



Catamount Athletic Complex

All-Time Outdoor Track & Field Records

MEN

Event	Record Holder	School	Mark	Meet	Year
100M	James Rainer	East Tennessee	10.40	WCU Invitational	2006
200M	Zeb Johnson	Western Carolina	20.78	SoCon Championships	2008
400M	Manteo Mitchell	Western Carolina	46.23	WCU Invitational	2007
800M	Patrick Morgan	Furman	1:51.78	SoCon Championships	2008
1,500M	Adam Puett	Western Carolina	3:55.45	SoCon Championships	2005
Steeple	Ian Mayne	Chattanooga	9:23.38	SoCon Championships	2005
5,000M	Brian Deal	Appalachian State	14:45.38	SoCon Championships	2008
10,000M	Blair Tealy	Appalachian State	32:13.86	SoCon Championships	2008
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 <i>D. Young, K. Johnson, Z. Johnson, M. Mitchell</i>		40.00	Catamount Classic	2008
4x400M Relay	Western Carolina <i>J. Barr, J. Gregory, C. Grant, Z. Johnson</i>		3:15.38	SoCon Championships	2005
Long Jump	George Fields	Clemson	24-4.50	Catamount Classic	2006
Triple Jump	Joel Graddy	Appalachian State	50-11.5	SoCon Championships	2008
High Jump	Adam Linkenauger	Unattached	7-0.25	WCU Invitational	2008
Hammer	Wes Kisef	Appalachian State	198-11	SoCon Championships	2008
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	206-9	Catamount Classic	2008
Pole Vault	Mark Johnson	Coastal Carolina	17-2.75	WCU Invitational	2006
Decathlon	David Gift	Western Carolina	6034 pts.	SoCon Championships	2008

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	Raquel Ramseur	Western Carolina	23.67	SoCon Championships	2008
400M	Nicola Cornish	East Tennessee	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	Breana Biaras	Davidson	36:56.24	SoCon Championships	2008
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 <i>T. Johnson, R. Ramseur, J. Carothers, F. Paulding</i>		45.56	Catamount Classic	2008
4x400M Relay	Western Carolina <i>J. Carothers, F. Paulding, S. McMichael, R. Ramseur</i>		3:44.04	SoCon Championships	2008
Long Jump	Vonteena Knots	Appalachian State	19-3.50	SoCon Championships	2008
	Shaunta Hamilton	Georgia Southern	19-3.50	SoCon Championships	2008
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	Kiara Crutchfield	Appalachian State	4519 pts.	SoCon Championships	2008

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
110-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	3700pts.	3274pts.