

2008 Southern Conference Men's & Women's Indoor Track & Field Championships

Western Carolina Individual Finishes / All Southern Conference Selections

WESTERN CAROLINA MEN

Men 60 Meter Dash

1	Manteo Mitchell.....	6.81
2	Dominique Young.....	6.85
3	Zeb Johnson.....	6.87
4	Christian Bethune.....	6.96
8	Thomas Funderburke.....	7.10

Men 200 Meter Dash

1	Manteo Mitchell.....	22.33
2	Zeb Johnson.....	21.70
3	Dominique Young.....	21.99
4	John Oros.....	22.33
5	Duke Craig.....	22.35
8	Christian Bethune.....	23.17

Men 400 Meter Dash

1	Manteo Mitchell.....	49.12
2	John Oros.....	50.17
3	Thomas Funderburke.....	50.35
4	Zeb Johnson.....	50.64
5	Duke Craig.....	50.87

Men 1 Mile Run

9	Stephen Hammond.....	4:20.96
15	Stephon Roach.....	4:27.90

Men 800 Meter Run

1	Drew Tucker.....	1:56.93
4	Aaron Grant.....	1:57.75

Men 3,000 Meter Run

9	Stephen Hammond.....	8:46.08
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Men 5,000 Meter Run

14	Stephen Hammond.....	16:01.46
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Men 60 Meter Hurdles

4	Christian Bethune.....	8.49
6	Jordan Blazer.....	8.57
7	David Gift.....	8.89
8	Sean Reardon.....	9.09

Men 4x400 Meter Relay

1	Western Carolina "A".....	3:22.59
	Manteo Mitchell, Duke Craig, Drew Tucker, Zeb Johnson	

Men Distance Medley Relay

3	Western Carolina "A".....	10:25.99
	Stephon Roach, Drew Tucker, Jestin Jennings, Stephen Hammond	

Men High Jump

1	Daniel Joseph.....	1.95m
2	Rashad Herndon.....	1.95m
3	Matt Evans.....	1.95m
4	Chris Gaillard.....	1.90m
7	David Gift.....	1.80m

Men Pole Vault

2	Mike O'Steen.....	4.60m
5	James Logan.....	4.45m
6	Sean Reardon.....	4.30m

Men Long Jump

2	Daniel Joseph.....	15.12m
4	Chris Gaillard.....	14.30m
5	Rashad Herndon.....	13.94m
8	Alex Dollard.....	13.65m

Men Shot Put

1	Patrick Morris.....	15.32m
3	Cale McDaniel.....	15.05m
4	Chris Page.....	14.91m

Men Weight Throw

4	Cale McDaniel.....	15.81m
5	Chris Page.....	15.73m
10	Patrick Morris.....	12.66m

Men Heptathlon

2	Sean Reardon.....	4,460 pts
3	Matt Evans.....	4,426 pts
4	David Gift.....	4,122 pts

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WESTERN CAROLINA WOMEN

Women 60 Meter Dash

1	Tangelia Johnson	7.57
4	Felicia Paulding	7.67
5	Sherelle Fronberger	7.81
8	Raquel Ramseur	8.03

Women 200 Meter Dash

1	Raquel Ramseur	24.87
2	Janet Carothers	24.96
4	Sherell Fronberger	25.30
6	Tangelia Johnson	25.48
7	Felicia Paulding	25.51

Women 400 Meter Dash

1	Raquel Ramseur	56.65
3	Janet Carothers	56.81
7	Aneesha Lane	60.82
8	Shalyn McMichael	64.56

Women 1 Mile Run

1	Kerrie Savery	5:04.26
4	Megan Isaacs	5:07.84
7	Jordan Gaddy	5:13.86

Women 800 Meter Run

1	Kerrie Savery	2:12.26
7	Annie Bailey	2:18.70
8	Megan Isaacs	2:21.24

Women 3,000 Meter Run

12	Skye Aiello	10:48.15
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Women 5,000 Meter Run

10	Skye Aiello	18:27.48
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Women 60 Meter Hurdles

3	Nashay McGriff	9.08
5	Rashanda Simmons	9.14

Women 4x400 Meter Relay

1	Western Carolina "A"	3:47.17
	Janet Carothers, Felicia Paulding, Kerrie Savery, Raquel Ramseur	

Women Distance Medley Relay

1	Western Carolina "A"	12:09.60
	Kerrie Savery, Annie Bailey, Aneesha Lane, Megan Isaacs	

Women High Jump

1	Jessika Johnson	1.66m
6	Angela Stark	1.55m
10	Nashay McGriff	1.50m
12	Tia Jones	1.50m

Women Pole Vault

9	Amanda Massey	2.85m
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Women Long Jump

6	Tia Jones	5.53m
14	Morgan Joseph	5.18m
15	Rashanda Simmons	4.79m

Women Triple Jump

3	Tia Jones	12.21m
7	Nashay McGriff	11.50m
11	Rashanda Simmons	10.88m

Women Shot Put

4	Nicole Lopez	12.87m
7	Chelsea McLean	12.03m

Women Weight Throw

2	Nicole Lopez	16.44m
9	Chelsea McLean	12.67m

Women Pentathlon

5	Nashay McGriff	3,035 pts
13	Morgan Joseph	2,065 pts
14	Rashanda Simmons	1,962 pts

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WESTERN CAROLINA INDIVIDUAL CHAMPIONS

Men

Duke Craig: 4x400-Meter Relay
Zeb Johnson: 4x400-Meter Relay
Daniel Joseph: High Jump
Manteo Mitchell: 60-Meter Dash, 200-Meter Dash, 400-Meter Dash, 4x400-Meter Relay
Patrick Morris: Shot Put
Drew Tucker: 800-Meter Run, 4x400-Meter Relay

Women

Annie Bailey: Distance Medley Relay
Janet Carothers: 4x400-Meter Relay
Megan Isaacs: Distance Medley Relay
Jessika Johnson: High Jump
Tangelia Johnson: 60-Meter Dash
Aneesha Lane: Distance Medley Relay
Felicia Paulding: 4x400-Meter Relay
Raquel Ramseur: 200-Meter Dash, 400-Meter Dash, 4x400-Meter Relay
Kerrie Savery: Mile Run, 800-Meter Run, Distance Medley Relay, 4x400-Meter Relay

2008 WESTERN CAROLINA CATAMOUNTS NAMED ALL-SOUTHERN CONFERENCE

Men

Duke Craig: 4x400-Meter Relay
Matt Evans: High Jump, Heptathlon
Thomas Funderburke: 400-Meter Dash
Stephen Hammond: Distance Medley Relay
Rashad Herndon: High Jump
Jestin Jennings: Distance Medley Relay
Zeb Johnson: 4x400-Meter Relay, 60-Meter Dash, 200-Meter Dash
Daniel Joseph: High Jump, Long Jump
Cale McDaniel: Shot Put
Manteo Mitchell: 60-Meter Dash, 200-Meter Dash, 400-Meter Dash, 4x400-Meter Relay
Patrick Morris: Shot Put
Mike O'Steen: Pole Vault
John Oros: 400-Meter Dash
Sean Reardon: Heptathlon
Stephon Roach: Distance Medley Relay
Drew Tucker: 800-Meter Run, Distance Medley Relay, 4x400-Meter Relay
Dominique Young: 60-Meter Dash, 200-Meter Dash

Women

Annie Bailey: Distance Medley Relay
Janet Carothers: 4x400-Meter Relay, 200-Meter Dash, 400-Meter Dash
Megan Isaacs: Distance Medley Relay
Jessika Johnson: High Jump
Tangelia Johnson: 60-Meter Dash
Tia Jones: Triple Jump
Aneesha Lane: Distance Medley Relay
Nicole Lopez: Weight Throw
Nashay McGriff: 60-Meter Hurdles
Felicia Paulding: 4x400-Meter Relay
Raquel Ramseur: 200-Meter Dash, 400-Meter Dash, 4x400-Meter Relay
Kerrie Savery: Mile Run, 800-Meter Run, Distance Medley Relay, 4x400-Meter Relay