

**Updated October 28,2008**

**Western Carolina Men's Indoor Track & Field Records**

<b>Event</b>	<b>Record Holder</b>	<b>Mark</b>	<b>Year</b>	<b>Meet</b>
55 Meters	T. Alford	6.22	2003	ASU Invitational
60 Yards	Mike Thorpe	6.11	1980	Auburn Indoor
60 Meters	Dominique Young	6.74	2008	UNC-Chapel Hill
55 M Hurdles	Tony Mckennie	7.43	1989	Southern Conference
60 Yd Hurdles	Lucius McCowan	7.4	1988	Clemson
60 M Hurdles	Lawrence Briscoe	8.05	2006	Southern Conference
	Rahsaan Uldaneta	8.05	2000	Clemson Invitational
200 Meters	Zeb Johnson	21.24	2008	Virginia Tech Meet
300 Yards	Earl Bates	31.07	1987	Eastman Invitational
300 Meters	Joe Hyman	34.73	1999	Clemson Invitational
400 Meters	Darrus Cofield	47.45	2002	Southern Conference
440 Yards	Earl Bates	47.86	1984	East Tennessee Meet
500 Meters	Joe Hyman	1:05.04	1999	Clemson Opener
600 Yards	Earl Bates	1:09.20	1987	Southern Conference
600 Meters	Len Henke	1:21.63	1995	Clemson Orange/Purple Classic
800 Meters	Caleb Bailey	1:48.32	2003	Alex Wilson Invitational
880 Yards	Chris Sheppard	1:56.61	1985	Eastman Invitational
1000 Yards	James Montague	2:15	1987	Southern Conference
1000 Meters	James Montague	2:32.84	1987	VMI Winter Relays
1500 Meters	Phil Roberts	3:55.10	1986	Southern Conference
One Mile	Ben Bailey	4:06.23	1972	Southern Open
3000 Meters	Phil Roberts	8:19.59	1985	Southern Conference
Two Miles	Phil Roberts	8:59.00	1985	Eastman Invitational
Three Miles	Phil Roberts	13:50.8	1986	Eastman Invitational
5000 Meters	Robert Baker	14:46.8	1985	Southern Conference
2000m Steeple	Phil Roberts	5:55.7	1985	Tennessee Invitational
800M Relay	Haywood Smith	1:31.30	1984	VMI Winter Relay
	Ricky Schell			
	Miles Nicholson			
	James Ford			
One Mile Relay	Earl Bates	3:17.17	1988	Southern Conference
	Andy Schultz			
	Nelson Dixon			
	Richard Rowe			
Two Mile Relay	James Montague	7:56.04	1988	Southern Conference
	Richard Rowe			
	Israel Johnson			
	Ian Weston			
Distance Medley	Adam Puett	10:05.02	2006	Southern Conference
	Charleton Grant			
	Dylan Hermelee			
	Dan Fassinger			
1600M Relay	Derrick High	3:11.28	2001	Iowa State Classic
	Tim Vaught			
	Akaba Gaspie			
	Bola Oyegumywa			
Sprint Medley	Jeff Wood	2:13.3	1986	Virginia Tech Relays
	Bryce Cantrell			
	Richard Rowe			
	Lucius McCowan			

Event	Record Holder	Mark	Year	Meet
Shuttle Hurdle Relay	Odell Williams Tony McKennie Toussaint Kennedy Lucius McCowan	30.06	1986	Virginia Tech Relays
High Jump	Shawn Miller	7-2.25	1993	UNC/Joe Hilton Invitational
Long Jump	Anthony James	25-1.5	1983	UNC Invitational
Triple Jump	Jerry Gaines	50-6.5	1972	Blue Grey Senior Bowl
Pole Vault	Charles Rice	16-3.25	2002	Southern Conference
Shot Put	Derek Summerour	53-7	1996	Tigger Classic (Clemson)
35-lb. Weight	Phillip Johnson	63-2.25	1999	Clemson Invitational
Heptathlon	Matt Harfinger	4,620 pts	2007	Southern Conference

### Western Carolina Women's Indoor Track & Field Records

Event	Record Holder	Mark	Year	Meet
55 Meters	Tangelia Johson	6.95	2006	Appalachian Invitational
60 Yards	Sandra Davis	7.45	1988	Lynchburg College
60 Meters	Tangelia Johnson	7.48	2006	Southern Conference
55 M Hurdles	Ronetta Burgess	7.99	2001	ASU Opener
60 M Hurdles	Rahma Mateen	8.74	1996	Clemson Classic
200 Meters	Raquel Ramseur	24.51	2006	Southern Conference
300 Meters	Shawnta Person	40.24	1996	Clemson Opener
400 Meters	Raquel Ramseur	54.31	2007	Alex Wilson/ Notre Dame
440 Yards	Angela Rowe	57.03	1995	UT All Comers
500 Yards	Kim Arthur	1:12.10	1997	UT All Comers
500 Meters	Shawnta Person	1:15.28	1997	Virginia Tech Invitational
600 Yards	Tonya Alston	1:29.60	1992	UT All Comers
600 Meters	Angela Rowe	1:35.75	1994	Clemson Opener
800 Meters	Kerrie Savery	2:10.17	2007	Akron Indoor Open
880 Yards	Kristen Savery	2:24.64	1995	UT All Comers
1000 Yards	Susie Gardner	2:40.56	1992	UT All Comers
1000 Meters	Christina Smith	3:12.25	2000	Clemson Invitational
One Mile	Susie Gardner	4:56.89	1992	Tiger Classic
3000 Meters	Deanna Kulesz	10:02.84	2007	Southern Conference
5000 Meters	Jenny Warford	17:32.86	1999	IKON Invitational (ETSU)
4x200M Relay	Wykesha Bailey Rahma Mateen Angela Rowe Daree Thompson	1:43.50	1995	Pepsi Relays (Virginia Tech)
One Mile Relay	Shawnta Person Keeya McManus Maggie Donahue Emily Redmon	3:50.85	1997	Southern Conference
Two Mile Relay	Joy Davis Tega Crawford Kim Eubanks Susie Gardner	9:34.16	1992	Southern Conference
4x800M Relay	Emily Redmon Maggie Donahue Keeya McManus Kristen Savery	9:19.87	1997	Virginia Tech Invitational

<b>Event</b>	<b>Record Holder</b>	<b>Mark</b>	<b>Year</b>	<b>Meet</b>
4x400M Relay	Asia Davis Raquel Ramseur Kerrie Savery Tangelia Johnson	3:45.31	2007	Alex Wilson/ Notre Dame
Sprint Medley	Wykesha Bailey Rahma Mateen Daree Thompson Emily Redmon	4:20.28	1995	Pepsi Relays (Virginia Tech)
Distance Medley	Kerrie Savery Raquel Ramseur Annie Bailey Megan Issacs	11:58.68	2008	Clemson Tiger Invitational
High Jump	Virginia LaCombe	6-0	2002	Florida Fast Times
Long Jump	Von Ross	20-4.25	1992	Southern Conference
Triple Jump	Von Ross	41-3.25	1993	UNC/ Joe Hilton Invitational
Pole Vault	Michelle Velez	13-0	2002	VMI Relays
Shot Put	LaSha Jackson	47-1.75	1998	Southern Conference
20-lb. Weight	Valerie Metz	54-7.25	2000	Southern Conference
Pentathlon	Laura Tieszen	3,274 pts.	2005	Southern Conference

### Western Carolina Men's Outdoor Track & Field Records

<b>Event</b>	<b>Record Holder</b>	<b>Mark</b>	<b>Year</b>	<b>Meet</b>
100 Meters	T. Alford	10.41	2004	Southern Conference/ NCAA East Regionals
200 Meters	Zeb Johnson	20.78	2008	Southern Conference
400 Meters	Manteo Mitchell	46.23	2007	Western Carolina Invitational
800 Meters	Richard Rowe	1:47.84	1988	Gatorade Classic
1500 Meters	Ben Bailey	3:47.64	1972	NAIA Championships
1600 Meters	Ben Bailey	4:03.34	1972	NAIA Championships
3000 Meters	Robert Baker	8:29.12	1984	Clemson Dual
3000m Steeple	Phil Roberts	9:05.24	1985	Spec Towns Invitational
5000 Meters	Phil Roberts	14:30.24	1985	Tar Heel State Games
10,000 Meters	Phil Roberts	30:10.84	1985	Southern Conference
110m Hurdles	Rahsaan Uldaneta	14.13	1999	Sea Ray Relays
400m Hurdles	Tony McKennie	50.03	1989	NCAA Championships
High Jump	Matt Evans	7-00.5	2008	Orange/ Purple Classic
Long Jump	Jerry Gaines	25-7.5	1972	NAIA Championships
Triple Jump	Jerry Gaines	51-4.75	1973	Furman Invitational
Shot Put	Derek Summerour	54-6.75	1997	Southern Conference
Hammer	Phillip Johnson	183-8	1999	Spec Towns Invitational
Discus	Phillip Johnson	172-11	1998	Clemson Orange/ Purple Classic
Javelin (old spec)	Jon Wiggins	203-9	1975	WCU/ Clemson Dual
Javelin (new spec)	Matt Evans	218-8	2008	Florida Relays
Pole Vault	Charles Rice	16-4.75	2002	Jesse Owns Classic
	Ryan Lewis	16-4.75	1999	Southern Conference
Decathlon	Jim Davis	6309 pts.	1994	Clemson Tiger Invitational
4x110yd Relay	Levon Wilson Eugene Collins Jerry Siler Clifford Surratt	41.24	1976	Tom Black Classic
4x100m Relay	Manteo Mitchell Dominique Young Christian Bethune Zeb Johnson	39.59	2008	NCAA East Regional

<b>Event</b>	<b>Record Holder</b>	<b>Mark</b>	<b>Year</b>	<b>Meet</b>
4x200m Relay	Earl Bates James Ford Eric Rasheed Ricky Schell	1:24.14	1984	Georgia Relays
4x400m Relay	Manteo Mitchell James Gregory Mike Malone Zeb Johnson	3:08.34	2007	Georgia Tech Invitational
	Milton Bolton Manteo Mitchell Mike Malone Zeb Johnson	3:08.34	2006	Georgia Tech Invitational
4x800m Relay	Michael Simmons Caleb Bailey James Irwin Eddie Vick	7:41.18	2002	Florida Relays
4x1600m Relay	Max Boswell Donnie Reuss David Hopkins Turner Norris	17:35.14	1994	Florida Relays
Sprint Medley	Milton Bolton T. Alford Darus Coefield Caleb Bailey	3:19.98	2002	Florida Relays
Distance Medley	Keith Frisbee Mark Caulfield Clifford Surratt Dennis Kasprzyk	10:09.84	1976	Florida Relays
Two-Mile Relay	Tom Gibbons Steve Fleming Randy Helderman Ben Bailey	7:49.64	1972	WCU Relays
One-Mile Relay	Anthony James Larry Jackson Miles Nicholson Earl Bates	3:14.34	1984	Davidson Relays
Shuttle Hurdle	Skip Watkins John Arnold Joey Childs Greg Walton	1:01.34	1975	Davidson Relays

## Western Carolina Women's Outdoor Track & Field Records

Event	Record Holder	Mark	Year	Meet
100 Meters	Felicia Paulding	11.59	2008	Southern Conference
200 Meters	Raquel Ramseur	23.43	2008	Florida Relays
400 Meters	Raquel Ramseur	53.08	2008	Georgia Tech Invitational
800 Meters	Keeya McManus	2:06.28	1999	Georgia Tech Reebok Invitational
1500 Meters	Kristen Savery	4:33.49	1997	Florida Relays
3000 Meters	Rita Roberts	9:59.28	1994	Specs Towns Invitational
3000m Steeple	Alissa Short	11:19.07	2004	UNCC Invitational
5000 Meters	Rita Roberts	17:09.64	1994	Sea Ray Relays
10,000 Meters	Rita Roberts	36:06.70	1994	Southern Conference
100m Hurdles	Kamilah Gabriel	13.75	1999	Sea Ray Relays
400m Hurdles	Asia Davis	:58.05	2006	NCAA East Regional
High Jump	Virginia LaCombe	6-0	2002	Clemson Orange/ Purple Classic
Long Jump	Von Ross	21-4	1991	Blue Heaven Last Chance
Triple Jump	Kamilah Gabriel	41-6	1999	Sea Ray Relays
Shot Put	LaSha Jackson	47-11.25	1997	Georgia Tech Reebok Invitational
Hammer	Valerie Mets	163-8	2000	Southern Conference
Discus	Ericka Crawford	142-8	1992	Clemson Relays
Javelin	Ashley Herendon	148-11	2001	Clemson Relays
Pole Vault	Laura Tieszen	13'1.5"	2004	Southern Conference
Heptathlon	Rahma Mateen	5055 pts.	1996	UNC Twilight
Pentathlon	Laura Tieszen	3102 pts.	2004	Southern Conference
4x100m Relay	Tangelia Johnson Raquel Ramseur Janet Carothers Felicia Paulding	44.95	2008	NCAA East Regional
4x200m Relay	Raquel Ramseur Janet Carothers Felicia Paulding Tangelia Johnson	1:36.72	2008	Florida Relays
4x400m Relay	Janet Carothers Felicia Paulding Shalyn McMichael Raquel Ramseur	3:37.58	2008	NCAA East Regionals
4x800m Relay	Keeya McManus Emily Redmon Kristin Savery Maggie Donahue	8:52.85	1997	Penn Relays
4x1500m Relay	Whitney Woods Megan Thacker Melanie Cooper Holly Bright	19:30.36	2001	Clemson Relays
Sprint Medley	Raquel Ramseur Tangelia Johnson Jennifer Spivey Leslie Martin	3:56.83	2005	Florida Relays
4x110yd Relay	Christy Duda Kim Johnson Alicia Williams Sandra Davis	51.09	1988	Davidson Relays
4x440yd Relay	Joy Davis Kim Johnson Tega Crawford Susie Gardner	4:12.61	1990	WCU Invitational
4x100m Shuttle Hurdle Relay	Rahma Mateen Kamilah Gabriel Wykesga Bailey LaKeeva Brooks	1:01.81	1997	Clemson Relays