

**Mountains vs. Beaches - 4/4/2009**  
**Results at www.cfpitiming.com**  
**Hosted by Western Carolina University**  
**Results - Mountains vs. Beaches**

**Event 17 Women 100 Meter Dash**

Name	School	Finals
<b>Finals</b>		
1 Paulding, Felicia	Western Carolina	11.85 9
2 Bowers, Emma	Western Carolina	12.14 7
3 Moore, Shayne	Unc-Wilmington	12.15 6
4 Phillips, Alicia	Unc-Wilmington	12.25 5
5 Dalton, Corrine	Unc-Wilmington	12.27 4
6 Dukes, Crystal	Appalachian Stat	12.30 3
7 Johnson, Monica	Appalachian Stat	12.38 2
8 Jackson, Funsha	East Carolina	12.40 1
9 Grullon, Jaslyn	East Carolina	12.75 1.4
10 Haskins, Kia	East Carolina	13.01 1.4

**Event 18 Men 100 Meter Dash**

Name	School	Finals
<b>Finals</b>		
1 Carr, John	Unc-Wilmington	10.39 9
2 Thompson, Kevin	East Carolina	10.42 7
3 Young, Dominique	Western Carolina	10.55 6
4 Johnson, Kevin	Western Carolina	10.71 5
5 Hewett, Jerek	East Carolina	10.76 4
6 Pearce, DeSean	Appalachian Stat	10.87 3
7 Keith, Evan	Unc-Wilmington	11.01 2
8 Ray, Jacques	East Carolina	11.02 1
9 Goodchild, Jake	Appalachian Stat	11.39 2.9
10 Pope, Mike	Appalachian Stat	11.49 2.9
11 Peacock, Jordan	Unc-Wilmington	11.55 2.9

**Event 19 Women 200 Meter Dash**

Name	School	Finals
<b>Finals</b>		
1 Carothers, Jane't	Western Carolina	24.29 9
2 Bowers, Emma	Western Carolina	24.69 7
3 Foster, Shanelle	Unc-Wilmington	24.82 6
4 Parker, Christina	Appalachian Stat	24.83 5
5 Phillips, Alicia	Unc-Wilmington	24.98 4
6 Johnson, Monica	Appalachian Stat	25.03 3
7 Moore, Shayne	Unc-Wilmington	25.06 2
8 Jackson, Funsha	East Carolina	25.07 1
9 Liriano, Nadia	Appalachian Stat	25.35 1.7
10 Dalton, Corrine	Unc-Wilmington	25.41 1.7
11 Thorpe, Danielle	Appalachian Stat	25.46 2.8
12 Charles, Ericka	East Carolina	26.10 1.7
13 Haskins, Kia	East Carolina	26.43 1.7

**Event 20 Men 200 Meter Dash**

Name	School	Finals
<b>Finals</b>		
1 Mitchell, Manteo	Western Carolina	20.73 9
2 Thompson, Kevin	East Carolina	20.91 7
3 Carr, John	Unc-Wilmington	21.03 6
4 Johnson, Kevin	Western Carolina	21.26 5
5 Prevette, Justin	Unc-Wilmington	21.51 4

6 Sanderson, Adian	East Carolina	21.62 3
7 Bush, Phillip	Appalachian Stat	22.05 2
8 Hewett, Jerek	East Carolina	22.26 1
9 Pearce, DeSean	Appalachian Stat	22.67 0.5

**Event 21 Women 400 Meter Dash**

Name	School	Finals
<b>Finals</b>		
1 McMichael, Shalyn	Western Carolina	55.50 9
2 Sessoms, Chante	East Carolina	56.02 7
3 Garren, Felisha	Western Carolina	56.36 6
4 Dunlap, Asia	Appalachian Stat	56.48 5
5 Barnes, Bryerica	Unc-Wilmington	57.45 4
6 Bowers, Hannah	Western Carolina	57.79 3
7 Hiller, Lynda	Appalachian Stat	57.93 2
8 Donaldson, Lauren	Unc-Wilmington	58.24 1
9 Charles, Ericka	East Carolina	58.56
10 Liriano, Nadia	Appalachian Stat	59.41
11 Anderson, Shalice	East Carolina	59.90
12 Parker, Christina	Appalachian Stat	59.95

**Event 22 Men 400 Meter Dash**

Name	School	Finals
<b>Finals</b>		
1 Davis, Benny	Western Carolina	47.61 9
2 Svoboda, John	Appalachian Stat	48.28 7
3 Clark, Jared	Unc-Wilmington	48.31 6
4 Wright, Ron	East Carolina	48.76 5
5 Pederzoli, Nick	Unc-Wilmington	49.07 3.5
5 Funderburk, Thomas	Western Carolina	49.07 3.5
7 Letson, Chris	Unc-Wilmington	49.30 2
8 Carradine, Alex	Unc-Wilmington	49.39 1
9 Harris, Michael	East Carolina	50.14
10 Bunn, Tony	East Carolina	50.16
11 Reardon, Sean	Western Carolina	50.53
12 McClary, Marcus	Western Carolina	50.72
13 Goodchild, Jake	Appalachian Stat	52.30
14 Gift, David	Western Carolina	54.30

**Event 23 Women 800 Meter Run**

Name	School	Finals
<b>Finals</b>		
1 Povick, Jennifer	Appalachian Stat	2:11.90 9
2 Bailey, Annie	Western Carolina	2:18.91 7
3 Lapp, Amanda	East Carolina	2:20.01 6
4 Gaddy, Jordan	Western Carolina	2:20.48 5
5 Boulay, Becky	Unc-Wilmington	2:20.74 4
6 Isaccs, Megan	Western Carolina	2:20.82 3
7 Shaurette, Danielle	Western Carolina	2:20.85 2
8 Brooks, Hollie	East Carolina	2:21.52 1
9 Prasnikar, Melissa	Unc-Wilmington	2:25.22
10 Kopec, Melissa	Appalachian Stat	2:25.78
11 Mifsud, Samantha	Unc-Wilmington	2:26.53
12 Robertson, Kala	Appalachian Stat	2:26.77
13 Reese, Dani	Appalachian Stat	2:35.19

**Mountains vs. Beaches - 4/4/2009**  
**Results at www.cfpitiming.com**  
**Hosted by Western Carolina University**  
**Results - Mountains vs. Beaches**

**Finals ... (Event 23 Women 800 Meter Run)**

Name	School	Finals
14 Barletta, Andrea	East Carolina	2:42.95

**Event 24 Men 800 Meter Run**

Name	School	Finals
------	--------	--------

**Finals**

1 Zahorodny, Wil	Unc-Wilmington	1:53.97	9
2 Dennish, Matt	East Carolina	1:55.10	7
3 Tucker, Drew	Western Carolina	1:55.64	6
4 Tamer, Remy	Unc-Wilmington	1:56.19	5
5 Mattocks, William	Unc-Wilmington	1:56.34	4
6 Murray, Edrian	East Carolina	1:56.42	3
7 Roach, Stephon	Western Carolina	1:58.54	2
8 Burkhardt, Brian	Unc-Wilmington	1:58.55	1
9 O'Keefe, Nick	Appalachian Stat	2:02.44	
10 Moen, Chris	Appalachian Stat	2:08.86	

**Event 25 Women 1500 Meter Run**

Name	School	Finals
------	--------	--------

**Finals**

1 Mifsud, Samantha	Unc-Wilmington	4:41.59	9
2 Isaccs, Megan	Western Carolina	4:41.93	7
3 Gaddy, Jordan	Western Carolina	4:48.75	6
4 Wilson, Tara	East Carolina	4:50.68	5
5 Robertson, Kala	Appalachian Stat	4:53.60	4
6 Ester, Lindsay	Unc-Wilmington	4:54.92	3
7 Reese, Dani	Appalachian Stat	4:58.67	2
8 Prasnika, Melissa	Unc-Wilmington	5:01.05	1
9 Borowiec, Christina	Unc-Wilmington	5:02.59	
10 Barletta, Andrea	East Carolina	5:27.95	
--- Kopec, Melissa	Appalachian Stat	DNF	

**Event 26 Men 1500 Meter Run**

Name	School	Finals
------	--------	--------

**Finals**

1 Dennish, Matt	East Carolina	3:54.18	9
2 Montijo, Zachary	East Carolina	3:55.19	7
3 Galloway, Bud	Appalachian Stat	3:58.02	6
4 O'Keefe, Nick	Appalachian Stat	4:00.54	5
5 Hammond, Stephen	Western Carolina	4:02.57	4
6 Naro, Jeff	Unc-Wilmington	4:08.01	3
7 Moen, Chris	Appalachian Stat	4:12.66	2
8 Vanderham, Bob	Unc-Wilmington	4:21.48	1
--- Clawson, Jake	Western Carolina	DNF	

**Event 27 Women 3000 Meter Steeplechase**

Name	School	Finals
------	--------	--------

**Finals**

1 Chapman, Stephanie	Appalachian Stat	11:48.54	9
2 Nicholson, Leah	Western Carolina	12:06.36	7
3 Patterson, Lillian	Unc-Wilmington	12:12.88	6
4 Orders, Hannah	Appalachian Stat	12:29.06	5
5 Brennan, Erin	Unc-Wilmington	12:45.40	4

**Event 28 Men 3000 Meter Steeplechase**

Name	School	Finals
------	--------	--------

**Finals**

1 Soderman, Sean	Appalachian Stat	9:43.41	9
2 Meyer, Alec	Appalachian Stat	9:48.86	7
3 Nastasiak, Andrew	East Carolina	9:58.17	6
4 Naro, Jeff	Unc-Wilmington	10:01.08	5
5 Weaver, Josey	Western Carolina	10:06.44	4
6 Shaver, Cameron	Unc-Wilmington	10:10.21	3
7 Kish, Billy	Unc-Wilmington	10:25.75	2
--- Singh, Harvinder	East Carolina	DNF	
--- Justice, Chris	Western Carolina	DNF	

**Event 29 Women 3000 Meter Run**

Name	School	Finals
------	--------	--------

**Finals**

1 Casto, Kathleen	Unc-Wilmington	10:19.25	9
2 O'Neill, Bernadette	Unc-Wilmington	10:28.49	7
3 Wilson, Tara	East Carolina	10:41.46	6
4 Wells, Lauren	Unc-Wilmington	10:46.84	5
5 Mohr, Lauren	Unc-Wilmington	10:47.69	4
6 Norris, Ashley	Appalachian Stat	10:56.65	3
7 DeLorenzo, Lisa	East Carolina	11:04.67	2
8 Groce, Lindsay	Western Carolina	11:09.81	1
9 Shaurette, Danielle	Western Carolina	11:11.63	
10 Shaw, Natalie	Appalachian Stat	11:36.40	

**Event 30 Men 3000 Meter Run**

Name	School	Finals
------	--------	--------

**Finals**

1 Montijo, Zachary	East Carolina	8:49.21	9
2 Harris, Ryan	Appalachian Stat	8:54.29	7
3 Hammond, Stephen	Western Carolina	9:08.84	6
4 Monroe, Ross	Unc-Wilmington	9:12.42	5
5 Carmichael, Kelly	Unc-Wilmington	9:27.93	4
6 Scott, Michael	East Carolina	9:32.32	3
7 Santry, Mike	Unc-Wilmington	9:43.09	2
8 Clawson, Jake	Western Carolina	10:24.10	1

**Event 33 Women 100 Meter Hurdles**

Name	School	Finals
------	--------	--------

**Finals**

1 Jones, Aisha	Unc-Wilmington	14.39	9
2 Brutus, Michelle	Appalachian Stat	14.59	7
3 Newlin, Bethany	Unc-Wilmington	14.85	6
4 Grullon, Jaslyn	East Carolina	15.06	5
5 Wright, JaQuanda	East Carolina	15.14	4
6 Thomas, Jettana	Western Carolina	15.20	3
7 Jones, Tori	Western Carolina	15.25	2
8 Joseph, Morgan	Western Carolina	15.33	1
9 Wright, Carlyn	Western Carolina	15.35	-0.1
10 Simmons, Rashanda	Western Carolina	15.60	-0.1
11 Bright, Tara	East Carolina	15.61	-0.1
12 Gainey, Alicia	Western Carolina	15.73	-0.1

**Mountains vs. Beaches - 4/4/2009**  
**Results at www.cfpitiming.com**  
**Hosted by Western Carolina University**  
**Results - Mountains vs. Beaches**

**Finals ... (Event 33 Women 100 Meter Hurdles)**

Name	School	Finals
13 Crutchfield, Kiara	Appalachian Stat	15.88 -0.1

**Event 34 Men 110 Meter Hurdles**

Name	School	Finals
<b>Finals</b>		
1 Neal, Daniel	Appalachian Stat	14.41 9
2 Watlington, Devon	Unc-Wilmington	14.43 7
3 Bell, Kristopher	East Carolina	14.59 6
4 Miller, Matt	Unc-Wilmington	15.03 5
5 Felmet, Chris	Unc-Wilmington	15.13 4
6 Blazer, Jordan	Western Carolina	15.14 3
7 Bush, Phillip	Appalachian Stat	15.16 2
8 Boruff, Matt	Appalachian Stat	15.17 1
9 Malicdem, Aaron-John	East Carolina	15.63 1.5
10 Dohanic, AJ	Appalachian Stat	15.77 1.5
11 Gift, David	Western Carolina	16.03 1.5
12 Blumenstein, Brian	Unc-Wilmington	16.10 1.5
13 Miller, Jamaal	Western Carolina	16.19 1.5
14 Reardon, Sean	Western Carolina	20.29 1.5

**Event 35 Women 400 Meter Hurdles**

Name	School	Finals
<b>Finals</b>		
1 Brutus, Michelle	Appalachian Stat	1:04.32 9
2 Newlin, Bethany	Unc-Wilmington	1:04.50 7
3 Joseph, Morgan	Western Carolina	1:05.47 6
4 Jones, Tori	Western Carolina	1:06.50 5
5 Crutchfield, Naadia	Appalachian Stat	1:06.75 4
6 Johnson, Tierra	Western Carolina	1:06.84 3
7 Bowen, Sara	Unc-Wilmington	1:06.99 2
8 Irwin, Megan	Appalachian Stat	1:11.06 1
9 Simmons, Rashanda	Western Carolina	1:14.65

**Event 36 Men 400 Meter Hurdles**

Name	School	Finals
<b>Finals</b>		
1 Watlington, Devon	Unc-Wilmington	53.07 9
2 Brisco, Mario	East Carolina	53.90 7
3 Jennings, Jestin	Western Carolina	54.54 6
4 Blazer, Jordan	Western Carolina	54.91 5
5 Bennett, Will	Unc-Wilmington	55.74 4
6 Bowen, Sean	East Carolina	56.66 3
7 Boruff, Matt	Appalachian Stat	56.71 2
8 Bell, Kristopher	East Carolina	56.72 1
9 Thompson, Sean	Appalachian Stat	57.07
10 Felmet, Chris	Unc-Wilmington	57.92
11 Miller, Jamaal	Western Carolina	58.07
12 Neal, Daniel	Appalachian Stat	58.18
13 Clark, Tyler	Western Carolina	58.82
14 Dohanic, AJ	Appalachian Stat	59.04
15 Malicdem, Aaron-John	East Carolina	1:04.23

**Event 37 Women 4x100 Meter Relay**

Team	Relay	Finals
<b>Finals</b>		
1 Western Carolina	A	45.69 9
1) Bowers, Emma	2) Paulding, Felicia	
3) Carothers, Jane't	4) Fronberger, Sherelle	
2 Unc-Wilmington	A	46.39 7
1) Phillips, Alicia	2) Moore, Shayne	
3) Foster, Shanelle	4) Dalton, Corrine	
3 Appalachian State	A	48.04 6
1) Dukes, Crystal	2) Johnson, Monica	
3) Thorpe, Danielle	4) Hiller, Lynda	

**Event 38 Men 4x100 Meter Relay**

Team	Relay	Finals
<b>Finals</b>		
1 Western Carolina	A	40.24 9
1) Johnson, Kevin	2) Mitchell, Manteo	
3) Young, Dominique	4) Davis, Benny	
2 East Carolina	A	41.01 7
1) Hewett, Jerek	2) Sanderson, Adian	
3) Bell, Kristopher	4) Thompson, Kevin	
3 Unc-Wilmington	A	41.76 6
1) Mitchell, Brandyn	2) Keith, Evan	
3) Prevette, Justin	4) Carr, John	
4 Appalachian State	A	42.63 5
1) Bush, Phillip	2) Pearce, DeSean	
3) Pope, Mike	4) Svoboda, John	

**Event 39 Women 4x400 Meter Relay**

Team	Relay	Finals
<b>Finals</b>		
1 Western Carolina	A	3:48.15 9
1) Carothers, Jane't	2) McMichael, Shalyn	
3) Bowers, Emma	4) Paulding, Felicia	
2 Western Carolina	B	x3:53.02
1) Bowers, Hannah	2) Lane, Aneesha	
3) Fronberger, Sherelle	4) Garren, Felisha	
3 East Carolina	A	3:55.44 7
1) Sessoms, Chante	2) Charles, Ericka	
3) Anderson, Shalice	4) Jackson, Funsha	
4 Unc-Wilmington	A	3:55.64 6
1) Barnes, Bryerica	2) Donaldson, Lauren	
3) Foster, Shanelle	4) Kauffman, Alexis	
5 Appalachian State	A	4:00.02 5
1) Dunlap, Asia	2) Hiller, Lynda	
3) Johnson, Monica	4) Liriano, Nadia	
6 East Carolina	B	x4:18.08
1) Barletta, Andrea	2) Brooks, Hollie	
3) Lichtner, Samantha	4) Lapp, Amanda	
--- Appalachian State	B	DNF
1) Crutchfield, Kiara	2) Crutchfield, Naadia	
3) Parker, Christina	4) Povick, Jennifer	

**Mountains vs. Beaches - 4/4/2009**  
**Results at www.cfpitiming.com**  
**Hosted by Western Carolina University**  
**Results - Mountains vs. Beaches**

**Finals ... (Event 39 Women 4x400 Meter Relay)**

Team	Relay	Finals
--- Unc-Wilmington	B	DNF
1) Boulay, Becky	2) Bowen, Sara	
3) Newlin, Bethany	4) Moore, Shayne	

**Event 40 Men 4x400 Meter Relay**

Team	Relay	Finals
<b>Finals</b>		
1 Western Carolina	A	3:12.73 9
1) Funderburk, Thomas	2) Young, Dominique	
3) Davis, Benny	4) Mitchell, Manteo	
2 Unc-Wilmington	A	3:13.06 7
1) Mattocks, William	2) Clark, Jared	
3) Pederzoli, Nick	4) Watlington, Devon	
3 East Carolina	A	3:16.72 6
1) Wright, Ron	2) Harris, Michael	
3) Brisco, Mario	4) Sanderson, Adian	
4 Western Carolina	B	x3:18.34
1) Tucker, Drew	2) Jennings, Jestin	
3) Reardon, Sean	4) Johnson, Kevin	
5 Unc-Wilmington	B	x3:22.79
1) Carradine, Alex	2) Letson, Chris	
3) Dunn, James	4) Zahorodny, Wil	
6 Appalachian State	A	3:26.45 5
1) Svoboda, John	2) Dohanic, AJ	
3) Neal, Daniel	4) O'Keefe, Nick	
7 East Carolina	B	x3:26.86
1) Bunn, Tony	2) Biau, Sebastien	
3) Ray, Jacques	4) Bowen, Sean	
--- Unc-Wilmington	C	DNF
1) Bennett, Will	2) Blumenstein, Brian	
3) Felmet, Chris	4) Tamer, Remy	