16th
<u>800m</u>		
Buccaneer	2:24.02	22nd
<u>Shot Put</u>		
Samford	10.12m (33-02.50)	18th
Herd	10.07m (33-00.50)	30th
Buccaneer	9.97m (32-08.50)	34th

**Tamilia Wright**

<i>meet</i>	Freshman	Jumps/Hurdles
<i>time/distance</i>		<i>place</i>
<u>60m</u>		
Samford	8.02	38th
ETSU	8.06	31st
Herd	8.08	30th
Buccaneer	8.12	55th
Kickoff	8.20	27th
<u>200m</u>		
ETSU	26.38	32nd
Samford	27.08	46th
<u>800m</u>		
SoCon	2:40.39	14th (pentathlon)
<u>60m Hurdles</u>		
SoCon	9.21	6th (pentathlon)
SoCon	9.28	9th
Samford	9.59	39th
Buccaneer	10.43	48th
Herd	10.77	38th
<u>High Jump</u>		
SoCon	1.38m (4-06.25)	14th (pentathlon)
<u>Long Jump</u>		
SoCon	5.23m (17-02.00)	3rd (pentathlon)
SoCon	5.22m (17-01.50)	10th
Herd	5.16m (16-11.25)	13th
Buccaneer	4.70m (15-05.00)	36th
<u>Triple Jump</u>		
SoCon	11.95m (39-02.50)	1st
Herd	11.49m (37-08.50)	4th
ETSU	11.48m (37-08.00)	4th
Kickoff	11.18m (36-08.25)	5th
Samford	11.03m (36-02.25)	17th
<u>Shot Put</u>		
SoCon	7.61m (24-11.75)	16th (pentathlon)
<u>Pentathlon</u>		
SoCon	2,923 pts.	10th