

Southern Conference Championships 2008 - 4/26/2008 to 4/27/2008

Results at www.cfpitiming.com

Hosted by Western Carolina University

Meet Program

Event 1 Women 100 Meter Dash**8 Advance: Top 2 Each Heat plus Next 2 Best Times**

World:	10.49	7/16/1988	Florence Griffith-Joyner
American:	10.49	1988	Florence Griffith Joyner
Collegiate:	10.93	1989	Dawn Sowell
SoCon Record:	11.45	1993	Melissa Morrison
NCAA Region:	11.75		

<u>Lane</u>	<u>Name</u>	<u>Yr</u>	<u>School</u>	<u>Seed</u>	<u>Time</u>
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Heat 1 of 3 Prelims

2	Knotts, Vonteena	SR	Appalachian Sta	12.73
3	Ware, Courtney	JR	Georgia Souther	12.31
4	McKiver, Ashley	SO	Appalachian Sta	12.08
5	Evans-Hardy, Porsha'	JR	Appalachian Sta	12.51
6	Valentine, Megan	FR	C. of C.	14.03
7	Paulding, Felicia	FR	Western Carolin	11.79

Heat 2 of 3 Prelims

1	Belmont, Starr	FR	Furman	NT
2	Creel, Sarah	FR	Citadel	12.71
3	Fronberger, Sherelle	SO	Western Carolin	12.17
4	Ortiz, Shamyria	SR	Georgia Souther	12.15
5	Dukes, Crystal	FR	Appalachian Sta	12.59
6	Johnson, Tangelia	SR	Western Carolin	11.75

Heat 3 of 3 Prelims

2	Watts, Tierra	JR	Georgia Souther	12.42
3	Ramseur, Raquel	SR	Western Carolin	11.99
4	Colley, Kimberely	JR	Davidson	12.77
5	Thurman, Dominique	SR	Georgia Souther	12.40
6	Anthony, Demetrise	SO	Georgia Souther	12.00
7	Bush, Bea	JR	Davidson	13.77

Event 3 Women 200 Meter Dash**8 Advance: Top 2 Each Heat plus Next 2 Best Times**

World:	21.34	9/29/1988	Florence Griffith-Joyner
American:	21.34	1988	Florence Griffith Joyner
Collegiate:	22.29	1999	LaTasha Jenkins
SoCon Record:	23.50	1989	Lamonda Miller
NCAA Region:	23.96		

<u>Lane</u>	<u>Name</u>	<u>Yr</u>	<u>School</u>	<u>Seed</u>	<u>Time</u>
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Heat 1 of 3 Prelims

1	Watts, Tierra	JR	Georgia Souther	25.47
2	Liriano, Nadia	FR	Appalachian Sta	NT
3	Anthony, Demetrise	SO	Georgia Souther	25.50
4	Johnson, Tangelia	SR	Western Carolin	24.48
5	Martin, Kennesia	JR	Davidson	27.07
6	Ware, Courtney	JR	Georgia Souther	26.20
7	Evans-Hardy, Porsha'	JR	Appalachian Sta	NT
8	Paulding, Felicia	FR	Western Carolin	24.29

Heat 2 of 3 Prelims

1	Bush, Bea	JR	Davidson	30.40
2	Creel, Sarah	FR	Citadel	25.78
3	Ramseur, Raquel	SR	Western Carolin	23.43
4	McKiver, Ashley	SO	Appalachian Sta	24.68
5	Logan, Jacqui	FR	Davidson	29.17
6	Ortiz, Shamyria	SR	Georgia Souther	24.93
7	Bush-Hardy, Ashley	JR	Georgia Souther	25.72

Heat 3 of 3 Prelims

1	Carothers, Jane't	FR	Western Carolin	24.22
2	Obidegwu, Amaka	SR	Davidson	27.09
3	Thurman, Dominique	SR	Georgia Souther	25.72
4	Slye, Carrie	FR	C. of C.	30.88
5	Fronberger, Sherelle	SO	Western Carolin	24.58
6	Colley, Kimberely	JR	Davidson	26.09
7	Knotts, Vonteena	SR	Appalachian Sta	25.34

Event 5 Women 400 Meter Dash**8 Advance: Top 2 Each Heat plus Next 2 Best Times**

World:	47.60	10/6/1985	Marita Koch
American:	48.70	2006	Sanya Richards
Collegiate:	50.18	6/3/1989	Pauline Davis
SoCon Record:	53.55	1995	Angela Rowe
NCAA Region:	54.61		

<u>Lane</u>	<u>Name</u>	<u>Yr</u>	<u>School</u>	<u>Seed</u>	<u>Time</u>
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Heat 1 of 3 Prelims

1	Johnson, Tierra	SO	Western Carolin	58.45
2	Rosa, Victoria	FR	Appalachian Sta	1:00.15
3	Turowski, Melissa	FR	Elon	1:00.03
4	Alexander, Amanda	SR	Chattanooga	56.98
5	Dennis, Jacarra	FR	Chattanooga	NT
6	Ballard, Carla	SR	Georgia Souther	56.60
7	Skogen, Sarah	FR	Elon	58.08

Heat 2 of 3 Prelims

1	Cantwell, Shannon	FR	Furman	1:06.55
2	Zolga, Mary	FR	C. of C.	59.32
3	Jennings, Shauntel	JR	Georgia Souther	57.67
4	Ryles, London	JR	Georgia Souther	59.23
5	Bush-Hardy, Ashley	JR	Georgia Souther	57.44
6	Ramseur, Raquel	SR	Western Carolin	54.67
7	Maschi, Cara	JR	Elon	1:01.59

Heat 3 of 3 Prelims

1	Obidegwu, Amaka	SR	Davidson	59.68
2	JaJa Benson, JoAnn	FR	Georgia Souther	1:01.08
3	Carothers, Jane't	FR	Western Carolin	56.99
4	Liriano, Nadia	FR	Appalachian Sta	58.92
5	Lane, Aneesha	JR	Western Carolin	57.76
6	McMichael, Shalyn	FR	Western Carolin	56.17
7	Daly, Mary Meghan	SR	Davidson	NT

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Event 7 Women 800 Meter Run**8 Advance: Top 2 Each Heat plus Next 2 Best Times**

World:	1:53.28	7/26/1983	Jarmila Kratochvilova
American:	1:56.40	1999	Jearl Miles Clark
Collegiate:	1:59.11	1990	Suzy Favor
SoCon Record:	2:07.93	1999	Mary Jayne Harrelson
NCAA Region:	2:09.80		

<u>Lane Name</u>	<u>Yr</u>	<u>School</u>	<u>Seed Time</u>
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Heat 1 of 3 Prelims

1	Barker, Lindsey	JR	Furman	2:16.93
2	Jennings, Shauntel	JR	Georgia Souther	2:16.76
3	Shaw, Taylor	FR	Elon	2:22.25
4	Savery, Kerri	SR	Western Carolin.	2:10.54
5	Wesson, Kellie	SO	Georgia Souther	2:24.00

Heat 2 of 3 Prelims

1	Bailey, Annie	JR	Western Carolin.	2:17.07
2	Pearce, Jenny	SR	Elon	2:26.13
3	Strange, Jennine	SO	Elon	2:14.69
4	Anderson, Lauran	FR	Chattanooga	NT
5	Ositelu, Monique	FR	Furman	2:16.13
6	Baker, Anna	SR	Appalachian Sta	2:20.61

Heat 3 of 3 Prelims

2	Isaccs, Megan	JR	Western Carolin.	2:15.32
3	Groppe, Monika	FR	Chattanooga	NT
4	Ilevbare, Grace	SR	Elon	2:20.06
5	White, Meredith	FR	Chattanooga	NT
6	Gaddy, Jordan	FR	Western Carolin.	2:19.94
7	Robertson, Kala	SR	Appalachian Sta	2:15.32

Event 9 Women 1500 Meter Run

World:	3:50.46	9/11/1993	Yunxia Qu
American:	3:57.12	1983	Mary Slaney
Collegiate:	4:06.75	2003	Tiffany McWilliams
SoCon Record:	4:22.95	4/30/2006	Shannon Wommack
NCAA Region:	4:27.80		

<u>Lane Name</u>	<u>Yr</u>	<u>School</u>	<u>Seed Time</u>
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Section 1 of 2 Finals

1	Gatewood, Katheryn	SO	Citadel	4:53.18
2	White, Katie	JR	Elon	4:54.85
3	Callahan, Jenna	FR	Furman	4:55.12
4	Barrow, Christy	SO	C. of C.	4:57.64
5	McKown, Colleen	SR	Davidson	5:00.71
6	Laughlin, Amy	SO	C. of C.	5:00.79
7	Cline, Sarah	FR	Davidson	5:01.71
8	Pearce, Jenny	SR	Elon	5:03.14
9	Wesson, Kellie	SO	Georgia Souther	5:05.00
10	Chewens, Michelle	FR	U.N.C.-G.	5:05.55
11	Collins, Meaghan	SO	Elon	5:09.20
12	Fawcett, Courtney	SO	U.N.C.-G.	5:10.23
13	Fuller, Laura	SO	Georgia Souther	5:11.00
14	Gay, Suzanne	FR	Citadel	5:17.54
15	Stoddard, Erin	FR	C. of C.	5:18.95
16	Hernandez, Cindy	SO	Wofford	5:35.79
17	Strickland, Sarah	JR	Citadel	NT
18	Jenkins, Megan	JR	Citadel	NT

Section 2 of 2 Finals

1	Savery, Kerri	SR	Western Carolin.	4:42.06
2	Isaccs, Megan	JR	Western Carolin.	4:42.25
3	Taylor, Shelley	SO	Chattanooga	4:48.35
4	Baker, Anna	SR	Appalachian Sta	4:48.78
5	Walsh, Charlotte	FR	Appalachian Sta	4:49.19
6	Weber, Jess	SR	U.N.C.-G.	4:49.44
7	Robertson, Kala	SR	Appalachian Sta	4:49.87
8	Jordan, Sherrika	SO	U.N.C.-G.	4:50.21
9	Fournier, Emily	FR	Elon	4:50.51
10	Garber, Tiffany	FR	U.N.C.-G.	4:51.12
11	White, Meredith	FR	Chattanooga	4:51.70
12	Gaddy, Jordan	FR	Western Carolin.	4:52.54

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Event 13 Women 5000 Meter Run

World: 14:16.63	6/15/2007	Meserst Defar
American: 14:44.80	4/14/2007	Shalane Flanagan
Collegiate: 15:09.67	2004	Kim Smith
SoCon Record: 16:45.22	4/30/2006	Lanni Marchant
NCAA Region: 16:52.00		

Lane	Name	Yr	School	Seed Time
Section 1 of 1 Finals				
1	Burns, Brenna	SR	Davidson	17:33.04
2	Atias, Megal	SR	Davidson	18:04.70
3	King, Emily	JR	Davidson	18:20.56
4	Lordi, Megan	SO	Furman	18:29.26
5	Ealer, Katelyn	SR	Elon	18:42.78
6	Norris, Ashley	JR	Appalachian Sta	18:44.54
7	Shaw, Natalie	FR	Appalachian Sta	18:47.45
8	Rossi, Catherine	FR	Elon	18:57.82
9	Groce, Lindsay	SO	Western Carolin.	19:01.06
10	Rutz, Mary	JR	U.N.C.-G.	19:01.14
11	Bosshardt, Lauren	SR	Wofford	19:05.61
12	Stewart, Holly	SR	Furman	19:10.57
13	Bryant, Julia	FR	Furman	19:12.13
14	Johnson, Brittany	SO	Furman	19:20.44
15	Wilke, Alissa	JR	Elon	19:25.64
16	Whitener, Sarah	SR	Wofford	19:27.87
17	Oliva, Justina	JR	Wofford	19:47.06
18	Stierwalt, Sarah	FR	Citadel	20:27.96
19	Browning, Cara	FR	C. of C.	20:50.41
20	Harris, Heather	SO	Citadel	21:02.58
21	Halcomb, Nettie	SR	Chattanooga	NT
22	Jenkins, Kristen	FR	C. of C.	NT
23	Walsh, Charlotte	FR	Appalachian Sta	NT
24	Conarro, Heather	FR	Davidson	NT
25	Gietema, Tara	FR	Chattanooga	NT
26	Fournier, Emily	FR	Elon	NT
27	Garber, Tiffany	FR	U.N.C.-G.	NT
28	Isaccs, Megan	JR	Western Carolin.	NT
29	Turchin, Kathleen	SR	Chattanooga	NT
30	Lora, Thomas	FR	C. of C.	NT
31	Williams, Katie	SR	Chattanooga	NT
32	Radke, Jordyn	FR	Chattanooga	NT
33	Edinger, Ivey	FR	C. of C.	NT
34	Lefort, Sabrina	SR	Chattanooga	NT
35	Aiello, Skye	JR	Western Carolin.	NT

Event 15 Women 10000 Meter Run

World: 29:31.78	9/8/1993	Junxia Wang
American: 31:19.89	8/7/1992	Lynn Jennings
Collegiate: 32:19.37	4/30/2004	Alicia Craig
SoCon Record: 35:06.53	4/21/2007	Lanni Marchant
NCAA Auto: 33:30.00		
NCAA Prov: 35:00.00		

Lane	Name	Yr	School	Seed Time
Section 1 of 1 Finals				
1	Ealer, Katelyn	SR	Elon	38:36.46
2	Wolin, Natalie	SO	Citadel	39:34.32
3	Norris, Ashley	JR	Appalachian Sta	39:55.42
4	Stewart, Holly	SR	Furman	40:45.21
5	Bosshardt, Lauren	SR	Wofford	40:45.63
6	Shaw, Natalie	FR	Appalachian Sta	40:49.37
7	Burns, Brenna	SR	Davidson	NT
8	Groce, Lindsay	SO	Western Carolin.	NT
9	Lordi, Megan	SO	Furman	NT
10	Williams, Katie	SR	Chattanooga	NT
11	Gietema, Tara	FR	Chattanooga	NT
12	King, Emily	JR	Davidson	NT
13	Ritter, Erin	JR	Citadel	NT

Event 17 Women 100 Meter Hurdles

8 Advance: Top 3 Each Heat plus Next 2 Best Times			
World: 12.21	8/20/1988	Yordanka Donkova	
American: 12.33	2000	Gail Devers	
Collegiate: 12.48	2006	Ginnie Powell	
SoCon Record: 13.70	1993	Melissa Morrison	
NCAA Region: 13.92			

Lane	Name	Yr	School	Seed Time
Heat 1 of 2 Prelims				
2	Simmons, Rashanda	JR	Western Carolin.	14.91
3	Evans-Hardy, Porsha'	JR	Appalachian Sta	15.32
4	Schumy, Kirsten	SR	C. of C.	17.99
5	Joseph, Morgan	SO	Western Carolin.	14.79
6	Olson, Kristin	JR	Georgia Souther	15.14
Heat 2 of 2 Prelims				
1	Abel, Kimberly	JR	Elon	16.85
2	Brutus, Michelle	FR	Appalachian Sta	15.44
3	Hyter, Lynndsey	FR	Georgia Souther	14.92
4	Crutchfield, Kiara	FR	Appalachian Sta	15.05
5	Wilson, Amber	SR	Georgia Souther	14.76

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Event 19 Women 400 Meter Hurdles**8 Advance: Top 3 Each Heat plus Next 2 Best Times**

World:	52.34	8/8/2003	Yuliya Pechenkina
American:	52.61	1995	Kim Batten
Collegiate:	53.54	6/1/2004	Sheenna Johnson
SoCon Record:	59.53	4/29/2006	Asia Davis
NCAA Region:	1:00.82		

Lane	Name	Yr	School	Seed Time
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Heat 1 of 2 Prelims

1	Fleming, Lauren	SO	Citadel	1:14.26
2	Ballard, Carla	SR	Georgia Souther	1:01.21
3	Royer, Melissa	FR	Georgia Souther	NT
4	Joseph, Morgan	SO	Western Carolin	1:05.05
5	Wilson, Amber	SR	Georgia Souther	1:04.70
6	Beliveau, Jacqueline	FR	Elon	1:08.03
7	Bloom, Abby	SR	Georgia Souther	1:06.56

Heat 2 of 2 Prelims

1	Olson, Kristin	JR	Georgia Souther	1:03.83
2	Johnson, Tierra	SO	Western Carolin	1:06.06
3	Schumy, Kirsten	SR	C. of C.	1:10.46
4	March, Andrea	SO	Elon	1:04.52
5	McGowan, Julie	SR	Elon	1:08.87
6	Brutus, Michelle	FR	Appalachian Sta	1:05.34

Event 11 Women 3000 Meter Steeplechase

World:	9:01.59	7/4/2004	Gulnara Samitova
American:	9:28.75	7/28/2007	Lisa Galaviz
Collegiate:	9:43.25	5/29/2004	Ida Nilsson
SoCon Record:	10:07.54	4/29/2006	Shannon Wommack
NCAA Region:	10:50.25		

Lane	Name	Yr	School	Seed Time
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Section 1 of 1 Finals

1	Atias, Megal	SR	Davidson	11:22.31
2	Fournier, Emily	FR	Elon	11:22.87
3	Bridges, Page	SR	Furman	11:26.13
4	McCarthy, Colleen	JR	Elon	11:49.74
5	Strickland, Sarah	JR	Citadel	11:53.80
6	Walsh, Charlotte	FR	Appalachian Sta	11:56.33
7	Taylor, Shelley	SO	Chattanooga	NT
8	Radke, Jordyn	FR	Chattanooga	NT
9	Lee, Kassi	FR	Georgia Souther	NT
10	Lefort, Sabrina	SR	Chattanooga	NT

Event 37 Women 4x100 Meter Relay

World:	41.37	10/6/1985	GDR
American:	41.47	1997	National Team
Collegiate:	42.50	6/3/1989	LSU
Stanley, Sowell, Sheffield, Jones			
SoCon Record:	45.71	1993	App. State
NCAA Region:	45.70		

Lane	Team	Relay	Seed Time
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Section 1 of 2 Finals

4	Chattanooga	A	NT
5	Furman	A	NT
6	Davidson	A	NT

Section 2 of 2 Finals

2	Citadel	A	54.40
3	C. of C.	A	50.62
4	Western Carolina	A	45.56
5	Georgia Southern	A	46.35
6	Appalachian Stat	A	47.44
7	Elon	A	49.57

Event 39 Women 4x400 Meter Relay

World:	3:15.17	10/1/1988	URS
American:	3:15.51	1988	National Team
Collegiate:	3:23.75	4/3/2004	Texas
Jones, McIntosh, Chapple, Richards			
SoCon Record:	3:41.68	4/22/2007	Georgia Southern
R Arnold, N Brown, S Jennings, C Ballard			
NCAA Region:	3:42.00		

Lane	Team	Relay	Seed Time
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Section 1 of 2 Finals

4	U.N.C.-G.	A	4:10.42
5	Citadel	A	4:34.25
6	Chattanooga	A	NT

Section 2 of 2 Finals

1	Davidson	A	4:06.21
2	Furman	A	4:03.96
3	C. of C.	A	4:02.26
4	Western Carolina	A	3:42.67
5	Georgia Southern	A	3:48.91
6	Elon	A	4:00.31
7	Appalachian Stat	A	4:01.19

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Event 21 Women High Jump

World:	2.09m	8/30/1987	Stefka Kostadinova
American:	2.03m	1988	Louise Ritter
Collegiate:	1.98m	1995	Acuff / Bergqvist
SoCon Record:	1.78m	4/21/2007	Kristen Meister
NCAA Region:	1.75m		

Pos	Name	Yr	School	Seed	Mark
Flight 1 of 1 Finals					
1	Bass, Sarah	JR	Chattanooga	NH	
2	Jones, Tia	SO	Western Carolin.	NH	
3	Abel, Kimberly	JR	Elon	NH	
4	Wilson, Amber	SR	Georgia Souther	1.50m	
5	Weathers, Courtney	FR	Elon	1.55m	
6	Lightning, Jasmine	JR	Georgia Souther	1.58m	
7	Ward, Julie	SO	Appalachian Sta	1.60m	
8	Trumbo, Melanie	SO	Georgia Souther	1.60m	
9	Stark, Angela	JR	Western Carolin.	1.60m	
10	Johnson, Brynne	FR	C. of C.	1.60m	
11	Johnson, Jessika	SR	Western Carolin.	1.62m	
12	Hills, Bridget	FR	Appalachian Sta	1.63m	
13	Hazeltine, Rebecca	FR	Appalachian Sta	1.68m	

Event 23 Women Pole Vault

World:	5.01m	8/12/2005	Yelena Isinbayeva
American:	4.88m	6/2/2007	Jenn Stuczynski
Collegiate:	4.60m	2006	Chelsea Johnson
SoCon Record:	4.00m	5/1/2004	Laura Tieszen
NCAA Region:	3.85m		

Pos	Name	Yr	School	Seed	Mark
Flight 1 of 1 Finals					
1	Royer, Melissa	FR	Georgia Souther	NH	
2	Fleming, Lauren	SO	Citadel	NH	
3	Cumbee, Jessica	JR	C. of C.	3.02m	
4	Ortiz, Shamyria	SR	Georgia Souther	3.04m	
5	Crater, Beth	FR	Western Carolin.	3.04m	
6	Massey, Amanda	SO	Western Carolin.	3.04m	
7	Irwin, Megan	SR	Appalachian Sta	3.04m	
8	Ward, Julie	SO	Appalachian Sta	3.10m	
9	McKie, Kassie	FR	Western Carolin.	3.20m	
10	Cabe, Melissa	SR	Western Carolin.	3.34m	
11	Heeke, Kaitlyn	SR	Appalachian Sta	3.35m	
12	Beale, Ashley	SO	Appalachian Sta	3.35m	
13	Chambless, Summer	SR	C. of C.	3.50m	
14	Snow, Shea	JR	Appalachian Sta	3.70m	

Event 25 Women Long Jump

World:	7.52m	6/11/1988	Galina Chistyakova
American:	7.49m	1994	Jackie Joyner-Kersee
Collegiate:	6.99m	1985	Jackie Joyner-Kersee
SoCon Record:	6.53m	1993	Melissa Morrison
NCAA Region:	6.00m		

Pos	Name	Yr	School	Seed	Mark
Flight 1 of 2 Finals					
1	Dawson, Brittany	SR	Elon	4.92m	
2	Hawkesworth, Lauren	FR	Elon	5.40m	
3	Ware, Courtney	JR	Georgia Souther	ND	
4	Uzoh, Michelle	FR	Georgia Souther	ND	
5	Knotts, Vonteen	SR	Appalachian Sta	5.50m	
6	Crutchfield, Kiara	FR	Appalachian Sta	5.41m	
7	Mayela, Jessica	JR	Appalachian Sta	5.51m	
8	Vines, Monique	SO	Elon	5.39m	
9	Thurman, Dominique	SR	Georgia Souther	5.44m	
Flight 2 of 2 Finals					
1	Simmons, Rashanda	JR	Western Carolin.	5.60m	
2	Day, Veronica	FR	Elon	5.67m	
3	Hyter, Lynndsey	FR	Georgia Souther	6.10m	
4	Dukes, Crystal	FR	Appalachian Sta	5.56m	
5	Anthony, Demetrise	SO	Georgia Souther	5.94m	
6	Jones, Tia	SO	Western Carolin.	5.67m	
7	Hamilton, Shaunta	SO	Georgia Souther	5.95m	
8	Aguocha, Chibuzo	SR	Furman	5.69m	
9	Harvey, Bianca	FR	Appalachian Sta	5.55m	
10	Thorpe, Danielle	SO	Appalachian Sta	5.54m	

Event 27 Women Triple Jump

World:	15.50m	8/10/1995	Inessa Kravets
American:	14.45m	2004	Tiombe Hurd
Collegiate:	14.05m	1999	Stacey Bowers
SoCon Record:	12.97m	1999	Taneisha Robinson
NCAA Region:	12.32m		

Pos	Name	Yr	School	Seed	Mark
Flight 1 of 2 Finals					
1	Mayela, Jessica	JR	Appalachian Sta	11.07m	
2	Martin, Kennesia	JR	Davidson	11.27m	
3	Jones, Whitney	SR	Furman	10.62m	
4	Daly, Mary Meghan	SR	Davidson	10.54m	
5	Hawkesworth, Lauren	FR	Elon	11.39m	
6	Vines, Monique	SO	Elon	11.10m	
7	Lightning, Jasmine	JR	Georgia Souther	ND	
8	Uzoh, Michelle	FR	Georgia Souther	ND	

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Flight 2 of 2 Finals...(Event 27 Women Triple Jump)

1	Jones, Tia	SO	Western Carolin:	12.11m
2	Hyter, Lynnndsey	FR	Georgia Souther:	12.43m
3	Day, Veronica	FR	Elon	11.62m
4	Thorpe, Danielle	SO	Appalachian Sta:	12.25m
5	Anthony, Demetrise	SO	Georgia Souther:	12.42m
6	Aguocha, Chibuzo	SR	Furman	12.37m
7	Knotts, Vonteena	SR	Appalachian Sta:	12.26m
8	Hamilton, Shaunta	SO	Georgia Souther:	12.41m

Event 35 Women Shot Put

World:	22.63m	6/7/1987	Natalya Lisovskaya
American:	20.18m	1988	Ramona Pagel
Collegiate:	18.99m	1983	Meg Ritchie
SoCon Record:	15.50m	5/1/2005	Beverly Burnett
NCAA Region:	14.30m		

Pos	Name	Yr	School	Seed	Mark
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Flight 1 of 2 Finals

1	Alexander, Adrienne	SO	Appalachian Sta:	11.17m
2	Irizzary, Jessica	SO	Georgia Souther:	ND
3	Green, Emily	SO	Citadel	10.14m
4	McGriff, Michaela	FR	Appalachian Sta:	9.74m
5	Robertson, Justine	FR	Elon	11.87m
6	Neale, Kittery	JR	Davidson	ND
7	Smyre, Whitney	SO	Appalachian Sta:	11.88m

Flight 2 of 2 Finals

1	Lopez, Nicole	SR	Western Carolin:	12.53m
2	Tallent, Lily	SR	Appalachian Sta:	12.42m
3	Dukes, Crystal	FR	Appalachian Sta:	12.59m
4	Charles, Jennifer	SR	Georgia Souther:	13.50m
5	Sanders, Lathcha	SR	Citadel	12.74m
6	Williams, Brittani	SR	Appalachian Sta:	13.53m
7	Paszkeicz, Krystal	FR	Elon	12.32m
8	McLean, Chelsea	FR	Western Carolin:	12.16m

Event 29 Women Discus Throw

World:	76.80m	7/9/1988	Gabriele Reinsch
American:	67.67m	4/14/2007	Suzy Powell-Roos
Collegiate:	67.48m	1981	Meg Ritchie
SoCon Record:	46.36m	1998	Ayokka Green
NCAA Region:	47.30m		

Pos	Name	Yr	School	Seed	Mark
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Flight 1 of 2 Finals

1	Smyre, Whitney	SO	Appalachian Sta:	37.69m
2	Rickert, Sara	JR	Elon	34.34m
3	Green, Emily	SO	Citadel	32.16m
4	Edwards, Monique	JR	Citadel	38.07m
5	Tounzen, Tara	JR	Western Carolin:	32.82m
6	McGriff, Michaela	FR	Appalachian Sta:	29.20m
7	Neale, Kittery	JR	Davidson	ND

Flight 2 of 2 Finals

1	Lopez, Nicole	SR	Western Carolin:	40.59m
2	Williams, Brittani	SR	Appalachian Sta:	46.36m
3	Paszkeicz, Krystal	FR	Elon	38.43m
4	Alexander, Adrienne	SO	Appalachian Sta:	39.55m
5	Sanders, Lathcha	SR	Citadel	42.71m
6	Tallent, Lily	SR	Appalachian Sta:	39.17m
7	Robertson, Justine	FR	Elon	40.23m

Event 31 Women Hammer Throw

World:	77.80m	8/15/2006	Tatyana Lysenko
American:	73.87m	2005	Erin Gilreath
Collegiate:	72.01m	2006	Jenny Dahlgren
SoCon Record:	57.65m	4/29/2006	Nikole Simmons
NCAA Region:	54.15m		

Pos	Name	Yr	School	Seed	Mark
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Flight 1 of 2 Finals

1	McGriff, Michaela	FR	Appalachian Sta:	42.70m
2	Tallent, Lily	SR	Appalachian Sta:	33.68m
3	Green, Emily	SO	Citadel	37.12m
4	Charles, Jennifer	SR	Georgia Souther:	42.70m
5	McLean, Chelsea	FR	Western Carolin:	35.51m
6	Alexander, Adrienne	SO	Appalachian Sta:	42.70m

Flight 2 of 2 Finals

1	Edwards, Monique	JR	Citadel	50.49m
2	Hall, Michaela	SR	Western Carolin:	46.63m
3	Irizzary, Jessica	SO	Georgia Souther:	45.56m
4	Lopez, Nicole	SR	Western Carolin:	45.87m
5	Williams, Brittani	SR	Appalachian Sta:	48.11m
6	Smyre, Whitney	SO	Appalachian Sta:	43.64m
7	Tounzen, Tara	JR	Western Carolin:	43.54m

Event 33 Women Javelin Throw

World:	71.70m	8/14/2005	Osleidys Menendez
American:	64.19m	5/16/2007	Kim Kreiner
Collegiate:	61.82m	2003	Irina Kharun
SoCon Record:	53.32m	1987	Meg Warren
NCAA Region:	43.45m		

Pos	Name	Yr	School	Seed	Mark
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Flight 1 of 1 Finals

1	Tounzen, Tara	JR	Western Carolin:	38.88m
2	Alexander, Adrienne	SO	Appalachian Sta:	28.98m
3	Trumbo, Melanie	SO	Georgia Souther:	37.52m
4	Green, Emily	SO	Citadel	ND
5	Irizzary, Jessica	SO	Georgia Souther:	38.46m
6	Obidegwu, Amaka	SR	Davidson	ND
7	Phelan, Laura	SR	Citadel	36.36m
8	Tallent, Lily	SR	Appalachian Sta:	36.53m
9	McKie, Kassie	FR	Western Carolin:	28.52m
10	Taylor, Allison	SR	Citadel	38.36m
11	Robertson, Justine	FR	Elon	35.99m
12	Gaul, Emily	SO	Elon	24.65m

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Event 41 Heptathlon: #4 Women 200 Meter Dash

Lane	Name	Yr	School	Seed Time
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Section 1 of 2 Finals

3	Boersma, Isabel	FR	C. of C.	NT
4	Aiello, Skye	JR	Western Carolin.	NT
5	Wilson, Amber	SR	Georgia Souther	NT
6	Bloom, Abby	SR	Georgia Souther	NT
7	Sanders, Lathcha	SR	Citadel	NT

Section 2 of 2 Finals

2	Crutchfield, Kiara	FR	Appalachian Sta	NT
3	Dukes, Crystal	FR	Appalachian Sta	NT
4	Simmons, Rashanda	JR	Western Carolin.	NT
5	Wright, Carlyn	FR	Western Carolin.	NT
6	Johnson, Brynne	FR	C. of C.	NT
7	Trumbo, Melanie	SO	Georgia Souther	NT

Event 41 Heptathlon: #1 Women 100 Meter Hurdles

Lane	Name	Yr	School	Seed Time
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Section 1 of 3 Finals

2	Aiello, Skye	JR	Western Carolin.	NT
4	Wilson, Amber	SR	Georgia Souther	NT
6	Boersma, Isabel	FR	C. of C.	NT
8	Wright, Carlyn	FR	Western Carolin.	NT

Section 2 of 3 Finals

1	Johnson, Brynne	FR	C. of C.	NT
3	Sanders, Lathcha	SR	Citadel	NT
5	Simmons, Rashanda	JR	Western Carolin.	NT
7	Crutchfield, Kiara	FR	Appalachian Sta	NT

Section 3 of 3 Finals

2	Bloom, Abby	SR	Georgia Souther	NT
4	Trumbo, Melanie	SO	Georgia Souther	NT
6	Dukes, Crystal	FR	Appalachian Sta	NT

Event 41 Heptathlon: #2 Women High Jump

Pos	Name	Yr	School	Seed Mark
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Flight 1 of 1 Finals

1	Simmons, Rashanda	JR	Western Carolin.	NH
2	Trumbo, Melanie	SO	Georgia Souther	NH
3	Crutchfield, Kiara	FR	Appalachian Sta	NH
4	Wright, Carlyn	FR	Western Carolin.	NH
5	Boersma, Isabel	FR	C. of C.	NH
6	Sanders, Lathcha	SR	Citadel	NH
7	Johnson, Brynne	FR	C. of C.	NH
8	Bloom, Abby	SR	Georgia Souther	NH
9	Wilson, Amber	SR	Georgia Souther	NH
10	Dukes, Crystal	FR	Appalachian Sta	NH
11	Aiello, Skye	JR	Western Carolin.	NH

Event 41 Heptathlon: #5 Women Long Jump

Pos	Name	Yr	School	Seed Mark
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Flight 1 of 1 Finals

1	Wright, Carlyn	FR	Western Carolin.	ND
2	Boersma, Isabel	FR	C. of C.	ND
3	Aiello, Skye	JR	Western Carolin.	ND
4	Simmons, Rashanda	JR	Western Carolin.	ND
5	Bloom, Abby	SR	Georgia Souther	ND
6	Trumbo, Melanie	SO	Georgia Souther	ND
7	Johnson, Brynne	FR	C. of C.	ND
8	Crutchfield, Kiara	FR	Appalachian Sta	ND
9	Sanders, Lathcha	SR	Citadel	ND
10	Wilson, Amber	SR	Georgia Souther	ND
11	Dukes, Crystal	FR	Appalachian Sta	ND

Event 41 Heptathlon: #3 Women Shot Put

Pos	Name	Yr	School	Seed Mark
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Flight 1 of 1 Finals

1	Crutchfield, Kiara	FR	Appalachian Sta	ND
2	Sanders, Lathcha	SR	Citadel	ND
3	Boersma, Isabel	FR	C. of C.	ND
4	Trumbo, Melanie	SO	Georgia Souther	ND
5	Wright, Carlyn	FR	Western Carolin.	ND
6	Aiello, Skye	JR	Western Carolin.	ND
7	Bloom, Abby	SR	Georgia Souther	ND
8	Simmons, Rashanda	JR	Western Carolin.	ND
9	Wilson, Amber	SR	Georgia Souther	ND
10	Johnson, Brynne	FR	C. of C.	ND
11	Dukes, Crystal	FR	Appalachian Sta	ND

Event 41 Heptathlon: #6 Women Javelin Throw

Pos	Name	Yr	School	Seed Mark
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Flight 1 of 1 Finals

1	Trumbo, Melanie	SO	Georgia Souther	ND
2	Dukes, Crystal	FR	Appalachian Sta	ND
3	Simmons, Rashanda	JR	Western Carolin.	ND
4	Aiello, Skye	JR	Western Carolin.	ND
5	Wilson, Amber	SR	Georgia Souther	ND
6	Johnson, Brynne	FR	C. of C.	ND
7	Crutchfield, Kiara	FR	Appalachian Sta	ND
8	Wright, Carlyn	FR	Western Carolin.	ND
9	Boersma, Isabel	FR	C. of C.	ND
10	Sanders, Lathcha	SR	Citadel	ND
11	Bloom, Abby	SR	Georgia Souther	ND

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Event 2 Men 100 Meter Dash**8 Advance: Top 3 Each Heat plus Next 2 Best Times**

World:	9.74	9/9/2007	Asafa Powell
American:	9.79	6/16/1999	Maurice Greene
Collegiate:	9.92	1996	Ato Boldon
SoCon Record:	10.1h	1990	Greg Hatcvhett
NCAA Region:	10.55		

Lane Name	Yr	School	Seed Time
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Heat 1 of 2 Prelims

1	Mitchell, Manteo	JR	Western Carolin.	10.79
2	Johnson, Kevin	JR	Western Carolin.	10.85
3	Bush, Phillip	FR	Appalachian Sta	11.25
4	Cunningham, Sederrick	FR	Furman	11.15
5	Johnson, Zeb	SR	Western Carolin.	10.49

Heat 2 of 2 Prelims

1	Craig, Duke	SR	Western Carolin.	10.94
2	Contis, Elias	FR	Wofford	11.28
3	Neal, Daniel	JR	Appalachian Sta	NT
4	Harris, Ricky	JR	Appalachian Sta	11.08
5	Bethune, Christian	SO	Western Carolin.	10.74
6	Young, Dominique	SO	Western Carolin.	10.49

Event 4 Men 200 Meter Dash**8 Advance: Top 3 Each Heat plus Next 2 Best Times**

World:	19.32	8/1/1996	Michael Johnson
American:	19.32	1996	Michael Johnson
Collegiate:	19.69	5/25/2007	Walter Dix
SoCon Record:	20.80	1977	Calvin Alston
NCAA Region:	21.35		

Lane Name	Yr	School	Seed Time
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Heat 1 of 2 Prelims

1	Contis, Elias	FR	Wofford	23.06
2	Cunningham, Sederrick	FR	Furman	21.70
3	Sturgis, Mark	JR	Appalachian Sta	22.24
4	Carter, Carlos	FR	Appalachian Sta	23.13
5	Mitchell, Manteo	JR	Western Carolin.	20.94
6	Sheaffer, Matt	FR	Citadel	NT
7	Zeller, Nick	FR	Appalachian Sta	22.19
8	Funderburke, Thomas	SO	Western Carolin.	21.82

Heat 2 of 2 Prelims

1	Young, Dominique	SO	Western Carolin.	21.07
2	Bush, Phillip	FR	Appalachian Sta	NT
3	Hladik, Bryan	JR	Citadel	22.84
4	Oros, John	SO	Western Carolin.	21.87
5	Johnson, Kevin	JR	Western Carolin.	21.93
6	Johnson, Zeb	SR	Western Carolin.	21.08
7	Kight, Preston	JR	Citadel	23.95
8	Gaddy, Joel	SR	Appalachian Sta	22.56

Event 6 Men 400 Meter Dash**8 Advance: Top 3 Each Heat plus Next 2 Best Times**

World:	43.18	8/26/1999	Michael Johnson
American:	43.18	9/17/1999	Michael Johnson
Collegiate:	44.00	1992	Quincy Watts
SoCon Record:	45.77	1991	Mario Small
NCAA Region:	47.20		

Lane Name	Yr	School	Seed Time
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Heat 1 of 2 Prelims

2	Carter, Carlos	FR	Appalachian Sta	50.58
3	Smith, Brian	JR	Wofford	52.35
4	Funderburke, Thomas	SO	Western Carolin.	48.78
5	Zeller, Nick	FR	Appalachian Sta	50.71
6	Mitchell, Manteo	JR	Western Carolin.	46.68
7	Ames, Will	FR	Davidson	52.17

Heat 2 of 2 Prelims

1	Oros, John	SO	Western Carolin.	49.24
2	Johnson, Zeb	SR	Western Carolin.	46.66
3	Hladik, Bryan	JR	Citadel	51.43
4	Vallejo, Jonathan	SR	Citadel	50.03
5	Troxell, Brad	SR	Davidson	51.38
6	Jennings, Jestin	SO	Western Carolin.	NT
7	Witzke, Terrance	SO	Furman	52.59

Event 8 Men 800 Meter Run**8 Advance: Top 2 Each Heat plus Next 2 Best Times**

World:	1:41.11	8/24/1997	Wilson Kipketer
American:	1:42.60	1985	Johnny Gray
Collegiate:	1:44.55	1996	Julius Achon
SoCon Record:	1:49.20	1977	Phil Barker
NCAA Region:	1:50.40		

Lane Name	Yr	School	Seed Time
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Heat 1 of 3 Prelims

1	Bush, Daniel	SO	Davidson	1:59.52
2	Hurst, Taylor	FR	U.N.C.-G.	1:55.89
3	Tkach, Joesph	FR	Citadel	2:02.33
4	Troxell, Brad	SR	Davidson	1:56.25
5	Houser, Josh	SO	Appalachian Sta	1:56.93
6	Grant, Aaron	SR	Western Carolin.	1:54.30

Heat 2 of 3 Prelims

1	Johnson, Zach	JR	Citadel	1:57.65
2	Teka, Melaku	FR	Davidson	1:56.15
3	Cunningham, Addam	FR	Chattanooga	NT
4	Mentz, Michael	SR	Chattanooga	NT
5	Patton, Quin	SO	Davidson	1:59.42
6	Morgan, Patrick	JR	Furman	1:51.73
7	Danehy, Michael	SO	Chattanooga	1:56.13

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Heat 3 of 3 Prelims...(Event 8 Men 800 Meter Run)

1	Harten, Zach	JR	Citadel	2:00.28
2	Bruton, Peter	SO	Davidson	1:56.79
3	Clyne, Andy	FR	U.N.C.-G.	1:55.01
4	Haight, Matt	SR	Citadel	1:59.69
5	Tucker, Drew	FR	Western Carolin.	1:54.95
6	Wyatt, Terry	SO	U.N.C.-G.	1:56.76

Event 10 Men 1500 Meter Run

World:	3:26.00	7/14/1998	Hicham El Guerrouj
American:	3:29.30	2005	Bernard Lagat
Collegiate:	3:35.30	1981	Sydney Maree
SoCon Record:	3:40.04	1977	Kevin Cropp
NCAA Region:	3:47.80		

Lane Name	Yr	School	Seed Time
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Section 1 of 1 Finals

1	Mentz, Michael	SR	Chattanooga	3:48.58
2	Mitchell, Phillip	SO	Appalachian Sta	3:54.04
3	Houser, Josh	SO	Appalachian Sta	3:56.52
4	Bruton, Peter	SO	Davidson	3:58.49
5	Baltimore, Matt	FR	Chattanooga	4:00.87
6	Hermelee, Dylan	SR	Western Carolin.	4:01.60
7	Kight, Brendan	SO	Citadel	4:05.12
8	Peterson, Thomas	SR	Appalachian Sta	4:09.63
9	Koch, Jonathan	FR	Davidson	4:11.27
10	Bateman, Dusty	FR	Wofford	4:15.52
11	Bennett, Lincoln	SO	U.N.C.-G.	4:16.51
12	Fallis, Chris	FR	Citadel	4:16.69
13	Wilkerson, Jed	SO	Furman	4:16.90
14	Bailey, Michael	SO	Furman	4:28.10
15	Meadows, Harrison	SR	Furman	NT

Event 14 Men 5000 Meter Run

World:	12:37.35	5/31/2004	Kenenisa Bekele
American:	12:58.21	1996	Bob Kennedy
Collegiate:	13:08.4h	1978	Henry Rono
SoCon Record:	14:13.06	1981	Adrian Leek
NCAA Region:	14:12.00		

Lane Name	Yr	School	Seed Time
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Section 1 of 1 Finals

1	Plasencia, Alex	JR	Furman	14:54.00
2	O'Keefe, Ryan	JR	Appalachian Sta	14:57.64
3	Teal, Blair	JR	Appalachian Sta	14:58.85
4	Hoyt, Alex	JR	Davidson	15:01.54
5	Rutz, Xavier	SR	U.N.C.-G.	15:06.58
6	Desta, Asmeron	SR	Appalachian Sta	15:10.35
7	Deal, Brian	SR	Appalachian Sta	15:10.38
8	Maddox, Mark	SR	Appalachian Sta	15:10.98
9	Hammond, Stephen	SO	Western Carolin.	15:31.96
10	Wyatt, Josh	SR	U.N.C.-G.	15:37.80
11	Mitchell, Phillip	SO	Appalachian Sta	15:40.03
12	McGoogan, Charles	FR	Furman	15:40.24
13	Brooks, Bryan	SO	Wofford	15:52.99
14	Tenini, Joseph	JR	Furman	15:53.70
15	Anderson, Alex	SO	Citadel	15:58.31
16	Yereb, Zach	FR	Citadel	16:12.31
17	Warner, Michael	JR	Furman	16:16.43
18	Marcil, Greg	FR	Davidson	16:22.76
19	Morgan, Patrick	JR	Furman	NT
20	Highlander, Andrew	JR	Chattanooga	NT
21	Ruppe, Justin	SO	U.N.C.-G.	NT
22	Rodd, Ryan	JR	U.N.C.-G.	NT
23	Hermelee, Dylan	SR	Western Carolin.	NT
24	Berry, Chris	FR	Chattanooga	NT
25	Allen, Chris	FR	Wofford	NT
26	Taylor, Jeff	SR	Chattanooga	NT
27	Clark, Tim	SR	Chattanooga	NT
28	Huwe, Kevin	JR	Chattanooga	NT

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Event 16 Men 10000 Meter Run

World: 26:17.53	8/26/2005	Kenenisa Bekele
American: 27:13.98	5/4/2001	Meb Keflezighi
Collegiate: 27:33.58	4/29/2007	Galen Rupp
SoCon Record: 29:21.30	1979	Adrian Leek
NCAA Auto: 28:45.00		
NCAA Prov: 29:30.00		

Lane Name	Yr	School	Seed Time
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Section 1 of 1 Finals

1	Teal, Blair	JR	Appalachian Sta	31:40.00
2	Wyatt, Josh	SR	U.N.C.-G.	32:12.37
3	Tenini, Joseph	JR	Furman	32:38.65
4	Warner, Michael	JR	Furman	34:07.24
5	Deal, Brian	SR	Appalachian Sta	NT
6	McGoogan, Charles	FR	Furman	NT
7	Desta, Asmeron	SR	Appalachian Sta	NT
8	Huwe, Kevin	JR	Chattanooga	NT
9	Hammond, Stephen	SO	Western Carolin.	NT
10	Mitchell, Phillip	SO	Appalachian Sta	NT
11	Marcil, Greg	FR	Davidson	NT
12	Anderson, Alex	SO	Citadel	NT

Event 18 Men 110 Meter Hurdles**8 Advance: Top 3 Each Heat plus Next 2 Best Times**

World: 12.88	7/11/2006	Xiang Liu
American: 12.90	7/11/2006	Dominique Arnold
Collegiate: 13.00	1979	Renaldo Nehemiah
SoCon Record: 14.1h	1977	Marvin Rank, Tim Bridges
NCAA Region: 14.30		

Lane Name	Yr	School	Seed Time
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Heat 1 of 2 Prelims

1	Boruff, Matt	SO	Appalachian Sta	14.60
2	Webb, Justin	FR	Citadel	16.58
3	Gift, David	SO	Western Carolin.	15.62
4	Bush, Phillip	FR	Appalachian Sta	14.78
5	Brown, Jamel	SR	Citadel	15.18

Heat 2 of 2 Prelims

1	Bethune, Christian	SO	Western Carolin.	15.11
2	Blazer, Jordan	FR	Western Carolin.	14.95
3	Neal, Daniel	JR	Appalachian Sta	14.34
4	Reardon, Sean	FR	Western Carolin.	16.00
5	Johnson, Will	FR	Furman	16.45

Event 20 Men 400 Meter Hurdles**9 Advance: Top 3 Each Heat plus Next 3 Best Times**

World: 46.78	8/6/1992	Kevin Young
American: 46.78	1992	Kevin Young
Collegiate: 47.56	6/11/2005	Kerron Clement
SoCon Record: 50.70	1977	David Anderson
NCAA Region: 52.51		

Lane Name	Yr	School	Seed Time
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Heat 1 of 2 Prelims

1	George, Stephen	SO	Chattanooga	NT
2	Sagmiller, Dan	SR	Citadel	NT
3	Blazer, Jordan	FR	Western Carolin.	55.50
4	Johnson, Will	FR	Furman	1:02.29
5	Dunn, Ethan	FR	Davidson	1:02.33
6	Brown, Jamel	SR	Citadel	53.87

Heat 2 of 2 Prelims

1	Jennings, Jestin	SO	Western Carolin.	55.67
2	Thompson, Sean	FR	Appalachian Sta	56.01
3	Sanchez Slik, Gonzalo	FR	Davidson	1:03.68
4	Neal, Daniel	JR	Appalachian Sta	53.07
5	Craig, Duke	SR	Western Carolin.	NT
6	Bethune, Christian	SO	Western Carolin.	NT

Event 12 Men 3000 Meter Steeplechase

World: 7:53.63	9/3/2004	Saif Shaheen
American: 8:08.82	2000	Daniel Lincoln
Collegiate: 8:05.4h	1978	Henry Rono
SoCon Record: 8:49.77	1988	Todd Crosson
NCAA Region: 9:07.00		

Lane Name	Yr	School	Seed Time
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Section 1 of 1 Finals

1	Savoia, AJ	FR	U.N.C.-G.	9:23.77
2	Maddox, Mark	SR	Appalachian Sta	9:26.38
3	O'Keefe, Ryan	JR	Appalachian Sta	9:27.05
4	Rodd, Ryan	JR	U.N.C.-G.	9:34.06
5	Peterson, Thomas	SR	Appalachian Sta	9:35.67
6	Hermelee, Dylan	SR	Western Carolin.	9:38.30
7	Kight, Brendan	SO	Citadel	9:40.14
8	O'Connell, Jeff	JR	Furman	9:54.45
9	Goodwin, FJ	SR	Furman	10:00.33
10	Belcher, Bobby	FR	U.N.C.-G.	10:03.22
11	Ruppe, Justin	SO	U.N.C.-G.	10:06.77
12	Baltimore, Matt	FR	Chattanooga	10:15.12
13	Errthum, Austin	FR	Citadel	10:34.58
14	Evitt, Blake	SO	Davidson	NT

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Event 38 Men 4x100 Meter Relay

World:	37.40	8/8/1992	USA
American:	37.40	1992	National Team
Marsh, Burrell, Mitchell, Lewis			
Collegiate:	38.04	1998	TCU
Howard, Holloway, Williams, Spencer			
SoCon Record:	39.91	4/19/2003	Appalachian State
NCAA Region:	40.66		

Lane	Team	Relay	Seed Time
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Section 1 of 1 Finals

2	Chattanooga	A	NT
3	Citadel	A	45.16
4	Western Carolina	A	40.00
5	Appalachian Stat	A	41.78
6	Furman	A	43.78
7	Davidson	A	44.38

Event 40 Men 4x400 Meter Relay

World:	2:54.20	7/22/1998	USA
American:	2:54.20	1998	National Team
Young, Pettigrew, Washington, Johnson			
Collegiate:	2:59.59	6/11/2005	LSU
Dardar, Willie, Brazell, Carter			
SoCon Record:	3:10.50	1984	VMI
NCAA Region:	3:10.00		

Lane	Team	Relay	Seed Time
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Section 1 of 1 Finals

2	Chattanooga	A	NT
3	Citadel	A	3:29.80
4	Davidson	A	3:23.76
5	Western Carolina	A	3:09.75
6	Appalachian Stat	A	3:21.95
7	U.N.C.-G.	A	3:28.42
8	Furman	A	3:43.78

Event 22 Men High Jump

World:	2.45m	7/27/1993	Javier Sotomayor
American:	2.40m	1991	Charles Austin
Collegiate:	2.38m	1989	Hollis Conway
SoCon Record:	2.16m	1984	Charles Mack
NCAA Region:	2.10m		

Pos	Name	Yr	School	Seed Mark
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Flight 1 of 1 Finals

1	Gift, David	SO	Western Carolin.	NH
2	Wilson, Mike	FR	Appalachian Sta	1.76m
3	Harris, Ricky	JR	Appalachian Sta	1.81m
4	Harris, James	FR	Citadel	1.88m
5	Gaillard, Chris	JR	Western Carolin.	1.90m
6	Joseph, Daniel	JR	Western Carolin.	1.90m
7	Herndon, Rashad	JR	Western Carolin.	1.95m
8	Evans, Matt	SO	Western Carolin.	2.10m

Event 24 Men Pole Vault

World:	6.14m	7/31/1994	Sergey Bubka
American:	6.03m	6/14/2000	Jeff Hartwig
Collegiate:	5.98m	1996	Lawrence Johnson
SoCon Record:	5.31m	1989	Todd Poremba
NCAA Region:	5.05m		

Pos	Name	Yr	School	Seed Mark
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Flight 1 of 1 Finals

1	Jones, Bryce	FR	Davidson	3.84m
2	Baize, Brian	FR	Citadel	3.97m
3	Boruff, Matt	SO	Appalachian Sta	4.20m
4	Reardon, Sean	FR	Western Carolin.	4.50m
5	James, Logan	JR	Western Carolin.	4.54m
6	O'Steen, Mike	SO	Western Carolin.	4.54m
7	Hunnicut, Justin	SR	Appalachian Sta	4.59m
8	Wilson, Mike	FR	Appalachian Sta	4.60m
9	Smith, Zach	FR	Appalachian Sta	4.65m
10	Shell, Barron	SR	Appalachian Sta	4.74m
11	Twiford, Ryan	FR	Appalachian Sta	4.75m

Event 26 Men Long Jump

World:	8.95m	8/30/1991	Mike Powell
American:	8.95m	1991	Mike Powell
Collegiate:	8.74m	4/2/1994	Erick Walder
SoCon Record:	7.69m	1987	Michael Hanks
NCAA Region:	7.34m		

Pos	Name	Yr	School	Seed Mark
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Flight 1 of 2 Finals

1	Kight, Preston	JR	Citadel	5.79m
2	Dunn, Ethan	FR	Davidson	5.48m
3	Som-Pimpong, Kwame	JR	Davidson	5.91m
4	Contis, Elias	FR	Wofford	6.36m
5	Funderburke, Thomas	SO	Western Carolin.	5.86m
6	Jobson-Brown, Ramon	JR	U.N.C.-G.	6.51m
7	Skrine, Buster	FR	Chattanooga	ND
8	Webb, Justin	FR	Citadel	6.11m

Flight 2 of 2 Finals

1	Sturgis, Mark	JR	Appalachian Sta	6.71m
2	Herndon, Rashad	JR	Western Carolin.	6.90m
3	Gaillard, Chris	JR	Western Carolin.	7.14m
4	Joseph, Daniel	JR	Western Carolin.	6.76m
5	Gaddy, Joel	SR	Appalachian Sta	7.17m
6	Dollard, Alex	SO	Western Carolin.	6.97m
7	Harris, Ricky	JR	Appalachian Sta	7.31m
8	Zeller, Nick	FR	Appalachian Sta	6.75m
9	Bush, Phillip	FR	Appalachian Sta	6.79m

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Event 28 Men Triple Jump

World:	18.29m	8/7/1995	Jonathan Edwards
American:	18.09m	1996	Kenny Harrison
Collegiate:	17.54m	1985	Mike Conley
SoCon Record:	16.06m	1987	Michael Hanks
NCAA Region:	15.00m		

Pos	Name	Yr	School	Seed	Mark
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Flight 1 of 1 Finals

1	Dollard, Alex	SO	Western Carolin.		13.45m
2	Joseph, Daniel	JR	Western Carolin.		15.16m
3	Gaillard, Chris	JR	Western Carolin.		14.04m
4	Sturgis, Mark	JR	Appalachian Sta		14.83m
5	Herndon, Rashad	JR	Western Carolin.		14.02m
6	Gaddy, Joel	SR	Appalachian Sta		15.64m
7	Harris, Ricky	JR	Appalachian Sta		14.10m
8	Kight, Preston	JR	Citadel		11.87m
9	Som-Pimpong, Kwame	JR	Davidson		14.02m
10	Webb, Justin	FR	Citadel		13.02m

Event 36 Men Shot Put

World:	23.12m	5/20/1990	Randy Barnes
American:	23.13m	1990	Randy Barnes
Collegiate:	22.00m	1995	John Godina
SoCon Record:	17.72m	5/1/2005	Anthony Greer
NCAA Region:	16.80m		

Pos	Name	Yr	School	Seed	Mark
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Flight 1 of 1 Finals

1	Styers, Malcolm	FR	Appalachian Sta		14.35m
2	Turner, Quintin	FR	Citadel		14.31m
3	Daly, Timothy	FR	Appalachian Sta		11.01m
4	Kiser, Wes	SR	Appalachian Sta		14.80m
5	Page, Chris	SR	Western Carolin.		14.60m
6	McDaniel, Cale	SO	Western Carolin.		14.17m
7	Morris, Patrick	FR	Western Carolin.		14.78m
8	Haun, Grant	SR	Appalachian Sta		13.40m
9	Castagno, Chris	FR	Citadel		10.74m
10	Funderburg, Will	JR	Davidson		15.67m
11	Robinson, Corey	JR	Citadel		12.17m
12	Gardner, Jerod	FR	Appalachian Sta		13.56m

Event 30 Men Discus Throw

World:	74.08m	6/6/1986	Jurgen Schult
American:	72.34m	1981	Ben Plucknett
Collegiate:	67.66m	5/29/2004	Hannes Hopley
SoCon Record:	52.08m	1995	Kevin Showers
NCAA Region:	51.70m		

Pos	Name	Yr	School	Seed	Mark
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Flight 1 of 1 Finals

1	Lake, Andy	FR	Wofford		25.09m
2	Haun, Grant	SR	Appalachian Sta		42.21m
3	Gardner, Jerod	FR	Appalachian Sta		47.78m
4	Morris, Patrick	FR	Western Carolin.		43.03m
5	McDaniel, Cale	SO	Western Carolin.		42.67m
6	Daly, Timothy	FR	Appalachian Sta		37.95m
7	Turner, Quintin	FR	Citadel		39.04m
8	Funderburg, Will	JR	Davidson		44.78m
9	Lawson, Cody	SO	Western Carolin.		44.60m
10	Kiser, Wes	SR	Appalachian Sta		46.89m
11	Styers, Malcolm	FR	Appalachian Sta		42.82m
12	Page, Chris	SR	Western Carolin.		42.85m

Event 32 Men Hammer Throw

World:	86.74m	8/30/1986	Yuriy Sedykh
American:	82.52m	1996	Lance Deal
Collegiate:	81.94m	1995	Balazs Kiss
SoCon Record:	60.56m	1986	Sheldon Johnson
NCAA Region:	56.80m		

Pos	Name	Yr	School	Seed	Mark
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Flight 1 of 2 Finals

1	Morris, Patrick	FR	Western Carolin.		39.67m
2	Earls, Matt	JR	Citadel		42.14m
3	Castagno, Chris	FR	Citadel		40.10m
4	Gardner, Jerod	FR	Appalachian Sta		44.40m
5	Turner, Quintin	FR	Citadel		35.76m
6	Funderburg, Will	JR	Davidson		42.21m

Flight 2 of 2 Finals

1	Daly, Timothy	FR	Appalachian Sta		53.87m
2	Page, Chris	SR	Western Carolin.		50.19m
3	Lawson, Cody	SO	Western Carolin.		44.91m
4	Styers, Malcolm	FR	Appalachian Sta		46.36m
5	McDaniel, Cale	SO	Western Carolin.		50.32m
6	Kiser, Wes	SR	Appalachian Sta		58.57m
7	Haun, Grant	SR	Appalachian Sta		50.29m

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Event 34 Men Javelin Throw

World:	98.48m	5/25/1996	Jan Zelezny
American:	91.29m	6/21/2007	Breaux Greer
Collegiate:	89.10m	1990	Patrik Boden
SoCon Record:	71.82m	1981	Jeff Roseme
NCAA Region:	61.60m		

Pos	Name	Yr	School	Seed	Mark
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Flight 1 of 2 Finals

1	James, Logan	JR	Western Carolin:	42.95m
2	Twiford, Ryan	FR	Appalachian Sta:	34.84m
3	Castagno, Chris	FR	Citadel	36.76m
4	Robinson, Corey	JR	Citadel	42.46m
5	Sellers, Doug	JR	Furman	30.04m
6	Ditzhazy, Austen	FR	Citadel	41.30m
7	Earls, Matt	JR	Citadel	43.51m
8	Haun, Grant	SR	Appalachian Sta:	ND
9	Shell, Barron	SR	Appalachian Sta:	41.38m

Flight 2 of 2 Finals

1	Dollard, Alex	SO	Western Carolin:	45.97m
2	Page, Chris	SR	Western Carolin:	49.96m
3	Bowles, David	SR	Western Carolin:	57.27m
4	Reardon, Sean	FR	Western Carolin:	45.14m
5	Jones, Beaux	SR	Davidson	59.38m
6	Cannon, Jeremy	FR	U.N.C.-G.	50.88m
7	Evans, Matt	SO	Western Carolin:	66.66m
8	Kiser, Wes	SR	Appalachian Sta:	45.36m
9	Gardner, Jerod	FR	Appalachian Sta:	45.36m

Event 42 Decathlon: #1 Men 100 Meter Dash

Lane	Name	Yr	School	Seed	Time
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Section 1 of 2 Finals

3	Reardon, Sean	FR	Western Carolin:	NT
4	Boruff, Matt	SO	Appalachian Sta:	NT
5	Trinidad, Jose	JR	Citadel	NT
6	Goodchild, Jake	FR	Appalachian Sta:	NT

Section 2 of 2 Finals

3	Baize, Brian	FR	Citadel	NT
4	Gift, David	SO	Western Carolin:	NT
5	Moore, Caleb	JR	Citadel	NT
6	Hunnicut, Justin	SR	Appalachian Sta:	NT
7	Evans, Matt	SO	Western Carolin:	NT

Event 42 Decathlon: #5 Men 400 Meter Dash

Lane	Name	Yr	School	Seed	Time
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Section 1 of 2 Finals

4	Moore, Caleb	JR	Citadel	NT
5	Gift, David	SO	Western Carolin:	NT
6	Boruff, Matt	SO	Appalachian Sta:	NT
7	Reardon, Sean	FR	Western Carolin:	NT

Section 2 of 2 Finals

3	Trinidad, Jose	JR	Citadel	NT
4	Evans, Matt	SO	Western Carolin:	NT
5	Hunnicut, Justin	SR	Appalachian Sta:	NT
6	Baize, Brian	FR	Citadel	NT
7	Goodchild, Jake	FR	Appalachian Sta:	NT

Event 42 Decathlon: #6 Men 110 Meter Hurdles

Lane	Name	Yr	School	Seed	Time
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Section 1 of 3 Finals

2	Baize, Brian	FR	Citadel	NT
4	Boruff, Matt	SO	Appalachian Sta:	NT
6	Trinidad, Jose	JR	Citadel	NT

Section 2 of 3 Finals

2	Goodchild, Jake	FR	Appalachian Sta:	NT
4	Evans, Matt	SO	Western Carolin:	NT
6	Moore, Caleb	JR	Citadel	NT

Section 3 of 3 Finals

2	Hunnicut, Justin	SR	Appalachian Sta:	NT
4	Gift, David	SO	Western Carolin:	NT
6	Reardon, Sean	FR	Western Carolin:	NT

Event 42 Decathlon: #4 Men High Jump

Pos	Name	Yr	School	Seed	Mark
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Flight 1 of 1 Finals

1	Goodchild, Jake	FR	Appalachian Sta:	NH
2	Baize, Brian	FR	Citadel	NH
3	Evans, Matt	SO	Western Carolin:	NH
4	Reardon, Sean	FR	Western Carolin:	NH
5	Trinidad, Jose	JR	Citadel	NH
6	Hunnicut, Justin	SR	Appalachian Sta:	NH
7	Gift, David	SO	Western Carolin:	NH
8	Moore, Caleb	JR	Citadel	NH
9	Boruff, Matt	SO	Appalachian Sta:	NH

Event 42 Decathlon: #8 Men Pole Vault

Pos	Name	Yr	School	Seed	Mark
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Flight 1 of 1 Finals

1	Moore, Caleb	JR	Citadel	NH
2	Trinidad, Jose	JR	Citadel	NH
3	Gift, David	SO	Western Carolin:	NH
4	Baize, Brian	FR	Citadel	NH
5	Hunnicut, Justin	SR	Appalachian Sta:	NH
6	Reardon, Sean	FR	Western Carolin:	NH
7	Boruff, Matt	SO	Appalachian Sta:	NH
8	Goodchild, Jake	FR	Appalachian Sta:	NH
9	Evans, Matt	SO	Western Carolin:	NH

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Event 42 Decathlon: #2 Men Long Jump

Pos	Name	Yr	School	Seed	Mark
Flight 1 of 1 Finals					
1	Hunnicut, Justin	SR	Appalachian Sta		ND
2	Boruff, Matt	SO	Appalachian Sta		ND
3	Gift, David	SO	Western Carolin.		ND
4	Evans, Matt	SO	Western Carolin.		ND
5	Trinidad, Jose	JR	Citadel		ND
6	Reardon, Sean	FR	Western Carolin.		ND
7	Goodchild, Jake	FR	Appalachian Sta		ND
8	Moore, Caleb	JR	Citadel		ND
9	Baize, Brian	FR	Citadel		ND

Event 42 Decathlon: #3 Men Shot Put

Pos	Name	Yr	School	Seed	Mark
Flight 1 of 1 Finals					
1	Baize, Brian	FR	Citadel		ND
2	Hunnicut, Justin	SR	Appalachian Sta		ND
3	Gift, David	SO	Western Carolin.		ND
4	Evans, Matt	SO	Western Carolin.		ND
5	Reardon, Sean	FR	Western Carolin.		ND
6	Trinidad, Jose	JR	Citadel		ND
7	Moore, Caleb	JR	Citadel		ND
8	Boruff, Matt	SO	Appalachian Sta		ND
9	Goodchild, Jake	FR	Appalachian Sta		ND

Event 42 Decathlon: #7 Men Discus Throw

Pos	Name	Yr	School	Seed	Mark
Flight 1 of 1 Finals					
1	Trinidad, Jose	JR	Citadel		ND
2	Goodchild, Jake	FR	Appalachian Sta		ND
3	Hunnicut, Justin	SR	Appalachian Sta		ND
4	Boruff, Matt	SO	Appalachian Sta		ND
5	Moore, Caleb	JR	Citadel		ND
6	Gift, David	SO	Western Carolin.		ND
7	Baize, Brian	FR	Citadel		ND
8	Reardon, Sean	FR	Western Carolin.		ND
9	Evans, Matt	SO	Western Carolin.		ND

Event 42 Decathlon: #9 Men Javelin Throw

Pos	Name	Yr	School	Seed	Mark
Flight 1 of 1 Finals					
1	Evans, Matt	SO	Western Carolin.		ND
2	Moore, Caleb	JR	Citadel		ND
3	Reardon, Sean	FR	Western Carolin.		ND
4	Boruff, Matt	SO	Appalachian Sta		ND
5	Hunnicut, Justin	SR	Appalachian Sta		ND
6	Trinidad, Jose	JR	Citadel		ND
7	Gift, David	SO	Western Carolin.		ND
8	Baize, Brian	FR	Citadel		ND
9	Goodchild, Jake	FR	Appalachian Sta		ND