



CATAMOUNT ATHLETIC COMPLEX

ALL-TIME OUTDOOR TRACK & FIELD RECORDS

MEN

Event	Record Holder	School	Mark	Meet	Year
100M.....	James Rainer.....	East Tennessee State.....	10.40.....	WCU Invitational.....	2006
200M.....	Zeb Johnson.....	Western Carolina.....	20.88.....	WCU Invitational.....	2006
400M.....	Manteo Mitchell.....	Western Carolina.....	46.23.....	WCU Invitational.....	2007
800M.....	Bryan Burney.....	Appalachian State.....	1:52.61.....	SoCon Championships.....	2005
1,500M.....	Adam Puett.....	Western Carolina.....	3:55.45.....	SoCon Championships.....	2005
Steeple.....	Ian Mayne.....	Chattanooga.....	9:23.38.....	SoCon Championships.....	2005
5,000M.....	Mitch Cooper.....	St. Andrews.....	15:31.15.....	WCU Invitational.....	2008
10,000M.....	Joe Halin.....	Appalachian State.....	32:14.49.....	SoCon Championships.....	2005
110M Hurdles.....	Charles Derrickson.....	Appalachian State.....	14.25.....	WCU Invitational.....	2007
400M Hurdles.....	Chris Harrington.....	Chattanooga.....	52.65.....	SoCon Championships.....	2005
4x100M Relay.....	Western Carolina.....		40.00.....	Catamount Classic.....	2008
	<i>D. Young, K. Johnson, Z. Johnson, M. Mitchell</i>				
4x400M Relay.....	Western Carolina.....		3:15.38.....	SoCon Championships.....	2005
	<i>J. Barr, J. Gregory, C. Grant, Z. Johnson</i>				
Long Jump.....	Georg Fields.....	Clemson.....	24-4.50.....	Catamount Classic.....	2006
Triple Jump.....	Charles Jones.....	UNC Greensboro.....	50-0.....	SoCon Championships.....	2005
High Jump.....	Adam Linkenauer.....	Unattached.....	7-0.25.....	WCU Invitational.....	2008
Hammer.....	Terrance Myers.....	East Carolina.....	195-8.25.....	WCU Invitational.....	2007
Shot Put.....	Anthony Greer.....	Appalachian State.....	59-1.75.....	WCU Invitational.....	2007
Discus.....	Anthony Greer.....	Appalachian State.....	163-2.....	SoCon Championships.....	2005
Javelin.....	Matt Evans.....	Western Carolina.....	193-8.....	WCU Invitational.....	2008
Pole Vault.....	Mark Johnson.....	Coastal Carolina.....	17-2.75.....	WCU Invitational.....	2006
Decathlon.....	Dustin Wright.....	Appalachian State.....	6021 pts.....	SoCon Championships.....	2005

2008 NCAA DIVISION I MEN'S OUTDOOR TRACK & FIELD QUALIFYING STANDARDS

TRACK EVENTS

100-Meter Dash.....	10.55
200-Meter Dash.....	21.35
400-Meter Dash.....	47.20
800-Meter Run.....	1:50.40
1,500-Meter Run.....	3:47.80
5,000-Meter Run.....	14:12.00
3,000-Meter Steeple.....	9:07.00
110-Meter Hurdles.....	14.30
400-Meter Hurdles.....	52.51
4x100-Meter Relay.....	40.66
4x400-Meter Relay.....	3:10.00

FIELD EVENTS

Discus.....	51.70m (169-7)
Hammer.....	56.80m (186-4)
Javelin.....	61.60m (202-1)
High Jump.....	2.10m (6-10.75)
Pole Vault.....	5.05m (16-6.75)
Long Jump.....	7.34m (24-1)
Triple Jump.....	15.00m (49-2.5)

Event.....	Automatic.....	Provisional
Decathlon.....	7500pts.....	6900pts

WOMEN

Event	Record Holder	School	Mark	Meet	Year
100M.....	Nicole Brown.....	Georgia Southern.....	11.50.....	SoCon Championships.....	2005
200M.....	Jennifer Claud.....	Appalachian State.....	23.76.....	SoCon Championships.....	2005
400M.....	Nichola Cornish.....	East Tennessee State.....	54.59.....	SoCon Championships.....	2005
800M.....	Kerrie Savery.....	Western Carolina.....	2:10.54.....	Catamount Classic.....	2008
1,500M.....	Shannon Wommack.....	Chattanooga.....	4:32.34.....	SoCon Championships.....	2005
Steeple.....	Shannon Wommack.....	Chattanooga.....	10:34.87.....	SoCon Championships.....	2005
5,000M.....	Kathleen Turchin.....	Chattanooga.....	17:16.45.....	SoCon Championships.....	2005
10,000M.....	Ellen Davis.....	Chattanooga.....	39:24.56.....	SoCon Championships.....	2005
100M Hurdles.....	Rhonda White.....	Team Velocity.....	13.70.....	WCU Invitational.....	2006
400M Hurdles.....	Asia Davis.....	Western Carolina.....	59.56.....	WCU Invitational.....	2006
4x100M Relay.....	Western Carolina.....		45.56.....	Catamount Classic.....	2008
	<i>T. Johnson, R. Ramseur, J. Carothers, F. Paulding</i>				
4x400M Relay.....	Western Carolina.....		3:45.72.....	SoCon Championships.....	2005
	<i>L. Martin, R. Ramseur, A. Davis, J. Spivey</i>				
Long Jump.....	Lauren Jacobs.....	Georgia Southern.....	19-0.75.....	SoCon Championships.....	2005
Triple Jump.....	Nicole Brown.....	Georgia Southern.....	42-10.75.....	SoCon Championships.....	2005
High Jump.....	Brittany Whitaker.....	Western Carolina.....	5-7.25.....	SoCon Championships.....	2005
Hammer.....	Nikole Simmons.....	Appalachian State.....	181-4.....	SoCon Championships.....	2005
Shot Put.....	Beverly Burnett.....	Appalachian State.....	50-10.25.....	SoCon Championships.....	2005
Discus.....	Liz Maugen.....	Akron.....	148-9.....	Catamount Classic.....	2005
Javelin.....	Ashley Kaufman.....	Akron.....	148-10.....	Catamount Classic.....	2005
Pole Vault.....	Laura Tieszen.....	Western Carolina.....	12-5.5.....	SoCon Championships.....	2005
Heptathlon.....	Laura Tieszen.....	Western Carolina.....	4387 pts.....	SoCon Championships.....	2005

2008 NCAA DIVISION I WOMEN'S OUTDOOR TRACK & FIELD QUALIFYING STANDARDS

TRACK EVENTS

100-Meter Dash.....	11.75
200-Meter Dash.....	23.96
400-Meter Dash.....	54.61
800-Meter Run.....	2:09.80
1,500-Meter Run.....	4:27.80
5,000-Meter Run.....	16:52.00
3,000-Meter Steeple.....	10:50.25
100-Meter Hurdles.....	13.92
400-Meter Hurdles.....	1:00.82
4x100-Meter Relay.....	45.70
4x400-Meter Relay.....	3:42.00

FIELD EVENTS

Discus.....	47.30m (155-2)
Hammer.....	54.15m (177-7)
Javelin.....	43.45m (142-6.5)
High Jump.....	1.75m (5-8.75)
Pole Vault.....	3.85m (12-7.5)
Long Jump.....	6.00m (19-8)
Triple Jump.....	12.32m (40-5)

Event.....	Automatic.....	Provisional
Pentathlon.....	3700 pts.....	3274 pts



CATAMOUNT ATHLETIC COMPLEX

ALL-TIME OUTDOOR TRACK & FIELD RECORDS

MEN

Event	Record Holder	School	Mark	Meet	Year
100M.....	James Rainer.....	East Tennessee State.....	10.40.....	WCU Invitational.....	2006
200M.....	Zeb Johnson.....	Western Carolina.....	20.88.....	WCU Invitational.....	2006
400M.....	Manteo Mitchell.....	Western Carolina.....	46.23.....	WCU Invitational.....	2007
800M.....	Bryan Burney.....	Appalachian State.....	1:52.61.....	SoCon Championships.....	2005
1,500M.....	Adam Puett.....	Western Carolina.....	3:55.45.....	SoCon Championships.....	2005
Steeple.....	Ian Mayne.....	Chattanooga.....	9:23.38.....	SoCon Championships.....	2005
5,000M.....	Mitch Cooper.....	St. Andrews.....	15:31.15.....	WCU Invitational.....	2008
10,000M.....	Joe Halin.....	Appalachian State.....	32:14.49.....	SoCon Championships.....	2005
110M Hurdles.....	Charles Derrickson.....	Appalachian State.....	14.25.....	WCU Invitational.....	2007
400M Hurdles.....	Chris Harrington.....	Chattanooga.....	52.65.....	SoCon Championships.....	2005
4x100M Relay.....	Western Carolina.....		40.00.....	Catamount Classic.....	2008
	<i>D. Young, K. Johnson, Z. Johnson, M. Mitchell</i>				
4x400M Relay.....	Western Carolina.....		3:15.38.....	SoCon Championships.....	2005
	<i>J. Barr, J. Gregory, C. Grant, Z. Johnson</i>				
Long Jump.....	Georg Fields.....	Clemson.....	24-4.50.....	Catamount Classic.....	2006
Triple Jump.....	Charles Jones.....	UNC Greensboro.....	50-0.....	SoCon Championships.....	2005
High Jump.....	Adam Linkenauer.....	Unattached.....	7-0.25.....	WCU Invitational.....	2008
Hammer.....	Terrance Myers.....	East Carolina.....	195-8.25.....	WCU Invitational.....	2007
Shot Put.....	Anthony Greer.....	Appalachian State.....	59-1.75.....	WCU Invitational.....	2007
Discus.....	Anthony Greer.....	Appalachian State.....	163-2.....	SoCon Championships.....	2005
Javelin.....	Matt Evans.....	Western Carolina.....	193-8.....	WCU Invitational.....	2008
Pole Vault.....	Mark Johnson.....	Coastal Carolina.....	17-2.75.....	WCU Invitational.....	2006
Decathlon.....	Dustin Wright.....	Appalachian State.....	6021 pts.....	SoCon Championships.....	2005

2008 NCAA DIVISION I MEN'S OUTDOOR TRACK & FIELD QUALIFYING STANDARDS

TRACK EVENTS

100-Meter Dash.....	10.55
200-Meter Dash.....	21.35
400-Meter Dash.....	47.20
800-Meter Run.....	1:50.40
1,500-Meter Run.....	3:47.80
5,000-Meter Run.....	14:12.00
3,000-Meter Steeple.....	9:07.00
110-Meter Hurdles.....	14.30
400-Meter Hurdles.....	52.51
4x100-Meter Relay.....	40.66
4x400-Meter Relay.....	3:10.00

FIELD EVENTS

Discus.....	51.70m (169-7)
Hammer.....	56.80m (186-4)
Javelin.....	61.60m (202-1)
High Jump.....	2.10m (6-10.75)
Pole Vault.....	5.05m (16-6.75)
Long Jump.....	7.34m (24-1)
Triple Jump.....	15.00m (49-2.5)

Event.....	Automatic.....	Provisional
Decathlon.....	7500pts.....	6900pts

WOMEN

Event	Record Holder	School	Mark	Meet	Year
100M.....	Nicole Brown.....	Georgia Southern.....	11.50.....	SoCon Championships.....	2005
200M.....	Jennifer Claud.....	Appalachian State.....	23.76.....	SoCon Championships.....	2005
400M.....	Nichola Cornish.....	East Tennessee State.....	54.59.....	SoCon Championships.....	2005
800M.....	Kerrie Savery.....	Western Carolina.....	2:10.54.....	Catamount Classic.....	2008
1,500M.....	Shannon Wommack.....	Chattanooga.....	4:32.34.....	SoCon Championships.....	2005
Steeple.....	Shannon Wommack.....	Chattanooga.....	10:34.87.....	SoCon Championships.....	2005
5,000M.....	Kathleen Turchin.....	Chattanooga.....	17:16.45.....	SoCon Championships.....	2005
10,000M.....	Ellen Davis.....	Chattanooga.....	39:24.56.....	SoCon Championships.....	2005
100M Hurdles.....	Rhonda White.....	Team Velocity.....	13.70.....	WCU Invitational.....	2006
400M Hurdles.....	Asia Davis.....	Western Carolina.....	59.56.....	WCU Invitational.....	2006
4x100M Relay.....	Western Carolina.....		45.56.....	Catamount Classic.....	2008
	<i>T. Johnson, R. Ramseur, J. Carothers, F. Paulding</i>				
4x400M Relay.....	Western Carolina.....		3:45.72.....	SoCon Championships.....	2005
	<i>L. Martin, R. Ramseur, A. Davis, J. Spivey</i>				
Long Jump.....	Lauren Jacobs.....	Georgia Southern.....	19-0.75.....	SoCon Championships.....	2005
Triple Jump.....	Nicole Brown.....	Georgia Southern.....	42-10.75.....	SoCon Championships.....	2005
High Jump.....	Brittany Whitaker.....	Western Carolina.....	5-7.25.....	SoCon Championships.....	2005
Hammer.....	Nikole Simmons.....	Appalachian State.....	181-4.....	SoCon Championships.....	2005
Shot Put.....	Beverly Burnett.....	Appalachian State.....	50-10.25.....	SoCon Championships.....	2005
Discus.....	Liz Maugen.....	Akron.....	148-9.....	Catamount Classic.....	2005
Javelin.....	Ashley Kaufman.....	Akron.....	148-10.....	Catamount Classic.....	2005
Pole Vault.....	Laura Tieszen.....	Western Carolina.....	12-5.5.....	SoCon Championships.....	2005
Heptathlon.....	Laura Tieszen.....	Western Carolina.....	4387 pts.....	SoCon Championships.....	2005

2008 NCAA DIVISION I WOMEN'S OUTDOOR TRACK & FIELD QUALIFYING STANDARDS

TRACK EVENTS

100-Meter Dash.....	11.75
200-Meter Dash.....	23.96
400-Meter Dash.....	54.61
800-Meter Run.....	2:09.80
1,500-Meter Run.....	4:27.80
5,000-Meter Run.....	16:52.00
3,000-Meter Steeple.....	10:50.25
100-Meter Hurdles.....	13.92
400-Meter Hurdles.....	1:00.82
4x100-Meter Relay.....	45.70
4x400-Meter Relay.....	3:42.00

FIELD EVENTS

Discus.....	47.30m (155-2)
Hammer.....	54.15m (177-7)
Javelin.....	43.45m (142-6.5)
High Jump.....	1.75m (5-8.75)
Pole Vault.....	3.85m (12-7.5)
Long Jump.....	6.00m (19-8)
Triple Jump.....	12.32m (40-5)

Event.....	Automatic.....	Provisional
Pentathlon.....	3700 pts.....	3274 pts