



WESTERN CAROLINA UNIVERSITY CATAMOUNTS

2016 WOMEN'S OUTDOOR TRACK & FIELD TOP PERFORMANCES

2016 SCHEDULE

Mar. 18-19.....at Charlotte 49er Classic (49er).....Charlotte, N.C.
 Apr. 1-2.....at Terrier Relays (Terrier).....Spartanburg, S.C.
 Apr. 8-9.....at Tiger Track Classic (Tiger).....Auburn, Ala.
Apr. 15-16.....CATAMOUNT CLASSIC (Catamount).....CULLOWHEE
 Apr. 22-23.....at Georgia Tech Invite (Tech).....Atlanta, Ga.
Apr. 29.....WCU INVITATIONAL (WCU).....CULLOWHEE
May 12-13.....SoCon CHAMPIONSHIPS (SoCon).....CULLOWHEE
 May 26-28.....at NCAA East Preliminary Round (East).....Jacksonville, Fla.
 June 8-11.....at NCAA Championships (NCAA).....Eugene, Ore.

100m

# WCU Record: Tayla Carter 2014 11.42 - (wind)			
Tayla Carter	49er	11.48	(+3.5)
Tayla Carter	49er	11.57	(+1.3)
Tayla Carter	SoCon	11.58	(+1.1)
Tayla Carter	Tech	11.66	(+1.1)
Tayla Carter	Tech	11.68	(+0.0)

200m

# WCU Record: Raquel Ramseur 2008 23.43 - (wind)			
Tayla Carter	SoCon	24.14	(+0.8)
Tayla Carter	Tiger	24.18	(+2.0)
Tayla Carter	Catamount	24.24	(-0.9)
Bri Anna Adams	SoCon	24.33	(+0.8)
Tayla Carter	SoCon	24.34	(+0.6)

400m

# WCU Record: Raquel Ramseur 2008 53.08			
Corina Archie-McMillan	SoCon	56.47	
Sage Proffitt	SoCon	56.74	
Sage Proffitt	SoCon	56.94	
Corina Archie-McMillan	WCU	56.94	
Corina Archie-McMillan	SoCon	56.98	

800m

# WCU Record: Keeya McManus 1999 2:06.28			
Kaitlyn Lingard	WCU	2:13.48	
Kaitlyn Lingard	SoCon	2:14.00	
Kaitlyn Lingard	Tech	2:15.49	
Kaitlyn Lingard	Catamount	2:16.12	
Kaitlyn Lingard	Tiger	2:18.47	

1,500m

# WCU Record: Kristen Savery 1997 4:33.49			
Kaitlyn Lingard	Tiger	4:49.07	
Jada Blake	Tiger	4:52.17	
Jada Blake	Tech	4:53.99	
Christina Nikolaou	49er	4:55.43	
Jada Blake	49er	4:56.92	

3,000m Steeplechase

# WCU Record: Michelle Provost 2014 11:03.74			
Kaitlyn Shetler	SoCon	11:21.92	
Katarina Ruehl	SoCon	11:42.34	
Kaitlyn Shetler	Tech	11:43.90	
Katarina Ruehl	WCU	11:49.51	
Katarina Ruehl	Catamount	11:56.89	

5,000m

# WCU Record: Rita Roberts 1994 17:09.64			
Laney Browder	Tiger	18:12.65	
Laney Browder	SoCon	18:30.75	
Laney Browder	49er	18:32.93	
Kaitlyn Lingard	SoCon	18:35.75	
Laney Browder	WCU	18:40.26	

10,000m

# WCU Record: Mara Smith 2013 35:53.64			
Laney Browder	Catamount	38:18.72	
Kaitlyn Lingard	49er	39:10.10	
Laney Browder	SoCon	39:42.86	
Emma Hand	Catamount	40:42.44	
Ashley Taylor	Catamount	42:58.58	

100m Hurdles

# WCU Record: Xaviera Bass 2015 13.54 - (wind)			
Alyiah Riley	Tech	14.19	(-0.1)
Alyiah Riley	SoCon	14.23	(+3.0)
Alyiah Riley	Tech	14.33	(+0.6)
Alyiah Riley	SoCon	14.35	(-0.7)
Alyiah Riley	49er	14.40	(+2.3)

400m Hurdles

# WCU Record: Asia Davis 2005 58.05			
Holly Gaines	SoCon	1:02.79	
Holly Gaines	Tiger	1:02.87	
Holly Gaines	Tech	1:03.29	
Holly Gaines	SoCon	1:03.62	
Alyiah Riley	Catamount	1:03.71	

4x100 (400m) Meter Relay

# WCU Record: Johnson, Ramseur, Carothers, Paulding 2008 44.95			
Little, Carter,	Catamount	45.56	
Adams, Lewis	SoCon	45.84	
Little, Carter,	49er	45.92	
Adams, Lewis	Tiger	45.96	
Little, Carter,	Terrier	46.26	
Adams, Lewis			

4x200 (800m) Meter Relay

WCU Record: Ramseur, Carothers, Paulding, Johnson | 2008 | 1:36.72

4x400 (1600m) Meter Relay

# WCU Record: Carothers, Paulding, McMichael, Garren 2009 3:37.42			
Archie-McMillan, Carter,	SoCon	3:45.30	
Proffitt, Adams	Tiger	3:50.63	
Arnaud, Adams	49er	3:52.79	
Archie-McMillan, Arnaud,	49er	3:52.79	
Gaines, Carter	Catamount	3:53.83	
Arnaud, Adams	Tech	3:54.56	
Archie-McMillan, Gaines,	Tech	3:54.56	
Proffitt, Bryan			

4x800 (3200m) Meter Relay

# WCU Record: Keen, Tomlinson, Elliott, Smith 2013 8:51.13			
Am. Johnson, Nikolaou,	Terrier	9:41.59	
Lingard, Blake	49er	10:01.45	
Shetler, Browder,	49er	10:01.45	
Ruehl, Blake	Terrier	10:09.70	
Wiles, Shetler,	Terrier	10:09.70	
Ruehl, Browder			

High Jump

# WCU Record: Virginia LaCombe 2002 1.82m (6-00.00)			
Anisia Starege	49er	1.70m (5-07.00)	
Anisia Starege	SoCon	1.68m (5-06.00)	
Anisia Starege	WCU	1.68m (5-06.00)	
Anisia Starege	Catamount	1.68m (5-06.00)	
Anisia Starege	Tech	1.67m (5-05.75)	

Pole Vault

# WCU Record: Laura Tieszen 2004 3.96m (13-01.50)			
Meghan Breden	SoCon	3.81m (12-06.00)	
Sage Proffitt	49er	3.80m (12-05.50)	
Korie Bennett	WCU	3.75m (12-03.50)	
Korie Bennett	Tech	3.75m (12-03.50)	
Korie Bennett	SoCon	3.66m (12-00.00)	

Long Jump

# WCU Record: Von Ross 1991 6.50m (21-04.00) - (wind)			
Tiffani Lewis	Catamount	5.63m (18-05.75)	(+0.0)
Tiffani Lewis	SoCon	5.60m (18-04.50)	(-0.3)
Tiffani Lewis	49er	5.59m (18-04.25)	(+0.0)
Chenell Bryan	SoCon	5.58m (18-03.75)	(+0.0)
Tiffani Lewis	Tiger	5.57m (18-03.25)	(+0.9)

Triple Jump

# WCU Record: Kamilah Gabriel 1999 12.49m (41-06.00) - (wind)			
Tamilia Wright	WCU	12.00m (39-04.50)	(+0.2)
Tamilia Wright	Catamount	12.00m (39-04.50)	(-0.6)
Tamilia Wright	SoCon	11.85m (38-10.50)	(+0.0)
Tiffani Lewis	SoCon	11.60m (38-00.75)	(+0.7)
Alanna Johnson	Tiger	11.53m (37-10.00)	(-0.7)

Shot Put

# WCU Record: Hailey Cook 2016 15.41m (50-06.75)#			
Hailey Cook.....	WCU.....	15.41m (50-06.75)#	
Hailey Cook.....	Catamount.....	15.34m (50-04.00)	
Hailey Cook.....	Tech.....	15.19m (49-10.00)	
Hailey Cook.....	SoCon.....	14.71m (48-03.25)	
Hailey Cook.....	Terrier.....	14.57m (47-09.75)	

Discus

# WCU Record: Alisha Bradshaw 2015 49.81m (163-05)			
Hailey Cook.....	SoCon.....	45.36m (148-10)	
Hailey Cook.....	49er.....	43.96m (144-02)	
Hailey Cook.....	WCU.....	43.45m (142-07)	
Hailey Cook.....	Terrier.....	42.43m (139-02)	
Hailey Cook.....	Catamount.....	41.50m (136-02)	

Hammer

# WCU Record: Zakiyyah Stewart 2011 54.25m (178-08)			
Hailey Cook.....	SoCon.....	50.88m (166-11)	
Hailey Cook.....	WCU.....	49.42m (162-02)	
Hailey Cook.....	Catamount.....	47.95m (157-04)	
Hailey Cook.....	SoCon.....	46.95m (154-00)	
Simone Williams.....	Catamount.....	46.30m (151-11)	

Javelin

# WCU Record: Ashley Herendon 2001 45.11m (148-11)			
Holly Gaines.....	Catamount.....	35.27m (115-08)	
Holly Gaines.....	SoCon.....	35.08m (115-01)	
Holly Gaines.....	SoCon.....	35.00m (114-10)	
Kennedy Williams.....	SoCon.....	34.55m (113-04)	
Kennedy Williams.....	SoCon.....	34.12m (111-11)	

Heptathlon

# WCU Record: Rahma Mateen 1996 5,055 pts.			
Holly Gaines.....	Catamount.....	4,761 pts.	
Holly Gaines.....	SoCon.....	4,748 pts.	
Marisa Scott.....	SoCon.....	4,003 pts.	
Marisa Scott.....	Catamount.....	3,909 pts.	
Nidonna Nicholson.....	Catamount.....	3,899 pts.	

WESTERN CAROLINA IN THE SOCON RANKINGS

(THROUGH 5/16/16)
(ONLY TOP 10 RANKINGS SHOWN)

Rank	Name	Event	Time/Mark	Meet
1	Tayla Carter	100m	11.48	49er
3	Bri Anna Adams	100m	11.81	SoCon
5	Mia Little	100m	11.93	Terrier
8	Tamilia Wright	100m	12.18	SoCon
10	Tiffani Lewis	100m	12.20	Terrier
1	Tayla Carter	200m	24.14	SoCon
2	Bri Anna Adams	200m	24.33	SoCon
6	Mia Little	200m	24.80	Catamount
7	Holly Gaines	200m	24.82	SoCon
9	Danyel Desouza	200m	25.19	SoCon
2	Corina Archie-McMillan	400m	56.47	SoCon
3	Sage Proffitt	400m	56.74	SoCon
4	Dasha Arnaut	400m	57.36	SoCon
5	Sally Woerner	400m	57.58	SoCon
4	Kaitlyn Lingard	800m	2:13.48	WCU
6	Laney Browder	10,000m	38:18.72	Catamount
9	Kaitlyn Lingard	10,000m	39:10.10	49er
5	Alyiah Riley	100m Hurdles	14.19	Tech
2	Holly Gaines	400m Hurdles	1:02.79	SoCon
5	Alyiah Riley	400m Hurdles	1:03.71	Catamount
6	Latasha Pride	400m Hurdles	1:04.69	SoCon
9	Nidonna Nicholson	400m Hurdles	1:05.77	Tech
10	Marisa Scott	400m Hurdles	1:06.04	Tech
5	Kaitlyn Shetler	3,000m SC	11:21.92	SoCon
9	Katarina Ruehl	3,000m SC	11:42.34	SoCon
1	Little, Carter, Adams, Lewis	4x100m R	45.56	Catamount
1	Archie-McMillan, Carter, Proffitt, Adams	4x400m R	3:45.30	SoCon
1	Anisia Starege	High Jump	1.72m	Tech
4	Tiffani Lewis	High Jump	1.63m	SoCon
6	Holly Gaines	High Jump	1.62m	WCU
8	Ashley Parker	High Jump	1.57m	WCU
2	Meghan Breden	Pole Vault	3.81m	SoCon
3	Sage Proffitt	Pole Vault	3.80m	49er
4	Korie Bennett	Pole Vault	3.75m	Tech
9	Brittany Faw	Pole Vault	3.20m	WCU
4	Tiffani Lewis	Long Jump	5.63m	Catamount
5	Chenell Bryan	Long Jump	5.58m	SoCon
7	Holly Gaines	Long Jump	5.50m	Catamount
10	Tamilia Wright	Long Jump	5.47m	SoCon
2	Tamilia Wright	Triple Jump	12.00m	Catamount
7	Tiffani Lewis	Triple Jump	11.60m	SoCon
8	Alanna Johnson	Triple Jump	11.53m	Tiger
10	Chenell Bryan	Triple Jump	11.32m	WCU
1	Hailey Cook	Shot Put	15.41m	WCU
2	Simone Williams	Shot Put	13.18m	Tech
7	Kaycey Cermin	Shot Put	12.06m	SoCon
1	Hailey Cook	Discus	45.36m	SoCon
6	Kaycey Cermin	Discus	38.82m	SoCon
8	Simone Williams	Discus	38.26m	WCU
3	Hailey Cook	Hammer	50.88m	SoCon
6	Simone Williams	Hammer	46.30m	Catamount
10	Morgan Lau	Hammer	38.00m	Catamount
3	Holly Gaines	Javelin	35.27m	Catamount
5	Kennedy Williams	Javelin	34.55m	SoCon
1	Holly Gaines	Heptathlon	4,761 pts.	Catamount
5	Marisa Scott	Heptathlon	4,003 pts.	SoCon
10	Nidonna Nicholson	Heptathlon	3,899 pts.	Catamount

2016 WOMEN'S FIRST PLACE FINISHES

Kaitlyn Lingard.....	10,000m.....	49er.....	39:10.10
Little, Carter, Adams, Lewis	4x100m.....	49er.....	45.92
Anisia Starege.....	High Jump.....	49er.....	1.70m
Hailey Cook.....	Shot Put.....	49er.....	14.45m
Hailey Cook.....	Discus.....	49er.....	43.96m
Little, Carter, Adams, Lewis	4x100m.....	Terrier.....	46.26
Anisia Starege.....	High Jump.....	Terrier.....	1.64m
Korie Bennett.....	Pole Vault.....	Terrier.....	3.65m
Hailey Cook.....	Shot Put.....	Terrier.....	14.57m
Hailey Cook.....	Discus.....	Terrier.....	42.43m
Hailey Cook.....	Hammer.....	Terrier.....	44.98m
Tayla Carter.....	100m.....	Catamount.....	11.69
Tayla Carter.....	200m.....	Catamount.....	24.24
Laney Browder.....	10,000m.....	Catamount.....	38:18.72
Little, Carter, Adams, Lewis	4x100m.....	Catamount.....	45.56
Tamilia Wright.....	Triple Jump.....	Catamount.....	12.00m
Hailey Cook.....	Shot Put.....	Catamount.....	15.34m
Holly Gaines.....	Heptathlon.....	Catamount.....	4,761 pts.
Tayla Carter.....	100m.....	SoCon.....	11.58
Tayla Carter.....	200m.....	SoCon.....	24.14
Kaitlyn Lingard.....	800m.....	SoCon.....	2:14.00
Little, Carter, Adams, Lewis	4x100m R.....	SoCon.....	45.84
Archie-McMillan, Carter, Proffitt, Adams	4x400m R.....	SoCon.....	3:45.30
Meghan Breden.....	Pole Vault.....	SoCon.....	3.81m
Hailey Cook.....	Shot Put.....	SoCon.....	14.71m
Hailey Cook.....	Discus.....	SoCon.....	45.36m
Hailey Cook.....	Hammer.....	SoCon.....	50.88m
Holly Gaines.....	Heptathlon.....	SoCon.....	4,748 pts.



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2016 WOMEN'S OUTDOOR TRACK & FIELD PERFORMANCES

BY ATHLETE

Bri Anna Adams

meet	Freshman time/distance	Sprints place
<u>100m</u>		
SoCon	11.81	3rd
49er	11.87	8th
49er	11.94	6th (prelim.)
Catamount	11.99	4th
Tiger	12.00	11th
SoCon	12.01	5th (prelim.)
Tech	12.08	13th
Tech	12.12	16th (prelim.)

200m

SoCon	24.33	2nd
Catamount	24.51	2nd
Tiger	24.55	t-11th
SoCon	24.58	2nd (prelim.)
Terrier	25.20	7th

Corina Archie-McMillan

meet	Senior time/distance	Sprints place
<u>200m</u>		
SoCon	25.75	14th
49er	25.82	35th
Catamount	26.45	28th

400m

SoCon	56.47	2nd
WCU	56.94	2nd
SoCon	56.98	3rd (prelim.)
49er	57.84	12th
Catamount	57.95	3rd
Tech	58.29	29th
Tiger	1:00.59	47th

Dasha Arnaut

meet	Freshman time/distance	Sprints place
<u>200m</u>		
SoCon	25.68	13th
49er	25.82	36th
Catamount	25.92	15th

400m

SoCon	57.36	4th
SoCon	57.71	4th (prelim.)
WCU	57.88	6th
49er	57.91	14th
Tiger	58.46	33rd
Catamount	58.47	4th

Ann Bennett

meet	Sophomore time/distance	Throws place
<u>Discus</u>		
Terrier	27.77m (91-01)	21st

Javelin

Terrier	31.26m (102-07)	8th
Tiger	31.15m (102-02)	18th
49er	23.10m (75-09)	32nd

Korie Bennett

meet	Senior time/distance	Pole Vault place
<u>Pole Vault</u>		
WCU	3.75m (12-03.50)	2nd
Tech	3.75m (12-03.50)	2nd
SoCon	3.66m (12-00.00)	3rd
Terrier	3.65m (11-11.75)	1st
Catamount	3.50m (11-05.75)	t-2nd
49er	3.50m (11-05.75)	t-3rd

Jada Blake

meet	Freshman time/distance	Distance place
<u>800m</u>		
Catamount	2:21.74	13th
Tiger	2:25.21	56th
Tech	2:27.21	36th

1,500m

Tiger	4:52.17	30th
Tech	4:53.99	32nd
49er	4:56.92	34th
WCU	4:59.98	7th
Terrier	5:03.54	14th

Meghan Breden

meet	Sophomore time/distance	Pole Vault place
<u>Pole Vault</u>		
SoCon	3.81m (12-06.00)	1st
Tiger	3.55m (11-07.75)	t-16th
WCU	3.50m (11-05.75)	3rd
49er	3.50m (11-05.75)	t-9th
Tech	3.45m (11-03.75)	6th
Catamount	3.35m (10-11.75)	4th
Terrier	3.35m (10-11.75)	3rd

Long Jump

WCU	5.17m (16-11.50)	12th
Terrier	5.11m (16-09.25)	17th
Catamount	5.00m (16-05.00)	10th

Laney Browder

meet	Sophomore time/distance	Distance place
<u>1,500m</u>		
Terrier	5:00.43	12th

5,000m

Tiger	18:12.65	15th
SoCon	18:30.75	12th
49er	18:32.93	25th
WCU	18:40.26	4th

10,000m

Catamount	38:18.72	1st
SoCon	39:42.86	6th

Chenell Bryan

meet	Junior	Jumps
<i>time/distance</i>		<i>place</i>
100m		
Catamount	12.34	13th
49er	12.49	32nd
200m		
49er	25.66	29th
Terrier	26.21	27th
400m		
SoCon	58.86	10th
Tiger	59.43	38th
Terrier	59.43	9th
Tech	1:00.77	42nd

Long Jump

SoCon	5.58m (18-03.75)	3rd
Catamount	5.52m (18-01.50)	5th
WCU	5.50m (18-00.50)	6th

Triple Jump

WCU	11.32m (37-01.75)	4th
SoCon	11.01m (36-01.50)	9th
Catamount	10.97m (36-00.00)	6th

Hannah Carson

meet	Freshman	High Jump
<i>time/distance</i>		<i>place</i>
High Jump		
Catamount	1.57m (5-01.75)	4th
Terrier	1.39m (4-06.75)	24th

Tayla Carter

meet	Senior	Sprints
<i>time/distance</i>		<i>place</i>
100m		
49er	11.48	2nd
49er	11.57	2nd (prelim.)
SoCon	11.58	1st
Tech	11.66	1st (prelim.)
Tech	11.68	2nd (semifinals)
Catamount	11.69	1st
SoCon	11.72	1st (prelim.)
Tiger	11.80	4th
Tech	11.92	5th
200m		
SoCon	24.14	1st
Tiger	24.18	7th
Catamount	24.24	1st
SoCon	24.34	1st (prelim.)

Kaycey Cermin

meet	Sophomore	Throws
<i>time/distance</i>		<i>place</i>
Shot Put		
SoCon	12.06m (39-07.00)	4th
WCU	11.32m (37-01.75)	7th
Discus		
SoCon	38.82m (127-04)	5th
WCU	36.50m (119-09)	8th

Hailey Cook

meet	Junior	Throws
<i>time/distance</i>		<i>place</i>
Shot Put		
WCU	15.41m (50-06.75)	2nd
Catamount	15.34m (50-04.00)	1st
Tech	15.19m (49-10.00)	2nd
SoCon	14.71m (48-03.25)	1st
Terrier	14.57m (47-09.75)	1st
49er	14.45m (47-05.00)	1st
Tiger	14.18m (46-06.25)	10th

Discus

SoCon	45.36m (148-10)	1st
49er	43.96m (144-02)	1st
WCU	43.45m (142-07)	4th
Terrier	42.43m (139-02)	1st
Catamount	41.50m (136-02)	2nd
Tiger	41.47m (136-00)	13th

Hammer

SoCon	50.88m (166-11)	1st
WCU	49.42m (162-02)	3rd
Catamount	47.95m (157-04)	4th
Tiger	46.95m (154-00)	25th
Terrier	44.98m (147-07)	1st
Tech	44.92m (147-04)	18th

Danyel Desouza

meet	Freshman	Multis
<i>time/distance</i>		<i>place</i>
200m		
SoCon	25.16	8th
WCU	25.19	4th
SoCon	25.28	8th (prelim.)
Catamount	25.61	12th
Terrier	26.11	24th

400m

WCU	1:00.09	12th
Catamount	1:01.40	14th
Terrier	1:03.93	37th

100m Hurdles

49er	17.30	51st
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400m Hurdles

49er	1:13.76	34th
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Brittany Faw

meet	Freshman	Pole Vault
<i>time/distance</i>		<i>place</i>
Pole Vault		
WCU	3.20m (10-06.00)	6th
Terrier	3.09m (10-01.50)	9th
Catamount	2.90m (9-06.25)	7th

Javelin

Terrier	18.60m (61-00)	45th
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Holly Gaines

	Senior	Multis
<i>meet</i>	<i>time/distance</i>	<i>place</i>
200m		
SoCon	24.82	1st (heptathlon)
Catamount	25.04	1st (heptathlon)
800m		
Catamount	2:23.71	1st (heptathlon)
SoCon	2:40.48	8th (heptathlon)
100m Hurdles		
SoCon	15.14	4th (heptathlon)
49er	15.56	30th
Catamount	15.63	4th (heptathlon)
Tiger	15.69	45th
WCU	15.77	9th
Terrier	16.66	21st
400m Hurdles		
SoCon	1:02.79	4th
Tiger	1:02.87	14th
Tech	1:03.29	17th
SoCon	1:03.62	1st (prelim.)
49er	1:03.89	7th (prelim.)
49er	1:07.54	6th
High Jump		
WCU	1.62m (5-03.75)	t-5th
SoCon	1.58m (5-02.25)	7th
SoCon	1.57m (5-01.75)	2nd (heptathlon)
Terrier	1.49m (4-10.50)	15th
Catamount	1.47m (4-09.75)	t-2nd (heptathlon)
Long Jump		
Catamount	5.50m (18-00.50)	1st (heptathlon)
SoCon	5.35m (17-06.75)	2nd (heptathlon)
Terrier	5.23m (17-02.00)	11th
Shot Put		
SoCon	9.92m (32-06.50)	2nd (heptathlon)
WCU	9.71m (31-10.25)	10th
Terrier	9.29m (30-05.75)	23rd
Catamount	9.23m (30-03.50)	4th (heptathlon)
Javelin		
Catamount	35.27m (115-08)	1st (heptathlon)
SoCon	35.08m (115-01)	1st (heptathlon)
SoCon	35.00m (114-10)	2nd
49er	33.98m (111-05)	16th
Heptathlon		
Catamount	4,761 pts.	1st
SoCon	4,748 pts.	1st

Si'Keysia Grant

	Freshman	Sprints
<i>meet</i>	<i>time/distance</i>	<i>place</i>
100m		
WCU	12.45	5th
Catamount	12.47	t-16th
Terrier	12.57	21st
49er	12.68	43rd
200m		
Catamount	26.34	23rd
Terrier	26.75	38th
49er	26.91	83rd
Emma Hand	Freshman	Distance
<i>meet</i>	<i>time/distance</i>	<i>place</i>
1,500m		
Terrier	5:19.70	40th
5,000m		
49er	18:50.09	83rd
Tiger	19:03.62	27th
WCU	19:05.20	6th
10,000m		
Catamount	40:42.44	7th
Kendra Henry	Sophomore	Sprints
<i>meet</i>	<i>time/distance</i>	<i>place</i>
400m		
Catamount	1:01.78	15th
Alanna Johnson	Freshman	Jumps
<i>meet</i>	<i>time/distance</i>	<i>place</i>
100m Hurdles		
49er	17.32	52nd
Catamount	17.67	9th (heptathlon)
Terrier	21.86	35th
400m Hurdles		
49er	1:09.84	29th
Long Jump		
WCU	5.15m (16-10.75)	13th
Terrier	5.14m (16-10.50)	t-15th
Tiger	4.80m (15-09.00)	36th
Triple Jump		
Tiger	11.53m (37-10.00)	t-15th
WCU	11.22m (36-09.75)	5th
Terrier	11.18m (36-08.25)	7th
49er	10.79m (35-04.75)	17th
Shot Put		
Catamount	8.24m (27-00.50)	9th (heptathlon)
Terrier	7.49m (24-07.00)	42nd
Javelin		
WCU	23.76m (77-11)	12th
Catamount	23.24m (76-03)	8th (heptathlon)
Terrier	20.83m (68-04)	40th

Amanda Johnson	Freshman	Middle Distance
<i>meet</i>	<i>time/distance</i>	<i>place</i>
<u>400m</u>		
49er	1:00.60	39th
<u>800m</u>		
WCU	2:19.30	5th
49er	2:20.39	16th
Catamount	2:20.73	12th
Tech	2:21.71	26th
Tiger	2:23.18	51st

Morgan Lau	Senior	Throws
<i>meet</i>	<i>time/distance</i>	<i>place</i>
<u>Shot Put</u>		
Catamount	10.83m (35-06.50)	9th
WCU	10.29m (33-09.25)	9th
Terrier	9.80m (32-02.00)	17th

<u>Discus</u>		
Catamount	34.93m (114-07)	5th
Terrier	34.45m (113-00)	9th
49er	30.80m (101-00)	34th

<u>Hammer</u>		
Catamount	38.00m (124-08)	11th
WCU	37.48m (122-11)	11th
Terrier	36.45m (119-07)	7th

<u>Javelin</u>		
49er	25.92m (85-00)	26th
Terrier	24.31m (79-09)	24th

Tiffani Lewis	Junior	Jumps/Sprints
<i>meet</i>	<i>time/distance</i>	<i>place</i>
<u>100m</u>		
Terrier	12.20	7th
Catamount	12.32	12th
49er	12.38	25th
SoCon	12.48	12th
Tech	12.54	34th

<u>200m</u>		
WCU	25.66	7th
Tech	25.93	34th

<u>High Jump</u>		
SoCon	1.63m (5-04.25)	5th
WCU	1.62m (5-03.75)	t-5th
Catamount	1.57m (5-01.75)	3rd
Terrier	1.54m (5-00.50)	7th

<u>Long Jump</u>		
Catamount	5.63m (18-05.75)	2nd
SoCon	5.60m (18-04.50)	2nd
49er	5.59m (18-04.25)	4th
Tiger	5.57m (18-03.25)	19th
Terrier	5.44m (17-10.25)	5th
WCU	5.36m (17-07.00)	8th

<u>Triple Jump</u>		
SoCon	11.60m (38-00.75)	6th
Tiger	11.16m (36-07.50)	21st

Kaitlyn Lingard	Freshman	Middle Distance
<i>meet</i>	<i>time/distance</i>	<i>place</i>
<u>800m</u>		
WCU	2:13.48	2nd
SoCon	2:14.00	1st
Tech	2:15.49	11th
Catamount	2:16.12	3rd
Tiger	2:18.47	39th
SoCon	2:20.78	2nd (prelim.)

<u>1,500m</u>		
Tiger	4:49.07	28th

<u>5,000m</u>		
SoCon	18:35.75	13th

<u>10,000m</u>		
49er	39:10.10	1st

Mia Little	Freshman	Sprints/Jumps
<i>meet</i>	<i>time/distance</i>	<i>place</i>
<u>100m</u>		
Terrier	11.93	3rd
Catamount	12.00	5th
SoCon	12.06	6th
Tiger	12.06	14th
49er	12.12	14th
WCU	12.16	4th
SoCon	12.21	6th (prelim.)
Tech	12.26	21st

<u>200m</u>		
Catamount	24.80	3rd
SoCon	25.13	6th (prelim.)
SoCon	25.16	7th
49er	25.36	19th
Terrier	25.63	12th
Tiger	25.71	38th

Kedra Murray	Freshman	Sprints
<i>meet</i>	<i>time/distance</i>	<i>place</i>
<u>200m</u>		
Catamount	26.29	22nd
49er	26.82	78th
Terrier	26.83	40th

<u>400m</u>		
Catamount	1:00.74	12th
49er	1:01.44	49th
Terrier	1:02.33	21st
WCU	1:02.56	13th

Nidonna Nicholson

<i>meet</i>	Freshman	Hurdles/Jumps
<i>time/distance</i>		<i>place</i>
200m		
SoCon	26.61	7th (heptathlon)
Catamount	26.80	3rd (heptathlon)
800m		
Catamount	2:36.82	5th (heptathlon)
SoCon	3:14.07	11th (heptathlon)
100m Hurdles		
Catamount	15.18	2nd (heptathlon)
SoCon	15.33	5th (heptathlon)
49er	15.42	26th
Tech	15.43	29th
WCU	15.66	8th
SoCon	15.68	11th
400m Hurdles		
Tech	1:05.77	31st
SoCon	1:07.79	8th (prelim.)
49er	1:09.47	25th
SoCon	1:09.85	8th
WCU	1:10.17	7th
High Jump		
SoCon	1.39m (4-06.75)	9th (heptathlon)
Catamount	1.35m (4-05.00)	9th (heptathlon)
Long Jump		
49er	5.09m (16-08.50)	20th
WCU	5.07m (16-07.75)	14th
Catamount	4.97m (16-03.75)	5th (heptathlon)
SoCon	3.96m (13-00.00)	12th (heptathlon)
Triple Jump		
SoCon	10.26m (33-08.00)	15th
Shot Put		
WCU	9.09m (29-10.00)	11th
SoCon	8.96m (29-04.75)	6th (heptathlon)
Catamount	8.65m (28-04.50)	6th (heptathlon)
Javelin		
Catamount	20.05m (65-09)	9th (heptathlon)
SoCon	20.00m (65-07)	10th (heptathlon)
WCU	19.68m (64-07)	17th
Terrier	16.72m (54-10)	49th
Heptathlon		
Catamount	3,899 pts.	6th
SoCon	3,341 pts.	11th

Christina Nikolaou

<i>meet</i>	Freshman	Middle Distance
<i>time/distance</i>		<i>place</i>
800m		
Tiger	2:19.85	44th
49er	2:22.36	23rd
Catamount	2:22.44	15th
1,500m		
49er	4:55.43	30th

Ashley Parker

<i>meet</i>	Freshman	Jumps
<i>time/distance</i>		<i>place</i>
High Jump		
WCU	1.57m (5-01.75)	7th
49er	1.55m (5-01.00)	14th
Terrier	1.54m (5-00.50)	4th
SoCon	1.53m (5-00.25)	t-8th
Catamount	1.52m (4-11.75)	7th
Long Jump		
Terrier	4.97m (16-03.75)	27th
Catamount	4.85m (15-11.00)	11th
Latasha Pride		
<i>meet</i>	Junior	Hurdles
<i>time/distance</i>		<i>place</i>
100m Hurdles		
Tiger	15.96	49th
49er	16.12	38th
SoCon	16.22	12th
WCU	16.34	14th
Catamount	16.61	13th
400m Hurdles		
SoCon	1:04.69	5th
Tiger	1:04.91	19th
Catamount	1:04.93	5th
WCU	1:05.00	4th
SoCon	1:05.18	5th (prelim.)
Tech	1:05.41	30th
49er	1:06.54	16th
Terrier	1:06.55	6th
Sage Proffitt		
<i>meet</i>	Junior	Pole Vault/Sprints
<i>time/distance</i>		<i>place</i>
400m		
SoCon	56.74	2nd (prelim.)
SoCon	56.94	3rd
Tiger	58.40	32nd
Pole Vault		
49er	3.80m (12-05.50)	2nd
Tiger	3.40m (11-01.75)	t-21st
SoCon	3.36m (11-00.25)	t-6th
Terrier	3.35m (10-11.75)	4th
Long Jump		
Catamount	5.27m (17-03.50)	7th

Alyiah Riley

Sophomore		Hurdles
<i>meet</i>	<i>time/distance</i>	<i>place</i>
<u>100m Hurdles</u>		
Tech	14.19	t-10th
SoCon	14.23	5th
Tech	14.33	14th (prelim.)
SoCon	14.35	3rd (prelim.)
49er	14.40	5th
Tiger	14.48	24th
49er	14.52	7th (prelim.)
Catamount	14.56	4th
Terrier	15.04	3rd
WCU	15.44	6th

400m Hurdles

Catamount	1:03.71	2nd
Tech	1:04.85	26th
WCU	1:05.86	5th
49er	1:06.45	15th
SoCon	1:06.77	6th (prelim.)
SoCon	1:08.57	7th
Tiger	1:09.08	26th
Terrier	1:09.51	9th

Alexis Robinson

Junior		Sprints
<i>meet</i>	<i>time/distance</i>	<i>place</i>
<u>200m</u>		
WCU	26.63	16th
Catamount	27.08	31st
Terrier	27.66	52nd

400m

WCU	59.68	10th
Terrier	1:02.14	20th
Catamount	1:02.55	17th

Katarina Ruehl

Sophomore		Distance
<i>meet</i>	<i>time/distance</i>	<i>place</i>
<u>800m</u>		
Tech	2:29.64	38th

1,500m

49er	4:59.42	38th
Tech	5:00.42	39th

3,000m Steeplechase

SoCon	11:42.34	5th
WCU	11:49.51	3rd
Catamount	11:56.89	5th
Terrier	12:13.92	7th

5,000m

Tiger	18:45.26	24th
SoCon	19:52.26	20th

Marisa Scott

Freshman		Hurdles/Multis
<i>meet</i>	<i>time/distance</i>	<i>place</i>
<u>200m</u>		
SoCon	26.40	5th (heptathlon)
Catamount	26.82	4th (heptathlon)
<u>800m</u>		
Catamount	2:37.65	7th (heptathlon)
SoCon	2:48.33	10th (heptathlon)
<u>100m Hurdles</u>		
SoCon	15.74	6th (heptathlon)
Catamount	15.74	5th (heptathlon)
WCU	16.10	12th

400m Hurdles

Tech	1:06.04	32nd
Terrier	1:09.57	10th
SoCon	1:10.76	12th
WCU	1:10.82	8th

High Jump

SoCon	1.48m (4-10.25)	5th (heptathlon)
WCU	1.47m (4-09.75)	9th
Catamount	1.41m (4-07.50)	t-6th (heptathlon)

Long Jump

SoCon	5.20m (17-00.75)	5th (heptathlon)
Catamount	5.14m (16-10.50)	4th (heptathlon)
SoCon	4.95m (16-03.00)	14th

Shot Put

SoCon	8.68m (28-05.75)	7th (heptathlon)
Catamount	8.59m (28-02.25)	7th (heptathlon)
WCU	8.19m (26-10.50)	12th

Javelin

SoCon	23.66m (77-07)	7th (heptathlon)
WCU	22.38m (73-05)	15th
Catamount	19.36m (63-06)	10th (heptathlon)

Heptathlon

SoCon	4,003 pts.	5th
Catamount	3,909 pts.	5th

Kaitlyn Shetler

Senior		Distance
<i>meet</i>	<i>time/distance</i>	<i>place</i>
<u>800m</u>		
Tech	2:24.62	30th
<u>1,500m</u>		
49er	5:03.75	48th
<u>3,000m Steeplechase</u>		
SoCon	11:21.92	3rd
Tech	11:43.90	7th
Catamount	12:17.41	8th
Terrier	12:27.75	9th

5,000m

Tiger	18:57.07	26th
SoCon	19:33.61	17th
WCU	19:33.92	11th

Anisia Starege

	Junior	High Jump
<i>meet</i>	<i>time/distance</i>	<i>place</i>
<u>High Jump</u>		
49er	1.70m (5-07.00)	1st
SoCon	1.68m (5-06.00)	2nd
WCU	1.68m (5-06.00)	2nd
Catamount	1.68m (5-06.00)	2nd
Tech	1.67m (5-05.75)	t-5th
Tiger	1.65m (5-05.00)	t-13th
Terrier	1.64m (5-04.50)	1st

Ashley Taylor

	Sophomore	Distance
<i>meet</i>	<i>time/distance</i>	<i>place</i>
<u>5,000m</u>		
WCU	20:11.25	16th
<u>10,000m</u>		
Catamount	42:58.58	9th
49er	43:50.45	5th

Erin West

	Sophomore	Jumps
<i>meet</i>	<i>time/distance</i>	<i>place</i>
<u>Triple Jump</u>		
WCU	11.01m (36-01.50)	7th
Terrier	10.63m (34-10.50)	t-19th
49er	10.48m (34-04.75)	24th
<u>Javelin</u>		
WCU	27.91m (91-07)	9th
Catamount	24.85m (81-06)	13th
Terrier	23.52m (77-02)	30th

Trinity Wiles

	Freshman	Middle Distance
<i>meet</i>	<i>time/distance</i>	<i>place</i>
<u>800m</u>		
49er	2:26.93	43rd
<u>1,500m</u>		
49er	5:04.95	52nd
Terrier	5:06.86	18th
<u>3,000m Steeplechase</u>		
Catamount	13:06.13	12th
<u>5,000m</u>		
WCU	19:22.86	10th

Kennedy Williams

	Freshman	Pole Vault
<i>meet</i>	<i>time/distance</i>	<i>place</i>
<u>200m</u>		
Catamount	27.15	5th (heptathlon)
SoCon	27.40	10th (heptathlon)
<u>800m</u>		
Catamount	2:36.99	6th (heptathlon)
SoCon	2:44.91	9th (heptathlon)
<u>100m Hurdles</u>		
49er	17.25	50th
SoCon	17.26	10th (heptathlon)
Catamount	17.42	8th (heptathlon)
WCU	18.43	17th
Terrier	18.56	29th
<u>400m Hurdles</u>		
49er	1:11.21	30th
<u>High Jump</u>		
Catamount	1.44m (4-08.75)	t-4th
WCU	1.42m (4-07.75)	12th
SoCon	1.36m (4-05.50)	11th (heptathlon)
<u>Pole Vault</u>		
Terrier	3.09m (10-01.50)	10th
WCU	3.05m (10-00.00)	8th
Catamount	3.05m (10-00.00)	6th
SoCon	2.91m (9-06.50)	t-9th
<u>Long Jump</u>		
SoCon	4.43m (14-06.50)	11th (heptathlon)
Catamount	4.24m (13-11.00)	9th (heptathlon)
<u>Shot Put</u>		
SoCon	7.67m (25-02.00)	11th (heptathlon)
Catamount	7.66m (25-01.75)	10th (heptathlon)
<u>Javelin</u>		
SoCon	34.55m (113-04)	2nd (heptathlon)
SoCon	34.12m (111-11)	3rd
Terrier	30.98m (101-08)	10th
Catamount	30.85m (101-02)	4th (heptathlon)
WCU	29.59m (97-01)	7th
<u>Heptathlon</u>		
Catamount	3,646 pts.	9th
SoCon	3,586 pts.	10th

Simone Williams

	Freshman	Throws
<i>meet</i>	<i>time/distance</i>	<i>place</i>
<u>Shot Put</u>		
Tech	13.18m (43-03.00)	11th
WCU	12.06m (39-07.00)	5th
Catamount	12.02m (39-05.25)	7th
Terrier	11.93m (39-01.75)	5th
SoCon	11.46m (37-07.25)	7th
49er	11.39m (37-04.50)	15th
Tiger	11.29m (37-00.50)	21st

Discus

WCU	38.26m (125-06)	7th
49er	35.28m (115-09)	19th
Catamount	34.70m (113-10)	6th
Terrier	30.71m (100-09)	15th
Tiger	26.49m (86-11)	23rd

Hammer

Catamount	46.30m (151-11)	6th
Tech	44.67m (146-07)	19th
WCU	44.61m (146-04)	5th
49er	43.41m (142-05)	12th

Sally Woerner

	Freshman	Multis
<i>meet</i>	<i>time/distance</i>	<i>place</i>
<u>200m</u>		
49er	26.35	63rd

400m

SoCon	57.58	5th
SoCon	57.89	7th (prelim.)
49er	58.10	15th
WCU	58.56	7th

800m

Tech	2:19.90	21st
Catamount	2:20.71	11th
SoCon	2:23.23	7th (prelim.)
SoCon	2:28.13	7th

Javelin

Catamount	31.04m (101-10)	5th
WCU	30.03m (98-06)	6th
SoCon	27.87m (91-05)	10th

Tamilia Wright

	Freshman	Jumps/Hurdles
<i>meet</i>	<i>time/distance</i>	<i>place</i>
<u>100m</u>		
SoCon	12.18	8th
SoCon	12.31	8th (prelim.)
<u>200m</u>		
Catamount	25.46	11th
Tiger	25.90	42nd

400m

Tiger	1:00.11	42nd
Catamount	1:00.14	10th

100m Hurdles

Tech	15.97	38th
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400m Hurdles

Tech	1:08.26	36th
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Long Jump

SoCon	5.47m (17-11.50)	6th
WCU	5.23m (17-02.00)	10th

Triple Jump

WCU	12.00m (39-04.50)	2nd
Catamount	12.00m (39-04.50)	1st
SoCon	11.85m (38-10.50)	2nd