

**2007 Southern Conference Men & Women's Outdoor Track & Field Championships
Western Carolina Individual Finishes / All-Southern Conference Selections**

WESTERN CAROLINA WOMEN

Women 100 Meters Dash

2 Johnson, Tangelia	JR Western Carolina	11.88	8
3 Fronberger, Sherelle	FR Western Carolina	11.91	6

Women 200 Meters Dash

2 Ramseur, Raquel	JR Western Carolina	24.13	8
3 Fronberger, Sherell	FR Western Carolina	24.51	6
6 Johnson, Tangelia	JR Western Carolina	25.24	3

Women 400 Meters Dash

1 Ramseur, Raquel	JR Western Carolina	54.41N	10
7 Johnson, Tierra	FR Western Carolina	59.42	2

Women 800 Meters Run

1 Savery, Kerri	JR Western Carolina	2:12.65	10
4 Kulesz, Deanna	SR Western Carolina	2:17.79	5
6 Bailey, Annie	SO Western Carolina	2:19.28	3

Women 1500 Meters Run

3 Kulesz, Deanna	SR Western Carolina	4:38.21	6
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Women 10000 Meters Run

6 Groce, Lindsay	FR Western Carolina	39:51.14	3
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Women 100 Meters Hurdles

4 McGriff, NaShay	JR Western Carolina	14.45	5
7 Simmons, Rashanda	SO Western Carolina	15.39	2
8 Davis, Asia	SR Western Carolina	15.42	1

Women 400 Meters Hurdles

1 Davis, Asia	SR Western Carolina	1:00.48N	10
7 Simmons, Rashanda	SO Western Carolina	1:07.64	2

Women 4x100 Meters Relay

1 Western Carolina 'A'	46.03	10	46.025
S. Froneberger, Ta. Johnson, A. Davis, R. Ramseur			

Women 4x400 Meters Relay

2 Western Carolina 'A'	3:48.61	8
A. Davis, K. Savery, S. Froneberger, R. Ramseur		

Women High Jump

2 Johnson, Jessika	JR Western Carolina	1.70m	5-07.00	8
3 Whitaker, Brittany	SR Western Carolina	1.65m	5-05.00	6

Women Pole Vault

7 Massey, Amanda	FR Western Carolina	2.95m	9-08.00	2
8 Cabe, Melissa	JR Western Carolina	2.95m	9-08.00	1

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Women Long Jump

4 Jones, Tia	FR Western Carolina	5.77m	18-11.25	5
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Women Shot Put

6 Bell, Sharhonda	SR Western Carolina	12.56m	41-02.50	3
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Women Discus Throw

4 Lopez, Nicole	JR Western Carolina	39.41m	129-03	5
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Women Hammer Throw

7 Lopez, Nicole	JR Western Carolina	44.12m	144-09	2
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Women Javelin Throw

2 Tounzen, Tara	SO Western Carolina	38.07m	124-11	8
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3 Lamitie, Lysie	SR Western Carolina	37.38m	122-08	6
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Women Heptathlon

6 McGriff, NaShay	JR Western Carolina		3871	3
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7 Broadnax, Morgan	SO Western Carolina		3791	2
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8 Wilkerson, Jessica	JR Western Carolina		3706	1
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WESTERN CAROLINA MEN

Men 100 Meters Dash

1	Young, Dominique	FR Western Carolina	10.48N	10
3	Johnson, Kevin	SO Western Carolina	10.79	6
4	Mitchell, Manteo	SO Western Carolina	10.82	5
5	Malone, Michael	SR Western Carolina	10.90	4
6	Bethune, Christian	FR Western Carolina	10.94	3
8	Ashcraft, Albert	SO Western Carolina	13.04	1

Men 200 Meters Dash

2	Mitchell, Manteo	SO Western Carolina	21.05N	8
3	Young, Dominique	FR Western Carolina	21.09N	6
4	Oros, John	FR Western Carolina	21.70	5
5	Johnson, Zeb	JR Western Carolina	21.86	4
6	Gregory, James	SR Western Carolina	22.27	3

Men 400 Meters Dash

1	Mitchell, Manteo	SO Western Carolina	48.68	10
2	Gregory, James	SR Western Carolina	48.70	8
3	Oros, John	FR Western Carolina	49.21	6
4	Johnson, Zeb	JR Western Carolina	49.71	5

Men 800 Meters Run

3	Grant, Aaron	JR Western Carolina	1:53.59	6
4	Fassinger, Dan	SR Western Carolina	1:54.16	5

Men 1500 Meters Run

2	Fassinger, Dan	SR Western Carolina	4:00.08	8
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Men 110 Meters Hurdles

3	Malone, Michael	SR Western Carolina	15.10	6	15.098
5	Bennett, Ashton	SR Western Carolina	15.37	4	
6	Harlfinger, Matt	SR Western Carolina	15.60	3	
7	Gift, David	FR Western Carolina	15.99	2	
8	Bethune, Christian	FR Western Carolina	16.17	1	

Men 400 Meters Hurdles

4	Malone, Michael	SR Western Carolina	54.13	5
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Men 4x100 Meters Relay

1	Western Carolina 'A'	40.53N	10
	M. Mitchell, M. Malone, D. Young, Z. Johnson		

Men 4x400 Meters Relay

1	Western Carolina 'A'	3:15.08	10
	M. Mitchell, J. Gregory, Z. Johnson, D. Young		

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Men High Jump

1	Evans, Matt	FR	Western Carolina	2.05m	6-08.75	10
2	Herndon, Rashad	SO	Western Carolina	2.00m	6-06.75	8
5	Joseph, Daniel	SO	Western Carolina	1.90m	6-02.75	4
6	Rogers, Anthony	SO	Western Carolina	1.90m	6-02.75	3
7	Gift, David	FR	Western Carolina	1.85m	6-00.75	2
8	Harlfinger, Matt	SR	Western Carolina	1.85m	6-00.75	1

Men Pole Vault

3	O'Steen, Mike	FR	Western Carolina	4.45m	14-07.25	6
4	Lynch, Joel	SO	Western Carolina	4.30m	14-01.25	5
5	Harlfinger, Matt	SR	Western Carolina	4.15m	13-07.25	4
6	James, Logan	SO	Western Carolina	4.15m	13-07.25	3
8	Spormann, Justin	JR	Western Carolina	4.00m	13-01.50	1

Men Long Jump

3	Malone, Michael	SR	Western Carolina	7.19m	0.5	23-07.25	6
4	Ferguson, Tyler	SR	Western Carolina	7.16m	+0.0	23-06.00	5
5	Rogers, Anthony	SO	Western Carolina	6.92m	+0.0	22-08.50	4
6	Joseph, Daniel	SO	Western Carolina	6.56m	0.8	21-06.25	3
7	Banks, Lee	FR	Western Carolina	6.47m	-0.7	21-02.75	2

Men Triple Jump

2	Joseph, Daniel	SO	Western Carolina	14.99m	0.4	49-02.25	8
3	Ferguson, Tyler	SR	Western Carolina	14.39m	+0.0	47-02.50	6
4	Banks, Lee	FR	Western Carolina	14.05m	0.4	46-01.25	5

Men Shot Put

4	Page, Chris	JR	Western Carolina	14.29m		46-10.75	5
8	McDaniel, Cale	FR	Western Carolina	13.03m		42-09.00	1

Men Discus Throw

4	Page, Chris	JR	Western Carolina	43.95m		144-02	5
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Men Hammer Throw

5	Page, Chris	JR	Western Carolina	46.14m		151-04	4
8	McDaniel, Cale	FR	Western Carolina	35.42m		116-02	1

Men Javelin Throw

2	Bowles, David	JR	Western Carolina	54.44m		178-07	8
5	Page, Chris	JR	Western Carolina	47.50m		155-10	4
7	Ferguson, Tyler	SR	Western Carolina	46.48m		152-06	2

Men Decathlon

1	Bennett, Ashten	SR	Western Carolina			5329	10
2	Harlfinger, Matt	SR	Western Carolina			4890	8
3	Gift, David	FR	Western Carolina			4857	6

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WESTERN CAROLINA INDIVIDUAL CHAMPIONS

WOMEN

Asia Davis - 400-meter hurdles, 4x100m Relay
Sherrell Froneberger - 4x100m Relay
Tangelia Johnson - 4x100m Relay
Raquel Ramseur - 400-meter dash, 4x100m Relay
Kerrie Savery - 800-meter run

MEN

Ashten Bennett - Decathlon
Matt Evans - High Jump
James Gregory - 4x400m Relay
Zeb Johnson - 4x100m Relay, 4x400m Relay
Mike Malone - 4x100m Relay
Manteo Mitchell - 400-meter dash, 4x100m Relay, 4x400m Relay
Dominique Young - 100-meter dash, 4x100m Relay, 4x400m Relay

2007 Western Carolina Catamounts Named All-Southern Conference

WOMEN

Asia Davis - 400-meter hurdles, 4x100m Relay, 4x400m Relay
Sherrell Froneberger - 100m dash, 200m dash, 4x100m Relay, 4x400m Relay
Jessika Johnson - High Jump
Tangelia Johnson - 100-meter dash, 4x100m Relay
Deanna Kulesz - 1500-meter run
Lynsie Lamitie - Javelin
Raquel Ramseur - 200m dash, 400m dash, 4x100m Relay, 4x400m Relay
Kerrie Savery - 800-meter run, 4x400m Relay
Tara Tounzen - Javelin
Brittany Whitaker - High Jump

MEN

Ashten Bennett - Decathlon
David Bowles - Javelin
Matt Evans - High Jump
Dan Fassinger - 1500-meter run
Tyler Ferguson - Triple Jump
David Gift - Decathlon
Aaron Grant - 800-meter run
James Gregory - 400-meter dash, 4x400m Relay
Matt Harlfinger - Decathlon
Rashad Herndon - High Jump
Kevin Johnson - 100-meter dash
Zeb Johnson - 4x100m Relay, 4x400m Relay
Daniel Joseph - Triple Jump
Mike Malone - 110m hurdles, Long Jump, 4x100m Relay
Manteo Mitchell - 400-meter dash, 4x100m Relay, 4x400m Relay
John Oros - 400-meter dash
Mike O'Steen - Pole Vault
Dominique Young - 100m dash, 200m dash, 4x100m Relay, 4x400m Relay