

# 2008 Southern Conference Men's & Women's Outdoor Track & Field Championships

## Western Carolina Individual Finishes / All Southern Conference Selections

### WESTERN CAROLINA MEN

#### Men 100 Meter Dash

1	Dominique Young	10.50
2	Manteo Mitchell	10.60
3	Zeb Johnson	10.67
5	Christian Bethune	10.72
8	Kevin Johnson	10.85

#### Men 200 Meter Dash

1	Manteo Mitchell	21.10
2	Zeb Johnson	21.18
3	Dominique Young	21.32
4	Thomas Funderburke	21.85
6	John Oros	21.97

#### Men 400 Meter Dash

1	Manteo Mitchell	48.13
2	Thomas Funderburke	48.44
3	Zeb Johnson	49.42
4	John Oros	49.51

#### Men 800 Meter Run

2	Aaron Grant	1:54.83
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#### Men 1,500 Meter Run

8	Dylan Hermelee	4:10.06
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#### Men 5,000 Meter Run

12	Stephen Hammond	15:43.43
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#### Men 10,000 Meter Run

6	Stephen Hammon	33:24.26
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#### Men 110 Meter Hurdles

3	Christian Bethune	15.27
6	Sean Reardon	16.66

#### Men 400 Meter Hurdles

5	Jordan Blazer	58.14
6	Jestin Jennings	1:00.62
7	Duke Craig	1:01.02

#### Men 3,000 Steeplechase

8	Dylan Hermelee	9:48.44
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#### Men Decathlon

1	David Gift	6,034 pts
2	Matt Evans	5,958 pts
4	Sean Reardon	5,318 pts

#### Men 4x100 Meter Relay

1	Western Carolina "A"	40.26
Kevin Johnson, Zeb Johnson, Dominique Young, Manteo Mitchell		

#### Men 4x400 Meter Relay

1	Western Carolina "A"	3:20.00
Manteo Mitchell, Dominique Young, Drew Tucker, Zeb Johnson		

#### Men High Jump

1	Matt Evans	1.96m
2	Chris Gaillard	1.91m
4	Daniel Joseph	1.91m
8	David Gift	1.76m

#### Men Pole Vault

3	Logan James	4.49m
6	Sean Reardon	4.34m

#### Men Long Jump

1	Chris Gaillard	7.28m
5	Alex Dollard	7.03m
7	Rashad Herndon	6.87m
8	Daniel Joseph	6.79m

#### Men Triple Jump

3	Daniel Joseph	14.93m
5	Chris Gaillard	14.03m
7	Alex Dollard	13.39m

#### Men Shot Put

2	Patrick Morris	15.15m
5	Cale McDaniel	14.63m

#### Men Discus Throw

3	Cody Lawson	44.72m
6	Patrick Morris	44.16m
9	Chris Page	42.62m
10	Cale McDaniel	

#### Men Hammer Throw

5	Cale McDaniel	49.97m
6	Chris Page	49.08m
7	Patrick Morris	42.09m
9	Cody Lawson	40.60m

#### Men Javelin Throw

1	David Bowles	56.90m
2	Matt Evans	56.47m
7	Chris Page	45.77m
8	Sean Reardon	44.67m
9	Logan James	42.40m

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## Western Carolina Individual Finishes / All Southern Conference Selections

### WESTERN CAROLINA WOMEN

#### Women 100 Meter Dash

1	Felicia Paulding .....	11.86
2	Tangelia Johnson.....	11.87
4	Sherelle Fronberger.....	12.05
7	Raquel Ramseur.....	12.30

#### Women 200 Meter Dash

1	Raquel Ramseur.....	23.94
2	Felicia Paulding .....	24.43
3	Sherelle Fronberger.....	24.53
4	Janet Carothers .....	24.76
5	Tangelia Johnson.....	24.89

#### Women 400 Meter Dash

1	Raquel Ramseur.....	55.14
2	Janet Carothers .....	55.69
3	Shalyn McMichael .....	56.57
6	Aneesha Lane .....	57.74
8	Tierra Johnson.....	58.10

#### Women 800 Meter Run

1	Kerrie Savery.....	2:13.04
5	Megan Isaacs .....	2:20.94

#### Women 1,500 Meter Run

1	Kerrie Savery.....	4:37.80
3	Megan Isaacs .....	4:42.08

#### Women 5,000 Meter Run

10	Lindsay Groce .....	18:38.91
20	Skye Aiello .....	19:46.95

#### Women 10,000 Meter Run

9	Lindsay Groce .....	40:08.17
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#### Women 100 Meter Hurdles

1	Rashanda Simmons .....	14.45
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#### Women 400 Meter Hurdles

2	Tierra Johnson.....	1:03.37
5	Morgan Joseph.....	1:07.77

#### Women Heptathlon

4	Rashanda Simmons .....	4,195 pts
10	Carlyn Wright.....	3,464 pts
11	Skye Aiello .....	3,229 pts

#### Women 4x100 Meter Relay

1	Western Carolina "A" .....	45.68
Tangelia Johnson, Felicia Paulding, Janet Carothers, Raquel Ramseur		

#### Women 4x400 Meter Relay

1	Western Carolina "A" .....	3:44.09
Janet Carothers, Felicia Paulding, Shalyn McMichael, Raquel Ramseur		

#### Women High Jump

4	Jessika Johnson .....	1.63m
9	Angela Stark .....	1.53m
10	Tia Jones .....	1.48m

#### Women Pole Vault

5	Kassie McKie.....	3.19m
7	Melissa Cabe.....	3.19m
9	Amanda Massey.....	3.04m

#### Women Long Jump

5	Tia Jones .....	5.72m
13	Rashanda Simmons .....	5.19m

#### Women Triple Jump

3	Tia Jones .....	12.05m
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#### Women Shot Put

6	Nicole Lopez.....	11.76m
12	Chelsea McLean.....	10.84m

#### Women Discus Throw

2	Nicole Lopez.....	41.99m
10	Tara Tounzen .....	35.51m

#### Women Hammer Throw

3	Michaela Hall.....	45.76m
4	Nicole Lopez.....	45.15m
8	Tara Tounzen .....	43.45m

#### Women Javelin Throw

1	Tara Tounzen .....	42.69m
10	Kassie McKie.....	28.55m

# 2008 Southern Conference Men's & Women's Outdoor Track & Field Championships Western Carolina Individual Finishes / All Southern Conference Selections

## WESTERN CAROLINA INDIVIDUAL CHAMPIONS

### Men

David Bowles: Javelin Throw  
Matt Evans: High Jump  
Chris Gaillard: Long Jump  
David Gift: Decathlon  
Kevin Johnson: 4x100 Meter Relay  
Zeb Johnson: 4x100 Meter Relay, 4x400 Meter Relay  
Manteo Mitchell: 200 Meter Dash, 400 Meter Dash, 4x100 Meter Relay, 4x400 Meter Relay  
Drew Tucker: 4x400 Meter Relay  
Dominique Young: 100 Meter Dash, 4x100 Meter Relay, 4x400 Meter Relay

### Women

Felicia Paulding: 100 Meter Dash, 4x100 Meter Relay, 4x400 Meter Relay  
Raquel Ramseur: 200 Meter Dash, 400 Meter Dash, 4x100 Meter Relay, 4x400 Meter Relay  
Kerrie Savery: 800 Meter Run, 1,500 Meter Run  
Rashanda Simmons: 100 Meter Hurdles  
Tangelia Johnson: 4x100 Meter Relay  
Janet Carothers: 4x100 Meter Relay, 4x400 Meter Relay  
Shalyn McMichael: 4x400 Meter Relay  
Tara Tounzen: Javelin Throw

## 2008 WESTERN CAROLINA CATAMOUNTS NAMED ALL-SOUTHERN CONFERENCE

### Men

Christian Bethune: 110 Meter Hurdles  
David Bowles: Javelin Throw  
Matt Evans: Decathlon, High Jump, Javelin Throw  
Thomas Funderburke: 400-Meter Dash  
Chris Gaillard: High Jump, Long Jump  
David Gift: Decathlon  
Aaron Grant: 800 Meter Run  
Logan James: Pole Vault  
Kevin Johnson: 4x100 Meter Relay  
Zeb Johnson: 100 Meter Dash, 200 Meter Dash, 400 Meter Dash, 4x100 Meter Relay, 4x400 Meter Relay  
Daniel Joseph: Triple Jump  
Cody Lawson: Discus Throw  
Manteo Mitchell: 100 Meter Dash, 200 Meter Dash, 400 Meter Dash, 4x100 Meter Relay, 4x400 Meter Relay  
Patrick Morris: Shot Put  
Drew Tucker: 4x400 Meter Relay  
Dominique Young: 100 Meter Dash, 200 Meter Dash, 4x100 Meter Relay, 4x400 Meter Relay

### Women

Janet Carothers: 400 Meter Dash, 4x100 Meter Relay, 4x400 Meter Relay  
Sherelle Fronberger: 200 Meter Dash  
Megan Isaacs: 1,500 Meter Run  
Tangelia Johnson: 100 Meter Dash, 4x100 Meter Relay  
Tia Jones: Triple Jump  
Michaela Hall: Hammer Throw  
Nicole Lopez: Discus Throw  
Shalyn McMichael: 400 Meter Dash, 4x400 Meter Relay  
Felicia Paulding: 100 Meter Dash, 200 Meter Dash, 4x100 Meter Relay, 4x400 Meter Relay  
Raquel Ramseur: 200 Meter Dash, 400 Meter Dash, 4x100 Meter Relay, 4x400 Meter Relay  
Kerrie Savery: 800 Meter Run, 1,500 Meter Run  
Rashanda Simmons: 100 Meter Hurdles  
Tara Tounzen: Javelin Throw