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 SoCon/ Big South Indoor Champs - 2/29/2008 to 3/1/2008
 Results at www.cfpitiming.com
 Clemson Indoor Track @ Clemson, SC
 Results

Women 60 Meter Dash SoCon

8 Advance: Top 2 Each Heat plus Next 2 Best Times

NCAA Auto: A 7.26

NCAA Prov.: P 7.44

Socon Record: S 7.43 2/26/2005 Nicole Brown, Georgia Sout

Name	Year	School	Prelims
Heat 1 Preliminaries			
1 Johnson, Tangelia	SR	Western Carolina	7.59Q
2 McKiver, Ashley	SO	Appalachian Stat	7.62Q
3 Fronberger, Sherelle	SO	Western Carolina	7.76q
4 Dukes, Crystal	FR	Appalachian Stat	7.97
5 Colley, Kimberely	JR	Davidson	8.10
6 Lynch, Lisa	FR	Wofford	8.56
7 Bush, Bea	JR	Davidson	9.34
Heat 2 Preliminaries			
1 Paulding, Felicia	FR	Western Carolina	7.64Q
2 Ramseur, Raquel	SR	Western Carolina	7.69Q
3 Evans-Hardy, Porsha'	JR	Appalachian Stat	7.83
4 Watts, Tierra	JR	Georgia Southern	7.85
5 Ware, Courtney	JR	Georgia Southern	7.89
6 Harvey, Bianca	FR	Appalachian Stat	8.13
7 Campbell, Kelly	SO	Wofford	8.68
Heat 3 Preliminaries			
1 Anthony, Demetrise	SO	Georgia Southern	7.62Q
2 Knotts, Vonteena	SR	Appalachian Stat	7.79Q
3 Johnson, Monica	JR	Appalachian Stat	7.80q
4 Ortiz, Shamyria	SR	Georgia Southern	7.83
5 Belmont, Starr	FR	Furman	8.15
6 Chambless, Summer	SR	Col. of Charlest	8.23
7 Creel, Sarah	FR	Citadel	8.29

Women 60 Meter Dash SoCon

NCAA Auto: A 7.26

NCAA Prov.: P 7.44

Socon Record: S 7.43 2/26/2005 Nicole Brown, Georgia Sout

Name	Year	School	Finals
Section 1 Finals			
1 Johnson, Tangelia	SR	Western Carolina	7.57 7.562
2 Anthony, Demetrise	SO	Georgia Southern	7.57 7.567
3 McKiver, Ashley	SO	Appalachian Stat	7.61
4 Paulding, Felicia	FR	Western Carolina	7.67
5 Fronberger, Sherelle	SO	Western Carolina	7.81
6 Knotts, Vonteena	SR	Appalachian Stat	7.83
7 Johnson, Monica	JR	Appalachian Stat	8.00
8 Ramseur, Raquel	SR	Western Carolina	8.03

Women 200 Meter Dash SoCon

Top 8 Advance by Time

NCAA Auto: A 23.40

NCAA Prov.: P 24.10

Socon Record: S 23.84 1989

Lamonda Miller, ASU

Name	Year	School	Prelims
=====			
Heat 1 Preliminaries			
1 Fronberger, Sherelle	SO	Western Carolina	25.21q
2 Evans-Hardy, Porsha'	JR	Appalachian Stat	26.15
3 Colley, Kimberely	JR	Davidson	27.10
-- Obidegwu, Amaka	SR	Davidson	DNS
Heat 2 Preliminaries			
1 Paulding, Felicia	FR	Western Carolina	25.26q
2 Knotts, Vonteena	SR	Appalachian Stat	25.93
3 Ware, Courtney	JR	Georgia Southern	26.47
4 Harvey, Bianca	FR	Appalachian Stat	27.07
Heat 3 Preliminaries			
1 Johnson, Tangelia	SR	Western Carolina	25.33q
2 Whittle, Jodi	SR	Citadel	25.58q
3 Dennis, Jacarra	FR	Ut-Chattanooga	27.18
Heat 4 Preliminaries			
1 Ramseur, Raquel	SR	Western Carolina	24.68q
2 Thurman, Dominique	SR	Georgia Southern	26.21
3 Belmont, Starr	FR	Furman	27.35
Heat 5 Preliminaries			
1 Carothers, Jane't	FR	Western Carolina	24.82q
2 Bush-Hardy, Ashley	JR	Georgia Southern	26.24
3 Creel, Sarah	FR	Citadel	27.43
4 Daly, Mary Meghan	SR	Davidson	30.43
Heat 6 Preliminaries			
1 Ortiz, Shamyria	SR	Georgia Southern	25.52q
2 Blair, CeCie	SR	Davidson	28.88
3 Klipfel, Megan	SO	Wofford	30.45
4 McMichael, Shalyn	FR	Western Carolina	33.13
Heat 7 Preliminaries			
1 Anthony, Demetrise	SO	Georgia Southern	25.66
2 Johnson, Monica	JR	Appalachian Stat	25.85
3 Lynch, Lisa	FR	Wofford	28.81
4 Valentine, Megan	FR	Col. of Charlest	31.24
Heat 8 Preliminaries			
1 McKiver, Ashley	SO	Appalachian Stat	25.27q
2 Watts, Tierra	JR	Georgia Southern	25.98
3 Schumy, Kirsten	SR	Col. of Charlest	29.40
-- Campbell, Kelly	SO	Wofford	DNF

Women 200 Meter Dash SoCon

NCAA Auto: A 23.40

NCAA Prov.: P 24.10

Socon Record: S 23.84 1989

Lamonda Miller, ASU

Name	Year	School	Finals
=====			
Section 1 Finals			
1 McKiver, Ashley	SO	Appalachian Stat	25.19
2 Ortiz, Shamyria	SR	Georgia Southern	25.37
3 Johnson, Tangelia	SR	Western Carolina	25.48
4 Whittle, Jodi	SR	Citadel	25.83
Section 2 Finals			
1 Ramseur, Raquel	SR	Western Carolina	24.87
2 Carothers, Jane't	FR	Western Carolina	24.96
3 Fronberger, Sherelle	SO	Western Carolina	25.30
4 Paulding, Felicia	FR	Western Carolina	25.51

Women 400 Meter Dash SoCon

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8 Advance: Top 1 Each Heat plus Next 2 Best Times

NCAA Auto: A 52.70

NCAA Prov.: P 54.70

Socon Record: S 54.64 1995 Angela Rowe, WCU

Name	Year	School	Prelims
=====			
Heat 1 Preliminaries			
1 Carothers, Jane't	FR	Western Carolina	56.95Q
2 Brutus, Michelle	FR	Appalachian Stat	61.08
3 Kalmeijer, Saskia	FR	Col. of Charlest	61.65
-- LeForce, Allie	FR	Wofford	DNS
Heat 2 Preliminaries			
1 Bush-Hardy, Ashley	JR	Georgia Southern	58.20Q
2 Whittle, Jodi	SR	Citadel	59.10
3 JaJa Benson, JoAnn	FR	Georgia Southern	61.80
4 McGowan, Julie	SR	Elon	63.78
Heat 3 Preliminaries			
1 McMichael, Shalyn	FR	Western Carolina	57.09Q
2 Ryles, London	JR	Georgia Southern	58.71q
3 Dennis, Jacarra	FR	Ut-Chattanooga	60.09
4 Turowski, Melissa	FR	Elon	61.69
Heat 4 Preliminaries			
1 Ballard, Carla	SR	Georgia Southern	57.65Q
2 Obidegwu, Amaka	SR	Davidson	60.25
3 Johnson, Tierra	SO	Western Carolina	60.91
4 Blair, CeCie	SR	Davidson	64.81
Heat 5 Preliminaries			
1 Lane, Aneesha	JR	Western Carolina	58.56Q
2 Alexander, Amanda	SR	Ut-Chattanooga	58.78q
3 Maschi, Cara	JR	Elon	64.45
-- May, Delise	JR	Furman	DNS
Heat 6 Preliminaries			
1 Ramseur, Raquel	SR	Western Carolina	55.74Q
2 Skogen, Sarah	FR	Elon	60.18
3 Zolga, Mary	FR	Col. of Charlest	61.01

Women 400 Meter Dash SoCon

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NCAA Auto: A 52.70

NCAA Prov.: P 54.70

Socon Record: S 54.64 1995 Angela Rowe, WCU

Name	Year	School	Finals
=====			
Section 1 Finals			
1 Bush-Hardy, Ashley	JR	Georgia Southern	58.15
2 Alexander, Amanda	SR	Ut-Chattanooga	59.19
3 Ryles, London	JR	Georgia Southern	59.42
4 Lane, Aneesha	JR	Western Carolina	60.82
Section 2 Finals			
1 Ramseur, Raquel	SR	Western Carolina	56.65
2 Ballard, Carla	SR	Georgia Southern	56.77
3 Carothers, Jane't	FR	Western Carolina	56.81
4 McMichael, Shalyn	FR	Western Carolina	64.56

Women 1 Mile Run SoCon

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NCAA Auto: A 4:40.60

NCAA Prov.: P 4:48.60

Socon Record: S 4:48.09 2/25/2006 Shannon Wommack, UT-Chattanooga

Name	Year	School	Finals
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 Section 1 Finals

1 Laughlin, Amy	SO Col. of Charlest	5:14.28
2 Strickland, Sarah	JR Citadel	5:19.45
3 Cline, Sarah	FR Davidson	5:22.95
4 Fournier, Emily	FR Elon	5:23.92
5 Barrow, Christy	SO Col. of Charlest	5:26.14
6 Childs, Lauren	FR Davidson	5:30.38
7 Magin, Carly	SO Unc-Greensboro	5:33.22
8 Clark, Heather	SR Col. of Charlest	5:36.70
9 Collins, Meaghan	SO Elon	5:37.26
10 Fuller, Laura	SO Georgia Southern	5:40.30
11 Stoddard, Erin	FR Col. of Charlest	5:41.94
12 Gay, Suzanne	FR Citadel	5:55.42
13 Lee, Kassi	FR Georgia Southern	5:59.51
14 Weber, Jess	SR Unc-Greensboro	5:59.56
-- Dodd, Caitlin	FR Wofford	DNF
-- Evans, Laine	SR Wofford	DNF

Section 2 Finals

1 Savery, Kerri	SR Western Carolina	5:04.26
2 Povick, Jennifer	SR Appalachian Stat	5:07.15
3 Taylor, Shelley	SO Ut-Chattanooga	5:07.43
4 Isaccs, Megan	JR Western Carolina	5:07.84
5 Lefort, Sabrina	SR Ut-Chattanooga	5:09.90
6 Walsh, Charlotte	FR Appalachian Stat	5:12.73
7 Gaddy, Jordan	FR Western Carolina	5:13.86
8 Wood, Emily	SR Ut-Chattanooga	5:13.96
9 White, Meredith	FR Ut-Chattanooga	5:16.57
10 Robertson, Kala	SR Appalachian Stat	5:19.46
11 Garber, Tiffany	FR Unc-Greensboro	5:29.38
12 Jordan, Sherrika	SO Unc-Greensboro	5:29.49

Women 800 Meter Run SoCon

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 8 Advance: Top 1 Each Heat plus Next 3 Best Times

NCAA Auto: A 2:05.40

NCAA Prov.: P 2:09.40

Socon Record: S 2:08.40 2001 Mary Jane Harrelson, ASU

Name	Year	School	Prelims
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Heat 1 Preliminaries

1 Povick, Jennifer	SR Appalachian Stat	2:16.09Q
2 Bloom, Abby	SR Georgia Southern	2:17.45
3 Ballard, Carla	SR Georgia Southern	2:22.11
4 Callahan, Jenna	FR Furman	2:22.55
5 Wesson, Kellie	SO Georgia Southern	2:23.10
-- Mickalis, Morgan	FR Wofford	DNS

Heat 2 Preliminaries

1 Strange, Jennine	SO Elon	2:14.72Q
2 Isaccs, Megan	JR Western Carolina	2:15.08q
3 Jennings, Shauntel	JR Georgia Southern	2:16.82q
4 Barker, Lindsey	JR Furman	2:25.43
5 Groppe, Monika	FR Ut-Chattanooga	2:27.43
6 Hernandez, Cindy	SO Wofford	2:47.66

Heat 3 Preliminaries

1 Savery, Kerri	SR Western Carolina	2:14.62Q
2 Baker, Anna	SR Appalachian Stat	2:17.47
3 Gaddy, Jordan	FR Western Carolina	2:19.79
4 Ilevbare, Grace	SR Elon	2:24.66
5 Chewens, Michelle	FR Unc-Greensboro	2:26.98

Heat 4 Preliminaries

1	Robertson, Kala	SR Appalachian Stat	2:18.77Q
2	Anderson, Lauran	FR Ut-Chattanooga	2:21.14
3	Shaw, Taylor	FR Elon	2:23.23
4	Weber, Jess	SR Unc-Greensboro	2:26.24
--	Sahms, Jessie	SO Wofford	DNF
Heat 5 Preliminaries			
1	Wood, Emily	SR Ut-Chattanooga	2:14.24Q
2	Bailey, Annie	JR Western Carolina	2:16.98q
3	Fawcett, Courtney	SO Unc-Greensboro	2:37.38
--	Gatewood, Katheryn	SO Citadel	DNS
--	Ositelu, Monique	FR Furman	DNS

Women 800 Meter Run SoCon

=====			
NCAA Auto: A 2:05.40			
NCAA Prov.: P 2:09.40			
Socon Record: S 2:08.40 2001 Mary Jane Harrelson, ASU			
Name	Year	School	Finals
=====			

Section 1 Finals

1	Savery, Kerri	SR Western Carolina	2:12.26
2	Wood, Emily	SR Ut-Chattanooga	2:14.34
3	Strange, Jennine	SO Elon	2:14.54
4	Jennings, Shauntel	JR Georgia Southern	2:16.43
5	Povick, Jennifer	SR Appalachian Stat	2:16.93
6	Robertson, Kala	SR Appalachian Stat	2:18.69
7	Bailey, Annie	JR Western Carolina	2:18.70
8	Isaccs, Megan	JR Western Carolina	2:21.24

Women 3000 Meter Run SoCon

=====			
NCAA Auto: A 9:15.80			
NCAA Prov.: P 9:34.80			
Socon Record: S 9:34.10 2/24/2006 Shannon Wommack, UT-Chattanooga			
Name	Year	School	Finals
=====			

1	Rossi, Catherine	FR Elon	10:48.24
2	McCarthy, Colleen	JR Elon	10:50.59
3	Conarro, Heather	FR Davidson	10:51.01
4	Whitener, Sarah	SR Wofford	11:15.70
5	Jenkins, Megan	JR Citadel	11:27.39
6	Stierwalt, Sarah	FR Citadel	11:49.26
7	Harris, Heather	SO Citadel	11:57.91
8	Johnson, Hannah	SO Furman	12:01.84
9	Taylor, Mary Bierne	FR Wofford	12:19.95
--	Harris, Kari	SO Wofford	DNF
--	Bryant, Julia	FR Furman	DNS

Section 2 Finals

1	Taylor, Shelley	SO Ut-Chattanooga	10:05.02
2	Turchin, Kathleen	SR Ut-Chattanooga	10:05.12
3	Lefort, Sabrina	SR Ut-Chattanooga	10:07.23
4	Sanker, Caroline	JR Davidson	10:08.59
5	Burns, Brenna	SR Davidson	10:09.78
6	Gietema, Tara	FR Ut-Chattanooga	10:16.92
7	Fournier, Emily	FR Elon	10:21.97
8	Radke, Jordyn	FR Ut-Chattanooga	10:27.42
9	Walsh, Charlotte	FR Appalachian Stat	10:30.25
10	King, Emily	JR Davidson	10:37.47
11	Johnson, Brittany	SO Furman	10:38.39
12	Aiello, Skye	JR Western Carolina	10:48.15

Women 5000 Meter Run SoCon

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NCAA Auto: A 16:09.60
NCAA Prov.: P 16:46.60
Socon Record: S 16:52.46 1988 Whitney Ball, ASU
Name Year School Finals
=====
Section 1 Finals
1 Aiello, Skye JR Western Carolina 18:27.48
2 King, Emily JR Davidson 18:29.82
3 Wolin, Natalie SO Citadel 18:46.68
4 Rutz, Mary JR Unc-Greensboro 19:06.73
5 Stewart, Becky FR Col. of Charlest 19:17.10
6 Fredrickson, Lauren FR Elon 19:21.14
7 Bosshardt, Lauren SR Wofford 19:41.64
8 Oliva, Justina JR Wofford 19:47.06
9 Ritter, Erin JR Citadel 19:49.22
10 Burns, Katy FR Elon 19:59.49
11 Johnson, Hannah SO Furman 21:15.56
12 Tapp, Pearce FR Wofford 21:29.01
-- Browning, Cara FR Col. of Charlest DNF
-- Whitener, Sarah SR Wofford DNS

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Section 2 Finals
1 Burns, Brenna SR Davidson 17:18.56
2 Sanker, Caroline JR Davidson 17:30.01
3 Turchin, Kathleen SR Ut-Chattanooga 17:51.01
4 Taylor, Shelley SO Ut-Chattanooga 17:58.48
5 Povick, Jennifer SR Appalachian Stat 17:58.98
6 Lordi, Megan SO Furman 18:03.62
7 Lefort, Sabrina SR Ut-Chattanooga 18:13.20
8 Atias, Megal SR Davidson 18:14.09
9 Ealer, Katelyn SR Elon 18:23.28
10 Gietema, Tara FR Ut-Chattanooga 18:30.87
11 Radke, Jordyn FR Ut-Chattanooga 18:39.65
12 Walsh, Charlotte FR Appalachian Stat 18:42.14
13 Stewart, Holly SR Furman 19:16.65
14 Johnson, Brittany SO Furman 19:17.75

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Women 60 Meter Hurdles SoCon

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8 Advance: Top 3 Each Heat plus Next 2 Best Times
NCAA Auto: A 8.14
NCAA Prov.: P 8.43
Socon Record: S 8.48 2/28/2004 Ronda White, App.State
Name Year School Prelims
=====
Heat 1 Preliminaries
1 Price, Dominique SR Elon 8.99Q
2 Olson, Kristin JR Georgia Southern 9.05Q
3 Crutchfield, Kiara FR Appalachian Stat 9.13Q
4 Evans-Hardy, Porsha' JR Appalachian Stat 9.20q
5 Brutus, Michelle FR Appalachian Stat 9.24
6 Joseph, Morgan SO Western Carolina 9.34
7 Frye, Melanie FR Appalachian Stat 10.04
Heat 2 Preliminaries
1 Sanders, Lathcha SR Citadel 9.04Q
2 Simmons, Rashanda JR Western Carolina 9.07Q
3 Wilson, Amber SR Georgia Southern 9.11Q
4 McGriff, Nashay SR Western Carolina 9.18q
5 Jones, Whitney SR Furman 9.25
6 March, Andrea SO Elon 9.35

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7 Schumy, Kirsten SR Col. of Charlest 10.87

Women 60 Meter Hurdles SoCon

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NCAA Auto: A 8.14
 NCAA Prov.: P 8.43
 Socon Record: S 8.48 2/28/2004 Ronda White, App.State

Name	Year	School	Finals
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Section 1 Finals

1 Price, Dominique	SR	Elon	8.84
2 Evans-Hardy, Porsha'	JR	Appalachian Stat	9.01
3 McGriff, Nashay	SR	Western Carolina	9.08
4 Olson, Kristin	JR	Georgia Southern	9.12
5 Simmons, Rashanda	JR	Western Carolina	9.14
6 Wilson, Amber	SR	Georgia Southern	9.23
7 Sanders, Lathcha	SR	Citadel	9.24
8 Crutchfield, Kiara	FR	Appalachian Stat	9.27

Women 4x400 Meter Relay SoCon

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NCAA Auto: A 3:34.20
 NCAA Prov.: P 3:41.20
 Socon Record: S 3:46.40 2/26/2005 Western Carolina, Western Caro
 L Martin, R Ramseur, A Davis, J Spivey

School	Finals
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1 Davidson 'A'	4:07.28
1) McKown, Colleen SR	2) Colley, Kimberely JR
3) Martin, Kennesia JR	4) Obidegwu, Amaka SR
2 Furman 'A'	4:08.70
1) Belmont, Starr FR	2) Mullen, Rebecca SR
3) Barker, Lindsey JR	4) Callahan, Jenna FR
3 Citadel 'A'	4:16.76
1) Whittle, Jodi SR	2) Creel, Sarah FR
3) Strickland, Sarah JR	4) Fleming, Lauren SO

Section 2 Finals

1 Western Carolina 'A'	3:47.17
1) Carothers, Jane't FR	2) Savery, Kerri SR
3) Paulding, Felicia FR	4) Ramseur, Raquel SR
2 Georgia Southern 'A'	3:50.09
1) Bush-Hardy, Ashley JR	2) Jennings, Shauntel JR
3) Ryles, London JR	4) Ballard, Carla SR
3 Ut-Chattanooga 'A'	3:57.84
1) Anderson, Lauran FR	2) Dennis, Jacarra FR
3) Wood, Emily SR	4) Alexander, Amanda SR
4 Elon 'A'	3:58.65
1) Skogen, Sarah FR	2) Strange, Jennine SO
3) March, Andrea SO	4) Turowski, Melissa FR
5 Col. of Charleston 'A'	4:02.17
1) Jackson, Emily JR	2) Kalmeijer, Saskia FR
3) Johnson, Brynne FR	4) Zolga, Mary FR
6 Appalachian State 'A'	4:04.56
1) Brutus, Michelle FR	2) McKiver, Ashley SO
3) Harvey, Bianca FR	4) Johnson, Monica JR

Women Distance Medley SoCon

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NCAA Auto: A 11:11.00
 NCAA Prov.: P 11:32.00
 Socon Record: S 11:58.99 1998 ETSU, ETSU

School	Finals
Section 1 Finals	
1 Western Carolina 'A'	12:09.60
1) Savery, Kerri SR	2) Lane, Aneesha JR
3) Bailey, Annie JR	4) Isaccs, Megan JR
2 Ut-Chattanooga 'A'	12:23.71
1) White, Meredith FR	2) Alexander, Amanda SR
3) Anderson, Lauran FR	4) Wood, Emily SR
3 Appalachian State 'A'	12:24.42
1) Robertson, Kala SR	2) Brutus, Michelle FR
3) Baker, Anna SR	4) Povick, Jennifer SR
4 Col. of Charleston 'A'	12:36.57
1) Barrow, Christy SO	2) Jackson, Emily JR
3) Clark, Heather SR	4) Laughlin, Amy SO
5 Georgia Southern 'A'	12:41.15
1) Bloom, Abby SR	2) Bush-Hardy, Ashley JR
3) Jennings, Shauntel JR	4) Wesson, Kellie SO
6 Elon 'A'	12:42.75
1) Rossi, Catherine FR	2) Turowski, Melissa FR
3) Shaw, Taylor FR	4) Fournier, Emily FR
7 Davidson 'A'	12:43.26
1) Childs, Lauren FR	2) McKown, Colleen SR
3) Atias, Megal SR	4) Cline, Sarah FR
8 Citadel 'A'	12:48.86
1) Strickland, Sarah JR	2) Whittle, Jodi SR
3) Jenkins, Megan JR	4) Wolin, Natalie SO
9 Furman 'A'	13:09.47
1) Johnson, Brittany SO	2) Mullen, Rebecca SR
3) Callahan, Jenna FR	4) Barker, Lindsey JR

Women High Jump SoCon

Starting height is 1.45, Progression is 5 cm
 1.45, 1.50, 1.55, 1.60, 1.63, 1.66, 1.69

NCAA Auto: A 1.85m

NCAA Prov.: P 1.78m

Socon Record: S 1.81m 2/17/2007 Kristen Meister, Davidson

Name	Year	School	Finals
Flight 1 Finals			
1 Johnson, Jessika	SR	Western Carolina	1.66m 5-05.25
2 Hazeltine, Rebecca	FR	Appalachian Stat	1.63m 5-04.25
2 Trumbo, Melanie	SO	Georgia Southern	1.63m 5-04.25
4 Wilson, Amber	SR	Georgia Southern	1.60m 5-03.00
5 Lightning, Jasmine	JR	Georgia Southern	1.55m 5-01.00
6 Stark, Angela	JR	Western Carolina	1.55m 5-01.00
7 Ward, Julie	SO	Appalachian Stat	1.55m 5-01.00
7 Hills, Bridget	FR	Appalachian Stat	1.55m 5-01.00
9 Walsh, Charlotte	FR	Appalachian Stat	1.55m 5-01.00
10 McGriff, Nashay	SR	Western Carolina	1.50m 4-11.00
11 Weathers, Courtney	FR	Elon	1.50m 4-11.00
12 Jones, Tia	SO	Western Carolina	1.50m 4-11.00
-- Hamilton, Shaunta	SO	Georgia Southern	NH
-- March, Andrea	SO	Elon	NH
-- Bass, Sarah	JR	Ut-Chattanooga	NH

Women Pole Vault SoCon

Starting height is 2.70, Progression is 15 cm
 Progression 2.70, 2.85, 3.00, 3.15, 3.30, 3.40, 3.50, 3.60,

NCAA Auto: A 4.20m

NCAA Prov.: P 3.95m

Socon Record: S 3.97m 2/18/2007 Jessica Clendenning, Elon

Name	Year	School	Finals	
1 Snow, Shea	JR	Appalachian Stat	3.70m	12-01.50
2 Heeke, Kaitlyn	SR	Appalachian Stat	3.50m	11-05.75
2 Beale, Ashley	SO	Appalachian Stat	3.50m	11-05.75
4 Chambless, Summer	SR	Col. of Charlest	3.40m	11-01.75
5 Irwin, Megan	SR	Appalachian Stat	3.40m	11-01.75
6 Ward, Julie	SO	Appalachian Stat	3.30m	10-10.00
7 Cabe, Melissa	SR	Western Carolina	3.15m	10-04.00
8 Cumbee, Jessica	JR	Col. of Charlest	3.00m	9-10.00
9 Massey, Amanda	SO	Western Carolina	2.85m	9-04.25
-- Fleming, Lauren	SO	Citadel		NH
-- McKie, Kassie	FR	Western Carolina		NH
-- Ortiz, Shamyria	SR	Georgia Southern		NH
-- Royer, Melissa	FR	Georgia Southern		NH

Women Long Jump SoCon

Top 9 advance to the final for 3 additional attempts

NCAA Auto: A 6.35m

NCAA Prov.: P 6.10m

Socon Record: S 6.21m 1993 Von Ross, WCU

Name	Year	School	Finals	
1 Anthony, Demetrise	SO	Georgia Southern	5.54m	18-02.25
5.47m 5.54m 5.46m 5.25m 5.48m 5.42m				
2 Jones, Tia	SO	Western Carolina	5.53m	18-01.75
5.37m FOUL 5.36m 5.53m 5.38m 5.53m				
3 Ware, Courtney	JR	Georgia Southern	5.19m	17-00.50
5.11m 5.19m 4.88m				
3 Vines, Monique	SO	Elon	5.19m	17-00.50
5.12m 5.19m FOUL				
3 Thurman, Dominique	SR	Georgia Southern	5.19m	17-00.50
5.19m FOUL 5.01m				
6 Joseph, Morgan	SO	Western Carolina	5.18m	17-00.00
4.91m FOUL 5.18m				
7 Simmons, Rashanda	JR	Western Carolina	4.79m	15-08.75
FOUL 4.79m FOUL				
8 Hawkesworth, Lauren	FR	Elon	4.75m	15-07.00
FOUL FOUL 4.75m				
9 Lightning, Jasmine	JR	Georgia Southern	4.62m	15-02.00
4.54m 4.62m 4.53m				

Flight 2 Finals

1 Knotts, Vonteena	SR	Appalachian Stat	5.81m	19-00.75
5.70m FOUL 5.48m FOUL FOUL 5.81m				
2 Hamilton, Shaunta	SO	Georgia Southern	5.71m	18-09.00
5.61m 5.56m 5.71m 5.63m 5.56m 5.62m				
3 Harvey, Bianca	FR	Appalachian Stat	5.62m	18-05.25
5.52m 5.52m 5.53m 5.38m 5.43m 5.62m				
4 Thorpe, Danielle	SO	Appalachian Stat	5.58m	18-03.75
5.37m 5.55m 5.58m 5.46m 5.57m FOUL				
5 Day, Veronica	FR	Elon	5.48m	17-11.75
5.42m 5.48m 5.41m 5.47m 5.42m 5.40m				
6 Crutchfield, Kiara	FR	Appalachian Stat	5.47m	17-11.50
5.11m 5.47m 5.35m 5.30m FOUL FOUL				
7 Aguocha, Chibuzo	SR	Furman	5.45m	17-10.75
5.44m 5.40m 5.45m 5.22m 5.38m 5.34m				
8 Johnson, Monica	JR	Appalachian Stat	5.20m	17-00.75

5.14m	5.20m	5.03m			
9 Hyter, Lynnndsey			FR Georgia Southern	5.19m	17-00.50
5.19m	4.93m	5.18m			
10 Kalmeijer, Saskia			FR Col. of Charlest	4.94m	16-02.50
FOUL	4.94m	FOUL			
11 Dukes, Crystal			FR Appalachian Stat	4.82m	15-09.75
4.73m	FOUL	4.82m			

Women Triple Jump SoCon

=====

Top 9 advance to the final for 3 additional attempts

NCAA Auto: A 13.30m

NCAA Prov.: P 12.65m

Socon Record: S 13.30m 2/29/2004 Ronda White, App.State

Name	Year	School	Finals
=====			
Flight 1 Finals			
1 Uzoh, Michelle		FR Georgia Southern	11.50m 37-08.75
11.50m	11.42m	11.22m	11.30m FOUL FOUL
2 Day, Veronica		FR Elon	11.34m 37-02.50
11.25m	FOUL	11.18m	FOUL 11.34m FOUL
3 Dukes, Crystal		FR Appalachian Stat	10.90m 35-09.25
10.90m	10.62m	10.47m	
4 Vines, Monique		SO Elon	10.80m 35-05.25
10.80m	FOUL	FOUL	
5 Martin, Kennesia		JR Davidson	10.79m 35-05.00
9.93m	10.40m	10.79m	
6 Hawkesworth, Lauren		FR Elon	10.72m 35-02.00
FOUL	10.60m	10.72m	
7 Daly, Mary Meghan		SR Davidson	10.70m 35-01.25
FOUL	FOUL	10.70m	
7 Lightning, Jasmine		JR Georgia Southern	10.70m 35-01.25
10.70m	FOUL	FOUL	

Flight 2 Finals

1 Aguocha, Chibuzo		SR Furman	12.52m 41-01.00
11.66m	12.00m	12.46m	12.52m 12.10m 12.35m
2 Thorpe, Danielle		SO Appalachian Stat	12.50m 41-00.25
12.50m	12.23m	12.37m	12.45m FOUL 12.31m
3 Jones, Tia		SO Western Carolina	12.21m 40-00.75
12.21m	12.21m	FOUL	11.94m FOUL 11.97m
4 Anthony, Demetrise		SO Georgia Southern	12.12m 39-09.25
11.99m	12.10m	12.03m	12.02m 12.12m 11.75m
5 Hamilton, Shaunta		SO Georgia Southern	11.99m 39-04.00
FOUL	11.84m	11.88m	11.65m 11.71m 11.99m
6 Hyter, Lynnndsey		FR Georgia Southern	11.83m 38-09.75
11.70m	11.71m	11.41m	11.83m 11.29m 11.53m
7 McGriff, Nashay		SR Western Carolina	11.50m 37-08.75
11.18m	11.34m	10.17m	FOUL 11.50m FOUL
8 Simmons, Rashanda		JR Western Carolina	10.88m 35-08.50
FOUL	FOUL	10.88m	
-- Knotts, Vonteena		SR Appalachian Stat	FOUL
FOUL	FOUL	FOUL	

Women Shot Put SoCon

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Top 9 advance to the final for 3 additional attempts

NCAA Auto: A 16.90m

NCAA Prov.: P 15.20m

Socon Record: S 16.61m 1988 Angie Barker, ETSU

Name	Year	School	Finals
=====			

Flight 1 Finals

1 Williams, Brittani	SR Appalachian Stat	14.72m	48-03.50
2 Charles, Jennifer	SR Georgia Southern	13.24m	43-05.25
3 Sanders, Lathcha	SR Citadel	13.01m	42-08.25
4 Lopez, Nicole	SR Western Carolina	12.87m	42-02.75
5 Robertson, Justine	FR Elon	12.15m	39-10.50
6 Paszkeicz, Krystal	FR Elon	12.14m	39-10.00
7 McLean, Chelsea	FR Western Carolina	12.03m	39-05.75
8 Tallent, Lily	SR Appalachian Stat	11.87m	38-11.50
9 Smyre, Whitney	SO Appalachian Stat	11.63m	38-02.00
10 Alexander, Adrienne	SO Appalachian Stat	11.10m	36-05.00
11 Irizzary, Jessica	SO Georgia Southern	10.93m	35-10.50
12 Phelan, Laura	SR Citadel	9.11m	29-10.75

Women Weight Throw SoCon

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Top 9 advance to the final for 3 additional attempts

NCAA Auto: A 21.00m

NCAA Prov.: P 18.75m

Socon Record: S 19.54m 2/25/2006 Chakosha Lance, C. of Charleston

Name	Year School	Finals
1 Williams, Brittani	SR Appalachian Stat	18.05m 59-02.75
15.86m 13.82m 16.97m 17.40m 18.05m 17.10m		
2 Lopez, Nicole	SR Western Carolina	16.44m 53-11.25
FOUL FOUL 14.71m FOUL 16.44m 15.86m		
3 Smyre, Whitney	SO Appalachian Stat	15.68m 51-05.50
FOUL 15.21m 15.68m FOUL FOUL FOUL		
4 Alexander, Adrienne	SO Appalachian Stat	15.48m 50-09.50
13.82m 14.54m 14.29m 14.27m 15.48m 14.46m		
5 Edwards, Monique	JR Citadel	15.36m 50-04.75
14.84m FOUL 15.36m FOUL FOUL 14.80m		
6 Irizzary, Jessica	SO Georgia Southern	15.04m 49-04.25
14.47m 14.64m 15.04m FOUL 14.27m FOUL		
7 Charles, Jennifer	SR Georgia Southern	14.32m 46-11.75
14.32m FOUL 14.27m FOUL 13.94m FOUL		
8 Tounzen, Tara	JR Western Carolina	13.45m 44-01.50
13.39m FOUL FOUL FOUL 13.45m FOUL		
9 McLean, Chelsea	FR Western Carolina	12.67m 41-07.00
11.98m 12.67m FOUL FOUL 12.15m 12.29m		
10 Tallent, Lily	SR Appalachian Stat	12.49m 40-11.75
FOUL FOUL 12.49m		
11 Green, Emily	SO Citadel	12.39m 40-07.75
FOUL 11.55m 12.39m		
12 Paszkeicz, Krystal	FR Elon	12.07m 39-07.25
11.84m FOUL 12.07m		
-- Robertson, Justine	FR Elon	FOUL
FOUL FOUL FOUL		

Women Indoor Pentathlon SoCon

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NCAA Auto: A 4050

NCAA Prov.: P 3700

Socon Record: S 3754 2/28/2004 Kellie Mitchell, Georgia So.

Name	Year School	Finals
1 Trumbo, Melanie	SO Georgia Southern	3248
2 Sanders, Lathcha	SR Citadel	3210
3 Crutchfield, Kiara	FR Appalachian Stat	3166
4 Johnson, Brynne	FR Col. of Charlest	3063

5	McGriff, Nashay	SR	Western Carolina	3035
6	Boersma, Isabel	FR	Col. of Charlest	3020
7	Thompson, Serenity	SR	Georgia Southern	2962
8	Dukes, Crystal	FR	Appalachian Stat	2943
9	Beliveau, Jacqueline	FR	Elon	2932
10	March, Andrea	SO	Elon	2899
11	Olson, Kristin	JR	Georgia Southern	2653
12	Frye, Melanie	FR	Appalachian Stat	2396
13	Joseph, Morgan	SO	Western Carolina	2065
14	Simmons, Rashanda	JR	Western Carolina	1962

Men 60 Meter Dash SoCon

8 Advance: Top 3 Each Heat plus Next 2 Best Times

NCAA Auto: A 6.63

NCAA Prov.: P 6.74

Socon Record: S 6.73 2/29/2004 Ernest Wiggins, App.State

Name	Year	School	Prelims
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Heat 1 Preliminaries

1	Young, Dominique	SO	Western Carolina	6.80Q
2	Bethune, Christian	SO	Western Carolina	6.81Q
3	Bush, Phillip	FR	Appalachian Stat	7.01Q
4	Harris, Ricky	JR	Appalachian Stat	7.02q
5	Contis, Elias	FR	Wofford	7.10
6	Skrine, Buster	FR	Ut-Chattanooga	7.11
--	Lewis-Harris, Chris	FR	Ut-Chattanooga	FS

Heat 2 Preliminaries

1	Johnson, Zeb	SR	Western Carolina	6.75Q
2	Mitchell, Manteo	JR	Western Carolina	6.79Q
3	Neal, Daniel	JR	Appalachian Stat	7.04Q
4	Funderburke, Thomas	SO	Western Carolina	7.08q
5	Craig, Duke	SR	Western Carolina	7.14
6	Som-Pimpong, Kwame	JR	Davidson	7.19
7	Jones, Bryce	FR	Davidson	7.46

Men 60 Meter Dash SoCon

NCAA Auto: A 6.63

NCAA Prov.: P 6.74

Socon Record: S 6.73 2/29/2004 Ernest Wiggins, App.State

Name	Year	School	Finals
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Section 1 Finals

1	Mitchell, Manteo	JR	Western Carolina	6.81
2	Young, Dominique	SO	Western Carolina	6.85
3	Johnson, Zeb	SR	Western Carolina	6.87
4	Bethune, Christian	SO	Western Carolina	6.96
5	Neal, Daniel	JR	Appalachian Stat	6.99
6	Bush, Phillip	FR	Appalachian Stat	7.04
7	Harris, Ricky	JR	Appalachian Stat	7.05
8	Funderburke, Thomas	SO	Western Carolina	7.10

Men 200 Meter Dash SoCon

8 Advance: Top 2 Each Heat plus Next 2 Best Times

NCAA Auto: A 21.08

NCAA Prov.: P 21.48

Socon Record: S 21.13 1995 Delevantie Brown, ETSU

Name	Year	School	Prelims
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Heat 1 Preliminaries

1 Mitchell, Manteo	JR Western Carolina	P 21.48Q
2 Sturgis, Mark	JR Appalachian Stat	22.61Q
3 Contis, Elias	FR Wofford	23.55
4 Webb, Justin	FR Citadel	24.79

Heat 2 Preliminaries

1 Johnson, Zeb	SR Western Carolina	21.73Q
2 Bush, Phillip	FR Appalachian Stat	22.34Q
3 Craig, Duke	SR Western Carolina	22.38q
4 Kight, Preston	JR Citadel	24.75

Heat 3 Preliminaries

1 Young, Dominique	SO Western Carolina	21.88Q
2 Oros, John	SO Western Carolina	22.42Q
3 Bethune, Christian	SO Western Carolina	22.79q

Men 200 Meter Dash SoCon

=====

NCAA Auto: A 21.08

NCAA Prov.: P 21.48

Socon Record: S 21.13 1995 Delevantie Brown, ETSU

Name	Year	School	Finals
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=====

Section 1 Finals

1 Oros, John	SO Western Carolina	22.33
2 Craig, Duke	SR Western Carolina	22.35
3 Sturgis, Mark	JR Appalachian Stat	22.44
4 Bethune, Christian	SO Western Carolina	23.17

Section 2 Finals

1 Mitchell, Manteo	JR Western Carolina	21.52
2 Johnson, Zeb	SR Western Carolina	21.70
3 Young, Dominique	SO Western Carolina	21.99
4 Bush, Phillip	FR Appalachian Stat	22.37

Men 400 Meter Dash SoCon

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8 Advance: Top 1 Each Heat plus Next 4 Best Times

NCAA Auto: A 46.55

NCAA Prov.: P 47.65

Socon Record: S 47.11 1989 Mario Small, VMI

Name	Year	School	Prelims
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Heat 1 Preliminaries

1 Funderburke, Thomas	SO Western Carolina	50.55Q
2 Craig, Duke	SR Western Carolina	50.95q
-- Witzke, Terrance	SO Furman	FS

Heat 2 Preliminaries

1 Oros, John	SO Western Carolina	50.40Q
2 Zeller, Nick	FR Appalachian Stat	51.09q
3 Smith, Brian	JR Wofford	52.91
4 Ames, Will	FR Davidson	53.81

Heat 3 Preliminaries

1 Johnson, Zeb	SR Western Carolina	49.04Q
2 Hladik, Bryan	JR Citadel	51.15q
3 Blazer, Jordan	FR Western Carolina	54.38

Heat 4 Preliminaries

1 Mitchell, Manteo	JR Western Carolina	49.53Q
2 Vallejo, Jonathan	SR Citadel	51.12q
3 Sagmiller, Dan	SR Citadel	54.79

Men 400 Meter Dash SoCon

=====

NCAA Auto: A 46.55
 NCAA Prov.: P 47.65
 Socon Record: S 47.11 1989 Mario Small, VMI

Name	Year	School	Finals
Section 1 Finals			
1 Craig, Duke	SR	Western Carolina	50.87
2 Vallejo, Jonathan	SR	Citadel	51.14
3 Hladik, Bryan	JR	Citadel	51.16
4 Zeller, Nick	FR	Appalachian Stat	51.33
Section 2 Finals			
1 Mitchell, Manteo	JR	Western Carolina	49.12
2 Oros, John	SO	Western Carolina	50.17
3 Funderburke, Thomas	SO	Western Carolina	50.35
4 Johnson, Zeb	SR	Western Carolina	50.64

Men 1 Mile Run SoCon

NCAA Auto: A 4:00.30
 NCAA Prov.: P 4:04.80
 Socon Record: S 4:03.97 1982 Mark Scruton, ETSU

Name	Year	School	Finals
Section 1 Finals			
1 Ketron, Blake	SO	Ut-Chattanooga	4:23.44
2 Bruton, Peter	SO	Davidson	4:25.06
3 Kight, Brendan	SO	Citadel	4:27.51
4 Roach, Stephon	FR	Western Carolina	4:27.90
5 Evitt, Blake	SO	Davidson	4:30.64
6 Bush, Daniel	SO	Davidson	4:33.14
7 Fallis, Chris	FR	Citadel	4:33.38
8 Rodd, Ryan	JR	Unc-Greensboro	4:37.36
9 Bateman, Dusty	FR	Wofford	4:37.85
10 O'Connell, Jeff	JR	Furman	4:39.14
11 Johnson, Zach	JR	Citadel	4:40.36
12 Koch, Jonathan	FR	Davidson	4:49.00
13 Bailey, Michael	SO	Furman	5:07.25
-- Huwe, Kevin	JR	Ut-Chattanooga	DNF
Section 2 Finals			
1 Mentz, Michael	SR	Ut-Chattanooga	4:13.99
2 Houser, Josh	SO	Appalachian Stat	4:14.20
3 Deal, Brian	SR	Appalachian Stat	4:14.87
4 Mitchell, Phillip	SO	Appalachian Stat	4:15.93
5 Morgan, Patrick	JR	Furman	4:17.90
6 Hoyt, Alex	JR	Davidson	4:18.08
7 Meyer, Alec	SO	Appalachian Stat	4:19.62
8 Baltimore, Matt	FR	Ut-Chattanooga	4:19.75
9 Hammond, Stephen	SO	Western Carolina	4:20.96
10 Mordecai, Sam	FR	Appalachian Stat	4:25.13
11 Clyne, Andy	FR	Unc-Greensboro	4:25.90
12 Savoia, AJ	FR	Unc-Greensboro	4:28.77

Men 800 Meter Run SoCon

8 Advance: Top 1 Each Heat plus Next 4 Best Times

NCAA Auto: A 1:48.80
 NCAA Prov.: P 1:51.10
 Socon Record: S 1:50.92 1997 Zach Whitmarsh, ETSU

Name	Year	School	Prelims
Heat 1 Preliminaries			

1	Houser, Josh	SO Appalachian Stat	1:55.03Q
2	Grant, Aaron	SR Western Carolina	1:55.25q
3	Danehy, Michael	SO Ut-Chattanooga	1:55.87q
4	Bruton, Peter	SO Davidson	2:01.06
5	Patton, Quin	SO Davidson	2:02.29
6	Wilkerson, Jed	SO Furman	2:03.34
Heat 2 Preliminaries			
1	George, Stephen	SO Ut-Chattanooga	1:56.30Q
2	Yarchin, Andrew	SO Appalachian Stat	1:56.71q
3	Jennings, Jestin	SO Western Carolina	1:56.91
4	Troxell, Brad	SR Davidson	1:59.17
5	Sanyi, James	JR Citadel	2:04.29
6	Washington, Maurice	FR Citadel	2:05.89
Heat 3 Preliminaries			
1	Morgan, Patrick	JR Furman	1:56.84Q
2	Wyatt, Terry	SO Unc-Greensboro	1:57.07
3	Baltimore, Matt	FR Ut-Chattanooga	1:57.40
4	Tkach, Joesph	FR Citadel	2:03.06
5	Smith, Brian	JR Wofford	2:06.13
6	Vecchione, Paul	SO Wofford	2:20.47
Heat 4 Preliminaries			
1	Ketron, Blake	SO Ut-Chattanooga	1:56.34Q
2	Tucker, Drew	FR Western Carolina	1:56.41q
3	Hurst, Taylor	FR Unc-Greensboro	1:57.06
4	Roach, Stephon	FR Western Carolina	2:00.45
5	Harten, Zach	JR Citadel	2:03.20
6	Barger, Brett	FR Wofford	2:12.80

Men 800 Meter Run SoCon

=====			
NCAA Auto: A 1:48.80			
NCAA Prov.: P 1:51.10			
Socon Record: S 1:50.92 1997 Zach Whitmarsh, ETSU			
Name	Year	School	Finals
=====			

Section 1 Finals

1	Tucker, Drew	FR Western Carolina	1:56.93
2	Danehy, Michael	SO Ut-Chattanooga	1:57.27
3	George, Stephen	SO Ut-Chattanooga	1:57.62
4	Grant, Aaron	SR Western Carolina	1:57.75
5	Houser, Josh	SO Appalachian Stat	1:57.87
6	Yarchin, Andrew	SO Appalachian Stat	1:58.32
7	Ketron, Blake	SO Ut-Chattanooga	1:59.95
8	Morgan, Patrick	JR Furman	2:01.87

Men 3000 Meter Run SoCon

=====			
NCAA Auto: A 7:55.80			
NCAA Prov.: P 8:06.30			
Socon Record: S 8:05.37 1992 Seamus Powers, ETSU			
Name	Year	School	Finals
=====			
1	McGoogan, Charles	FR Furman	9:07.84
2	Fallis, Chris	FR Citadel	9:12.92
3	Goodwin, FJ	SR Furman	9:14.21
4	Jackson, Nathan	FR Citadel	9:25.80
5	Warner, Michael	JR Furman	9:29.85
6	Isaac, Robert	SR Citadel	9:31.38
7	McDaniel, Stuart	FR Wofford	9:55.93
8	Riley, Josh	FR Wofford	10:31.60
9	Allen, Chris	FR Wofford	11:03.12

Section 2 Finals

1 Deal, Brian	SR Appalachian Stat	8:27.41
2 Mentz, Michael	SR Ut-Chattanooga	8:29.81
3 Mitchell, Phillip	SO Appalachian Stat	8:34.05
4 Desta, Asmeron	SR Appalachian Stat	8:34.73
5 Hoyt, Alex	JR Davidson	8:35.69
6 O'Keefe, Ryan	JR Appalachian Stat	8:36.22
7 Sieracki, Thad	JR Davidson	8:36.55
8 Meyer, Alec	SO Appalachian Stat	8:44.67
9 Hammond, Stephen	SO Western Carolina	8:46.08
10 Savoia, AJ	FR Unc-Greensboro	8:49.29
11 Teal, Blair	JR Appalachian Stat	8:51.98
12 Rodd, Ryan	JR Unc-Greensboro	8:52.63

Men 5000 Meter Run SoCon

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NCAA Auto: A 13:48.90
 NCAA Prov.: P 14:11.90
 Socon Record: S 14:06.00 1981 Adrian Leek, ETSU

Name	Year	School	Finals
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Section 1 Finals

1 McGoogan, Charles	FR Furman	16:01.10
2 Brooks, Bryan	SO Wofford	16:06.50
3 Shumaker, Josh	JR Wofford	16:07.88
4 Goodwin, FJ	SR Furman	16:12.19
5 Yereb, Zach	FR Citadel	16:18.48
6 Jackson, Nathan	FR Citadel	16:19.21
7 Hunter, Justin	SO Wofford	18:15.20
8 Allen, Chris	FR Wofford	19:33.15
9 Teszler, Dane	FR Wofford	20:07.97
-- Warner, Michael	JR Furman	DNF

Section 2 Finals

1 Deal, Brian	SR Appalachian Stat	14:53.74
2 Desta, Asmeron	SR Appalachian Stat	15:00.95
3 Mitchell, Phillip	SO Appalachian Stat	15:02.75
4 O'Keefe, Ryan	JR Appalachian Stat	15:06.98
5 Sieracki, Thad	JR Davidson	15:07.68
6 Plasencia, Alex	JR Furman	15:11.81
7 Mentz, Michael	SR Ut-Chattanooga	15:13.83
8 Teal, Blair	JR Appalachian Stat	15:14.41
9 Rutz, Xavier	SR Unc-Greensboro	15:15.97
10 Wyatt, Josh	SR Unc-Greensboro	15:26.02
11 Meyer, Alec	SO Appalachian Stat	15:44.91
12 Anderson, Alex	SO Citadel	15:47.11
13 Hammond, Stephen	SO Western Carolina	16:01.46
-- Clark, Tim	SR Ut-Chattanooga	DNF
-- Morris, Sam	SR Davidson	DNF
-- Moore, David	SO Ut-Chattanooga	DNF

Men 60 Meter Hurdles SoCon

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8 Advance: Top 3 Each Heat plus Next 2 Best Times
 NCAA Auto: A 7.70
 NCAA Prov.: P 7.91
 Socon Record: S 7.95 2/18/2007 Charles Derrickson, Appalachian Stat

Name	Year	School	Prelims
------	------	--------	---------

=====

Heat 1 Preliminaries

1 Bethune, Christian	SO Western Carolina	8.38Q
2 Brown, Jamel	SR Citadel	8.50Q

3 Blazer, Jordan	FR Western Carolina	8.79Q
4 Johnson, Will	FR Furman	8.97
5 Webb, Justin	FR Citadel	9.19
Heat 2 Preliminaries		
1 Neal, Daniel	JR Appalachian Stat	8.11Q
2 Bush, Phillip	FR Appalachian Stat	8.45Q
3 Boruff, Matt	SO Appalachian Stat	8.53Q
4 Reardon, Sean	FR Western Carolina	8.81q
5 Gift, David	SO Western Carolina	8.85q

Men 60 Meter Hurdles SoCon

=====			
NCAA Auto: A	7.70		
NCAA Prov.: P	7.91		
Socon Record: S	7.95	2/18/2007	Charles Derrickson, Appalachian Stat
Name	Year	School	Finals
=====			

Section 1 Finals

1 Neal, Daniel	JR Appalachian Stat	8.05
2 Bush, Phillip	FR Appalachian Stat	8.33
3 Brown, Jamel	SR Citadel	8.44
4 Bethune, Christian	SO Western Carolina	8.49
5 Boruff, Matt	SO Appalachian Stat	8.54
6 Blazer, Jordan	FR Western Carolina	8.57
7 Gift, David	SO Western Carolina	8.89
8 Reardon, Sean	FR Western Carolina	9.09

Men 4x400 Meter Relay SoCon

=====			
NCAA Auto: A	3:08.10		
NCAA Prov.: P	3:12.00		
Socon Record: S	3:11.71	1982	VMI, VMI
School			Finals
=====			
1 Western Carolina 'A'			3:22.59
1) Mitchell, Manteo JR	2) Craig, Duke SR		
3) Tucker, Drew FR	4) Johnson, Zeb SR		
2 Citadel 'A'			3:24.58
1) Vallejo, Jonathan SR	2) Hladik, Bryan JR		
3) Haight, Matt SR	4) Brown, Jamel SR		
3 Davidson 'A'			3:28.74
1) Troxell, Brad SR	2) Scott, Mordecai SO		
3) Patton, Quin SO	4) Ames, Will FR		
4 Ut-Chattanooga 'A'			3:31.00
1) George, Stephen SO	2) Danehy, Michael SO		
3) Ketron, Blake SO	4) Baltimore, Matt FR		
5 Furman 'A'			3:43.78
1) Witzke, Terrance SO	2) O'Connell, Jeff JR		
3) McGoogan, Charles FR	4) Wilkerson, Jed SO		
-- Appalachian State 'A'			DQ unsportsman conduct
1) Gaddy, Joel SR	2) Sturgis, Mark JR		
3) Zeller, Nick FR	4) Neal, Daniel JR		

Men Distance Medley SoCon

=====			
NCAA Auto: A	9:36.20		
NCAA Prov.: P	9:47.90		
Socon Record: S	9:47.80	1979	ETSU, ETSU
School			Finals
=====			
1 Appalachian State 'A'			10:18.42

1) Mordecai, Sam FR	2) Zeller, Nick FR
3) Yarchin, Andrew SO	4) Houser, Josh SO
2 Unc-Greensboro 'A'	10:19.95
1) Clyne, Andy FR	2) Hurst, Taylor FR
3) Wyatt, Terry SO	4) Rutz, Xavier SR
3 Western Carolina 'A'	10:25.99
1) Roach, Stephon FR	2) Jennings, Jestin SO
3) Tucker, Drew FR	4) Hammond, Stephen SO
4 Ut-Chattanooga 'A'	10:26.51
1) Ketron, Blake SO	2) George, Stephen SO
3) Danehy, Michael SO	4) Clark, Tim SR
5 Citadel 'A'	10:43.81
1) Kight, Brendan SO	2) Brown, Jamel SR
3) Haight, Matt SR	4) Johnson, Zach JR
6 Furman 'A'	10:51.68
1) Plasencia, Alex JR	2) Wilkerson, Jed SO
3) O'Connell, Jeff JR	4) Morgan, Patrick JR
7 Davidson 'A'	10:54.46
1) Evitt, Blake SO	2) Scott, Mordecai SO
3) Bush, Daniel SO	4) Koch, Jonathan FR

Men High Jump SoCon

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Starting height is 1.75, Progression is 5 cm

1.75, 1.80, 1.85, 1.90, 1.95, 2.00, 2.03, 2.06, 2.09

No 5 alive

NCAA Auto: A 2.24m

NCAA Prov.: P 2.14m

Socon Record: S 2.17m 2000 Eric Mc Clary, Citadel

Name	Year	School	Finals	
=====				
Flight 1 Finals				
1 Joseph, Daniel	JR	Western Carolina	1.95m	6-04.75
2 Herndon, Rashad	JR	Western Carolina	1.95m	6-04.75
3 Evans, Matt	SO	Western Carolina	1.95m	6-04.75
4 Harris, James	FR	Citadel	1.90m	6-02.75
4 Gaillard, Chris	JR	Western Carolina	1.90m	6-02.75
6 Harris, Ricky	JR	Appalachian Stat	1.85m	6-00.75
7 Gift, David	SO	Western Carolina	1.80m	5-10.75
-- Johnson, Will	FR	Furman		DNS

Men Pole Vault SoCon

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Starting height is 4.00, Progression is 15 cm

Progression 4.00, 4.15, 4.30, 4.45, 4.60, 4.70, 4.80, 4.85, 4.90

NCAA Auto: A 5.50m

NCAA Prov.: P 5.20m

Socon Record: S 5.06m 1998 Todd Poremba, ASU

Name	Year	School	Finals	
=====				
1 Wilson, Mike	FR	Appalachian Stat	4.70m	15-05.00
2 O'Steen, Mike	SO	Western Carolina	4.60m	15-01.00
3 Shell, Barron	SR	Appalachian Stat	4.60m	15-01.00
4 Smith, Zach	FR	Appalachian Stat	4.45m	14-07.25
5 James, Logan	JR	Western Carolina	4.45m	14-07.25
6 Reardon, Sean	FR	Western Carolina	4.30m	14-01.25
6 Twiford, Ryan	FR	Appalachian Stat	4.30m	14-01.25
-- Baize, Brian	FR	Citadel		NH
-- Jones, Bryce	FR	Davidson		NH
-- Boruff, Matt	SO	Appalachian Stat		NH

-- Adamson, Drew SO Wofford NH

Men Long Jump SoCon

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Top 9 advance to the final for 3 additional attempts

NCAA Auto: A 7.85m

NCAA Prov.: P 7.50m

Socon Record: S 7.66m 2001 Marcus Lynch, VMI

Name	Year	School	Finals
1 Funderburke, Thomas	SO	Western Carolina	6.78m 22-03.00
6.39m 6.77m 6.46m 6.59m FOUL 6.78m			
2 Skrine, Buster	FR	Ut-Chattanooga	6.42m 21-00.75
FOUL 6.42m 6.39m			
3 Som-Pimpong, Kwame	JR	Davidson	6.14m 20-01.75
5.87m 6.14m 6.02m			
4 Neal, Daniel	JR	Appalachian Stat	6.11m 20-00.50
FOUL 6.10m 6.11m			
5 Webb, Justin	FR	Citadel	6.02m 19-09.00
6.02m 5.97m FOUL			
6 Jobson-Brown, Ramon	JR	Unc-Greensboro	5.60m 18-04.50
5.51m 5.60m FOUL			
7 Kight, Preston	JR	Citadel	5.44m 17-10.25
5.33m 5.44m 4.74m			
-- Dunn, Ethan	FR	Davidson	FOUL
FOUL FOUL FOUL			

Flight 2 Finals

1 Gaddy, Joel	SR	Appalachian Stat	7.05m 23-01.75
6.99m 6.79m 6.69m 7.05m FOUL 6.42m			
2 Harris, Ricky	JR	Appalachian Stat	6.99m 22-11.25
6.68m 6.79m 6.99m FOUL 6.58m 6.75m			
3 Sturgis, Mark	JR	Appalachian Stat	6.97m 22-10.50
6.97m FOUL FOUL FOUL FOUL 6.77m			
4 Gaillard, Chris	JR	Western Carolina	6.93m 22-09.00
6.89m 6.93m 6.65m 6.68m 6.84m 6.81m			
5 Herndon, Rashad	JR	Western Carolina	6.92m 22-08.50
6.60m 6.66m 6.74m 6.73m 6.85m 6.92m			
6 Bush, Phillip	FR	Appalachian Stat	6.87m 22-06.50
6.41m 6.61m 6.82m 6.79m 6.87m 6.72m			
7 Dollard, Alex	SO	Western Carolina	6.82m 22-04.50
6.23m 6.82m 6.47m 6.17m FOUL FOUL			
8 Joseph, Daniel	JR	Western Carolina	6.73m 22-01.00
6.48m FOUL 6.59m 6.73m 6.56m 6.32m			
9 Zeller, Nick	FR	Appalachian Stat	6.45m 21-02.00
6.31m 6.45m 6.35m			

Men Triple Jump SoCon

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Top 9 advance to the final for 3 additional attempts

NCAA Auto: A 16.10m

NCAA Prov.: P 15.40m

Socon Record: S 16.11m 1998 Warren Posey, ASU

Name	Year	School	Finals
1 Gaddy, Joel	SR	Appalachian Stat	15.54mP 51-00.00
14.97m 14.89m FOUL 15.41m FOUL 15.54m			
2 Joseph, Daniel	JR	Western Carolina	15.12m 49-07.25
FOUL FOUL 13.57m 14.74m FOUL 15.12m			
3 Sturgis, Mark	JR	Appalachian Stat	15.00m 49-02.50
14.23m FOUL 14.34m 14.55m 15.00m 13.75m			

4	Gaillard, Chris	JR Western Carolina	14.30m	46-11.00
	13.77m FOUL 13.69m 14.14m 13.58m 14.30m			
5	Herndon, Rashad	JR Western Carolina	13.94m	45-09.00
	13.93m 13.94m FOUL FOUL FOUL FOUL			
6	Som-Pimpong, Kwame	JR Davidson	13.89m	45-07.00
	FOUL FOUL 12.99m 13.89m 13.22m FOUL			
7	Harris, Ricky	JR Appalachian Stat	13.75m	45-01.50
	13.75m FOUL FOUL 13.36m 13.54m 13.46m			
8	Dollard, Alex	SO Western Carolina	13.65m	44-09.50
	13.65m FOUL FOUL 12.82m FOUL FOUL			
9	Webb, Justin	FR Citadel	12.71m	41-08.50
	FOUL FOUL 12.71m FOUL FOUL 12.39m			
10	Kight, Preston	JR Citadel	12.03m	39-05.75
	FOUL FOUL 12.03m			

Men Shot Put SoCon

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Top 9 advance to the final for 3 additional attempts

NCAA Auto: A 19.30m

NCAA Prov.: P 17.75m

Socon Record: S 17.19m 1980 Cosmo Tocci, Citadel

Name	Year	School	Finals	
1 Morris, Patrick	FR	Western Carolina	15.32m	50-03.25
		13.44m 15.32m 14.17m FOUL FOUL 14.98m		
2 Kiser, Wes	SR	Appalachian Stat	15.19m	49-10.00
		15.19m 14.56m 14.70m FOUL FOUL 14.90m		
3 McDaniel, Cale	SO	Western Carolina	15.05m	49-04.50
		14.67m 15.05m FOUL FOUL FOUL FOUL		
4 Page, Chris	SR	Western Carolina	14.91m	48-11.00
		14.84m 14.21m 14.91m FOUL FOUL FOUL		
5 Turner, Quintin	FR	Citadel	14.56m	47-09.25
		14.25m FOUL FOUL 13.72m 13.97m 14.56m		
6 Gardner, Jerod	FR	Appalachian Stat	14.35m	47-01.00
		13.05m 14.35m 13.67m 14.24m FOUL 14.19m		
7 Styers, Malcolm	FR	Appalachian Stat	13.83m	45-04.50
		12.35m 12.51m 13.83m 13.76m 13.51m 13.60m		
8 Haun, Grant	SR	Appalachian Stat	13.03m	42-09.00
		13.03m FOUL FOUL FOUL FOUL FOUL		
9 Daly, Timothy	FR	Appalachian Stat	11.94m	39-02.25
		10.93m FOUL 11.78m 11.87m 11.94m 10.95m		
10 Lake, Andy	FR	Wofford	8.97m	29-05.25
		8.97m 8.14m 8.70m		
-- Robinson, Corey	JR	Citadel	FOUL	
		FOUL FOUL FOUL		
-- Funderburg, Will	JR	Davidson	FOUL	
		FOUL FOUL FOUL		

Men Weight Throw SoCon

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Top 9 advance to the final for 3 additional attempts

NCAA Auto: A 21.50m

NCAA Prov.: P 19.50m

Socon Record: S 18.81m 2001 John Chisholm, VMI

Name	Year	School	Finals	
1 Kiser, Wes	SR	Appalachian Stat	18.61m	61-00.75
		17.70m FOUL 17.82m 18.61m FOUL FOUL		
2 Haun, Grant	SR	Appalachian Stat	16.84m	55-03.00
		FOUL 15.67m 16.08m 16.74m FOUL 16.84m		
3 Daly, Timothy	FR	Appalachian Stat	16.74m	54-11.25

	FOUL	16.74m	16.25m	14.95m	16.53m	16.42m		
4	McDaniel, Cale			SO	Western Carolina		15.81m	51-10.50
		15.35m	FOUL	14.41m	FOUL	15.04m	15.81m	
5	Page, Chris			SR	Western Carolina		15.73m	51-07.25
		15.43m	15.73m	FOUL	15.37m	15.32m	15.14m	
6	Gardner, Jerod			FR	Appalachian Stat		15.61m	51-02.75
		14.24m	13.13m	15.61m	FOUL	FOUL	FOUL	
7	Funderburg, Will			JR	Davidson		14.19m	46-06.75
		FOUL	13.07m	FOUL	FOUL	FOUL	14.19m	
8	Turner, Quintin			FR	Citadel		13.31m	43-08.00
		12.60m	FOUL	13.31m	FOUL	12.36m	FOUL	
9	Earls, Matt			JR	Citadel		12.69m	41-07.75
		12.69m	FOUL	FOUL	FOUL	FOUL	FOUL	
10	Morris, Patrick			FR	Western Carolina		12.66m	41-06.50
		11.74m	12.66m	FOUL				
--	Styers, Malcolm			FR	Appalachian Stat		FOUL	
		FOUL	FOUL	FOUL				

Men Heptathlon SoCon

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NCAA Auto: A 5650
 NCAA Prov.: P 5300
 Socon Record: S 4620 2/17/2007 Matt Harlfinger, Western Carolina

Name	Year	School	Finals
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Finals

1	Boruff, Matt	SO	Appalachian Stat	4720S
2	Reardon, Sean	FR	Western Carolina	4460
3	Evans, Matt	SO	Western Carolina	4426
4	Gift, David	SO	Western Carolina	4122
5	Shell, Barron	SR	Appalachian Stat	3842
6	Baize, Brian	FR	Citadel	3828
7	Moore, Caleb	JR	Citadel	3374
8	Trinidad, Jose	JR	Citadel	2934

Women - SoCon - Team Rankings - 17 Events Scored

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1)	Western Carolina	172	2)	Appalachian State	167
3)	Georgia Southern	120	4)	UT-Chattanooga	78
5)	Elon	35	6)	Davidson	32
7)	Col. of Charleston	23	8)	Citadel	22
9)	Furman	14			

Women - Big South - Team Rankings - 17 Events Scored

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1)	Coastal Carolina	202.50	2)	Liberty	173
3)	Charleston Southern	89.50	4)	Radford	64
5)	High Point	58	6)	Winthrop	50
7)	Va. Military Institute	13	8)	UNC-Asheville	11

Men - SoCon - Team Rankings - 17 Events Scored

=====

1)	Western Carolina	263	2)	Appalachian State	256.50
3)	UT-Chattanooga	47	4)	Citadel	38.50
5)	Davidson	26	6)	Furman	15
7)	UNC-Greensboro	8			

Men - Big South - Team Rankings - 17 Events Scored

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1)	Liberty	223	2)	Radford	115
3)	Charleston Southern	87	4)	Va. Military Institute	78.50

5) High Point	73	6) Winthrop	66.50
7) UNC-Asheville	14		