



# WESTERN CAROLINA UNIVERSITY

## 2009-10 MEN'S INDOOR TRACK & FIELD TOP TIMES

### 2009-10 INDOOR SCHEDULE

Dec. 5	Appalachian State Invitational (ASI)	Boone, N.C.
Jan. 8	UNC Invitational (UNC)	Chapel Hill, N.C.
Jan. 22-23	Niswonger Invitational (NI)	Johnson City, Tenn.
Jan. 29-30	Clemson Games (CG)	Clemson, S.C.
Feb. 13	Tiger Paw Invitational (TP)	Clemson, S.C.
Feb. 18	ASU Valentine Invite (AVI)	Boone, N.C.
Feb. 25-Feb. 26	SoCon Indoor Championship (SOCON)	Clemson, S.C.
Mar. 6	Virginia Tech Last Chance (VTLC)	Blacksburg, Va.
Mar. 12-13	NCAA Indoor Championships (NCAA)	Fayetteville, Ark.

### 55 Meter Dash

*NCAA Automatic: 6.14... Provisional: 6.25... WCU Record: 6.22*

Dominique Young	ASI	6.36
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### 60 Meter Dash

*NCAA Automatic: 6.60... Provisional: 6.71... WCU Record: 6.75*

Dominique Young	UNC	6.80
Dominique Young	NI	6.79
Dominique Young	CG	6.81

### 55 Meter Hurdles

*NCAA Automatic: 7.17... Provisional: 7.38... WCU Record: 7.43*

Christian Bethune	ASI	7.65
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### 60 Meter Hurdles

*NCAA Automatic: 7.70... Provisional: 7.91... WCU Record: 7.85*

Cordell Livingston	UNC	8.19
Cordell Livingston	NI	P, SR 7.85
Cordell Livingston	CG	8.14

### 200 Meter Dash

*NCAA Automatic: 21.23... Provisional: 21.63... WCU Record: 21.46*

Ronald Duncan	ASI	22.80
Christian Bethune	UNC	22.95
Dominique Young	NI	21.73
Christian Bethune	CG	23.36

### 400 Meter Dash

*NCAA Automatic: 46.75... Provisional: 47.85... WCU Record: 47.45*

Benny Davis	ASI	48.87
Benny Davis	UNC	49.96
Brandon Hairston	NI	49.62
Benny Davis*	CG	49.63

### 800 Meter Run

*NCAA Automatic: 1:48.90... Provisional: 1:51.40... WCU Record: 1:48.32*

Drew Tucker*	ASI	1:57.57
Stephon Roach	ASI	1:58.07
Drew Tucker	UNC	1:55.49
Drew Tucker	NI	1:55.54
Drew Tucker	CG	1:56.39

### Mile Run

*NCAA Automatic: 3:59.80... Provisional: 4:04.80... WCU Record: 4:06.23*

Garrett West	UNC	4:29.47
Stephen Hammond	NI	4:26.97
Josey Weaver	CG	4:23.37

### 3,000 Meter Run

*NCAA Automatic: 7:57.20... Provisional: 8:07.70... WCU Record: 8:19.49*

Josey Weaver	ASI	8:55.43
Josey Weaver*	UNC	8:42.23
Stephen Hammond	UNC	8:43.73
Nolan Clark	UNC	8:56.66
Nolan Clark	NI	8:57.44
Nolan Clark	CG	8:53.05

### 5,000 Meter Run

*NCAA Automatic: 13:49.90... Provisional: 14:11.90... WCU Record: 14:46.80*

Josey Weaver	NI	15:11.19
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### 1,600 Meter Relay (4x400M)

*NCAA Automatic: 3:07.50... Provisional: 3:11.60... WCU Record: 3:11.28*

'A' Team	ASI	3:23.51
Benny Davis, Dominique Young, Willie Bowman, Brandon Hairston		
'B' Team	ASI	3:23.74
Jestin Jennings, Drew Tucker, Stephon Roach, Marcus McClary		
'A' Team	UNC	3:18.96
Brandon Hairston, Dominique Young, Drew Tucker, Benny Davis		
'A' Team*	NI	3:15.81
Brandon Hairston, Dominique Young, Drew Tucker, Benny Davis		
'A' Team*	CG	3:19.41
Brandon Hairston, Dominique Young, Drew Tucker, Benny Davis		

\*indicates first place finish

**Distance Medley Relay**

NCAA Automatic: 9:30.00..... Provisional: 9:41.70..... WCU Record: 10:05.02  
 'A' Team.....NI..... 10:27.85  
 Garrett West, Drew Tucker, Jestin Jennings, Stephen Hammond

**Long Jump (in meters)**

NCAA Automatic: 7.85m..... Provisional: 7.50m..... WCU Record: 7.66m  
 Alex Dollard\*.....ASI..... 7.16m  
 Alex Dollard.....UNC..... 6.86m  
 Lawren Willard.....NI..... 6.75m  
 Lawren Willard.....CG..... 6.96m

**Triple Jump (in meters)**

NCAA Automatic: 16.15m... Provisional: 15.45m..... WCU Record: 15.41m  
 Alex Dollard.....ASI..... 13.72m  
 Cornelius Williams.....UNC..... 13.51m  
 Alex Dollard.....NI..... 14.37m  
 Cornelius Williams.....CG..... 14.55m

**High Jump (in meters)**

NCAA Automatic: 2.24m..... Provisional: 2.14m..... WCU Record: 2.19m  
 Matt Evans.....ASI..... 2.08m  
 Matt Evans.....UNC..... 1.94m  
 Matt Evans.....NI..... 2.05m

**Shot Put (in meters)**

NCAA Automatic: 19.30m... Provisional: 17.75m..... WCU Record: 16.33m  
 Ryan Pless.....ASI..... 14.45m  
 Cale McDaniel.....UNC..... 14.05m

Cale McDaniel.....NI..... 15.46m  
 Cale McDaniel.....CG..... 15.74m

**Weight Throw (in meters)**

NCAA Automatic: 21.50m... Provisional: 19.50m..... WCU Record: 19.26m  
 Cale McDaniel.....ASI..... 17.40m  
 Cale McDaniel.....UNC..... 16.77m  
 Cale McDaniel.....NI..... 17.78m  
 Cale McDaniel.....CG..... 17.35m

**Pole Vault (in meters)**

NCAA Automatic: 5.50m..... Provisional: 5.20m..... WCU Record: 4.96m  
 Michael O'Steen.....ASI..... 4.40m  
 Wayne Parker.....UNC..... 4.15m  
 Michael O'Steen.....NI..... 4.45m  
 Wayne Parker.....CG..... 4.33m

**Heptathlon**

NCAA Automatic: 5,650 pts .... Provisional: 5,300 pts..... WCU Record: 5,034 pts  
 Matt Evans.....CG..... SR 5,034

**2009-10 MEN'S INDOOR FIRST-PLACE FINISHES**

800 Meter Run..... Drew Tucker..... ASI..... 1:57.57  
 Long Jump..... Alex Dollard..... ASI..... 7.16m  
 3,000 Meter Run..... Josey Weaver..... UNC..... 8:42.23  
 4x400 Meter Relay..... "A" Team..... NI..... 3:53.41  
 .....Brandon Hairston, Dominique Young, Drew Tucker and Benny Davis  
 400 Meter Dash..... Benny Davis..... CG..... 49.63  
 Triple Jump..... Cornelius Williams..... CG..... 14.55m

**NCAA QUALIFIERS**

Cordell Livingston - 60m Hurdles - 7.85m - Provisional



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Mar. 6	Virginia Tech Last Chance (VTLC)	Blacksburg, Va.
Mar. 12-13	NCAA Indoor Championships (NCAA)	Fayetteville, Ark.

### 55 Meter Dash

*NCAA Automatic: 6.74... Provisional: 6.92... WCU Record: 6.95*  
 Felicia Paulding\* ..... ASI ..... 6.99

### 60 Meter Dash

*NCAA Automatic: 7.26... Provisional: 7.44... WCU Record: 7.48*  
 Felicia Paulding ..... UNC ..... 7.73  
 Felicia Paulding ..... NI ..... 7.79  
 Felicia Paulding ..... CG ..... 7.66

### 55 Meter Hurdles

*NCAA Automatic: 7.57... Provisional: 7.86... WCU Record: 7.99*  
 Morgan Joseph ..... ASI ..... 8.37

### 60 Meter Hurdles

*NCAA Automatic: 8.14... Provisional: 8.43... WCU Record: 8.74*  
 Carlyn Wright ..... UNC ..... 9.14  
 Carlyn Wright ..... NI ..... 9.35  
 Morgan Joseph ..... CG ..... 9.38

### 200 Meter Dash

*NCAA Automatic: 23.70... Provisional: 24.40... WCU Record: 24.51*  
 Sherelle Froneberger ..... ASI ..... 24.60  
 Sherelle Froneberger ..... UNC ..... 26.46  
 Felisha Garren ..... NI ..... 25.33  
 Raven Parrish ..... CG ..... 26.33

### 400 Meter Dash

*NCAA Automatic: 52.90... Provisional: 54.90... WCU Record: 54.31*  
 Shayln McMichael\* ..... ASI ..... 57.53  
 Jane't Carothers ..... UNC ..... 58.16  
 Jane't Carothers ..... NI ..... 57.47  
 Jane't Carothers ..... CG ..... 56.37

### 800 Meter Run

*NCAA Automatic: 2:06.00... Provisional: 2:10.00... WCU Record: 2:10.17*  
 Hannah Bowers ..... ASI ..... 2:24.41  
 Hannah Bowers ..... UNC ..... 2:24.73

Hannah Bowers ..... NI ..... 2:20.43  
 Jordan Gaddy ..... CG ..... 2:22.71

### Mile Run

*NCAA Automatic: 4:40.60... Provisional: 4:48.60... WCU Record: 4:56.89*  
 Jordan Gaddy\* ..... UNC ..... 5:27.87  
 Leslie Raymond ..... NI ..... 5:33.51  
 Jordan Gaddy ..... CG ..... 5:12.82

### 3,000 Meter Run

*NCAA Automatic: 9:15.80... Provisional: 9:34.80... WCU Record: 10:02.84*  
 Morgan Turner\* ..... UNC ..... 10:36.18  
 Lindsay Groce ..... UNC ..... 10:36.61  
 Jordan Gaddy ..... NI ..... 10:31.49  
 Olivia Jacobs ..... CG ..... 10:22.40

### 5,000 Meter Run

*NCAA Automatic: 15:49.90... Provisional: 16:11.90... WCU Record: 16:46.80*  
 Olivia Jacobs ..... NI ..... 18:45.32

### 1,600 Meter Relay (4x400M)

*NCAA Automatic: 3:37.00... Provisional: 3:44.00... WCU Record: 3:44.17*  
 'A' Team\* ..... ASI ..... 3:53.41  
     Shayln McMichael, Felicia Paulding, Emma Bowers, Felisha Garren  
 'B' Team ..... ASI ..... 3:59.88  
     Tsanni Collier, Hannah Bowers, Tierra Johnson, Raven Parrish  
 'A' Team\* ..... UNC ..... 3:50.72  
     Shalyn McMichael, Felicia Paulding, Felisha Garren, Jane't Carothers  
 'A' Team\* ..... NI ..... SR 3:44.47  
     Shalyn McMichael, Felicia Paulding, Felisha Garren, Jane't Carothers  
 'A' Team\* ..... NI ..... SR 3:45.99  
     Shalyn McMichael, Felicia Paulding, Felisha Garren, Jane't Carothers

\*indicates first place finish

**Distance Medley Relay**

NCAA Automatic: 11:11.00..... Provisional: 11:32.00 ..... WCU Record: 11:58.68  
 'A' Team\*..... NI..... 12:45.99  
 Jordan Gaddy, Emma Bowers, Hannah Bowers, Morgan Turner

**Long Jump (in meters)**

NCAA Automatic: 6.38m..... Provisional: 6.13m ..... WCU Record: 6.20m  
 Morgan Joseph..... ASI..... 5.20m  
 Tia Jones..... ASI..... 5.20m  
 Tia Jones..... UNC..... 5.34m  
 Raven Parrish..... NI..... 5.36m  
 Tia Jones..... CG..... 5.49m

**Triple Jump (in meters)**

NCAA Automatic: 13.30m... Provisional: 12.65m ..... WCU Record: 12.58m  
 Tia Jones\*..... ASI..... 12.03m  
 Tia Jones..... UNC..... 11.48m  
 Tia Jones..... NI..... 12.14m  
 Tia Jones..... CG..... 11.75m

**High Jump (in meters)**

NCAA Automatic: 1.85m..... Provisional: 1.78m ..... WCU Record: 1.83m  
 Janet Carouthers..... ASI..... 1.63m  
 Jettana Thomas..... UNC..... 1.50m

**Shot Put (in meters)**

NCAA Automatic: 16.90m... Provisional: 15.20m ..... WCU Record: 14.37m  
 Zakiyyah Stewart..... ASIC ..... 11.84m

Zakiyyah Stewart..... UNC..... 11.81m  
 Zakiyyah Stewart..... NI..... 12.09m  
 Deirdra Morrison..... CG..... 11.79m

**Weight Throw (in meters)**

NCAA Automatic: 21.00m... Provisional: 18.75m ..... WCU Record: 16.64m  
 Zakiyyah Stewart..... ASI..... 15.63m  
 Zakiyyah Stewart..... UNC..... 14.77m  
 Zakiyyah Stewart..... NI..... 14.75m  
 Deirdra Morrison..... CG..... 15.45m

**Pole Vault (in meters)**

NCAA Automatic: 4.25m..... Provisional: 4.00m ..... WCU Record: 3.96m  
 Kassie McKie..... ASI..... 3.05m  
 Kassie McKie..... UNC..... 3.05m  
 Ashley Walla..... CG..... 3.36m

**Pentathlon**

NCAA Automatic: 4,050 pts .... Provisional: 3,700 pts..... WCU Record: 3,274 pts  
 Carlyn Wright..... CG..... 2,934

**2009-10 WOMEN'S INDOOR FIRST-PLACE FINISHES**

55 Meter Dash..... Felicia Paulding..... ASI..... 6.99  
 4x400 Meter Relay ..... 'A' Team..... ASI..... 3:53.41  
 .....Shayln McMichael, Felicia Paulding, Emma Bowers, Felisha Garren  
 400 Meter Dash..... Shayln McMichael..... ASI..... 57.53  
 Triple Jump..... Tia Jones ..... ASI..... 12.03m  
 Mile Run ..... Jordan Gaddy ..... UNC..... 5:27.87  
 3,000 Meter Run..... Morgran Turner ..... UNC..... 10:36.18  
 4x400 Meter Relay ..... 'A' Team..... NI..... 3:44.47  
 .....Shayln McMichael, Felicia Paulding, Felisha Garren, Janet Carothers

**NCAA QUALIFIERS**