

## 2007 Southern Conference Indoor Track & Field Championships - Day One Individual Results -

### WOMEN'S FINAL RESULTS FROM SATURDAY

#### Women Distance Medley SoCon - FINAL

1	Ut-Chattanooga 'A'	12:11.88	10
2	Appalachian State 'A'	12:14.31	8
<b>3</b>	<b>Western Carolina 'A'</b>	<b>12:17.70</b>	<b>6</b>
4	Furman 'A'	12:18.81	5
5	Col. of Charleston 'A'	12:42.57	4
6	Elon 'A'	12:54.20	3
7	Citadel 'A'	12:55.02	2
8	Georgia Southern 'A'	12:55.35	1

#### Women High Jump SoCon - FINAL

1	Meister, Kristen	FR Davidson	1.81mP	5-11.25	10
<b>2</b>	<b>Johnson, Jessika</b>	<b>JR Western Carolina</b>	<b>1.68m</b>	<b>5-06.00</b>	<b>8</b>
3	Phillips, Meg	FR Appalachian Stat	1.63m	5-04.25	6
4	Collier, Heather	FR Col. of Charlest	1.58m	5-02.25	5
5	Trumbo, Melanie	FR Georgia Southern	1.58m	5-02.25	4
6	Lightning, Jasmine	SO Georgia Southern	1.58m	5-02.25	3
<b>7</b>	<b>McGriff, Nashay</b>	<b>JR Western Carolina</b>	<b>1.53m</b>	<b>5-00.25</b>	<b>1.5</b>
7	Wilson, Amber	JR Georgia Southern	1.53m	5-00.25	1.5

#### Women Long Jump SoCon - FINAL

1	Brown, Nicole	SR Georgia Southern	6.15mP	20-02.25	10
2	Aguocha, Chibuzo	JR Furman	5.94m	19-06.00	8
3	Knotts, Vonteena	JR Appalachian Stat	5.81m	19-00.75	6
4	Thorpe, Danielle	FR Appalachian Stat	5.72m	18-09.25	5
5	Vines, Monique	FR Elon	5.70m	18-08.50	4
6	Jacobs, Lauren	SR Georgia Southern	5.68m	18-07.75	3
<b>7</b>	<b>Jones, Tia</b>	<b>FR Western Carolina</b>	<b>5.56m</b>	<b>18-03.00</b>	<b>2</b>
<b>8</b>	<b>Joseph, Morgan</b>	<b>FR Western Carolina</b>	<b>5.41m</b>	<b>17-09.00</b>	<b>1</b>

#### Women Shot Put SoCon - FINAL

1	Williams, Brittani	JR Appalachian Stat	14.54m	47-08.50	10	
2	McNeill, Stephanie	SR Citadel	14.15m	46-05.25	8	
3	Greeson, Emily	SR Georgia Southern	13.54m	44-05.25	6	
4	Tallent, Lily	JR Appalachian Stat	12.69m	41-07.75	5	
<b>5</b>	<b>Lopez, Nicole</b>	<b>JR Western Carolina</b>	<b>12.40m</b>	<b>40-08.25</b>	<b>4</b>	
<b>6</b>	<b>Bell, Sharhonda</b>	<b>SR Western Carolina</b>	<b>12.11m</b>	<b>39-08.75</b>	<b>3</b>	<b>11.72</b>
7	Wallace, Shaniqua	SO Appalachian Stat	12.11m	39-08.75	2	11.60
8	Alexander, Adrienne	FR Appalachian Stat	12.01m	39-05.00	1	

#### Women 3000 Meters Run SoCon - FINAL

1	Burns, Brenna	JR Davidson	9:53.83	10
2	Smith, Kasey	SR Appalachian Stat	9:56.76	8
3	Wrieden, Jenna	SR Appalachian Stat	9:57.14	6
4	Marchant, Lanni	SR Ut-Chattanooga	10:01.59	5
<b>5</b>	<b>Kulesz, Deanna</b>	<b>SR Western Carolina</b>	<b>10:02.80</b>	<b>4</b>
6	Parks, Hannah	SO Appalachian Stat	10:03.39	3
7	Gaffney, Meghan	JR Appalachian Stat	10:05.16	2
8	Sanker, Caroline	SO Davidson	10:13.97	1

#### Women Indoor Pentathlon SoCon - FINAL

<b>1</b>	<b>McGriff, Nashay</b>	<b>JR Western Carolina</b>	<b>3226</b>	<b>10</b>
2	Sanders, Lathcha	JR Citadel	3096	8
3	Abel, Kimberly	SO Elon	3056	6
4	Broadnax, Morgan	SO Western Carolina	3023	5
5	Trumbo, Melanie	FR Georgia Southern	3001	4
6	Ballard, Carla	JR Georgia Southern	2941	3
7	Wilkerson, Jessica	JR Western Carolina	2768	2
8	Connelly, Lauren	FR Elon	2738	1

# 2007 Southern Conference Indoor Track & Field Championships

## - Day One Individual Results -

### WOMEN'S PRELIMINARY RESULTS FROM SATURDAY

#### Women 60 Meters Dash SoCon - PRELIM

1 Johnson, Tangelia	JR Western Carolina	7.62Q	
2 Knotts, Vonteena	JR Appalachian Stat	7.66Q	
3 Ortiz, Shamyria	JR Georgia Southern	7.82q	
1 Ramseur, Raquel	JR Western Carolina	7.63Q	
2 Anthony, Demetrise	FR Georgia Southern	7.72Q	
3 Fronberger, Sherelle	FR Western Carolina	7.80q	
1 Brown, Nicole	SR Georgia Southern	7.65Q	
2 McKiver, Ashley	FR Appalachian Stat	7.68Q	

#### Women 200 Meters Dash SoCon - PRELIM

1 Fronberger, Sherelle	FR Western Carolina	25.17Q	
2 Johnson, Monica	SO Appalachian Stat	25.73q	
1 McKiver, Ashley	FR Appalachian Stat	25.61Q	25.602
1 Johnson, Tangelia	FR Western Carolina	25.93Q	
1 Ramseur, Raquel	JR Western Carolina	24.84Q	
1 Brown, Nicole	SR Georgia Southern	25.03Q	
2 Knotts, Vonteena	JR Appalachian Stat	25.88q	
1 Moore, Alexis	SR Citadel	25.61Q	25.604

#### Women 400 Meters Dash SoCon - PRELIM

1 Lane, Aneesha	SO Western Carolina	60.30Q	
1 McFadden, Chenel	FR Appalachian Stat	59.05Q	
1 Ballard, Carla	JR Georgia Southern	58.79Q	
1 Ramseur, Raquel	JR Western Carolina	58.62Q	
1 Davis, Asia	SR Western Carolina	60.02Q	
1 Arnold, Rashedah	SR Georgia Southern	58.39Q	
1 Hiller, Lynda	FR Appalachian Stat	59.56Q	
2 Wilson, Amber	JR Georgia Southern	59.59q	

#### Women 800 Meters Run SoCon - PRELIM

1 Robertson, Kala	JR Appalachian Stat	2:18.61Q	
2 Povick, Jennifer	JR Appalachian Stat	2:19.05q	
1 Wood, Emily	JR Ut-Chattanooga	2:19.04Q	
1 Savery, Kerri	JR Western Carolina	2:17.56Q	
2 Mullen, Rebecca	JR Furman	2:20.85q	
3 Barker, Lindsey	SO Furman	2:21.18q	
1 Sharpe, McKenzie	SR Furman	2:18.59Q	
2 Baker, Anna	JR Appalachian Stat	2:22.01q	

#### Women 60 Meters Hurdles SoCon - PRELIM

1 Chase, Brittany	SR Georgia Southern	8.73Q	
2 Davis, Asia	SR Western Carolina	8.78Q	
3 Wilson, Amber	JR Georgia Southern	8.98Q	
4 Simmons, Rashanda	SO Western Carolina	9.28q	
5 Meister, Kristen	FR Davidson	9.29q	9.282
1 Price, Dominique	JR Elon	8.67Q	
2 Jacobs, Lauren	SR Georgia Southern	9.02Q	
3 McGriff, Nashay	JR Western Carolina	9.15Q	

## 2007 Southern Conference Indoor Track & Field Championships - Day One Individual Results -

### MEN'S FINAL RESULTS FROM SATURDAY

#### Men 3000 Meters Run SoCon - FINALS

1	Van Nortwick, Adam	SR Appalachian Stat	8:34.68	10
2	Mitchell, Phillip	FR Appalachian Stat	8:35.28	8
3	Harden, Lance	SO Davidson	8:36.70	6
4	O'Keefe, Ryan	SO Appalachian Stat	8:40.67	5
5	Desta, Asmeron	JR Appalachian Stat	8:44.16	4
6	Helms, Brendon	SR Appalachian Stat	8:44.51	3
7	Hoyt, Alex	SO Davidson	8:44.92	2
8	Kight, Brendan	FR Citadel	9:00.56	1

#### Men Distance Medley SoCon - FINALS

1	Appalachian State 'A'		10:19.14	10
2	Unc-Greensboro 'A'		10:19.91	8
3	Citadel 'A'		10:27.27	6
4	Western Carolina 'A'		10:47.79	5
5	Davidson 'A'		10:51.50	4
--	Ut-Chattanooga 'A'		DNF	

#### Men High Jump SoCon - FINALS

1	Evans, Matt	FR Western Carolina	2.03m	6-08.00	10
2	Joseph, Daniel	SO Western Carolina	1.93m	6-04.00	8
3	Herndon, Rashad	SO Western Carolina	1.88m	6-02.00	5.5
3	Smith, Dan	SR Appalachian Stat	1.88m	6-02.00	5.5
5	Harlfinger, Matt	SR Western Carolina	1.88m	6-02.00	4
6	Gift, David	FR Western Carolina	1.83m	6-00.00	3
7	Harris, Ricky	SO Appalachian Stat	1.78m	5-10.00	2

#### Men Pole Vault SoCon - FINALS

1	Shell, Barron	JR Appalachian Stat	4.56m	14-11.50	10
2	Hunnicutt, Justin	JR Appalachian Stat	4.41m	14-05.50	8
3	Lynch, Joel	SO Western Carolina	4.26m	13-11.75	6
4	Irvin, Joe	SR Appalachian Stat	4.26m	13-11.75	5
5	O'Steen, Mike	FR Western Carolina	4.11m	13-05.75	4
6	Boruff, Matt	FR Appalachian Stat	4.11m	13-05.75	3
7	Harlfinger, Matt	SR Western Carolina	3.06m	10-00.50	1.5
7	Gift, David	FR Western Carolina	3.06m	10-00.50	1.5

#### Men Long Jump SoCon - FINAL

1	Harris, Ricky	SO Appalachian Stat	7.19m	23-07.25	10
2	Gaddy, Joel	JR Appalachian Stat	7.12m	23-04.50	8
3	Malone, Michael	SR Western Carolina	6.86m	22-06.25	6
4	Herndon, Rashad	SO Western Carolina	6.74m	22-01.50	5
5	Ferguson, Tyler	SR Western Carolina	6.71m	22-00.25	4
6	Bialas, John	SR Davidson	6.64m	21-09.50	2
7	Golder, Brandon	JR Ut-Chattanooga	6.68m	21-11.00	3
8	Jobson-Brown, Ramon	SO Unc-Greensboro	6.55m	21-06.00	1

#### Men Shot Put SoCon - FINAL

1	Kiser, Wes	SR Appalachian Stat	15.56m	51-00.75	10
2	Funderburg, Will	SO Davidson	15.24m	50-00.00	8
3	Page, Chris	JR Western Carolina	14.44m	47-04.50	6
4	Haun, Grant	JR Appalachian Stat	14.07m	46-02.00	5
5	Croskey, Alex	SR Citadel	13.97m	45-10.00	4
6	Stephens, Kenton	FR Citadel	13.96m	45-09.75	3
7	Allen, Shamar	SR Western Carolina	13.30m	43-07.75	2
8	McDaniel, Cale	FR Western Carolina	12.90m	42-04.00	1

**2007 Southern Conference Indoor Track & Field Championships  
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**Men 60 Meters Dash SoCon - PRELIMS**

1	Johnson, Zeb	JR Western Carolina	6.83Q	
2	Derrickson, Charles	SO Appalachian Stat	6.86Q	
3	Golder, Brandon	JR Ut-Chattanooga	6.96q	6.958
1	Ashcraft, Albert	SO Western Carolina	6.91Q	
2	Neal, Daniel	SO Appalachian Stat	6.97Q	
1	Mitchell, Manteo	SO Western Carolina	6.85Q	
2	Young, Dominique	FR Western Carolina	6.90Q	
3	Johnson, Kevin	SO Western Carolina	6.96q	6.959

**Men 200 Meters Dash SoCon - PRELIMS**

1	Johnson, Zeb	JR Western Carolina	22.09Q
2	Hazard, Jordan	FR Ut-Chattanooga	22.41q
3	Wright, Quintin	SR Citadel	22.49q
1	Mitchell, Manteo	SO Western Carolina	22.13Q
1	Young, Dominique	FR Western Carolina	22.08Q
2	Johnson, Kevin	SO Western Carolina	22.49q
1	Derrickson, Charles	SO Appalachian Stat	22.36Q
1	Gregory, James	SR Western Carolina	22.30Q

**Men 400 Meters Dash SoCon - PRELIMS**

1	McCain, Greg	JR Appalachian Stat	50.15Q
1	Mitchell, Manteo	SO Western Carolina	49.38Q
2	Malone, Michael	SR Western Carolina	49.92q
3	Ritchie, David	SR Davidson	49.97q
4	Svoboda, Johnny	SO Appalachian Stat	50.53q
1	Johnson, Zeb	JR Western Carolina	49.73Q
2	Cherry, David	JR Appalachian Stat	50.85q
1	Gregory, James	SR Western Carolina	50.45Q

**Men 800 Meters Run SoCon - PRELIMS**

1	Van Nortwick, Adam	SR Appalachian Stat	1:55.33Q
2	Grant, Aaron	JR Western Carolina	1:55.72q
3	Houser, Josh	FR Appalachian Stat	1:55.94q
1	Shuler, Rance	SR Appalachian Stat	1:57.52Q
2	Ketron, Blake	FR Ut-Chattanooga	1:57.60q
1	Williams, Jeff	SR Unc-Greensboro	1:57.46Q
1	Noreen, Douglas	SR Davidson	1:56.59Q
2	Jennings, Jestin	FR Western Carolina	1:57.26q

**Men Heptathlon SoCon - PRELIM**

1	Harlfinger, Matt	SR Western Carolina	2532
2	Bennett, Ashton	SR Western Carolina	2523
3	Gift, David	FR Western Carolina	2445
4	Boruff, Matt	FR Appalachian Stat	2362
5	Cox, Josh	SO Appalachian Stat	1269

**2007 Southern Conference Indoor Track & Field Championships  
- Day One Individual Results -**

TEAM RANKINGS FROM SATURDAY

Women - SoCon - Team Rankings - 6 Events Scored

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1) Appalachian State	62	2) <b>Western Carolina</b>	<b>46.50</b>
3) Georgia Southern	35.50	4) Davidson	21
5) Citadel	18	6) UT-Chattanooga	15
7) Elon	14	8) Furman	13
9) Col. of Charleston	9		

Men - SoCon - Team Rankings - 6 Events Scored

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1) Appalachian State	106.50	2) <b>Western Carolina</b>	<b>72.50</b>
3) Davidson	22	4) Citadel	14
5) UNC-Greensboro	9	6) UT-Chattanooga	3