



2020-21 MEDIA GUIDE

APP STATE TRACK & FIELD



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SUN BELT
CONFERENCE

APP STATE 2020-21 SCHEDULE

INDOOR SEASON

DATE	EVENT	CITY
December 4-5	APPALACHIAN SPLIT OPEN	Boone, N.C.
January 15-16	at ETSU Track & Field Invitational	Johnson City, Tenn.
January 23	at VMI Team Challenge	Lexington, Va.
February 5-6	at Buccaneer Track & Field Invitational	Johnson City, Tenn.
February 22-23	at Sun Belt Championships	Birmingham, Ala.
March 12-13	at NCAA Championships	Fayetteville, Ark.

OUTDOOR SEASON

DATE	EVENT	CITY
March 12-13	at Coastal Carolina Invitational (men only)	Conway, S.C.
March 19-20	at Bill Webb Combined Events Classic	High Point, N.C.
March 19-20	at 49er Classic	Charlotte, N.C.
March 26-27	at Raleigh Relays	Raleigh, N.C.
March 26-27	at Weems Baskin Invitational	Columbia, S.C.
April 9-10	at Aggie Classic	Greensboro, N.C.
April 23-24	at North Carolina A&T Invitational	Greensboro, N.C.
May 13-15	at Sun Belt Championships	Mobile, Ala.
May 27-29	at NCAA East Regionals	Jacksonville, Fla.
June 9-12	at NCAA Championships	Eugene, Ore.

TRACK & FIELD

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 Chancellor: Sheri Everts 74

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MOUNTAINEER QUICK FACTS

Location..... Boone, N.C.
Enrollment..... 19,280
Nickname..... Mountaineers
Colors..... Black and Gold
Conference..... Sun Belt
Chancellor..... Dr. Sheri N. Everts
Faculty Representative Rene Salinas
Director of Athletics..... Doug Gillin
Sr Assoc. AD/SWA..... Makini Thompson
Facilities..... Holmes Center and Varsity Gym (Indoor)
 Kidd Brewer Stadium - Belk Track (Outdoor)
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Photography..... Tyler Buckwell, Megahn Gay, Dave Mayo
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 SoCon Photos, Sun Belt Conference



Damion McLean

Head Track & Field Coach

Appalachian State, 2002

17th Year

With 16 years of coaching experience, Damion McLean brings a wealth of knowledge about coaching, strengthening and training effective and successful athletes in track & field within the Sun Belt Conference. McLean began his coaching career with App State in 2003 and assumed the role of head track & field coach in June 2018.

A 2002 graduate of Appalachian State, McLean captured the Southern Conference outdoor long jump titles in 2000 and 2001 and qualified for the NCAA Championships in 2001. He holds the third-highest mark on App State's all-time long jump list with a mark of 25' 1" (PR - 26'). His collegiate resume was balanced with performances in the triple jump, high jump, 100m dash, and the 4x100 relay. During his fifth season (2002), McLean served as an undergraduate track assistant for sprints, hurdles and jumps. He graduated in May of 2002 and worked in advertising before returning to Boone to become a full-time coach.

In his first season as head coach of the Mountaineers, he guided the women's track & field program to seventh place finishes at both the Sun Belt Indoor and Outdoor Championships. On the men's side, the Black and Gold finished sixth at the Sun Belt Indoor Championships and eighth at the Sun Belt Outdoor Championships.

The 2018 outdoor season was just as strong, as Hargrave captured the Sun Belt title in the outdoor long jump with a mark of 20-1.75 (3rd in program history). Relliford earned All-Sun Belt honors with a second place finish in the triple jump and Jabari Johnson broke the school record in the 200-meter dash in 20.70 seconds. A total of three athletes qualified for the NCAA East Preliminary Round (Hargrave, Jabari Johnson, Jalen Virgil) and two athletes competed at the USATF Junior Outdoor Championships (Ballard, Jessica Dixon).

The 2017-18 indoor and outdoor track season saw McLean and his athletes leave their names in the record books. In all, McLean's saw two individual school records fall and one relay school record fall. Jordan Johnson posted a new long jump school record with a mark of 25-2.00, while Jabari Johnson broke the 200-meter school record with a time of 21.21 seconds. The 4x300-meter relay team also set a school record, crossing in 3:14.30. McLean also coached Chelsey Hargrave to Second Team All-Sun Belt honors with a second place finish in the long jump. On the men's side, De'Shawn Ballard earned Second Team All-Sun Belt accolades in the 200-meter dash, the 4x400-meter relay team finished second and Isaiah Relliford was named Third Team All-Sun Belt in the triple jump.

During his time at Appalachian State, his athletes have shown key accomplishments, including:

- Rhonda White posting the fourth best jump in the nation in the triple jump in 2004 (44-2.00) and finishing 13th at the NCAA Indoor Championships
- Mark Sturgis placing 16th in the triple jump at the 2006 NCAA Indoor Championships
- Vonteena Knotts placing 16th in the long jump at the 2007 NCAA Championships and 18th at the 2008 NCAA Championships
- The men's 4x100 relay team that placed 14th at the 2012 NCAA Championships with a school record time of 39.70
- Breanna Alston broke the school's 300m indoor, 400m outdoor, women's 4x400, and sprint medley records in 2014
- William Buckley earning Honorable Mention All-America honors in the outdoor 100-meter dash in 2015 with a time of 10.45 seconds

In all, McLean has coached 37 conference champions (36 Southern Conference, one Sun Belt), 104 all-conference performances (87 Southern Conference, 17 Sun Belt) and six conference MVP's (all Southern Conference). In addition, he also had coached 17 NCAA qualifiers from nine competitors, including three from the 2018 outdoor season (Hargrave, Jabari Johnson, Virgil). His athletes hold eight individual school records (three male, five female), while his relay teams own four school records (two male, two female). His athletes own a combined 80 top-10 marks across 22 events in Appalachian State indoor and outdoor track and field history.

The strength program for the sprinters, jumpers and hurdlers has been under the tutelage of McLean since 2002. Maintaining a coaching perspective during practice, he transfers what will be beneficial for the athletes to the weight room. App State greats include, but are not limited to, Ernest Wiggins (10.18, OT competitor), Ronda White (20' 1", 44' 2", OT competitor), Jennifer Claud, Charles Derrickson, Vonteena Knotts, and Joel Gaddy who have all seen the positive aspects that come from the strength program.

McLean presents various coaching techniques and methods at an annual speaking engagement for the NCTCCCA, is a member of the USATF and USTFCCCA, has his USATF Level 2 certification in the jumps, sprints & relays, USTFCCCA Strength & Conditioning certification and attended the Emerging Elite Coaches Clinic at the Olympic Training Center in San Diego, Calif.

The Lincolnton, N.C. native holds a B.S. degree in communication with a concentration in advertising and a minor in business.

TRACK & FIELD



Michael Curcio

Head Cross Country/Asso. T&F Coach

Appalachian State, 1987

25th Year

Mike Curcio is in his 25th year as the head men's cross country coach and 20th as the women's cross country coach. He has coached the distance athletes in the track & field program for 24 seasons and assumed the title of associate head track & field coach in June 2018.

The cross country teams have been very successful under his tenure, capturing two women's Southern Conference titles and two Sun Belt titles. On the men's side, the Mountaineers have totaled 12 titles under Curcio with 11 coming in the Southern Conference (six straight from 2005-10) and one in the Sun Belt.

The 2018 cross country season was yet another successful one for Curcio. Backed by five All-Sun Belt performers, the women's cross country program captured its second Sun Belt championship in the last three seasons. Phylissa Greeley and Izzy Evely earned First Team All-Sun Belt honors, Elisa Sargent was named Second Team All-Sun Belt and Samantha Kolor and Emily Fedders garnered in Third Team All-Sun Belt accolades. In addition, Curcio was tabbed as Sun Belt Coach of the Year for the second time in his career and Evely was named as named Freshman of the Year. The men's program posted a second place finish at the Sun Belt Championships, highlighted by two All-Sun Belt honorees.

The 2018 outdoor track season saw Katelyn Butler shatter the school record by over five seconds at the Sun Belt Championships in the 3,000-meter steeplechase and Emily Fedders earn her third straight All-Sun Belt honor in the 10,000-meter run.

During the 2017 cross country season the women finished the season 2nd at every regular season meet. They posted a runner-up finish at the Sun Belt Championships on their home course in Boone. The men went on to captured their first Sun Belt title. Evan Georges and Gable Dershem earned All-Sun Belt honors for their individual efforts. For his efforts, Curcio was named Sun Belt Men's Cross Country Coach of the Year by his peers.

The track and field season in 2017-18 also saw the distance runner leave their mark. Katelyn Butler collected two second place finishes in the 3,000-meter steeplechase and 5,000-meter run at the Sun Belt Outdoor Championships. He also guided Samantha Kolor and Emily Fedders to All-Sun Belt honors, with second and third place finishes in the 10,000-meter run.

In the 2016 cross country season, Curcio led the women's team to Appalachian's first-ever Sun Belt Conference cross country title while collecting 43 team points, the lowest team score recorded at the championship meet since 2010. All six women earned all-conference honors and Curcio won the head women's cross country Coach of the Year award. The men's squad finished fourth, with two runners earning third-team all-conference honors.

In the fall of 2015, both the men's and women's cross country teams finished second at the Sun Belt Conference championships. Tristin Van Ord was the individual runner-up and went on to earn All-Southeast Regional honors and was tabbed an Academic All-American in cross country. In all, six athletes earned All-Sun Belt accolades.

On the track, Curcio's distance squad aided in the women grabbing their first ever Sun Belt Conference Indoor Track and Field Championship and ten of his athletes moved onto Appalachian's all-times list.

For the indoor season, Curcio coached Tristin Van Ord to becoming the 2016 Sun Belt Indoor MVP and guided her to winning individual titles in the 3,000-meter race and the 5,000-meter competition.

During the outdoor season, Curcio's athletes broke two school records in the 10,000 meters and the 3,000-meter steeplechase, and he had one athlete qualify for junior nationals. Curcio's standout athlete Van Ord would go on and win the 5,000 meters and the 10,000 meters at the Sun Belt Conference Outdoor Track and Field Championships and the Chapel Hill native qualified for the first round of the NCAA Championships. In addition to her accomplishments on the track, Van Ord earned Academic All-American honors. On the men's side, distance runner Michael Ellis grabbed All-Sun Belt honors in two events due to his second-place finish in the 3,000-meter steeplechase and winning the 5,000-meter competition.

For cross country in 2014, Appalachian State's first year as a member of the Sun Belt Conference, Curcio led both the men's and women's teams to a second-place finish at the Sun Belt meet in Mobile, Alabama. In that event, the men finished just two points behind South Alabama and the women were nine points away from first-place Texas-Arlington. The men secured four all-conference selections while the women earned three of their own.

When it came to track and field, the distance category produced a total of four Sun Belt titles and 14 all-conference performances. Tristin Van Ord carried over her success from the cross country season to win an indoor title in the 5,000, outdoor titles in both the 5,000 and 10,000 and was also named all-conference for the indoor 3,000. Hana Ratcliffe, Brooke Brekke, Torre Moser, and Shelby Howell made up the third-place distance medley relay team at the indoor championships while Dana Cox took third place at the outdoor 10,000 to earn an all-conference nod.

For the men, Kyle McFoy was an indoor champ (5,000) and Evan Laratta, Josh Hanna, Ryan Hastings, and Michael Ellis were all part of the outdoor all-conference distance medley relay team that placed second.

For the men's team in 2013, Curcio led them to a second-place finish at the SoCon championship meet. Kyle McFoy placed sixth and also was named to the SoCon first-team. Josh Cox, James Howard-Smith and Will Raby all took second-team honors. The women's team finished fourth in the Southern Conference that season. Justine Stocks earned all-SoCon for the women's team.

During the track and field season, the men earned four all-SoCon honors with four performances moving into the top ten all-time lists. The women also earned four all-SoCon honors and had eight performances that moved into the top ten all-time lists. Stocks broke the program record in the 3,000m steeplechase with a mark of 10:37.

The 2013-14 track campaign also saw four athletes reach the first round of the NCAA Outdoor Track and Field championships. Chris Moen and Josh Cox qualified in the 3,000m steeplechase. Alex Taylor made his third trip in the 1,500m run and Amanda Hamilton made her first trip in the 10,000m on the strength of her program-record performance of 34:52.

The 2012 campaign was a banner year for the Mountaineers' middle-distance/distance runners on the track as Curcio helped coach three athletes who broke five school records. Will Raby set the school record for the 5,000-meter event in indoor track, while Alex Taylor and Chris Moen teamed up with two sprinters to set the school record in the distance medley relay for indoor track at the SoCon Championships. Taylor set the App State record in the 800 and 1500-meter events while teaming up with Moen and two of Appalachian's sprinters to break a 28-year old Appalachian record in the distance medley relay at the 2012 Penn Relays.

Curcio coached four men to the first round of the NCAA Championships in 2012 in outdoor track, as Taylor qualified for both the 800 and 1,500-meter events and Moen, Sean Soderman and Josh Cox all qualified for the 3,000-meter steeplechase.

Curcio's cross country teams have been very successful under his tenure, as they have captured two women's Southern Conference titles and 11 men's SoCon championships, including six-straight men's titles from 2005-10.

During his time at App State, Curcio's athletes have attained 17 NCAA Regional Qualifiers and /or first round qualifying marks, 21 USATF Junior National qualifying marks and seven Southern Conference Cross Country Freshmen of the Year.

During his time in the High Country, Curcio has coached 126 all-conference performers and four individual champions (all coming in the Southern Conference) in cross country. Of his 126 all-conference performers, 93 came in the Southern Conference and 33 occurred in the Sun Belt.

While coaching the distance runners for Appalachian track and field, Curcio has coached his 71 athletes (59 Southern Conference, 12 Sun Belt) to indoor and outdoor individual champion performances and 250 all-conference indoor (208 Southern Conference, 42 Sun Belt) and outdoor performances. He has also coached two athletes to indoor track and field MVP awards and four outdoor track and field MVP awards.

As athletic excellence is important, Curcio and his teams also strive for success in academics. Since being at Appalachian, Curcio has coached two NCAA post graduate scholarship award winners, one Southern Conference post graduate scholarship award winner, three Mrs. Brakefield award recipients, for an Appalachian senior student-athlete with the highest GPA, and 13 USTFCCA academic all-Americans. In addition, he saw Emily Fedders earn Google Cloud Academic All-America honors during the 2017-18 season and 2018-19 season.

During the 2011-12 season, both the App State men's and women's recorded multi-year APR scores well above the national average while the men were recognized with an NCAA Public Recognition Award for compiling a four-year APR of 1,000 and ranking among the top 10 percent of all teams in the nation.

For all of his efforts, in 2003 Curcio was named the USTCA Division I Men's National Assistant Coach of the Year for Distance. He also has been recognized by the Southern Conference for his team's impressive performances, being named the SoCon's men's cross country coach of the year nine times.

Before coming to Appalachian, Curcio served as an assistant at Florida State from 1988-1992.

In the spring of 1993, he became an assistant at South Florida, where he helped build a fledgling track and field program, along with a nationally-ranked cross country program.

The track women at USF won three conference titles in the first four years of the program's existence. The men's and women's cross country teams were ranked as high as 12th and 21st in Division I during his tenure.

Curcio hails from Long Island, N.Y. where he attended Newfield High School before attending and competing for Appalachian State University. He was a three-time all-SoCon selection in track and still ranks seventh all-time in the 1,500 meter run with a time of 3:49.60.

He is a 1987 graduate of Appalachian State with a degree in physical education. Curcio also obtained his master's in athletic administration from Florida State in 1992.

18 - WOMEN'S INDOOR CONFERENCE TITLES

19 - MEN'S INDOOR CONFERENCE TITLES

131 - INDIVIDUAL INDOOR CHAMPIONSHIP PERFORMANCES

192 - INDIVIDUAL INDOOR CHAMPIONSHIP PERFORMANCES



Raymond Brewer

Assistant Coach

Appalachian State, 1996

2nd Year

Raymond Brewer is in his second season as an assistant coach for the Appalachian State track & field program. His coaching focus is on the hurdles, long sprints and high jump.

Brewer, a 1996 graduate of Appalachian State, will coach sprints, relays and hurdles for both the men's and women's program.

During the 2018-19 season, Brewer's impact was felt within the program. He coached Elliott Graves to the indoor 60-meter hurdle Sun Belt title and the 400-meter hurdles outdoor conference title. In addition, Graves also qualified for the NCAA East Regional qualifier in the 400-meter hurdles. Brewer also saw the men's 4x100-meter relay team take second at the Sun Belt Outdoor Championships and coached a combined eight marks that entered the top-10 in the men's and women's program.

Brewer comes to the High Country after serving as an assistant coach at Charlotte six seasons. While with the 49ers, he coached 26 all-conference performers, sent 15 athletes to the NCAA East Regional Qualifier and four athletes to the USATF Junior National Championships. He also coached athletes to a combined total of 78 top-10 performances. In addition, he helped lead Charlotte to the Atlantic-10 Women's Indoor Track & Field title in 2012 and 2013. He also saw the 49er women's outdoor squad win the Atlantic-10 title in 2012 and 2013 and the men's program win the conference championship in 2012.

Prior to his time at Charlotte, Brewer served as an assistant at Davidson from Sept. 2005 to May 2011. While with the Wildcats, he coached two NCAA qualifiers, including one All-American high jumper, and saw his athletes break 15 school records.

Brewer has also had coaching stints at Lees-McRae, where he coached eight NCAA Division II national and provisional qualifiers, and at Brevard, where he coached student-athletes to 10 NJCAA national qualifying marks, six NAIA national and provisional qualifying marks and a pair of school records.

He is USA Track and Field Level I and Level II certified and a United State Weightlifting Certified Sport Performance Coach.



Whitney Smyre

Throws Coach

Appalachian State, 2011

1st Year

Whitney Smyre enters her first season as an assistant coach for Appalachian State University. The 2011 graduate of App State will coach all five throwing events for both the Men and Women's Track programs.

Smyre returns to The Rock after serving eight seasons in the Division II South Atlantic Conference. Spending six seasons at Wingate University (2011-2017), and her last two seasons at Lenoir-Rhyne University (2017-2019).

During her time in the SAC, Smyre is able to coach the following in all five throwing events:

3 - SAC Team Champions (Wingate University Men 2014, Wingate University Women 2017, and Lenoir-Rhyne University Women 2019)

5 - Division II NCAA National Provisional Qualifiers (Jesse Lavelle: Hammer-2014, Hannah Hinson: Weight Throw-2016, Myles Braswell: Indoor Shot Put-2017, Haylea Salamon: Discus-2017, Autumn Drayton: Discus-2019)

14 - SAC Conference Champions (8 Men, 6 Women)

25 - Southeast All-Region Finishers (10 Men, 15 Women)

46 - SAC All-Conference Finishers (26 Men, 20 Women)

132 - SAC Top 9 Finishers (67 Men, 65 Women)

In addition to her coaching experience, while at App State from 2006-2011, she threw every event with the exception of Javelin under the guidance of former ASU coach April Smith. Smyre was a 4-Time SoCon Champion (Weight Throw 2009,2011/Hammer 2009/Shot Put 2009), 8-Time SoCon All Conference, 12-Time All-Region performer. But arguably her greatest personal accolade was being a Division I NCAA East Regional Qualifier in the Hammer Throw (2009).

Smyre earned her B.S in Health Promotions with a minor in Foods and Nutrition while at Appalachian. She is USA Track and Field Level I certified and USTFCCA Track and Field Academy certified.

TRACK & FIELD



David Ward

Pole Vault Coach

Appalachian State, 1979

18th Year

The 2019-20 season marks the 18th year at App State for coach David Ward, who is a 1979 graduate of Appalachian, where he was a six-time All-Southern Conference performer in the pole vault. While at Appalachian State, he was the indoor and outdoor record holder, posting performances of 15-6 indoor and 16-2 outdoor as well as being named team MVP and team captain.

Ward also attended Santa Fe Jr. College where he was a national finalist in the indoor and outdoor junior college National Championships in 1976.

He graduated from Olympic High School in Charlotte, N.C. in 1974 and was the Conference, regional and state champion in the pole vault and set the North Carolina High School record of 15'.

Coach Ward spent 11 years as a high school track, cross country, and strength and conditioning coach. He has coached individual state champions in indoor and outdoor track, and cross country in addition to coaching conference, regional and state championship teams in cross country, and conference championships teams in track.

**MEET THE
WOMEN'S TEAM**

TRACK & FIELD

Name	Class	Event	Hometown/High School
Celia Agee	So.	Pole Vault	Mineral, Va./Louisa Country
Lainie Baumgardner	Fr.	Pole Vault	Waxhaw, N.C./Cuthbertson
Kyndavee Bichara	Jr.	Sprint, Jumps	Charlotte, N.C./Mountain Island Charter School
Hassani Burris	Jr.	Jumps	Gastonia, N.C./Ashbrook
Kathleen Burroughs	Jr.	Distance, CC	Oxford, N.C./Granville Central
Allison Calek	Jr.	Distance, CC	Downers Grove, Ill./Downers Grove South
Kayla Carson	Jr.	Jumps	Chapel Hill, N.C./East Chapel Hill
Madison Christy	So.	Distance, CC	Prosper, Tex./Prosper
Hannah Comesky	So.	Distance, CC	Raleigh, N.C./Leesville Road
Silvanna Curtain	Jr.	Pole Vault	Apex, N.C./Apex
Angelina DiBlasi	Fr.	Distance, CC	Wilmington, N.C./Ashley
Jessica Dixon	Sr.	Sprints	Louisburg, N.C./Broughton
Jasmine Donohue	Fr.	Distance, CC	Charlotte, B.C./East Mecklenburg
Izzy Evelyn	Jr.	Distance, CC	Cornelius, N.C./Lake Norman Charter
Katherine Fearn	Jr.	Distance, CC	Raleigh, N.C./Leesville Road
Kylee Frady	Jr.	Distance, CC	Mooresville, N.C./Lake Norman
Elizabeth Fuller	So.	Distance, CC	Raleigh, N.C./Broughton
Samara Gibson	Sr.	Sprints	Clayton, N.C./Corinth-Holders
Caroline Grier	Jr.	Distance, CC	Charlotte, N.C./Myers Park
Neveah Haddock	So.	Jumps	Raleigh, N.C./Southeast
Maya Hanks	RJr.	Jumps	Yorktown, Va./Tabb
Taylor Houston	Jr.	Distance, CC	Charlotte, N.C./Providence
Ani Judd	Fr.	Sprints	Raleigh, N.C./Southeast Raleigh
LaBria King	Sr.	Sprints	Charlotte, N.C./East Mecklenburg
Bridget Kunkel	Jr.	Distance, CC	Lemont, Ill./Lemont
Abby Lee	So.	Distance, CC	Honey Brook, Pa./Bishop Shannahan
Araybian Lilly	Jr.	Sprints	Mt. Gilead, N.C./West Montgomery
Jenna Lineberry	Jr.	Distance, CC	Winston-Salem, N.C./Mt. Tabor
Danielle Lugo	Fr.	Distance, CC	Wake Forest, N.C./Wake Forest
Claire Mason	Fr.	Distance, CC	Painted Post, N.Y./Corning
Madison McCoy	Sr.	Throws	Andersonville, Tenn./Andersonville
Savannah McIntosh	Fr.	Distance, CC	Madison, Miss./Madison-Ridgeland Academy
Jorja Medders	Jr.	Sprints	Waxhaw, N.C./Marvin Ridge
Casey Meinert	Jr.	Pole Vault	Stafford, Va./Mountain View
Connie Mendoza-Bruno	So.	Distance, CC	Chapel Hill, N.C./East Chapel Hill
Lila Peters	So.	Distance, CC	Raleigh, N.C./Sanderson
Djamila Petersen	So.	Jumps	Fayetteville, N.C./Pine Forest
Kayleigh Pherigo	Sr.	Pole Vault	Rancho Cucamonga, Calif./Etiwanda
Megan Plummer	Fr.	Throws	Sykesville, Md./South Carroll
Khalilah Razzak	Fr.	Sprints	Pfafftown, N.C./Reagan
Joelle Ryan	So.	Distance, CC	Charlotte, N.C./Myers Park
Isabela Saliba	Fr.	Distance, CC	Harrisburg, N.C./Hickory Ridge
Sarah Sandreuter	So.	Distance, CC	Roswell, Ga./Roswell
Peighton Simmons	Sr.	Sprints, Jumps	High Point, N.C./T. Wingate Andrews
Jelonnie Smith	Jr.	Sprints	Southport, N.C./South Brunswick
Taylor Smith	So.	Jumps	Northern Charleston, S.C./Fort Dorchester
Myia Spivey	Sr.	Jumps	Rocky Mount, N.C./Nash Central
Shylee Stocks	So.	Sprints	Boiling Springs, N.C./West Henderson
Maya Sweeney	So.	Distance, CC	Manakin Sabot, Va./Veritas School
Breah Taylor	So.	Jumps	Beaufort, N.C./East Carteret
Lisha Van Onselen	Gr.	Distance, CC	Amanzimtoti, South Africa/Durban Girls College
Sarah Venable	Gr.	Distance, CC	Cary, N.C./Cary
Faith Younts	Fr.	Distance, CC	Morganton, N.C./Patten

Head Track & Field Coach: Damion McLean

Head Cross Country Coach/Associate Track & Field Coach: Michael Curcio

Assistant Coach: Raymond Brewer

Assistant Coach: David Ward

Assistant Coach: Whitney Smyre

Assistant Coach: Tristin van Ord



Celia Agee Sophomore

Mineral, Va./Louisa County

Pole Vault

PR's: Indoor: Pole Vault - 11-7.75 (3.55m)

2019-20

Indoor: Posted a PR in the pole vault at the VMI Team Challenge, winning the event with a mark of 11-7.75 (3.55m)...Won the pole vault at the Buccaneer Track & Field Invitational, clearing 11-1.75 (3.40m)...Placed 14th in the pole vault at the Sun Belt Championships with a mark of 11-3.75 (3.45m)

Outdoor: Season canceled due to the coronavirus (COVID-19) pandemic



Kyndavee Bichara Junior

Charlotte, N.C./Mountain Island Charter School Sprints/Jumps

PR's: Indoor: LJ - 13-11.50 (4.25m)...TJ - 30-9.75 (9.39m)

2019-20

Indoor: Did not compete

Outdoor: Season canceled due to the coronavirus (COVID-19) pandemic

2018-19

Indoor: Competed in one meet during the season at the ETSU Track & Field Invitational...Posted a mark of 13-11.50m (4.25m) in the long jump and a mark of 30-9.75 (9.39m) in the triple jump at the ETSU Track & Field Invitational

Outdoor: Did not compete

TRACK & FIELD



Hassani Burris Junior

Gastonia, N.C./Ashbrook

Jumps

PR's: Indoor: 60m - 8.41...LJ - 17-10.25 (5.44m)...TJ - 38-9.75 (11.83m)...Outdoor: LJ - 16-8.75 (5.10m)...TJ - 38-3.50 (11.67m)

2019-20

Indoor: Scored points at the Sun Belt Championships with an eighth place finish in the triple jump with a PR mark of 38-9.75 (11.83m)... Posted a season-best mark in the long jump at the VMI Team Challenge with a mark of 16-8.50 (5.09m)...Placed third in the triple jump with a mark of 37-8.75 (11.50m) at the Appalachian Open

Outdoor: Season canceled due to the coronavirus (COVID-19) pandemic

2018-19

Indoor: Recorded a PR in the triple jump at the Sun Belt Championships in the triple jump, covering 38-4.00 (11.68m)...Won the triple jump at the season opening Appalachian Open with a mark of 37-8.00 (11.48m) and finished second in the long jump with a PR distance of 17-10.25 (5.44m)...Covered 36-2.75 (11.04m) in the triple jump at the Buccaneer Track & Field Invitational, finishing seventh

Outdoor: Competed in four meets during the season...Recorded an eighth place finish and PR in the triple jump at the Virginia Grand Prix with a mark of 38-5.50 (11.67m)...Covered a PR mark of 16-8.75 (5.10m) in the long jump at the 49er Classic



Kathleen Burroughs Junior

Oxford, N.C./Granville Central

Distance

PR's: Cross Country: 3K - 11:37.0...5K - 19:15.8...Indoor: 5,000m - 19:37.18...Outdoor: 3,000m - 11:36.52...5,000m - 19:44.55

2019-20

Cross Country: Competed in two races during the season...Clocked a 5K PR at the Mountain to Seas Open, crossing in 19:15.8

Indoor: Competed in two meets during the season...Clocked a PR in the 5,000-meter run, crossing in 19:37.18 at the Buccaneer Track & Field Invitational

Outdoor: Season canceled due to the coronavirus (COVID-19) pandemic

2018-19

Cross Country: Ran in four races during the season...Posted top 5K time of 19:44.9 at the season opening Covered Bridge Open...Placed 30th at the Lenoir-Rhyne Invitational in 20:38.2...Was sixth at the Montreat Open with a 3K PR time of 11:37.0

Indoor: Competed in two meets during the season...Turned in a PR time of 11:36.52 in the 3,000-meter run at the 49er Classic

Outdoor: Posted a PR in the 3,000-meter run at the season opening Charlotte Invitational with a time of 11:36.52...Placed 29th in the 5,000-meter run at the ADI-DAS/Winthrop Invitational with a PR time of 19:44.55

High School PR's: Cross Country: 5k - 19:10.00

High School: Qualified for NCHSAA State Championship meet in cross country in all four seasons...Finished sixth at the NCHSAA State Championship meet in 2017 in 20:24.27...Recorded a 10th place finish at the NCHSAA State Championship meet in 2017

APP STATE



Reilly Caldwell Junior

Middletown, Md./Middletown Distance

PR's: Cross Country: 5K - 18:20.70...6K - 21:11.00...**Indoor:** Mile - 5:13.69...3,000m - 9:55.15...5,000m - 17:43.30...**Outdoor:** 1,500m - 4:55.42...Mile - 5:06.32...5,000m - 17:49.94...38:08.43

2019-20

Cross Country: Competed in two meets during the season...Recorded a 5K season-best time of 19:26.1 at the Royals Challenge

Indoor: Competed in four meets during the season...Placed fourth in the on-mile run at the JDL January College Kick-Off in 5:34.65...

Crossed fifth at the JDL Team Challenge in the 3,000-meter run with a time of 10:48.42

Outdoor: Season canceled due to the coronavirus (COVID-19) pandemic

Prior to Appalachian: Competed for two seasons at Furman...Scored points in the indoor 5,000-meter run at the 2018 Southern Conference Indoor Championships with a time of 17:43.30...Was 12th at the 2018 Southern Conference Cross Country Championships with a PR time of 18:20.70...Earned all-conference accolades at the 2018 Southern Conference Outdoor Track & Field Championships in the 10,000-meter run in 38:08.43



Allison Calek Sophomore

Downers Grove, Ill./Downers Grove South Distance

PR's: Indoor: Mile - 5:54.64...3,000m - 12:16.94

2019-20

Indoor: Ran a PR in the mile at the Buccaneer Track & Field Invitational with a time of 5:54.64...Clocked a time of 12:16.94 in the 3,000-meter run for a PR at the ETSU Track & Field Invitational

Outdoor: Season canceled due to the coronavirus (COVID-19) pandemic

TRACK & FIELD



Kayla Carson

Junior

Chapel Hill, N.C./East Chapel Hill

Jumps

PR's: Indoor: HJ - 5-4.25 (1.63m)...Outdoor: HJ - 5-5.00 (1.65m)

2019-20

Indoor: Won the high jump at the VMI Team Challenge, clearing 5-4.25 (1.63m)...Captured the high jump at the Appalachian Open, clearing 5-2.00 (1.57m)...Finished third in the high jump at the JDL Team Challenge with a mark of 5-3.00 (1.60m)

Outdoor: Season canceled due to the coronavirus (COVID-19) pandemic

2018-19

Indoor: Placed second in the high jump at the Appalachian Open with a PR tying height of 5-3.00 (1.60m)...Tied her PR with a mark of 5-3.00 (1.60m) at the Buccaneer Track & Field Invitational, finishing fourth

Outdoor: Won the high jump at the Virginia Grand Prix, clearing a PR height of 5-5.00 (1.65m)...Was seventh at the ADIDAS/Winthrop Invitational with a mark of 5-3.00 (1.60m)...Placed 11th at the Sun Belt Championships in the high jump with a mark of 5-3.00 (1.60m)



Madison Christy

Sophomore

Prosper, Tex./Prosper

Distance

2019-20

Cross Country: Did not compete.

Indoor: Did not compete

Outdoor: Season canceled due to coronavirus (COVID-19) pandemic.

High School PR's: Cross Country: 5K - 18:47.42...Indoor: One-Mile - 5:36.40...Outdoor: 1600m - 5:13.69...3200m - 10:59.77...5000m - 17:35.95

High School: Qualified for the UIL Cross Country State Championship in Texas during the 2018 season, placing 68th in a PR time of 18:47.42...In outdoor competition, won the UIL 5A - District 14 1,600-meter run in 5:30.49. In the 2019 outdoor season, she posted PR's in the 1,600-meter run (5:13.69), 3,200-meter run (10:59.77) and 5,000-meter run (17:35.95)

APP STATE



Hannah Comesky Sophomore

Raleigh, N.C./Leesville Road

Distance

PR's: Cross Country: 5K - 20:03.0...6K - 25:26.2

2019-20

Cross Country: Ran in four races during the season...Ran a 5K PR at the Royals Challenge with a time of 20:03.0...Placed 96th at the VertCross Invitational in a 6K PR time of 25:26.2

Indoor: Did not compete

Outdoor: Season canceled due to coronavirus (COVID-19) pandemic.



Silvanna Curtain

Apex, N.C./Apex

Junior

Pole Vault

PR's: Indoor: PV - 10-8.00 (3.25m)...Outdoor: PV - 11-0.25 (3.36m)

2019-20

Indoor: Recorded a PR in the pole vault at the Buccaneer Track & Field Invitational, placing second with a mark of 11-1.75 (3.40m)...Cleared 10-10.00 (3.30m) in the pole vault at the Sun Belt Championships, placing 17th...Was fourth in the pole vault at the JDL January College Kick-Off with a mark of 10-8.00 (3.25m)

Outdoor: Season canceled due to the coronavirus (COVID-19) pandemic

2018-19

Indoor: Competed in five meets, placing in the top-eight three times...Recorded a PR in the pole vault, clearing 10-8.00 (3.25m) at the Buccaneer Track & Field Invitational to finish seventh...Was seventh at the Appalachian Open, clearing 10-0.50m (3.06m)...Placed eighth at the VMI Team Challenge with a height of 10-0.00 (3.05m)

Outdoor: Scored points at the Sun Belt Championships in the pole vault, placing eighth with a PR height of 11-0.25 (3.36m)...Recorded a fourth-place finish at the 49er Classic with a height of 10-0.00 (3.05m) in the pole vault.

TRACK & FIELD



Jessica Dixon Senior Louisburg, N.C./Broughton Long Sprints

PR's: Indoor: 55m - 7.30...60m - 7.97...200m - 24.27...300m - 39.77...400m - 55.25...**Outdoor:** 100m - 12.70...200m - 24.55...400 - 55.56

2019-20

Indoor: Won the 400-meter dash at the Sun Belt Championships in a school record time of 55.25 seconds...Placed second in the 200-meter dash at the Sun Belt Championships, with a PR mark of 24.27 seconds. Her time ranks third in program history...Recorded a PR in the 55-meter dash (7.30) and 300-meter dash (39.77) at the Appalachian Open. Her 300-meter dash time ranks second in school history...Was

a member of the 4x300-meter relay team that broke the school record at the Appalachian Open in 2:41.58

Outdoor: Season canceled due to the coronavirus (COVID-19) pandemic

2018-19

Indoor: Was a member of the 4x400-meter relay that placed sixth at the Sun Belt Championships with a time of 3:54.52. Also was 10th in the 400-meter dash (season-best, 57.26) and 12th in the 200-meter dash (25.16, season-best)...Clocked a PR in the prelims of the 60-meter dash at the Buccaneer Track & Field Invitational with a time of 8.00 seconds...Posted a pair of top-eight finishes at the Appalachian Open, finishing third in the 300-meter dash (41.60) and seventh in the 55-meter dash (7.49, PR)

Outdoor: Scored points at the Sun Belt Championships with an eighth place finish in the 200-meter dash with a PR time of 24.55 seconds. Was also a member of the 4x100-meter relay team that placed seventh and the 4x400-meter relay team that was sixth...Posted a PR time of 12.70 seconds in the 100-meter dash at the Charlotte Invitational...Ran a season-best 59.51 in the 400-meter dash at the season opening 49er Classic

2017-18

Indoor: Posted her strongest performance at the Sun Belt Championships. Ran a 55.91 in the 400-meter dash, which was good for fourth place and also ranks as the second fastest time in the event in program history. Also finished eighth in the 200-meter dash and posted a season-best time of 24.96 seconds in the preliminaries...Posted a time of 40.13 seconds in the 300-meter dash at the Mountaineer Indoor Meet. The time won the event and also ranks third in the event in program history...Won the 400-meter dash at the VMI Winter Relays in 57.89 seconds...Finished with eight top-five finishes (seven individual, one relay)

Outdoor: Crossed the finish line in 55.56 seconds in the 400-meter dash in the prelims at the Sun Belt Championships. The time ranks fifth in school history...Member of the 4x400-meter relay team at the Sun Belt Championships that finished seventh in 3:49.55

High School PR's: 100m - 12.37...200m - 24.94...400m (I) - 58.40...400m (O) - 56.65...500m (I) - 1:17.31...800m - 2:17.00...LJ - 17-9.00...TJ - 31-1.00.

High School: School record holder in five events (200m, 400m, 4x100m, 4x200m, 4x400m)...Named Team MVP for sprints (2014) and running events (2017); Team captain from 2015-17 for track & field and 2017 for basketball...Named Academic All-Conference for all four years



Izzy Evely Junior Cornelius, N.C./Lake Norman Charter Distance

PR's: Cross Country: 5K - 17:25.2...6K - 21:40.2...**Indoor:** Mile: 5:09.50...3,000m - 10:01.37...5,000m - 17:42.19...**Outdoor:** 1,500m - 4:36.24; 3,000m - 10:04.48; 5,000m - 18:12.47; 3,000m Steeple: 11:21.71

2019-20

Cross Country: Ran in five races during the season...Earned Second Team All-Sun Belt honors with a ninth-place finish at the conference championships with a time of 17:58.4...Won the Mountains to Sea Open with a 5K PR time of 17:25.2...Clocked a 6K PR at the NCAA

Southeast Regionals with a 65th place finish in 21:40.2

Indoor: Recorded a seventh place finish in the 3,000-meter run at the Sun Belt Championships with a time of 10:01.37...Finished second in the 5,000-meter run in a season-best time of 17:42.90 at the VMI Team Challenge...Was fourth in the 3,000-meter run at the South Carolina Invitational in 10:03.42

Outdoor: Season canceled due to the coronavirus (COVID-19) pandemic

2018-19

Cross Country: Ran in six meets during the season...Earned First Team All-Sun Belt honors and Sun Belt Freshman of the Year honors with a fifth place finish at the Sun Belt Championships in a 5K PR time of 17:46.4...Finished third at the USC Upstate Invitational with a time of 18:14.5...Posted a fifth-place finish at the Le-noir-Rhyne Invitational (18:31.3) and a ninth-place finish at the Covered Bridge Open (17:58.4)

Indoor: Placed seventh in the 5,000-meter run at the Sun Belt Championships with a PR time of 17:42.19. Also earned all-conference honors as a member of the DMR team after placing third in 11:56.22...Posted a sixth-place finish in the 3,000-meter run at the Darius Dixon Invitational with a time of 10:15.06...Was fourth in the 1-mile run at the VMI Team Challenge (5:18.54) and fifth at the ETSU Track & Field Invitational in the 3,000-meter run (10:35.60)

Outdoor: Posted a PR in the prelims of the 1,500-meter run at the Sun Belt Championships with a time of 4:36.24...Placed sixth in the 3,000-meter run at the season opening 49er Classic with a PR time of 10:04.48...Was sixth in the 3,000-meter steeplechase in a PR time of 11:21.72 at the Charlotte Invitational...Crossed ninth at the Duke Invitational in the 5,000-meter run with a PR time of 18:12.47

High School PR's: Cross Country: 3200m - 10:54.60...5k - 18:07.57...**Outdoor:** 800m - 2:17.98...1600m - 4:59.50...3200m - 10:57.22

High School: Helped Lake Norman finish second at the cross country state championships with a second place finish in 18:07.57...Two-time state qualifier in the 800-meter run (outdoor), finishing third in 2016 in 2:17.98...Was second in the 1,600-meter run (5:12.04) and 3,200-meter run (11:14.78) at the NCHSAA 2A Outdoor State Championship in 2018



Katie Fearn

Raleigh, N.C./Leesville Road

Junior

Distance

PR's: Cross Country: 5K - 19:12.1...6K - 25:32.5...**Indoor:** 5,000m - 20:29.53...**Outdoor:** 3,000m - 11:38.24...5,000m - 19:50.85...3,000m Steeple - 12:33.49

2019-20

Cross Country: Ran in four races during the season...Posted a 5K PR at the Mountains to Sea Open, finishing 15th in 19:12.1...Clocked a 6K PR at the VertCross Invitational in 25:32.5

Indoor: Competed in two meets during the season...Was a member of the DMR team that placed third at the South Carolina Invitational

Outdoor: Season canceled due to the coronavirus (COVID-19) pandemic

2018-19

Cross Country: Ran in three races during the season...Recorded a 5K PR time of 20:40.6 at the USC Upstate Invitational, where she placed 68th...Had a season-best finish of 40th at the Lenoir-Rhyne Invitational, crossing in 21:13.1

Indoor: Participated in one meet during the season, running in the 5,000-meter run at the Buccaneer Track & Field Invitational and crossing in 20:29.53

Outdoor: Finished eighth in the 3,000-meter steeplechase at the Virginia Grand Prix in a PR time of 12:33.49...Recorded PR's in the 3,000-meter run (11:38.24) and the 5,000-meter run (19:50.85)

High School PR's: Cross Country: - 3k - 13:07.73...5k - 21:31.90

High School: Placed 90th at the Nike Cross Nationals Southeast Regional Race in a PR time of 21:31.90...Had two top-20 finishes at the CAP 7 Conference Championship, finishing 18th in 22:52.75 in 2015 and sixth in 23:08.00 in 2016



Kylee Frady

Mooresville, N.C./Lake Norman

Junior

Mid-Distance

PR's: Cross Country: 5K - 17:51.0...6K - 21:53.7...**Indoor:** 800m - 2:18.10...Mile - 5:06.11...3,000m - 10:04.84...**Outdoor:** 800m - 2:17.33...1,500m - 4:44.42

2019-20

Cross Country: Took part in six races during the season...Earned Third Team All-Sun Belt honors with a 13th place finish in 18:05.5...Was second at the Mountains to Sea Open with a 5K PR time of 17:51.0...Clocked a 6K PR at the HPU VertCross Invitational in 21:53.7

Indoor: Was a member of the DMR team that placed fourth at the Sun Belt Championships in 12:09.68. Also placed 11th in the 3,000-meter run in 10:12.85...Recorded a PR in the 3,000-meter run at the South Carolina Invitational in 10:04.84...Won the 3,000-meter run at the ETSU Track & Field Invitational in 10:28.58

Outdoor: Season canceled due to the coronavirus (COVID-19) pandemic

2018-19

Cross Country: Ran in one race during the season, placing 42nd at the season opening Covered Bridge Open in 19:21.9

Indoor: Earned All-Sun Belt honors as a member of the DMR team that finished third with a time of 11:56.22. Also placed 11th in the one-mile run, crossing in a PR time of 5:09.12...Recorded a PR in the 800-meter run at the Darius Dixon Invitational, finishing fifth with a time of 2:18.10...Was second in the one-mile run at the Appalachian Open in 5:19.71 third in the 800-meter run at the VMI Team Challenge with a time of 2:19.42...Recorded a pair of top-eight finishes at the ETSU Track & Field Invitational, placing fifth in the one-mile (5:15.66) and seventh in the 800-meter run (2:22.38)

Outdoor: Was a member of the 4x800-meter relay team that broke the school record at the Pepsi Florida Relays in 9:06.90...Placed 12th in the 800-meter run at the Sun Belt Championships in 2:18.01. Ran a leg of the 4x400-meter relay that finished sixth in 3:51.29...Posted a PR in the 800-meter run at the Virginia Grand Prix (2:17.33) and in the 1,500-meter run (4:44.42) at the Duke Invitational

High School PR's: Cross Country: 2-Mile - 12:41.18...5k - 19:45.51...**Indoor:** 800m - 2:29.90...1000m - 3:13.66...**Outdoor:** 800m - 2:16.72...1600m - 5:43.00

High School: Placed in the top-10 in three 5k cross country races in 2016...Won the North Piedmont Conference title in the 2016 outdoor track season in 2:22.25...Finished 11th at the NCHSAA 4A State Championship with a time of 2:20.48

TRACK & FIELD



Elizabeth Fuller Sophomore

Raleigh, N.C./Broughton

Distance

PRs: Indoor: 800m - 2:25.77...Mile - 5:35.77

2019-20

Cross Country: Did not compete

Indoor: Competed in three meets during the season...Placed sixth in the one-mile run at the JDL January College Kick-off in a PR time of 5:35.77...Was fifth in the 800-meter run at the JDL Team Challenge in 2:25.77

Outdoor: Season canceled due to the coronavirus (COVID-19) pandemic



Samara Gibson Senior

Clayton, N.C./Corinth-Holders

Sprints

PR's: Indoor: 55m - 7.21...60m - 7.78...200m - 24.95...300m - 40.46...400m - 1:02.45...**Outdoor:** 100m - 12.07...200m - 24.37...400m - 58.10

Indoor

2019-20: Earned All-Sun Belt honors as a member of the 4x400-meter relay team at the Sun Belt Championships, helping the tandem finish third in 3:47.80...Ran a season-best 7.87 mark in the 60-meter dash at the VMI Team Challenge...Posted a season-best time of 25.17 in the 200-meter dash at the Sun Belt Championships

Outdoor: Season canceled due to the coronavirus (COVID-19) pandemic

Indoor

2018-19: Ran a season-best 7.97 at the VMI Team Challenge, finishing 13th...Turned in a season-best performance of 26.26 seconds in the 200-meter dash at the Darius Dixon Invitational...Clocked a PR of 1:02.45 at the VMI Team Challenge in the 400-meter dash

Outdoor: Was a member of the 4x100-meter relay team that placed seventh at the Sun Belt Championships in 46.91 seconds...Posted a PR in the 100-meter dash in 12.07 seconds at the Sun Belt Championships...Clocked a season-best time of 25.90 seconds in the 200-meter dash at the 49er Classic

2017-18

Indoor: Posted a time of 40.46 seconds in the 300-meter dash at the Mountaineer Indoor Meet, which was second in the event and ranks as the sixth fastest time in program history...Finished seventh in the 200-meter dash in 24.95 seconds. The mark also ranks as the 10th fastest time in program history...Ran a season-best time of 7.24 seconds in the 55-meter hurdles at the Mountaineer Indoor Meet...Posted a time 7.78 seconds in the 60-meter dash at the Buccaneer Track & Field Invitational

Outdoor: Was a member of the 4x100-meter relay that finished sixth (46.51) and the 4x400-meter relay tandem that was seventh (3:49.55) at the Sun Belt Championships...Won the 200-meter dash at the Mountaineer Outdoor Meet in a PR time of 24.37 seconds...Ran a PR in the prelims of the 100-meter dash at the Sun Belt Championships with a time of 11.99 seconds

High School PR's: 55m (I) - 7.34...100m - 12.34...200m - 25.24...300m (I) - 41.04...400m - 57.47...500m (I) - 1:20.00...800m - 2:52.00

High School: Four-time conference champion in the 400m...Owns school record in six events (55m, 100m, 200m, 300m, 400m, 500m)...Regional runner up in 400 (2017)...State runner up in 300 (2017)...Member of National Honors Society

APP STATE



Caroline Grier

Junior

Charlotte, N.C./Myers Park

Distance

PR's: Cross Country: 3K - 11:08.0...5K - 19:28.30...**Indoor:** N/A...**Outdoor:** 5,000m - 19:25.79

2019-20

Cross Country: Did not compete

Indoor: Did not compete

Outdoor: Season canceled due to the coronavirus (COVID-19) pandemic

2018-19

Cross Country: Ran in five meets during the season...Placed second at the Montreat Open with a 3K PR time of 11:08.00...Ran a 5K PR in first collegiate meet at the Covered Bridge Open, finishing 47th in 19:28.30...Crossed 22nd overall at the Lenoir-Rhyne Invitational in 20:05.7

Indoor: Did not compete

Outdoor: Competed in the 5,000-meter run at the ADIDAS/Winthrop Invitational, crossing in 19:25.79

High School PR's: Cross Country: 3-Mile - 20:06.55...5k - 21:00.10

High School: Finished 104th at the NCHSAA State Championships in cross country in 2017 with a PR time of 21:00.10...Placed 10th at the Southwestern Conference Championship this past season in 21:41.30 and in 2015 in 24:24.93



Nevaeh Haddock Sophomore

Raleigh, N.C./Southeast

Jumps

PR's: Indoor: LJ - 18-10.00 (5.74m)...TJ - 38-4.25 (11.69m)

2019-20

Indoor: Posted a PR in the triple jump at the Sun Belt Championships, placing 11th with a mark of 38-4.25 (11.69m)...Recorded a mark of 18-10.00 (5.74m) and a PR at the ETSU Track & Field Invitational, placing fourth...Was fifth in the long jump at the VMI Team Challenge (18-2.25; 5.54m) and South Carolina Invitational (17-9.75; 5.43m)

Outdoor: Season canceled due to the coronavirus (COVID-19) pandemic

TRACK & FIELD



Maya Hanks

R-Junior

Yorktown, Va./Tabb

Jumps

2019-20

Indoor: Did not compete

Outdoor: Season canceled due to the coronavirus (COVID-19) pandemic



Taylor Houston

Junior

Charlotte, N.C./Providence

Distance

PR's: Cross Country: 5K - 19:05.1...6K - 24:40.2...**Indoor:** 3,000m - 10:44.63...5,000m - 19:19.19...**Outdoor:** 5,000m - 18:56.73

2019-20

Cross Country: Ran in four races during the season...Placed 102nd at the Royals Challenge in a 5K PR time of 19:05.1...Recorded a 6K PR at the HPU VertCross Invitational in 24:40.2

Indoor: Competed in four meets...Posted a PR in the 3,000-meter run at the JDL Team Challenge, finishing fourth in 10:44.63...Was sixth in the 5,000-meter run at the ETSU Track & Field Invitational with a sixth place finish in 19:19.19

Outdoor: Season canceled due to the coronavirus (COVID-19) pandemic

2018-19

Outdoor: Clocked a PR in the 5,000-meter run at the Lenoir-Rhyne Classic in 18:56.73...Ran in the 5,000-meter run at the ADIDAS/Winthrop Invitational, finishing 25th in 19:26.53

APP STATE



Bridget Kunkel

Junior

Lemont, Ill./Lemont

Distance

PR's: Cross Country: 5K - 18:53.4...6K - 24:05.0...**Indoor:** 3,000m - 10:59.74...5,000m - 19:36.40...**Outdoor:** 3,000m - 10:43.32...5,000m - 18:50.52...3,000m Steeple - 11:52.10

2019-20

Cross Country: Ran in three races during the season...Was 16th at the Mountains to Sea Open in 19:14.4...Clocked a 5K PR at the Royals Challenge in 18:53.4...Recorded a time of 24:05.0 for a 6K PR at the HPU VertCross Invitational

Indoor: Recorded a PR in the 5,000-meter run with a ninth place finish at the ETSU Track & Field Invitational in 19:36.40...Posted a season-best in the 3,000-meter run at the JDL Team Challenge with a time of 11:01.70

Outdoor: Season canceled due to the coronavirus (COVID-19) pandemic

2018-19

Cross Country: Did not compete

Indoor: Competed in the 3,000-meter run twice...Posted a PR time of 10:59.74 in the 3,000-meter run at the ETSU Track & Field Invitational in 10:59.74...Finished seventh in the 3,000-meter run at the Buccaneer Track & Field Invitational with a time of 10:59.76

Outdoor: Posted a trio of top-20 finishes during the season...Was 13th in the 3,000-meter steeplechase at the Charlotte Invitational in a PR time of 11:52.10 and was also 13th in the 5,000-meter run at the ADIDAS/Winthrop Invitational with a PR time of 18:50.52...Clocked a PR in the 3,000-meter run in 10:43.32 at the 49er Classic

High School PR's

Cross Country: 3-Mile: 18:06.20

High School: Three-time IHSAA cross country state qualifier...Was 28th at the IHSAA Cross Country State Championships in 2015, in a 3-mile PR time of 18:06.20...At the 2014 state meet, Kunkel was 56th with a time of 18:34.00, while she notched an 83rd place finish in 2016 in 18:57.00



Abby Lee

Sophomore

Honey Brook, Pa./Bishop Shannahan

Distance

PR's: Cross Country: 5K - 20:19.1...6K - 25:46.5...**Indoor:** 3,000m - 11:24.73...5,000m - 20:36.21

2019-20

Cross Country: Took part in four races during the season...Ran a 5K PR at the Mountains to Sea Open with a time of 20:19.1...Clocked a 6K PR at the HPU VertCross Invitational in 25:46.5

Indoor: Raced in three meets during the season...Recorded a PR in the 3,000-meter run, placing 14th at the JDL Team Challenge in 11:24.73...Posted a PR time of 20:36.21 at the Buccaneer Track & Field Invitational in the 5,000-meter run

Outdoor: Season canceled due to the coronavirus (COVID-19) pandemic

TRACK & FIELD



LaBria King

Charlotte, N.C./East Mecklenburg

Senior

Sprints

PR's: Indoor: 55m - 7.09...60m - 7.55...200m - 24.65...300m - 41.24...Outdoor: 100m - 11.92...200m - 24.18

2019-20

Indoor: Placed sixth overall in the 60-meter dash at the Sun Belt Championships with a time of 7.70 seconds...Was second at the JDL Team Challenge in the 60-meter dash with a time of 7.76 seconds...Ran a season-best time of 25.87 seconds in the 200-meter dash at the VMI Team Challenge

Outdoor: Season canceled due to the coronavirus (COVID-19) pandemic

2018-19

Indoor: Did not compete

Outdoor: Competed in the 100-meter dash at the Virginia Grand Prix (12.33) and Charlotte Invitational (13.12)

2017-18

Indoor: Set a new PR in the 55-meter dash at the Mountaineer Indoor Meet, winning the event in 7.09 seconds...Ran a season-best of 7.60 seconds in the 60-meter dash at the ETSU Invitational and Buccaneer Track & Field Invitational...Won the 200-meter dash at the Mountaineer Indoor Meet (26.35) and the Appalachian Open (24.91)...Had seven first place finishes (six individual, one relay)

Outdoor: Did not compete

2016-17

Indoor: Finished fifth in the 60m with a time of 7.57, ran a preliminary 60m-time of 7.55 (3rd all-time) and placed sixth in the 200m with a time of 24.65 (6th all-time) at the Sun Belt Championships...Won the 60m at the Buccaneer Track & Field Invitational with a time of 7.64...Posted top-ten finishes at all seven meets

Outdoor: Placed seventh in the 100m with a wind aided time of 11.83, finished sixth in the 200m with a time of 24.18 (8th all-time) and ran a leg on the silver medal 4x100m Relay team at the Sun Belt Outdoor Championships...Finished second in the 200m and second in the 100m with respective times of 24.42 and 11.93 (pr) at the Mountaineer Open...Clocked a time of 24.30w at the Duke Invitational and placed eighth...Ran a time of 12.06 in the 100m at the Charlotte Invitational and finished third...Ran a leg on the school-record holding spring medley relay (3:57.28) that placed fourth and the 26th-place 4x100m Relay at Florida Relays...Placed 13th in the 200m with a time of 24.29w at the Weems Baskin Invitational...Opened the season with two second-placed finishes in the 100m and the 4x100m Relay

High School PR's: 55m -7.16...60m -7.64...100m -11.94...200m -25.02

High School: Two-time All-Girls conference champion in the 100 meters...Four-time MVP...2016 Southwestern 4A Most Outstanding Woman...Finished sixth at New Balance Nationals in 2016...Placed every year at the conference meet and participated at the state meet for four-straight years



Araybian Lilly

Mt. Gilead, N.C./West Montgomery

Junior

Sprints

PR's: Indoor: 55m - 7.60...60m - 8.29...200m - 26.20...300m - 42.59...400m - 59.03...Outdoor: 200m - 26.90...400m - 1:00.51

2019-20

Indoor: Was a member of the DMR team that placed fourth at the Sun Belt Championships in 12:09.68...Ran a season-best in the 400-meter dash in 1:02.02 at the Buccaneer Track & Field Invitational...Clocked a season-best time of 26.78 seconds in the 200-meter dash at the Buccaneer Track & Field Invitational

Outdoor: Season canceled due to the coronavirus (COVID-19) pandemic

2018-19

Indoor: Was a member of the DMR team at the Sun Belt Championships that earned All-Sun Belt honors with a third place finish in 11:56.22. Also posted a PR in the 400-meter dash, crossing the tape in 59.03...At the Appalachian Open, posted PR's in the 55-meter dash (7.60) and the 300-meter dash (42.59)...Ran a 60-meter dash PR of 8.29 seconds at the Buccaneer Track & Field Invitational and a 200-meter dash PR time of 26.20 seconds at the VMI Team Challenge

Outdoor: Competed in two meets during the outdoor season...Clocked a PR in the 200-meter dash at the season opening 49er Classic with a time of 26.90 seconds...Posted a time of 1:00.51 for a PR in the 400-meter dash at the ADIDAS/Winthrop Invitational



Jenna Lineberry

Junior

Winston-Salem, N.C./Mt. Tabor

Distance

PR's: Cross Country: 3K - 11:16.7...5K - 19:05.0...**Indoor:** 800m - 2:22.82...Mile - 5:36.83...**Outdoor:** 800m - 2:21.84

2019-20

Cross Country: Ran in three races...Set a 5K PR with a 13th place finish at the Mountains to Sea Open in 19:05.0...Also participated in the Louisville Classic (19:40.6) and Covered Bridge Open (21:31.9)

Indoor: Posted a season-best time of 2:29.62 in the 800-meter run at the JDL Team Challenge...Placed sixth in the 800-meter run at the JDL January College Kick-Off in 2:29.77...Ran the mile at the ETSU Track & Field Invitational in 5:50.97

Outdoor: Season canceled due to the coronavirus (COVID-19) pandemic

2018-19

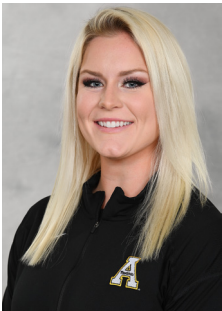
Cross Country: Ran in five races during the season...Posted a 5K PR time of 19:26.2 in first collegiate race at the Covered Bridge Open...Was fourth at the Montreat Open with a PR time of 11:16.0...Placed 18th at the Lenoir-Rhyne Invitational in 19:43.7

Indoor: Competed in four meets...Ran a PR in the 800-meter run at the Buccaneer Track & Field Invitational in 2:22.82. Was a member of the DMR team that crossed first in 13:12.09...Ran a 5:36.83 for a PR in the mile at the ETSU Track & Field Invitational...Was seventh at the VMI Team Challenge in the 800-meter run in 2:23.05

Outdoor: Ran in the 800-meter run three times during the season...Posted a PR time of 2:21.84 in the 800-meter run at the Virginia Grand Prix

High School PR's: Cross Country: 2-Mile - 12:34.26...5k - 19:25.05...**Indoor:** 1000m - 3:09.20...1600m - 5:26.59...3200m - 11:44.64...**Outdoor:** 800m - 2:20.89...1600m - 5:29.32

High School: Three-time qualifier for the NCHSAA Cross Country State Championships, finishing 26th in 2016 (19:29.89) and 2017 (19:36.14)...Qualified for the NCHSAA 3A Outdoor State Championship in the 800-meter run, finishing fifth in 2017 in 2:21.54



Madison McCoy

Senior

Andersonville, Tenn./Andersonville

Throws

PR's: **Indoor:** SP - 38-2.25 (11.64m)...WT: 49-1.00 (14.96m)...**Outdoor:** SP - 33-9.50 (10.30m)...DT - 142-3 (43.35m)...HT - 155-8 (47.46m)

2019-20

Indoor: Bettered her PR by nearly four feet in the shot put at the ETSU Track & Field Invitational with a mark of 38-2.25 (11.64m)...

Notched a PR in the weight throw at the VMI Team Challenge, covering 49-1.00 (14.96m)...Placed second in the weight throw at the JDL Team Challenge with a mark of 48-6.75 (14.80m)

Outdoor: Season canceled due to the coronavirus (COVID-19) pandemic

2018-19

Indoor: Recorded a PR and a sixth place finish at the Appalachian Open in the weight throw, covering 48-10.75 (14.90m)...Notched a PR distance of 34-9.75 (10.61m) in the shot put at the Buccaneer Track & Field Invitational...Was 10th in the weight throw (48-4.75; 14.75m) and 13th in the shot put (34-4.00; 10.46m) at the VMI Team Challenge

Outdoor: Placed ninth in the discus (134-4; 40.95m) and 15th in the hammer (150-1; 45.76m) at the Sun Belt Championships...Entered the record books with the 10th best mark in program history in the discus, covering a PR distance of 142-3 (43.35m) at the Charlotte Invitational...Recorded a PR in the hammer throw at the Charlotte Invitational, placing 10th with a mark of 155-8 (47.46m)...Posted a PR at the season opening 49er Classic in the shot put with a distance of 33-9.50 (10.30m)

TRACK & FIELD



Jorja Medders

Waxhaw, N.C./Marvin Ridge

Junior

Sprints

PR's: Indoor: 55m - 7.81...200m - 27.58...300m - 45.84...400m - 1:03.21...500m - 1:23.80...**Outdoor:** 400m Hurdles - 1:07.28

2019-20

Indoor: Set a PR in the 300-meter dash at the Appalachian Invitational with a time of 45.84 seconds...Recorded a 200-meter dash season-best time of 28.22 seconds at the VMI Team Challenge...Crossed in 1:03.69 at the VMI Team Challenge for a season-best in the 400-meter dash

Outdoor: Season canceled due to the coronavirus (COVID-19) pandemic

2018-19

Indoor: Turned in a seventh-place finish in the 500-meter run at the Darius Dixon Memorial with a PR time of 1:2.380. Also clocked a PR in the 200-meter dash with a time of 27.58 seconds...Posted a PR time of 1:03.21 in the 400-meter dash at the Buccaneer Track & Field Invitational...Ran PR's in the 55-meter dash (7.81) and 300-meter dash (46.16) at the Appalachian Open

Outdoor: Ran in the 400-meter hurdles in five meets...Posted a PR and a ninth-place finish in the 400-meter hurdles at the Virginia Grand Prix in 1:07.28



Casey Meinert

Stafford, Va./Mountain View

Junior

Pole Vault

PR's: Indoor: PV: 11-3.75 (3.45m)...**Outdoor:** PV - 10-6.25 (3.21m)

2019-20

Indoor: Cleared a PR height of 11-3.75 (3.45m) at the Sun Belt Championships to finish 11th...Was second in the pole vault with a mark of 11-1.75 (3.40m) at the South Carolina Invitational...Placed fifth at the Buccaneer Track & Field Invitational in the pole vault with a mark of 10-8.00 (3.25m)

Outdoor: Season canceled due to the coronavirus (COVID-19) pandemic

2018-19

Indoor: Recorded a PR in first meet of the season at the Appalachian Open, clearing 10-6.25 (3.21m)...Was seventh at the VMI Team Challenge with a mark of 10-6.00 (3.20m)...Posted a height of 10-2.00 (3.10m) at the Buccaneer Track & Field Invitational, placing eighth

Outdoor: Posted a ninth place finish in the pole vault at the Sun Belt Championships with a PR height of 10-6.25 (3.21m)...Recorded a third place finish at the season opening 49er Classic, clearing 10-6.00 (3.20m)

APP STATE



Connie Mendoza-Bruno Sophomore

Chapel Hill, N.C./East Chapel Hill Distance

PR's: Indoor: 3,000m - 11:40.14...5,000m - 20:10.15

2019-20

Cross Country: Did not compete

Indoor: Competed in three meets during the season...Crossed in 11:40.14 (PR) in the 3,000-meter run at the JDL Team Challenge...

Recorded a PR in the 5,000-meter run at the Buccaneer Track & Field Invitational in 20:10.15

Outdoor: Season canceled due to the coronavirus (COVID-19) pandemic



Lila Peters Sophomore

Raleigh, N.C./Sanderson Distance

PR's: Cross Country: 5K - 18:17.6...6K - 22:18.8...Indoor: 3,000m - 10:16.31...5,000m - 17:41.40

2019-20

Cross Country: Posted a fifth place finish at the Mountains to Sea Open in a 5K PR time of 18:17.6...Ran a 6K PR at the NCAA Southeast Regionals, crossing in a time of 22:18.8...Was 26th at the Sun Belt Championships with a time of 18:35.3

Indoor: Recorded a pair of PR's at the Sun Belt Championships. In the 3,000-meter dash, placed 16th with a PR mark of 10:16.31...Also

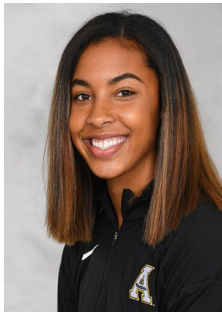
scored point with a seventh place finish in the 5,000-meter run with a time of 17:41.40...Won the 5,000-meter run at the ETSU Track & Field Invitational with a time of 18:18.55

Outdoor: Season canceled due to the coronavirus (COVID-19) pandemic

High School PR's: Cross Country: 5K - 18:22.00...Indoor: 1600m - 6:03.14...3200m - 11:18.48...Outdoor: 1600m - 5:31.40...3200m - 11:21.97

High School: Three-time NCHSAA 4A State championship qualifier in cross country, posting her top finish of 11th place in 2017 with a 5K time of 18:45.89 ...Two-time qualifier for the state championships in indoor track for the 3,200-meter run, placing fourth (11:29.32) in 2018 and 10th in 2019 (11:52.41)...In outdoor competition, Peters placed eighth in the 3,200-meter run in 2017 in 11:23.71

TRACK & FIELD



Djamila Petersen Sophomore

Fayetteville, N.C./Pine Forest

Jumps

PR's: Indoor - LJ - 18-7.75 (5.68m)...TJ - 39-9.75 (12.13m)

2019-20

Indoor: Won the triple jump at the VMI Team Challenge with a PR mark of 39-9.75 (12.13m)...Recorded a PR in the long jump at the Buccaneer Track & Field Invitational with a distance of 18-7.75 (5.68m)...Placed second in the triple jump (38-0.00; 11.58m) and fifth in the long jump (18-0.50; 5.50m) at the Appalachian Open

Outdoor: Season canceled due to the coronavirus (COVID-19) pandemic



Kayleigh Pherigo Senior

Rancho Cucamonga, Calif./Etiwanda

Pole Vault

PR's: Indoor: PV - 10-2.00 (3.10m)...Outdoor: PV - 10-0.50 (3.06m)

2019-20

Indoor: Posted a PR height of 10-2.00 (3.10m) at the Buccaneer Track & Field Invitational...Placed eighth in the pole vault at the VMI Team Challenge with a height of 10-0.00 (3.05m)

Outdoor: Season canceled due to the coronavirus (COVID-19) pandemic

2018-19

Indoor: Competed in four meets, recording heights in two...Posted a new PR with an eighth place finish in the pole vault at the Appalachian Open, clearing 10-.50 (3.06m)...Cleared 9-8.00 (2.95m) at the Buccaneer Track & Field Invitational

Outdoor: Competed in three meets during the season in the pole vault, clearing a season-best 9-6.25 (2.90m) at the 49er Classic

2017-18

Indoor: Took part in four meets, recording heights in two...Cleared 9-2.25 (2.80m) at the Mountaineer Indoor Meet and the Buccaneer Track & Field Invitational. Both marks were good for an eighth place finish

Outdoor: Had two top-eight finishes...Placed seventh at the Weems Basking Relays, clearing 9-10.00...Finished eighth at the Mountaineer Outdoor Meet, with a PR height of 10-0.50

High School PR's - PV - 8-0.00.

High School: Set school record in pole vault during senior season...Named District Scholar Athlete during senior season...Three-time varsity letter winner in Track & Field...Earned one letter as a member of the cross country team

APP STATE



Joelle Ryan Sophomore

Charlotte, N.C./Myers Park

Distance

2019-20

Cross Country: Did not compete

Indoor: Did not compete

Outdoor: Season canceled due to the coronavirus (COVID-19) pandemic

High School PR's: Cross Country: 5K - 19:34.92...**Indoor:** 1,000m - 3:07.02...1,600m - 5:21.96...3,200m - 11:47.00...**Outdoor:** 800m - 2:25.22...1,600m - 5:20.35...3,200m - 11:48.63

High School: Two-time state qualifier in cross country, placing 31st in 2017 (19:34.92) and 19th in 2018 (19:37.76)...Was a two-time state qualifier in indoor track & field, placing eighth in the 1,000-meter run (3:07.02) in 2019 and 13th in the 3,200-meter run in 11:59.99...Ran primarily the 800-meter run and 1,600-meter run, posting a 800-meter run PR time of 2:25.22 in 2017 and 1,600-meter run PR time of 5:20.35 also in 2017



Sarah Sandreuter Sophomore

Roswell, Ga./Roswell

Distance

PR's: **Cross Country:** 5K - 18:38.6...6K - 22:31.6...**Indoor:** 3,000m - 10:16.69...5,000m - 17:46.84

2019-20

Cross Country: Placed eighth at the Mountains to Sea Open in a 5K PR time of 18:38.6...Placed 34th at the Sun Belt Championships with a time of 18:59.9...Clocked a 6K PR time of 22:31.6 at the NCAA Southeast Regionals

Indoor: Recorded a PR in the 5,000-meter run at the Sun Belt Championships with a ninth place finish in 17:46.84...Placed 10th in the 3,000-meter run in a PR time of 10:16.69 at the South Carolina Invitational...Was fourth in the 3,000-meter run at the ETSU Track & Field Invitational (10:47.03) and fifth in the 5,000-meter run at the VMI Team Challenge (18:14.87)

Outdoor: Season canceled due to the coronavirus (COVID-19) pandemic

TRACK & FIELD



Peighton Simmons Senior

High Point, N.C./T. Wingate Andrews Sprints/Jumps

PR's: Indoor: 200m - 24.91...LJ - 19-7.50 (5.98m)...TJ - 31-10.75 (12.77m)

2019-20

Indoor: Earned all-conference honors at the Sun Belt Championship as a member of the 4x400-meter relay team that finished third in 3:47.80. Also earned All-Sun Belt honors in the long jump with a third place finish and mark of 19-7.50 (5.98m), which ranks eighth in program history...Won the triple jump at the Appalachian Open with the fourth best mark in program history of 41-10.75 (12.77m)...

Posted the 10th fastest time in program history in the 200-meter dash at the Sun belt Championships with a time of 24.91 seconds

Outdoor: Season canceled due to the coronavirus (COVID-19) pandemic



Jelonnie Smith Junior

Southport, N.C./South Brunswick Sprints

PR's: Indoor: 55m - 7.19...60m - 7.81...200m - 25.14...300m - 40.39...400m - 56.99...**Outdoor:** 200m - 24.83...400m - 55.88

2019-20

Indoor: Was a member of the 4x400-meter relay team that earned all-conference honors at the Sun Belt Championship with a third place finish in 3:47.80...Ran a leg of the school record 4x300-meter relay at the Appalachian Open, helping the tandem finish first in

2:41.58...Recorded the fifth fastest time in program history in the 300-meter dash at the Appalachian Open in 40.39 seconds...Was third in the 200-meter dash at the Buccaneer Track & Field Invitational in a season-best 25.54 seconds

Outdoor: Season canceled due to the coronavirus (COVID-19) pandemic

2018-19

Indoor: At the Sun Belt Championships, turned in a time of 56.99 seconds in prelims of the 400-meter dash, which ranks as the fifth fastest time in program history. Went on to finish seventh in the event...Recorded a time of 40.47 seconds in the 300-meter dash at the Appalachian Open, which ranks seventh in program history...At the VMI Team Challenge, win the 200-meter dash (25.14, PR) and 400-meter dash (57.24)

Outdoor: Scored points at the Sun Belt Championships, crossing fourth in the 400-meter dash in a PR time of 55.88 seconds. Her mark also sits seventh all-time in program history...Was a member of the 4x400-meter relay that finished sixth in 3:51.29 and the 4x100-meter relay team that finished seventh in 46.91 seconds at the Sun Belt Championships...Ran a PR in the 200-meter dash at the Virginia Grand Prix with a time of 24.83 seconds...Finished sixth in the 400-meter dash at the ADIDAS/Winthrop Invitational in 57.27 seconds



Taylor Smith Sophomore

Northern Charleston, S.C./Fort Dorchester Jumps

PR's Indoor: 55m - 7.18...60m - 7.71...200m - 25.47...LJ - 19-8.75 (6.01m)

2019-20

Indoor: Placed sixth in the long jump at the Sun Belt Championships with a mark of 18-9.00 (5.71m)...Recorded the fifth best mark in program history in the long jump at the ETSU Track & Field Invitational, covering a PR mark of 19-8.75 (6.01m). Was named Most Outstanding Athlete at the Meet...Recorded a PR mark of 7.71 seconds in the 60-meter dash at the VMI Team Challenge

Outdoor: Season canceled due to the coronavirus (COVID-19) pandemic



Myia Spivey Senior

Rocky Mount, N.C./Nash Central

High Jump

PR's Indoor: HJ - 5-1.00 (1.55m)...**Outdoor:** HJ - 4-10.50 (1.49m)

2019-20

Indoor: Competed in four meets...Cleared a season-best mark of 4-11.00 (1.50m) in the high jump at the ETSU Track & Field Invitational and JDL Team Challenge

Outdoor: Season canceled due to the coronavirus (COVID-19) pandemic

2018-19

Indoor: Posted a height in four meets...Tied her season high of 4-11.00 twice (Appalachian Open, VMI Team Challenge)

Outdoor: Competed in three meets, posting a height in two...Notched a PR in the high jump at the Charlotte Invitational, clearing 4-10.50 (1.49m)...Cleared 4-8.25 (1.43m) at the 49er Classic

2017-18

Indoor: Competed in four meets, posting a height in two...Cleared 5-1.00 (1.55m) at the Mountaineer Indoor Meet, which was third overall...Finished eighth at the Appalachian Open in the high jump with a mark of 4-10.25 (1.48m)

Outdoor: Recorded a second place finish in the high jump at the Mountaineer Outdoor Meet, clearing 4-9.00 (1.45m)

High School PR's: HJ - 5-4.00...LJ - 14-8.50...TJ - 31-4.00.

TRACK & FIELD



Maya Sweeney Sophomore

Manakin Sabot, Va./Veritas School

Distance

PR's: Cross Country: 5K - 19:50.3...6K - 24:46.7...**Indoor:** Mile - 5:38.50...3,000m - 11:03.68...5,000m - 19:06.21

2019-20

Cross Country: Ran in four races during the season...Placed 23rd at the Mountains to Sea Open in a 5K PR time of 19:50.3...Was 77th with a 6K PR time of 24:46.7 at the HPU VertCross Invitational

Indoor: Placed eighth in the one-mile run at the JDL January Kick-Off in a PR time of 5:38.50...Notched a PR at the Buccaneer Track & Field Invitational in the 5,000-meter run in 19:06.21...Crossed 11th at the JDL Team Challenge in a PR time of 11:03.68

Outdoor: Season canceled due to the coronavirus (COVID-19) pandemic



Breah Taylor Sophomore

Beaufort, N.C./East Carteret

Jumps

PR's: Indoor: LJ - 18-1.75 (5.53m)...TJ - 37-1.25 (11.32m)

2019-20

Indoor: Placed sixth in the long jump at the VMI Team Challenge with a mark of 18-1.75 (5.53m)...Won the triple jump at the JDL Team Challenge with a PR mark of 37-1.75 (11.32m)...At the Appalachian Open, recorded a sixth place finish in the triple jump (36-10.25; 11.23m) and seventh place finish in the long jump (17-2.00; 5.23m)

Outdoor: Season canceled due to the coronavirus (COVID-19) pandemic



Lisha van Onselen Senior

Amanzimtoti, South Africa/Durban Girls College Distance

PR's: **Indoor:** 3,000m - 9:56.81...5,000m - 17:53.99

2019-20

Indoor: Was sixth in the 3,000-meter run at the Sun Belt Championships in 9:59.04...Clocked an App State PR in the 3,000-meter run at the South Carolina Invitational and placed third in 9:56.81...Crossed in 17:53.99 (App State PR) in the 5,000-meter run at the VMI Team Challenge

Outdoor: Season canceled due to the coronavirus (COVID-19) pandemic

PRIOR TO APPALACHIAN STATE (at Coastal Carolina)

2019-20

Cross Country: Competed in six meets...Picked up two wins to start the year; CCU Invite 5k (18:36.30) and the Winthrop Invite 5k (18:17.10)....Earned her second Second Team All-Sun Belt award of her career with an eighth-place finish at the Sun Belt Championships 5k with a time of 17:54.40

2018-19

Cross Country: Competed in four meets...First-place at the Winthrop Invite with a time of 19:03.00 on Oct. 5...Set a personal-best time at the NCAA Regional at Winthrop in the 6k (21:20.90)

Indoor: Competed in two meets, two events...Earned two top 10 finishes including the Liberty Kickoff 4x800 (10:13.54) and the VMI Winter Relays 3000m (10:26.89)

Outdoor: Competed in one meet

2017-18

Cross Country: Competed in four meets...First-place at the Winthrop Invite with a time of 19:03.00 on Oct. 5...Set a personal-best time at the NCAA Regional at Winthrop in the 6k (21:20.90)

Indoor: Competed in three meets; four events...Four top-10 finishes including a win at the Sun Belt Championships in the Distance Medley Relay with a time of 11:51.28

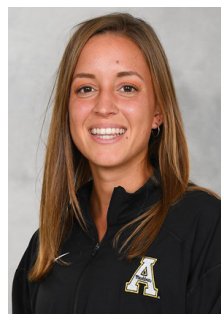
Outdoor: Competed in seven meets; six events...Eight top-10 finishes including two first-place finishes; USC Open (3000m - 9:56.09 pb) on Apr. 21 and the Mountaineer Open (5000m) on Apr. 27-28

2016-17

Cross Country: Competed in six meets with four top-5 finishes, including a win at the CCU Invite 3k (9.33 pb) on Sept. 21...Placed second at the Sun Belt Championships 5k (17:38.50 pb) at App State on Oct. 28

Indoor: Competed in four meets for the Chanticleers...Notched three top-10 finishes in the 1500m...Placed fourth in the 1500m at the Bill Carson Invitational, crossing the finish line at 4:51.47...Set a season-best time of 4:38.94 in the 1500m at the Big South Championships, finishing 8th overall

Outdoor: Appeared in eight meets competing in five events...Set personal best 2:22.62 at Bill Carson Invitational in the 800m...Personal and season-best 4:38.09 in the 1500m at War Eagle Invitational...Placed fifth in the 3000m at Weems Baskin Relays with 10:27.23...Finished fourth at Sun Belt Championships in the 5000m with personal best 18:04.44



Sarah Venable Grad Student

Cary, N.C./Cary

Distance

PR's: **Cross Country:** 5K- 17:42.6...6K- 22:22.1...**Indoor:** 800m - 2:16.67...Mile - 5:02.98...3000m - 10:36.13...**Outdoor:** 800m - 2:16.91...1500m - 4:40.08

2019-20

Cross Country: Earned First Team All-Sun Belt honors with a fifth-place finish at the Sun Belt Championships with a 5K PR time of 17:42.6...Set a new 6K PR with a time of 22:22.1 at the NCAA Southeast Regionals...Was third at the Mountains to Sea Open in 18:00.8...Place 13th at the HPU VertCross Invitational with a time of 22:30.9

Indoor: Recorded a PR in the mile prelims at the Sun Belt Championships in 5:02.98. Went on to finish ninth in the finals in 5:07.89. Was a member of the DMR Team that placed fourth in 12:09.68...Placed second in the 3,000-meter run at the ETSU Track & Field Invitational in a PR time of 10:36.13...Clocked a time of 2:16.67 in the 800-meter run for a PR at the South Carolina Invitational

Outdoor: Season canceled due to the coronavirus (COVID-19) pandemic

2018-19

Cross Country: Ran in four races during the season...Posted a season-best 5K time of 18:39.4 at the Covered Bridge Open...Was 11th at the Lenoir Rhyne Invitational in 18:55.5

Indoor: Was a member of the DMR tandem that took first at the Buccaneer Track & Field Invitational in 13:12.09

Outdoor: Clocked a PR in the 800-meter run at the Charlotte Invitational with a time of 2:16.91...Posted a PR time of 4:40.08 in the 1,500-meter run at the Virginia Grand Prix...Placed 10th in the 1,500-meter run (4:42.00) and 11th in the 800-meter run (2:17.34) at the Sun Belt Championships

2017-18

Cross Country: Ran in four races during the season...Clocked a PR in the 5K at the Mountain to Sea Open, finishing 22nd overall in 18:38.2...Also set a PR in the 6K at the High Point Vertcross, finishing in 22:53.0...Had best finish of 18th place at the Upstate Invitational, crossing the finish line in 18:40.9

Indoor: Ran a new PR in the 1-mile run, finishing sixth at the VMI Winter Relays in 5:09.33...Posted a new PR in the 800-meter run, crossing ninth overall with a time of 2:19.22 at the Buccaneer Track & Field Invitational...Took part in the 3,000-meter run for the first time in her career, finishing eighth in 10:38.13...Was a member of the DMR team at the Sun Belt Championships that finished fifth in 12:10.70

Outdoor: Turned in a new PR in the 800-meter run at the Duke Invitational in 2:18.07...Clocked a new PR in the 1,500-meter run at the Charlotte Invitational, crossing with a time of 4:43.04...Had a third-place finish in the 1,500-meter run at the Weems Baskin Relays (4:43.04) and a fifth place finish at the Mountaineer Outdoor Meet (4:47.74)

2016-17

Cross Country: Ran a PR of 18:59.00 in the 5k at Upstate Invitational and placed 18th...Clocked a 6k personal best of 23:30.08 at the HPU Vert XC Invitational...Placed 17th in the 5k with a time of 19:09.40 at the 3 Stripe Invitational...Finished 15th in the 5k at the Mountains to Sea Duals with a time of 19:16.00...Opened the season in the 5k at the Covered Bridge CC Meet with a 19:39.00 effort

Indoor: Clocked a PR of 5:16.93 in the mile and ran a leg on the fifth-place DMR team at the Buccaneer Track & Field Invitational...Placed third in the mile in 5:25.56 at the Mountaineer Open Indoor Track Meet...Finished seventh at the ETSU Track & Field Invitational in the mile with a time of 5:24.39

Outdoor: Finished 11th in the 1500m at the Tennessee Challenge with a time of 5:03.09...Ran the 1500m in 4:44.80 for sixth and ran a leg on the fourth-place mile relay at the Mountaineer Open Outdoor Meet...Clocked a PR of 2:18.31 in the 800m, ran the 1500m in 4:51.31 and was a part of the 14th-place mile relay at the Duke Invitational...Placed sixth in the 800m with a time of 2:20.52 and ran the 1500m in 4:46.72 for 23rd at the Charlotte Invitational...Opened the season in the 1500m at the Weems Baskin Invitational and placed 13th with a pr of 4:44.33

High School PR's: 800m - 2:19.00...1,000m - 3:09.00...1,500m - 5:11.49...1,600m - 5:16.38...5,000m - 18:56.00

High School: Four-time letterwinner in cross country and track, and earned a varsity letter in swimming...Three-time all-conference selection for cross country...Was awarded the 2016 Female Athlete of the Year award...Named the All Regional Runner in cross country her senior year...Led her 4x800-meter relay team to a state, regional, and conference championship her senior year...Participated at the 2015 New Balance Nationals...Awarded Cross Country MVP in 2015

TRACK & FIELD



Lainie Baumgardner **Freshman**

Waxhaw, N.C./Cuthbertson

Pole Vault



Angelina DiBlasi **Freshman**

Wilmington, N.C./Ashely

Distance



Jasmine Donohue **Freshman**

Charlotte, N.C./East Mecklenburg

Distance



Ani Judd **Freshman**

Raleigh, N.C./Southeast Raleigh

Sprints



Danielle Lugo **Freshman**

Wake Forest, N.C./Wake Forest

Distance

APP STATE



Claire Mason **Freshman**

Paninted Post, N.Y./Corning

Distance



Savannah McIntosh **Freshman**

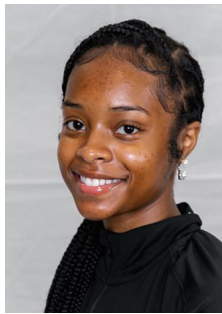
Madison, Miss./Madison-Ridgeline Academy **Distance**



Megan Plummer **Freshman**

Sykesville, Md./South Carroll

Throws



Khalilah Razzak **Freshman**

Pfafftown, N.C./Reagan

Sprints



Isabela Saliba **Freshman**

Harrisburg, N.C./Hickory Ridge

Distance

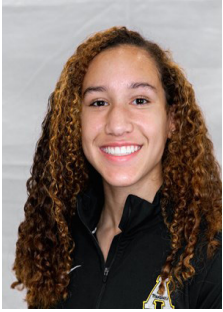
TRACK & FIELD



Shylee Stocks **Sophomore**

Boiling Springs, N.C./West Henderson

Sprints



Faith Younts **Freshman**

Morganton, N.C./Patten

Distance

APP STATE

TOP INDOOR FINISHERS

Appalachian Open Dec. 6 -7 // Boone, N.C.

TOP THREE FINISHERS

1. 300m - Jessica Dixon..... 39.77
1. 4x300 - J. Smith, Simmons, T. Smith, Dixon ... 2:41.58
1. High Jump - Kayla Carson 5-2.00
1. Long Jump - Taylor Smith 19-1.25
1. Triple Jump - Peighton Simmons41-10.75
2. 55m - Taylor Smith 7.18
2. 300m - Jelannie Smith 40.39
2. Triple Jump - Djamila Petersen 38-0.00
3. Triple Jump - Hassani Burris 37-8.75

ETSU Track & Field Invitational Jan. 10-11 // Johnson City, Tenn.

TOP EIGHT FINISHERS

1. 60m - Taylor Smith 7.71
1. 200m - Jessica Dixon..... 25.03
1. 3,000m - Kylee Frady..... 10:28.59
1. 5,000m - Lila Peters 18:18.55
1. 4x400 - Dixon, Gibson, Simmons, Smith .. 3:53.40
1. Long Jump - Taylor Smith 19-6.75
2. 3,000m - Sarah Venable 10:36.13
2. 5,000m - Natalie Richardson 18:28.80
3. 3,000m - Annika Merkh 10:45.29
4. 3,000m - Sarah Sandreuter 10:47.03
4. Long Jump - Nevaeh Haddock.....18-10.00
5. 5,000m - Samantha Kolor..... 18:59.43
5. High Jump - Kayla Carson 5-1.00
- t5. Pole Vault - Silvanna Curtain 10-8.00
- t5. Pole Vault - Celia Agee..... 10-8.00
6. 5,000m - Taylor Houston 19:19.19
7. 5,000m - Casey Turro 19:23.69
7. Pole Vault - Casey Meinert 10-8.00

JDL Team Challenge

Jan. 19 // Winston-Salem, N.C.

TOP FIVE FINISHERS

2. Pole Vault - Celia Agee..... 11-1.75
3. 3,00m - Lisha van Onselen..... 10:14.63
4. 200m - Taylor Smith 26.10
4. 1-Mile - Reilly Caldwell 5:34.65
4. Pole Vault - Silvanna Curtain 10-8.00

VMI Team Challenge

Jan. 25 // Lexington, Va.

TOP FIVE FINISHERS

1. High Jump - Kayla Carson 5-4.24
1. Pole Vault - Celia Agee..... 11-7.75
1. Triple Jump - Djamila Petersen 39-9.75
2. 400m - Jessica Dixon..... 56.86
2. 1-Mile - Sarah Venable..... 5:04.04
2. 5,000m - Izzy Evely 17:42.90
2. Long Jump - Taylor Smith 19-2.00
3. 60m - Taylor Smith..... 7.73
3. 5,000m - Lisha van Onselen 17:53.99
4. 1-Mile - Kylee Frady 5:06.11
4. 3,000m - Casey Turro 10:35.01
4. 5,000m - Natalie Richardson 17:58.93
5. 5,000m - Sarah Sandreuter 18:14.87
- t5. Pole Vault - Silvanna Curtain 10-6.00
5. Long Jump - Nevaeh Haddock..... 18-2.25
5. Triple Jump - Hassani Burris 38-7.00

Buccaneer Track & Field Inv.

Jan. 31 - Feb. 1 // Johnson City, Tenn.

TOP FIVE FINISHERS

1. 5,000m - Lila Peters 17:57.58
1. Pole Vault - Celia Agee..... 11-1.75
1. Triple Jump - Peighton Simmons 40-4.75
2. Pole Vault - Silvanna Curtain 11-1.75
2. Long Jump - Peighton Simmons 19-3.50
3. 200m - Jelannie Smith 25.54
4. Triple Jump - Nevaeh Haddock.....37-11.50
5. 5,000m - Maya Sweeney..... 19:06.21
5. High Jump - Casey Meinert 10-8.00
5. Long Jump - Djamila Petersen 18-7.75
6. High Jump - Kayla Carson 5-1.00
8. Long Jump - Breah Taylor..... 17-8.25
8. Triple Jump - Hassani Burris 36-9.00

South Carolina Invitational

Feb. 7-8 // Columbia, S.C.

TOP EIGHT FINISHERS

2. Pole Vault - Casey Meinert 3.40m
3. 60m - LaBria King 7.78
3. 3,000m - Lisha van Onselen 9:56.81
3. DMR - Gibson, Spivey, Smith, Frady 12:05.60
3. High Jump - Victoria Wilform..... 1.55m
4. 3,000m - Izzy Evely 10:03.42
5. Long Jump - Nevaeh Haddock..... 5.43m
5. 3,000m - Kylee Frady..... 10:04.84
7. Pole Vault - Silvanna Curtain 3.25m
8. 1-Mile - Sarah Venable 5:06.63
8. Triple Jump - Nevaeh Haddock 11.64m

New Mexico Collegiate Classic

Feb. 7-8 // Albuquerque, N.M.

ALL COMPETITORS

9. 400m - Jessica Dixon..... 57.19
10. Triple Jump - Peighton Simmons..... 39-9.25
16. 60m - Taylor Smith 7.71
16. Triple Jump - Djamila Petersen..... 38-7.50
17. Long Jump - Taylor Smith..... 18-4.25
20. 200m - Jessica Dixon 24.40

JDL Team Challenge

Feb. 13 // Winston-Salem, N.C.

TOP FIVE FINISHERS

1. Triple Jump - Breah Taylor..... 37-1.75
2. 60m - LaBria King 7.76
2. High Jump - Victoria Wilform..... 5-5.00
2. Weight Throw - Madison McCoy..... 58-6.75
3. 400m - Jelannie Smith 59.39
3. High Jump - Kayla Carson..... 5-3.00
4. 3,000m - Taylor Houston 10:44.63
4. Pole Vault - Celia Agee..... 11-4.50
5. 800m - Elizabeth Fuller 2:26.77
5. 3,000m - Reilly Caldwell..... 10:48.42
5. Pole Vault - Silvanna Curtain 10-10.75

Sun Belt Championships

Feb. 24-25 // Birmingham, Ala.

TOP EIGHT FINISHERS

1. 400m - Jessica Dixon..... 55.25
2. 200m - Jessica Dixon..... 24.27
3. 4x400 - Smith, Simmons, Gibson, Dixon.. 3:47.80
3. Long Jump - Peighton Simmons..... 19-7.50
4. DMR - Venable, Lully, Merkh, Frady 12:09.68
6. 3,000m - Lisha van Onselen 9:59.04
6. Long Jump - Taylor Smith 18-9.00
7. 3,000m - Izzy Evely 10:01.37
7. 5,000m - Lila Peters 17:41.40
8. 60m - LaBria King 7.70
8. Triple Jump - Hassani Burris 39-9.75

TRACK & FIELD

2019-20 INDOOR SEASON BESTS

55-meter Dash

Taylor Smith: 7.18 - Appalachian Open

60-meter Dash

LaBria King: 7.65 - Sun Belt Championships

55-meter HURDLES

N/A

60-meter HURDLES

N/A

200-meter Dash

Jessica Dixon: 24.27 - Sun Belt Championships

300-meter Dash

Jessica Dixon: 39.77 - Sun Belt Championships

400-meter Dash

Jessica Dixon: 55.25 - Sun Belt Championships

800-meter Run

Sarah Venable: 2:16.67 - South Carolina Invitational

Mile Run

Sarah Venable: 5:02.98 - Sun Belt Championships

3000-meter Run

Lisha van Onselen: 9:56.81 - South Carolina Invitational

5000-meter Run

Lila Peters: 17:41.40 - Sun Belt Championships

4x400-Meter Relay

Jelonnie Smith, Peighton Simmons, Samara Gibson, Jessica Dixon:
3:47.80 - Sun Belt Championships

Long Jump

Taylor Smith: 19-8.75 - ETSU Track & Field Invitational

Triple Jump

Peighton Simmons: 41-10.75 - Appalachian Open

Shot Put

Madison McCoy: 38-2.25 - ETSU Track & Field Invitational

Weight Throw

Madison McCoy: 49-1.00 - VMI Team Challenge

Pole Vault

Celia Agee: 11-7.75 - VMI Team Challenge

High Jump

Victoria Wilform: 5-5.00 - JDL Team Challenge

Distance Medley Relay

Araybian Lilly, Kylee Frady, Izzy Evely, Annika Merh
12:05.60 - South Carolina Invitational

APP STATE

TOP-10 WOMEN'S INDOOR TIMES

55m Dash

6.82	Lamonda Miller	1989
6.88	Shonte' Pinkston	2001
6.89	Jennifer Claud	2003
6.93	Lynette Farmer	1990
6.98	Melissa Morrison	1993
7.02	Breanna Alston	2012
7.03	Darlene Girardeau	2016
7.05	Christy Hunter	1985
7.05	Alice Vinson	1994

60m Dash

7.44	Jennifer Cloud	2005
7.50	Darlene Girardeau	2017
7.55	LaBria King	2017
7.55	Shonte' Pinkston	2001
7.58	Breanna Alston	2011
7.61	Ashley McKiver	2008/2010
7.64	Christina Roberts	2005
7.64	Crystal Dukes	2011
7.66	Vonteena Knotts	2007
7.69	Taiisha Goins	1996

200m Dash

23.84	Lamonda Miller	1989
24.12	Breanna Alston	2013
24.27	Jessica Dixon	2020
24.32	Darlene Girardeau	2017
24.44	Jennifer Claud	2007
24.60	Shonte' Pinkston	2000
24.65	LaBria King	2017
24.84	Katrina Lee	1994
24.90	Lynette Gardin	1991
24.91	Peighton Simmons	2020

300m Dash

38.50	Breanna Alston	2013
39.77	Jessica Dixon	2019
39.89	Catherine Crawford	2017
40.29	Lynette Gardin	1992
40.39	Jelonnie Smith	2019
40.44	Nadia Liranio	2009
40.46	Samara Gibson	2018
41.00	Andrea Matthews	2000
41.14	D'Shawna McLucas	2011
41.24	LaBria King	2017

400m Run

55.25	Jessica Dixon	2020
55.58	Asia Dunlap	2012
56.34	Lynette Gardin	1992
56.23	Breanna Alston	2013
56.99	Jelonnie Smith	2019
57.29	Catherine Crawford	2017
57.65	Breanna Morrison	2013
57.72	Lynda Hiller	2010
57.82	Matasha Brown	2004
57.87	Tonie Lazenby	1994

500m Run

1:13.07	Asia Dunlap	2012
1:14.73	MJ Harrelson	1999
1:15.79	Chenel McFadden	2011
1:16.79	Breahana Morrison	2011
1:17.20	Katie Sujowski	2001
1:17.26	Shelby Howell	2016
1:17.48	Andrea Matthews	2000
1:17.68	Alice Stolpe	2001
1:20.44	Sheila Green	1987
1:20.52	Abby Slack	1999

600m Run

1:43.2	Tania Free	1991
1:43.3	Traci McIntyre	1989
1:44.1	Carrie Robinson	1991
1:44.4	Jenny Sheets	1995
1:44.5	Michelle Simmons	1995
1:47.0	Jennifer Vest	1995
1:47.2	Tera Pitts	1995
1:53.0	Heidi Barger	1991

Individual Records

Event	Mark	Athlete	Site	Date
55m	6.82	Lamonda Miller	East Tennessee	1989
60m	7.44	Jennifer Claud	East Tennessee	2005
200m	23.84	Lamonda Miller	East Tennessee	1989
300m	38.50	Breanna Alston	Appalachian	1992
400m	55.25	Jessica Dixon	Birmingham (Sun Belt)	2020
500m	1:13.07	Asia Dunlap	East Tennessee	2012
600m	1:43.44	Tania Free	Virginia Tech	1991
800m	2:07.74	Mary Jane Harrelson	Virginia Tech	1998
1000m	2:57.64	Katie Sujowski	Appalachian	2002
1500m	4:48.44	Michelle Crow	Virginia Tech	1987
Mile	4:39.53	Mary Jane Harrelson	Indianapolis (NCAA)	1999
3000m	9:39.84	Meghan Gaffney	Penn State	2009
Two Mile	10:56.14	Beth Ruggles	East Tennessee	1987
Three Mile	17:53.00	Lisa Mitchell	East Tennessee	1985
5000m	16:39.75	Tristin Van Ord	Birmingham (Sun Belt)	2015
55m Hurdles	7.66	Melissa Morrison	Virginia Tech	1993
60m Hurdles	8.33	Melissa Morrison	New York (USA T&F)	1993
200m Hurdles	28.10	Charlotte Redden	Kent State	1995
300m Hurdles	49.76	Myra Keeter	Kent State	2001
Triple Jump	44-2	Ronda White	Clemson	2004
Long Jump	20-10.5	Vonteena Knotts	Appalachian	2007
High Jump	5-10.00	Hunter Welborn	Appalachian	2016
Shot Put	51-2.75	Venerly Burnett	Appalachian	2006
20 lb Weight	61-0.25	Brianna Tate	Birmingham (Sun Belt)	2015
Pole Vault	13-3.75	Suzanne Makinson	Virginia Tech	2004
Pentathlon	3361	Kara Crutchfield	Clemson (SoCon)	2010
60 yd	6.89	Lamonda Miller	North Carolina	1989
60 yd Hurdles	7.87	Melissa Morrison	Tennessee	1992
300 yd	35.94	Lamonda Miller	East Tennessee	1987
440 yd	62.34	Melissa Rogers	North Carolina	1989
500 yd	1:11.50	Lynette Gardin	Tennessee	1992
600 yd	1:30.70	Carmen Nordman	East Tennessee	1987
1000 yd	2:42.10	Karen Osada	East Tennessee	1987

800m Run

2:07.74	MJ Harrelson	1998
2:11.25	Shelby Howell	2015
2:11.71	Phylissa Greeley	2018
2:12.66	Chenel McFadden	2011
2:12.88	Asia Dunlap	2011
2:13.29	Katie Sujowski	2002
2:13.49	Molly Pusateri	2017
2:13.84	Jennifer Bowers	1991
2:13.94	Taryn Stern	2014
2:15.28	Kala Robertson	2008

1000m Run

2:57.74	Katie Sujowski	2002
3:01.34	Vanessa Taylor	1987
3:03.64	Jennifer Bowers	1991
3:05.64	Karn Osada	1987
3:08.04	Heidi Barger	1990
3:09.54	Leigh Wallace	1992
3:10.84	Dawn Wehrenberg	1995
3:11.34	Karen Underwood	1998
3:11.34	Kate Robertson	2009
3:14.94	Janet Osada	1992

Mile Run

4:39.52	MJ Harrelson	1999
4:53.05	Meghan Gaffney	2009
4:53.91	Jen Povrick	2009
4:54.75	Phylissa Greeley	2019
4:55.67	Tristin Van Ord	2017
4:56.32	Katie Sujowski	2003
4:57.62	Elisa Sargent	2019
4:58.63	Kathryn Farina	2017
4:59.01	Torre Moser	2017
4:59.07	Hana Ratcliffe	2019

2000m Run

7:06.84	Lauran Girouard	1991
7:23.34	Jule Anderson	1991

3000m Run

9:39.84	Meghan Gaffney	2009
9:41.39	Hana Ratcliffe	2019
9:41.76	Tristin Van Ord	2016
9:44.38	Amanda Hamilton	2012
9:48.74	Whitney Ball	1989
9:50.21	Sarah Primeau	2003
9:53.41	Jen Povick	2009
9:55.63	Jenna Wrieden	2007
9:56.63	Abyy Reeder	1999
9:56.76	Kasey Smith	2007

5000m Run

16:39.75	Tristin Van Ord	2015
16:52.94	Whitney Ball	1989
17:06.71	Amanda Hamilton	2012
10:07.94	Leigh Wallace	1992
17:19.10	Sarah Williamson	2012
17:20.66	Dana Cox	2015
17:23.26	Samantha Companaro	2016
17:25.90	Hannah Orders	2012
17:26.46	Jenna Wrieden	2007
17:26.87	Katie Cagle	2014

55m Hurdles

7.66	Melissa Morrison	1993
7.86	Ronda White	2003
8.07	Trice Roundtree	1997
8.13	Imani Chapman	2018
8.20	Beth Burleson	1994
8.24	Tondra White	2003
8.25	Charlotte Redden	1995
8.28	Michelle Brutus	2011
8.28	Bobbie Puckett	1987
8.31	Taylor Drummonds	2017

APP STATE

TOP-10 WOMEN'S OUTDOOR TIMES

100m Dash

11.22	Lamonda Miller	1989
11.45	Melissa Morrison	1993
11.52	Darlene Girardeau	2017
11.54	Shonte' Pinkston	2000
11.66	Jennifer Claud	2005
11.66	Breanna Alston	2013
11.74	Christina Roberts	2004
11.76	Darlene Girardeau	2016
11.84	Lynette Gardin	1991
11.84	Lynett Farmer	2008
11.84	Ashley McKiver	2008

200m Dash

23.21	Lamonda Miller	1989
23.52	Breanna Alston	2013
23.53	Darlene Girardeau	2017
23.72	Jennifer Claud	2004
24.07	Melissa Morrison	1993
24.11	Christy Hunter	1986
24.15	D'Shawna McLucas	2012
24.17	Ashley McKiver	2008
24.17	LaBria King	2017
24.19	Lynette Gardin	1991
24.19	Kristen Campbell	2012

400m Dash

54.00	Breanna Alston	2014
55.11	Asia Dunlap	2011
55.23	Katrine Lee	1993
55.35	Christy Hunter	1986
55.56	Jessica Dixon	2018
55.67	MJ Harrelson	2001
55.88	Jelonnie Smith	2019
55.91	Catherine Crawford	2017
55.99	Lynette Gardin	1992
56.14	Melissa Rogers	1990

800m Run

2:03.10	MJ Harrelson	2001
2:08.20	Jen Povick	2009
2:09.14	Asia Dunlap	2011
2:10.29	Shelby Howell	2015
2:10.84	Vanessa Kosmala	1990
2:11.27	Phylissa Greeley	2019
2:11.54	Jennifer Bowers	1991
2:13.11	Taryn Stern	2014
2:13.77	Kala Robertson	2008
2:13.87	Katie Sujkowski	2003

1,500m Run

4:14.30	MJ Harrelson	2001
4:21.74	Vanessa Kosmala	1990
4:27.63	Tristin Van Ord	2015
4:28.34	Jennifer Povick	2009
4:29.05	Katie Sujkowski	2003
4:30.94	Phylissa Greeley	2019
4:31.84	Amanda Hamilton	2013
4:32.51	Meghan Gaffney	2007
4:32.77	Justine Stocks	2014
4:34.68	Torre Moser	2017

3000m Run

9:35.92	MJ Harrelson	1990
9:37.14	Vanessa Kosmala	1990
9:37.84	Whitney Ball	1989
9:40.32	Abby Reeder	1999
9:52.94	Beth Ruggles	1986
10:01.90	Kaitlin Cagle	2012
10:04.48	Izzy Evelyn	2019
10:05.24	Heidi Barger	1990
10:07.34	Leigh Wallace	1992
10:08.44	Christina Olson	1996

Individual Records

Event	Mark	Athlete	Site	Date
100m	11.22	Lamonda Miller	Tennessee	1989
200m	23.31	Lamonda Miller	Brigham Young (NCAA)	1989
400m	54.00	Breanna Alston	Wofford (SoCon) NCAA (2014)	
800m	2:03.10	May Jane Harrelson	Oregon (NCAA)	2001
1,500m	4:14.30	Mary Jane Harrelson	Oregon (NCAA)	2001
3,000m	9:35.92	Mary Jane Harrelson	Virginia Military	2001
3,000m SC	10:31.33	Kate Butler	Arkansas State (Sun Belt)	2019
5,000m	16:12.54	Whitney Ball	Duke (NCAA)	1990
10,000m	34:04.64	Tristin Van Ord	Raleigh Relays	2017
100m H	13.24	Melissa Morrison	New Orleans (NCAA)	1993
400m H	60.94	Chenel McFadden	Samford (SoCon)	2011
Triple Jump	43-3	Ronda White	George Mason (NCAA Regional)	2003
High Jump	5-10	Linda McKoy	Appalachian	1989
		Sabrina Hill	Appalachian	1989
		Rbecca Hazeltine	High Point	2011
Long Jump	20-5.25	Melissa Morrison	Appalachian	2006
Shot Put	53-5.20	Beverly Burnett	NC A&T (NCAA Regional)	2006
Discus	157-4	Brittani Williams	Georgia Tech	2008
Javelin	190-5	Meg Warren	Appalachian	1987
Hammer	190-5	Nikole Simmons	Winthrop	2006
Pole Vault	13-2.25	Taylor Drummonds	Duke Invitational	2017
Hepthalon	4519	Kiara Crutchfield	Western Carolina (SoCon)	2008

3000m Steeplechase

10:31.33	Kate Butler	2019
10:37.00	Samantha Campanaro	2016
10:37.67	Justine Stocks	2014
10:41.55	Meghan Gaffney	2007
10:43.94	Hana Ratcliffe	2016
10:55.84	Kayla Schneider	2014
10:56.18	Hannah Orders	2012
10:57.99	Allison Cook	2012
11:04.85	Elisa Sargent	2019
11:06.16	Hannah Parks	2010

5000m Run

16:12.54	Whitney Ball	1990
16:23.24	Tristin Van Ord	2016
16:25.94	Vanessa Kosmala	1990
16:45.82	Amanda Hamilton	2012
16:58.05	Samantha Campanaro	2016
17:06.19	Katie Cagle	2014
17:06.43	Jennifer Povick	2009
17:06.50	Dana Cox	2015
17:06.95	Meghan Gaffney	2006
17:11.18	Katie Farina	2017

10000m Run

34:04.64	Tristin Van Ord	2017
34:52.76	Amanda Hamilton	2013
34:53.64	Whitney Ball	1989
35:25.33	Sarah Williamson	2013
35:50.54	Leigh Wallace	1992
35:51.52	Dana Cox	2015
36:33.45	Emily Fedders	2019
36:34.11	Katie Cagle	2014
36:34.18	Brittany Williams	2015
36:37.65	Meaghan McCauley	2014

100m Hurdles

13.24	Melissa Morrison	1993
13.73	Ronda White	2004
13.78	Imani Chapman	2018
14.00	Trice Roundtree	1997
14.35	Sheree Robbins	1993
14.36	Tondra White	2003
14.39	Michelle Brutus	2009
14.40	Bobbie Puckett	1986
14.51	Charlotte Redden	1995
14.52	Tammy Pearsall	1991

400m Hurdles

1:00.94	Chenel McFadden	2011
1:01.00	Monica Teeter	1989
1:01.31	Tondra White	2002
1:01.60	Michelle Brutus	2008
1:02.36	Beth Bureson	1995
1:02.69	Shenita Martin	2011
1:02.94	Helena Shields	2012
1:04.50	Tammy Pearsall	1989
1:04.84	Donna Kozlowski	1984
1:04.93	Franette Sheffield	1993

Long Jump

20-5.25	Melissa Morrison	1993
20-2.25	Darlene Girardeau	2016
20-1.75	Chelsey Hargrave	2018
20-1.50	Ronda White	2004
20-0.50	Linda McKoy	1990
19-11.50	Vonteena Knotts	2007
19-8	Deirdre Keyes	1990
19-4.75	Danielle Thorpe	2009
19-4.75	Tatyana Bryant	2012
19-3	Beverly Coleman	1983

Triple Jump

43-3	Ronda White	2003
43-2.25	Danielle Thorpe	2010
42-6.75	Kirsten Bowden	2001
41-11.50	Chelsey Hargrave	2017
41-9.75	Tondra White	2004
41-7	Sabrina Hill	1991
41-4.25	Kaytlyn Gill	2016
41-2	Melissa Morrison	1993
40-11.75	Precious Quire	1994
40-11.75	K'Lynn Beal	2018

High Jump

5-10	Linda McKoy	1989
5-10	Sabrina Hill	1989
5-10	Rebecca Hazeltine	2011
5-8	Shaquieja Robinson	2012
5-8	Meg Warren	1986
5-8	Kasey Barnette	1987
5-7.25	Hunter Welborn	2016
5-7	Cynthia Miner	1993
5-7	Mary Theresa Montgomery	2014
5-7	Makayla Roten	2014

TRACK & FIELD

Shot Put

53-5.50	Beverly Burnett	2006
51-3.75	Brianna Tate	2015
50-3.50	Brittani Williams	2008
48-7.25	Hayshawna Watkins	2011
48-1	Ayokka Green	1998
47-0.75	Norjai Palma	2011
46-9.5	Jasmine Suydam	2013
46-0	Kristie Boggan	2006
43-11.25	Whitney Smyre	2010
43-10	Ashley Muschuatti	2015

Discus

157-4	Brittani Williams	2008
154-7	India McWhorter	2016
154-1	LaShana Poole	2002
152-5	Jasmine Suydam	2015
152-1	Ayokka Green	1998
151-4	Gayshawna Watkins	2012
146-3	Nikole Simmons	2006
144-4	Kristie Boggan	2006
144-1	Norjau Palma	2011
142-3	Madison McCoy	2019

Javelin

190-5	Meg Warren	1987
143-3	Rachel Olander	1997
142-9	Jocelyn Parnell	2014
135-6	Susan Inge	1991
129-11	Deannae Tiplady	2010
129-6	Erica Bahry	1996
128-11.50	Luly Tallent	2009
128-11	Carolyn Kitchens	2005
127-4	Jessica Ricks	2018
127-3	Christine Ziemba	1995

Hammer

190-5	Nikole Simmons	2006
179-3	Crystal Miller	2005
177-5	Brianna Tate	2015
174-0	India McWhorter	2016
169-10	LaShana Poole	2003
168-4	Gayshawna Watkins	2012
167-1	Drittani Williams	2008
161-7.50	Whitney Smyre	2009
160-11	Brittney Borden	2006
160-8	Ashley Muschiatti	2018

Pole Vault

13-2.25	Taylor Drummonds	2017
12-10	Suzanne Makinson	2004
12-9.5	Cassie Crawford	2011
12-6.75	Lainey Hunnicutt	2017
12-6	Chelsea Farr	2012
12-2.75	Audrey Diener	2013
12-1.5	Shea Snow	2008
12-1.5	Ashley Beale	2009
12-1.5	Julie Ward	2009
12-1.5	Debra Domermuth	2014
12-1.5	Hannah Emery	2016

Heptathlon

4519	Kiara Crutchfield	2008
4448	Tondra White	2004
4332	Kristie Boggan	2006
4035	Crystal Dukes	2008
4024	Myra Keeter	2004
3787	Makaila Roberts	2017
3762	Nancy Hinson	2002
3758	Caroline Jett	2006
3690	Naadia Crutchfield	2009
3640	Andrea Jones	2011

Heptathlon - First Day Points

2994	Tondra White	2004
2866	Kiara Crutchfield	2008
2848	Kristie Boggan	2006
2615	Crystal Dukes	2008
2591	Myra Keeter	2004

18 - WOMEN'S INDOOR CONFERENCE TITLES

19 - MEN'S INDOOR CONFERENCE TITLES

Relay Records

Event	Mark	Athlete	Site	Date
4x100m	44.73	Lamonda Miller, Lynett Farner	BYU (NCAA)	1989
4x200m	1:36.69	Lynette Gardin, Stethane Pipkins	Florida	1989
4x300m	2:42.92	Jennifer Claud, Christina Roberts	South Carolina	2003
4x400m	3:43.69	Paula Moore, Ronda White	Wofford	2014
4x800m	9:06.90	Taryn Stern, Catherine Crawford	Wofford	2014
4x1200m	15:37.27	Shenita Martin, Breahna Morrison	Florida	2019
4x1500m	18:38.24	Izzy Evely, Kylee Frady	Florida	2019
4x1600m	22:02.4	Phylissa Greeley, Elisa Sargent	Florida Relays	2017
DMR (800, 400, 1200, 1600)	11:59.12	Katie Sujkowski, Missy Dock	South Carolina	2003
Sprint Medley (200, 200, 400, 800)	3:57.28	Sarah Primeau, Jennifer Kelley	NC State	1997
Sprint Medley (100, 100, 200, 400)	1:50.19	Christina Olson, Jenny Chase	NC State	1997
Mixed 4x200	1:39.27	Mary Jane Harrelson, Abby Reeder	Florida	1989
		Heidi Barger, Kirsten Jorgensen	Florida	1989
		Tania Free, Dee Anna Davis	Florida Relays	2017
		Phylissa Greeley, Molly Pusateri	Florida Relays	2017
		Torre Moser, Elisa Sargent	South Carolina	2003
		Darlene Girardeau, Phylissa Greeley	South Carolina	2003
		Jennifer Claud, Christina Roberts	South Carolina	2003
		Paula Moore, Ronda White	South Carolina	2003
		Alexis Hoover, Adrianna DiBernardi	South Carolina	2003
		Eugene Jones, Willie Lewis		

Heptathlon - Second Day Points

1939	Tondra White	2003
1653	Kiara Crutchfield	2008
1575	Myra Keeter	2004
1514	Kristie Boggan	2005
1455	Caroline Jett	2006

800m - Heptathlon

2:31.18	Caroline Jett	2006
2:31.93	Tondra White	2003
2:32.57	Myra Keeter	2004
2:33.61	Kristie Boggan	2005
2:35.64	Kiara Crutchfield	2008

100m Hurdles - Heptathlon

14.41	Tondra White	2004
14.63	Kiara Crutchfield	2008
15.11	Myra Keeter	2004
15.22	Kristie Boggan	2005
15.72	Emily Wright	2006

High Jump - Heptathlon

5-4.25	Tondra White	2004
5-1	Leslie Atalese	2001
5-1	Julie Ward	2007
4-11.75	Caroline Jett	2006
4-11.50	Nancy Hinson	2002
4-11.50	Myra Keeter	2004

Shot Put - Heptathlon

46-0	Kristie Boggan	2006
39-3.75	Nancy Hinson	2002
36-10.25	Crystal Dukes	2008
35-0.50	Leslie Atalese	2001
32-11.25	Kiara Crutchfield	2008

200m - Heptathlon

25.25	Tondra White	2004
25.34	Kiara Crutchfield	2008
26.32	Crystal Dukes	2008
26.45	Andrea Jones	2011
36.61	Kristie Boggan	2004

Long Jump - Heptathlon

17-9.50	Tondra White	2004
17-8.25	Kiara Crutchfield	2008
16-2.50	Crystal Dukes	2008
16-1.75	Myra Keeter	2004
15-9.00	Andrea Jones	

Javelin - Heptathlon

110-3	Kristie Boggan	2006
96-1	Nancy Hinson	2002
89-10	Natalie Sayewich	2005
88-10	Myra Keeter	2004
83-4	Kiara Crutchfield	2008

131 - INDIVIDUAL INDOOR CHAMPIONSHIP PERFORMANCES

192 - INDIVIDUAL INDOOR CHAMPIONSHIP PERFORMANCES

TRACK & FIELD

INDOOR CHAMPIONS

55m Dash

1988	6.91	Lamonda Miller
1989	6.82	Lamonda Miller
1990	7.01	Lynett Farmer
1992	7.10	Melissa Morrison
1993	6.98	Melissa Morrison
1994	7.05	Alice Vinson
1996	7.25	Niki Harris
2000	6.95	Shonte' Pinkston
2001	6.90	Shonte' Pinkston
2002	7.04	Jennifer Claud

55m Hurdles

1988	8.68	Patrina Massey
1990	8.49	Monica Teeter
1991	8.18	Melissa Morrison
1992	7.98	Melissa Morrison
1993	8.09	Melissa Morrison
1994	8.20	Beth Burleson
1995	8.20	Charlotte Redden
1997	8.07	Trice Roundtree
2003	7.86	Ronda White

60m Dash

2010	7.62	Ashley McKiver
2011	7.58	Breanna Alston

60m Hurdles

2004	8.62	Ashley McKiver
2005	8.48	Ronda White

200m Dash

1988	24.06	Lamonda Miller
1989	23.84	Lamonda Miller
1990	25.83	Stethane Pipkins
1991	24.99	Lynette Gardin
1992	24.93	Lynette Gardin
1993	25.69	Melissa Morrison
2000	24.60	Shonte' Pinkston
2001	24.63	Shonte' Pinkston
2004	24.59	Jennifer Claud
2011	24.48	Breanna Alston
2012	24.31	Breanna Alston
2013	24.38	Breanna Alston
2014	24.42	Breanna Alston

400m Dash

1988	58.39	Melissa Rogers
1990	59.17	Monica Teeter
1992	56.55	Lynette Gardin
2013	56.70	Breanna Alston
2020	55.25	Jessica Dixon

800m Run

1990	2:18.59	Jennifer Bowers
1991	2:13.67	Jennifer Bowers
1997	2:13.30	MJ Harrelson
1998	2:10.54	MJ Harrelson
1999	2:15.91	MJ Harrelson
2001	2:08.40	MJ Harrelson
2002	2:13.29	Katie Sujkowski
2003	2:19.45	Katie Sujkowski

Mile Run

1990	5:12.61	Traci McIntyre
1999	4:57.17	MJ Harrelson
2001	4:59.20	MJ Harrelson
2002	5:07.96	Katie Sujkowski
2007	5:00.88	Meghan Gaffney

3000m Run

1989	9:48.61	Whitnet Ball
1990	9:57.28	Whitney Ball
2009	9:47.21	Meg Gaffney
2010	10:09.73	Trinity Foreman
2016	9:43.54	Tristin Van Ord

5000m Run

1989	16:52.46	Whitney Ball
1990	17:26.16	Whitney Ball
1992	17:07.82	Leigh Wallace
2003	17:43.56	Sarah Primeau
2015	16:39.75	Tristin Van Ord
2016	16:47.37	Tristin Van Ord

Long Jump

1991	18-8.75	Sabrina Hill
1994	19-3.50	Alice Vinson
2002	16-6.75	Ronda White
2005	19-6.25	Jennifer Claud
2006	19-11	Vonteena Knotts
2008	19-0.75	Vonteena Knotts

Triple Jump

1988	38-2	Linda McKoy
1989	38-11	Stethane Pipkins
1990	39-2	Sabrina Hill
1991	40-6.50	Sabrina Hill
1992	40-11.25	Melissa Morrison
1993	40-11.50	Melissa Morrison
1994	39-3.50	Previous Quire
1995	41-6	Precious Quire
2001	41-2.25	Kirsten Bowden
2002	40-4.75	Tondra White

2003	41-4.50	Ronda White
2004	43-7.75	Ronda White
2005	41-11.25	Jennifer Claud
2009	41-7.25	Danielle Thorpe
2010	40-9.50	Danielle Thorpe

High Jump

1988	5-6	Linda McKoy
1989	5-9	Linda McKoy
1990	5-6	Linda McKoy
1991	5-6	Sabrina Hill
1994	5-7.75	Cindy Miner
2004	5-6	Suzanne Makinson
2011	5-7.75	Rebecca Hazeltine

Shot Put

1992	41-9.75	Michelle Ryne
1996	46-3	Ayokka Green
1998	47-7	Ayokka Green
2002	43-10.75	LaShana Poole
2004	48-2	Beverly Burnett
2005	47-2.50	Brittani Williams
2006	48-10	Beverly Burnett
2007	47-9	Brittani Williams
2008	48-3.5	Brittani Williams
2009	43-1.5	Whitney Smyre
2011	49-5	Gayshawna Williams
2012	44-10.25	Hayshawna Williams
2014	48-7.50	Brianna Tate

20 Lb. Weight Throw

1996	48-2.75	Ayokka Green
1998	55-1.50	Ayokka Green
2001	55-3.75	LaShana Poole
2002	56-3.25	LaShana Poole
2003	57-2	LaShana Poole
2008	59-2.75	Brittani Williams
2009	58-4.5	Whitney Smyre
2011	58-9.50	Whitney Smyre
2012	56-1	Gayshawna Watkins

Pole Vault

2006	11-5.75	Caren Mah
2008	12-1.50	Shea Snow
2009	11-9.75	Julie Ward
2010	11-7.75	Julie Ward
2011	12-5.50	Cassie Crawford

Two Mile Relay

1989	9:29.56	Bowers, Girouard, Barger, Free
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Mile Relay

1989	3:58.83	Pipkins, Rogers, Teeter, Gardin
1993	4:06.51	Lazenby, Burleson, Parkan, Lee

3200m Relay

1990	9:47.70	
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1600m Relay

1990	4:00.92	
2001	3:51.37	Harrelson, Stople, Caudle, Pinkston

Distance Medley Relay

1994	12:23.41	
1999	12:23.66	Harrelson, Reeder Slack, Underwood Harrelson, Stolpe, Caudle, Needham K. Smith, Jett, Gaffney, A. Baker
2001	12:14.16	
2006	12:11.01	

TEAM CHAMPIONS

1988, 1989, 1990, 1991, 1992, 1993, 1994, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2009, 2011, 2012, 2016
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OUTDOOR CHAMPIONS

100m Dash

1987	11.69	Lamonda Miller
1988	11.56	Lamonda Miller
1989	11.50	Lamonda Miller
1990	12.24	Stethane Pipkins
1992	12.01	Melissa Morrison
1993	11.45	Melissa Morrison
1994	12.04	Alice Vinson
1998	11.89	Shonte' Pinkston
1999	11.76	Shonte' Pinkston
2000	11.80	Shonte' Pinkston
2001	11.83	Shonte' Pinkston
2002	12.29	Jennifer Claud
2004	11.73	Jennifer Claud

100m Hurdles

1987	14.56	Bobbie Puckett
1988	15.03	Patrina Massey
1991	13.96	Melissa Morrison
1992	14.76	Melissa Morrison
1993	13.70	Melissa Morrison
1994	14.65	Charlotte Redden

1995	14.57	Trice Roundtree
1997	14.44	Trice Roundtree
2002	14.07	Ronda White
2003	13.98	Ronda White
2004	13.79	Ronda White

200m Dash

1987	24.05	Lamonda Miller
1988	23.88	Lamonda Miller
1989	23.50	Lamonda Miller
1990	25.54	Stethane Pipkins
1991	24.72	Lynette Gardin
1993	24.07	Melissa Morrison
1995	24.53	Katrina Lee
1998	25.01	Shonte' Pinkston
1999	24.55	Angela Pryor
2001	24.27	Shonte' Pinkston
2002	24.76	Jennifer Claud
2004	24.42	Jennifer Claud
2005	23.76	Jennifer Claud
2011	24.02	Breanna Alston
2012	23.68	Breanna Alston

400m Dash

1988	56.74	Melissia Rogers
1989	57.95	Melissia Rogers
1990	56.50	Melissia Rogers
1992	55.99	Lynette Gardin
1993	55.23	Katrina Lee

400m Hurdles

1989	61.24	Monica Teeter
1994	63.35	Beth Burleson
2011	60.94	Chenel McFadden
2012	61.27	Shenita Martin

800m Run

1990	2:15.45	Vanessa Kosmala
1991	2:14.45	Jennifer Bowers
1994	2:14.17	Jenny Sheets
1997	2:10.69	MJ Harrelson
1998	2:09.47	MJ Harrelson
1999	2:07.93	MJ Harrelson
2001	2:10.24	MJ Harrelson

1500m Run

1988	4:39.25	Karen Osada
1990	4:30.10	Vanessa Kosmala
1991	4:35.59	Jennifer Bowers
1992	4:41.37	Carrie Hogg
1997	4:36.56	MJ Harrelson
1998	4:26.52	MJ Harrelson
1999	4:24.14	MJ Harrelson
2001	4:33.58	MJ Harrelson
2002	4:38.85	Katie Sujkowski
2003	4:39.86	Katie Sujkowski
2007	4:32.51	Meghan Gaffney

3000m Run

1988	10:07.62	Beth Ruggles
1989	9:37.66	Whitney Ball
1990	9:45.90	Whitney Ball
1992	10:03.93	Vanessa Kosmala
1997	10:23.63	Leigh Wallace
1999	9:52.17	Jenny Chase
2001	9:35.92	MJ Harrelson

3000m Steeplechase

2007	10:46.40	Meghan Gaffney
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5000m Run

1987	17:41.68	Cindy Little
1988	17:30.64	Beth Ruggles
1989	16:49.10	Whitney Ball
1990	17:35.98	Whitney Ball
1992	17:12.53	Whitney Ball
2002	17:59.60	Leigh Wallace
2012	17:07.46	Sarah Primeau
2015	17:01.09	Amanda Hamilton
2016	17:00.04	Tritin Van Ord
2017	16:55.29	Tristin Van Ord

10,000m Run

1989	36:18.89	Whitney Ball
1990	36:05.16	Whitney Ball
1992	36:55.70	Whitney Ball
2002	38:08.78	Leigh Wallace
2015	35:09.15	Sarah Primeau
2016	35:22.10	Tristin Van Ord

Long Jump

1987	18-6.75	Patrina Massey
1990	20-0.50	Linda McKoy
1992	19-4.50	Melissa Morrison
1993	20-5.25	Melissa Morrison
1994	19-0.50	Alice Vinson
2002	19-4.75	Ronda White
2003	19-1.25	Ronda White
2004	20-1.50	Ronda White
2018	20-1.75	Chelsey Hargrave

Triple Jump

1987	37-1.25	Patrina Massey
1988	37-4.50	Linda McKoy
1989	37-7.25	Linda McKoy
1990	38-2.75	Sabrina Hill

1991	39-0.50	Sabrina Hill
1992	38-5	Sabrina Hill
1993	41-2	Melissa Morrison
1994	40-3.25	Precious Quire
1995	40-9	Precious Quire
1996	39-2.25	Nikki Harris
2001	42-6.75	Kirsten Bowden
2002	42-0	Ronda White
2003	41-8	Ronda White
2004	41-8.50	Ronda White
2008	41-3.75	Danielle Thorpe
2009	42-1.50	Danielle Thorpe
2010	43-2.25	Danielle Thorpe
2012	39-8	Erika Ivey
2013	39-10	Jamie Glenn

High Jump

1987	5-6	Jeanne King
1988	5-6	Linda McKoy
1989	5-4	Linda McKoy
1992	5-4	Sabrina Hill
1993	5-7	Cindy Miner
2011	5-8.75	Rebecca Hazeltine

Pole Vault

2008	11-11.25	Shea Snow
2009	12-1.50	Shea Snow

Javelin

1987	174-11	Meg Warren
1981	127-2	Susan Inge
1992	129-2	Susan Inge
1994	121-5	Rachel Olander
1995	132-3	Rachel Olander
1996	131-0	Rachel Olander
1997	139-7	Rachel Olander
1998	123-0	Christine Ziembra
2005	128-11	Carolyn Kitchen
2009	129-0	Lily Tallent
2014	142-7	Jocelyn Parnell

Discus

1989	140-0	Michelle Ryne
1993	132-7	Sherri Miller
1996	141-9	Ayokka Green
1997	139-4	Ayokka Green
1998	152-1	Ayokka Green
2001	135-6	LaShana Poole
2002	141-6	LaShana Poole
2003	148-8	LaShana Poole
2007	138-7	Brittani Williams
2008	140-7	Brittani Williams
2009	161-8	Lily Tallent

Shot Put

1992	43-1	Michelle Ryne
2008	48-1	Ayokka Green
2004	44-6.75	Beverly Burnett
2005	50-10.	

APP STATE

App State Indoor Records

55m.....	6.82	Lamonda Miller.....	1989
55m H	7.66	Melissa Morrison.....	1993
60m.....	7.44	Jennifer Claud	2005
60m H	8.33	Melissa Morrison.....	1993
200m.....	23.84	Lamonda Miller.....	1989
300m.....	38.50	Breanna Alston	2013
400m.....	55.25	Jessica Dixon.....	2020
500m.....	1:13.07	Asia Dunlap.....	2012
800m.....	2:07.74	Mary Harrelson	1998
1000m.....	2:57.64	Katie Sujkowski.....	2002
1500m.....	4:48.34	Michelle Crow	1987
Mile.....	4:39.53	Mary Harrelson	1999
3000m.....	9:39.84	Meg Gaffney	2009
5000m.....	16:39.75	Tristin Van Ord.....	2015
Triple Jump.....	44-2	Ronda White	2004
Long Jump.....	20-10.50	Vonteena Knotts.....	2008
High Jump.....	5-10	Hunter Welborn.....	2016
Shot Put	51-2.75	Beverly Burnett.....	2006
20 lb Weight	61-0.25	Brianna Tate	2015
Pole Vault.....	13-3.75	Suzanne Makinson.....	2004
Pentathlon	3361	Kiara Crutchfield.....	2010
4 x 300m R.....	2:41.58	2019
.....		J. Smith, Simmons, Gibson, Dixon	
4 x 400m R.....	3:47.39	2012
.....		Dunlap, Morrison, Alston, Martin	
Dist. Medley.....	11:37.28	1999
.....		Harrelson, Slack, Pryor, Reeder	

App State Holmes Center Records

55m.....	6.89	Jennifer Claud.....	2002
55m H	7.99	Ronda White.....	2003
200m.....	24.28	Breanna Alston.....	2014
300m.....	38.50	Breanna Alston.....	2013
400m.....	56.23	Breanna Alston.....	2013
500m.....	1:13.07	Asia Dunlap	2012
800m.....	2:14.64	Taryn Stern.....	2014
1000m.....	2:57.50	Katie Sujkowski	2002
Mile.....	5:06.37	Kayla Schneider.....	2014
3000m.....	10:06.45	Amanda Hamilton.....	2012
5000m.....	18:53.00	Janelle Silverman.....	2003
Triple Jump.....	41-10.75	Peighton Simmons.....	2019
Long Jump.....	20-10.50	Vonteena Knotts.....	2008
High Jump.....	5-10	Hunter Welborn.....	2016
Pole Vault.....	12-8.25	Cassie Crawford.....	2014
Shot Put	49-6.50	Beverly Burnett.....	2006
20 lb Weight	58.6.50	Whitney Smyre.....	2010
4 x 300m R.....	2:41.58	2019
.....		J. Smith, Simmons, Dixon, Gibson	
4 x 400m R.....	3:50.99	2012
.....		Martin, Dunlap, Alston, Morrison	
Dist. Medley.....	12:32.00	2003

Appalachian SoCon Indoor Record Holders

55m.....	6.82	Lamonda Miller.....	1989
55m H	7.86	Ronda White.....	2003
200m.....	23.84	Lamonda Miller.....	1989
800m.....	2:08.40	Mary Harrelson.....	2001
Triple Jump.....	43-7.75	Ronda White.....	2004

Holmes Center Overall Records

55m.....	6.88	Felicia Fant.....	Unattached.....	2005
55m Hurdles.....	7.62	Kia Davis.....	Shore AC	2003
200m.....	23.95	Quanera Hayes.....	Livingstone	2013
300m.....	38.50	Breanna Alston.....	Appalachian.....	2013
400m.....	53.89	Quanera Hayes.....	Livingstone	2013
500m.....	1:13.07	Asia Dunlap	Appalachian.....	2012
800m.....	2:14.64	Taryn Stern.....	Appalachian.....	2014
1000m.....	2:55.40	Catherine Berry	Unattached.....	2002
Mile.....	4:59.63	Dena O'Brien.....	College of Charleston	2011
3000m.....	9:08.77	Tasmin Fanning.....	Virginia Tech	2009
5000m.....	18:53.00	Janelle Silverman.....	Appalachian.....	2003
Triple Jump.....	41-11.25	Ronda White.....	Unattached.....	2006
Long Jump.....	20-8	Vonteena Knotts.....	Appalachian.....	2007
High Jump.....	5-10	Hunter Welborn.....	Appalachian.....	2016
Pole Vault.....	13-0.25	Kristen Lee.....	Virginia Tech	2013
Shot Put	49-6.50	Beverly Burnett.....	Appalachian.....	2006
20 lb Weight	68-1.75	Amber Campbell.....	Coastal Carolina	2002
4 x 300m Relay....	2:41.40	Appalachian.....	2019
4 x 400m Relay.....	3:49.09	Western Carolina.....	2010
Distance Medley	12:30.00	Winthrop.....	2003

TRACK & FIELD

-A-

A

Celia Agee Adrienne Alexander Johanna Allen Breanna Alston Julie Anderson Natalie Andrejchak Daryn Armstrong Leslie Atalese Marie Atwater Stephanie Atkins	2019-Pres. 2006-08 2010-14 2015-2017 2018-20 2014-15 2003-07
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B

Melanie Babb Anna Baker Charlotte Baker Whitney Ball Erica Banry Heidi Barger Kasey Barnette Lainie Baumgardner K'Lynn Beal Ashley Beale Kyndavee Bichara Kathleen Billington Baylee Bilyeau Suzanne Black Kristie Boggan Sarah Bollinger Brittney Borden Kristen Bowden Addie Bower Jennifer Bowers Carla Bowlin Brooke Brekke Grace Brooks Matasha Brown Michelle Brutus Tatyana Bryant TatBeth Burleson Beverly Burnett Hassani Burris Kathleen Burroughs Kate Butler	2004-08 2002-06 1988-92 2020-Pres. 2015-19 2006-11 2018-Pres. 2018-19 2002-06 2011-13 2005-07 1987-91 2002-06 2013-2017 2016-19 2001-05 2007-11 2011-14 2002-06 2018-Pres. 2018-Pres. 2015-19
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C

Kaitlin Cagle Reilly Caldwell Allison Calek Samantha Campanaro Kristen Campbell Kayla Carson Brittney Caudle Tyler Caudle Imani Chapman Stephanie Chapman Jenny Chase Krystal Clarke Madison Christy Jennifer Claud Inga Coggeshall Denise Coholich Beverly Coleman Priscilla Coleman Hannah Comesky Allison Cook Sydney Cook Julie Cooper Leigh Cooper Amanda Corman Lavinia Cotto Dana Cox Cassie Crawford Catherine Crawford Christina Czarnecki Michelle Crow Kiara Crutchfield Naadia Crutchfield Danielle Cullen Silvana Curtain	2009-14 2020-Pres. 2019-Pres. 2012-2017 2011-13 2018-Pres. 2009-11 2015-19 2008-12 2013-2017 2020-Pres. 2001-05 2004 1981-85 2020-Pres. 2010-15 2011-15 2002 2015-16 2012-16 2010-14 2013-Pres. 2013-14 1985-89 2007-11 2008-11 2005-07 2018-Pres.
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D

Amber Daniel Dee Anna Davis Joanna Davis Holly DeCann Ana DeLeon Patricia Denson Adrianna Dibernardo Angelina DiBlasi Audrey Diener Nichole Disher Jessica Dixon Melissa "Missy" Dock Debra Domermuth Jasmine Donohue Taylor Drummonds Crystaln Dukes Asia Dunlap	2014-18 2009-11 2010-14 2003-07 2020-Pres. 2012-15 1990-94 2017-pres. 2000-04 2011-15 2020-Pres. 2015-2017 2007-11 2008-12
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E

Elizabeth Edel LeKasha Ejuundu Hannah Emery Mary Engle	2001-05 2014-15 2015-19
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Tiffany Enloe Porsha Evans Hardy Izzy Evelyn	2007 2005-09 2018-Pres.
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F

Kathryn Farina Latoya Farmer Lynette Farmer Chelsea Farr Katherine Fearn Emily Fedders Sydni Fields Jennifer Flaherty Libby Florence Perry Fields Sandra Ford Alicia Foust Jessica Fowler Kylee Frady Tania Free Elizabeth Fuller Melanie Frye Corie Fuchs Sarah Fulcher	2016-2017 2007 2011-15 2018-Pres. 2015-19 2016-1017 2004 2013-2017 2018-Pres. 2019-Pres. 2007-08 1996-00 2012-13
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G

Meghan Gaffney Lynette Gardin Kaytlyn Gill Samara Gibson Grace Gilwa Darlene Girardeau Ellen Girodias Laura Girodias Jamie Glenn Hillary Goode Taiisha Goins Gina Gomez Phylissa Greeley Lia Greengrass Ayokka Green Sheila Green Caroline Grier	2004-09 1989-92 2014-16 2017-pres. 2018-19 2015-2017 2009-11 2009-11 2012-13 200-04 2015-19 2018-20 2018-Pres.
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H

Nevaeh Haddock Sarah Hajnos Kayla Hall Stephanie Hall Amanda Hamilton Kelsey Hanger Micah Hanks Maya Hanks Chelsey Hargrave Mary Jane Harrelson Michelle Harris Nikki Harris Elizabeth Harrelson Kayla Harrison Leigh Harrow Bianca Harvey Kelly Hawkins Rebecca Hazeltine Kaitlyn Heeke Eric Hicks Melanie Hicks Sabrina Hill Bridgette Hills Lynda Hiller Nancy Hinson Jannica Hjertman Sarah Hoffert Carrie Hogg Alexis Hoover Jenny Honeycutt Teshayla Horne Karen Houston Taylor Houston Emily Hoyt Shelby Howell Lainey Hunnicutt Christy Hunter	2019-Pres. 2017-20 2016-20 2002-06 2009-13 2008-15 2014-2017 2019-Pres. 2014-18 1996-01 2015 2014-19 2007-11 2007-11 2004-08 1988-1992 2007-10 2006-11 2015-18 1991-94 2002-06 2018-Pres. 2004-08 2012-16 2015-20
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I

Susan Inge Paige Ingram Ehrin Irvin Meg Irwin Erika Ivey	2001-05 2004-09 2009-13
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J

Margaret Jackson Jennae Jacob Chelsea Jacobs Erin Jameson Monica Jarrell Vea Jenkins Caroline Jett Monica Johnson Kristen Jorgensen Ani Judd	2017-pres. 2000-04 2015-Pres. 2002-06 2005-08 2020-Pres.
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K

Myra Keeter Jennifer Kelley Robin Kennel	2000-04 2002-06
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Erika Kenner Deidre Keyes Markie Khan Natalie Kile Jeanne King LaBria King Destine Kirkman Carolyn Kitchens Courtney Klitzsch Vonteena Knotts Kallie Kocourek Samantha Kolor Melissa Kopec Vanessa Kosmala Donna Kozlowski Kathy Krecji Bridget Kunkel	2017-18 2013-17 2016-Pres. 2010-13 2004-08 2017-20 2006-08 2018-Pres.
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L

Lindsay Lancaster Tonie Lazenby Abby Lee Katrina Lee Katherine Lambert Nikki Lemay Kerry Leonard Meghan Letts Willie Lewis Araybian Lilly Jenna Lineberry Nadia Liriano Alisha Little Cindy Little Kristel Lovgren Macon Lowman Danielle Lugo Cailin Lynch	2019-Pres. 2011-15 2017-19 2014-18 2018-Pres. 2018-Pres. 2007-11 2003-07 2020-Pres.
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M

Markita Mackey Caren Mah Suzanne Makinson Shenita Martin Patrina Massey Andrea Matthews Shantre Mayfield Joey-Maria Jones Claire Mason Kim Mathis Jessica Mayela Meaghan McCauley Linda McCoy Madison McCoy Chenel McFadden Chinelle McFadden Michaela McGriff Savannah McIntosh Traci McIntyre Ashley McKiver D'Shawna McLucas India McWhorter Shannon Meadows Jorja Medders Casey Meinert Connie Mendoza-Bruno Marivi Mercado Annika Merkh Angel Miklovic Crystal Miller Lamonda Miller Sherri Miller Cindy Miller Kate Minser Lisa Mitchell Natalie Mitchell Mary Montgomery Paula Moore Azalea Morrisette Erin Morrison Torre Moser Breahna Morrison Melissa Morrison Ila Mumford Ashley Muschiatti	2002-06 2000-04 2009-14 2020-Pres. 2005-08 2011-14 2018-Pres. 2006-11 2006-07 2007-11 2020-Pres. 2006-10 2009-13 2013-2017 2001-05 2018-Pres. 2018-Pres. 2019-Pres. 2017-20 2002-06 2019-20 2010-14 2001-05 2014-15 2017-20 2013-2017 2010-13 2015-19 2014-19
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N

Heather Needham Amy Neilson Carmen Nordham Ashley Norris	2000-04 2007-11 2005-09
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O

Morgan Oakley Rachel Olander Christina Olson Hannad Orders Janet Osadam Karen Osada	2014-16 1994-98 1993-97 2008-12
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P

Emma Parham Christina Parker Hannah Parks Jocelyn Parnell Niecea Pauley	2014-15 2008-12 2005-10 2010-14 2016-2017
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Tammy Pearsall Lone Pederson Alison Peters Lila Peters Djamila Petersen Kayleigh Pherigo Meg Phillips Brittany Pierce Shonte' Pinkston Tera Pitts Megan Plummer Jackie Poage LaShana Poole Pat Poole Susan Poole Christina Post Jennifer Povick Betsy Prewitt Jamie Price Mallory Price Virginia Price Sarah Primeau Madi Provo Angela Pryor Bobbie Puckett Molly Pusateri	2014-18 2019-Pres. 2019-Pres. 2017-Pres. 2006-07 2012-13 1998-01 2020-Pres. 1999-03 2006-09 2004-08 2006-09 2013-2017 1999-03 2019-20 2016-18
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Q

Precious Quire	
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R

Hana Ratcliffe Lynne Ray Khalilah Razzak Charlotte Redden Abby Reeder Dani Reese Michelle Rhyme Cara Richardson Natalie Richardson Jessica Ricks Shereee Robbins Christina Roberts Makaila Roberts Bridget Robertson Kala Robertson Carrie Robinson Shaquela Robinson Grace Rogers Melissa Rogers Leigh Anne Ronk Victoria Rosa Makayla Roten Kelly Rosborough Trice Roundtree Sydney Rowland Joelle Ryan Beth Ruggles	2014-19 2020-Pres. 2007-11 1987-92 2009-11 2016-20 2015-19 2001-05 2015-18 2002-06 2005-09 2010-13 2017-20 2007-08 2013-2017 2019-Pres. 1984-88
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S

Sarah Sandreuter Isabela Saliba Sofia San Miguel Elisa Sargent Natalie Sayewich Megan Scannell Kayla Schneider Sara Seacry Ann Sekutowski Alison Seramur Natalie Shaw Christina Shearon Jenny Sheets Franette Sheffield Helena Shields Madison Simmons Michelle Simmons Nikole Simmons Peighton Simmons Olivia Simone Abby Slack Jelonnne Smith Kasey Smith Noel Smith Taylor Smith Whitney Smyre Shea Snow Kylene Sorenson Paige Spell Ellen Spencer Myia Spivey Tarynm Stern Maria Stickley Justine Stocks Shylee Stocks Alice Stolpe Emily Styers Sharon Siggds Katie Sujkowski Jasmine Suyam Martha Sweeney Maya Sweeney Jessica Summey	2019-Pres. 2020-Pres. 2015-19 2015-19 2003-2005 2016-20 2010-15 2015-19 2016-19 2007-11 2014-2017 2009-13 2013-2017 2002-06 2019-Pres. 2018-Pres. 2003-07 2002-06 2019-Pres. 2006-11 2005-09 2015-16 2016-Pres. 2017-pres. 2011-16 2011-16 2010-14 2020-Pres. 2000-05 2011-15 2019-Pres.
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APP STATE

-T-

Lily Tallent	2004-09
Brianna Tate	2012-16
Breah Taylor	2019-Pres.
Piper Taylor	2002-06
Portia Taylor	2002-06
Tanisha Taylor	
Monica Teeter	
Jasmine Thompson	2007-08
Danielle Thorpe	2006-11
Lauren Tierney	
Deanne Tiplady	2009-13
Kristen Trexler	
Casey Turro	2017-20
Vanessa Tyson	

-U-

Karen Underwood

-V-

Lisha Van Onselen	2019-Pres.
Tristin Van Ord	2013-2017
Molly Vaughn	2010-13
Sarah Venable	2016-Pres.
Jennifer Vest	
Alice Vinson	
Kristen Vllendorf	

-W-

Kim Waldron	2007-08
Allison Walker	
Laura Walkup	
Leigh Wallace	1988-92
Shaniqua Wallace	2004-07
Charlotte Walsh	2007-10
Avery Walter	2014-16
Julie Ward	2006-10
Meg Warren	
Gayshawna Watkins	2009-14
Janet Watson	2011-15
Dawn Wehrenberg	1991-95
Hunter Welborn	2014-18
Samantha Welborn	2014-18
Alexandria Wells	2012-14
Juanita Welford	
Kara Westmoreland	
Shea Wheeler	2014-18
Ronda White	2000-04
Todra White	2000-04
Ann Mosley Whitsett	2017-pres.
Victoria Wilform	2019-Pres.
Brittani Williams	2004-08
Brittany Williams	2012-16
Mary Kay Williams	
Shelby Williams	2010-14
Jenna Williamson	2009-13
Sarah Williamson	2009-13
Meredith Wilson	2009-13
Allison Worsdale	2014-16
Jenna Wrieden	2006-07
Emily Wright	
Michelle Wright	
Lou Ann Wynn	

-Y-

Asya Yavuncu

Faith Younts	2020-Pres.
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-Z-

Christine Ziemba

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18 - WOMEN'S OUTDOOR CONFERENCE TITLES

19 - MEN'S OUTDOOR CONFERENCE TITLES

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- INDIVIDUAL OUTDOOR CHAMPIONSHIP PERFORMANCES

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- INDIVIDUAL OUTDOOR CHAMPIONSHIP PERFORMANCES

**MEET THE
MEN'S TEAM**

APP STATE

Name	Class	Event	Hometown/High School
De'Shawn Ballard	Sr.	Sprints	Wilmington, N.C./Laney
Ethan Barber	So.	CC, Distance	Durham, N.C./Durham School of the Arts
Isaac Benz	Jr.	CC, Distance	Appleton, Wis./Kimberely
Dylan Blankenship	Jr.	Sprints	Chapel Hill, N.C./Chapel Hill
Ryan Brown	Jr.	Distance, CC	Raleigh, N.C./Broughton
Elijah Cernoch	So.	Long Sprints	Cary, N.C./Panther Creek
Ben Cignarale	Sr.	Distance	Greer, S.C./Riverside
Jabari Dalton	Fr.	Sprints, Hurdles	Charlotte, N.C./South Mecklenburg
Ben Datte	Fr.	CC, Distance	Downingtown, Pa./Downingtown West
Gable Dersham	Sr.	Distance	Clayton, N.C./Cleveland
Thomas Dixon Jr.	Fr.	Sprints	Raleigh, N.C./Broughton
Brenton Ervin	Sr.	Sprints	Charlotte, N.C./Mallard Creek
Michael Flanagan	Gr.	CC, Distance	Landenberg, Pa./Tatnall School
Taylor Fox	Fr.	Pole Vault	Easley, S.C./Easley
Calbert Guest	Fr.	CC, Distance	Fort Collins, Colo./Fort Collins
Eric Haddock Jr.	So.	Jumps	Raleigh, N.C./Southeast Raleigh
Joshua Hairston	Fr.	Mid-Distance	Greensboro, N.C./Northwest Guilford
Yates Hall	Fr.	Jumps	Broadway, Va./Broadway
Evan Hardin	Sr.	Throws	Alworth, Ga./Carl Harrison
Mitchell Harris	So.	Sprints	Fayetteville, Ga./Starrs Mill
Dylan James	So.	Sprints	Pfafftown, N.C./Reagan
Jabari Johnson	Gr.	Jumps, Sprints	Yokosuka, Japan/Nile C. Kinnick
Jordan Johnson	Sr.	Jumps	Winston-Salem, N.C./East Forsyth
Zane Johnson	So.	Throws	East Bend, N.C./Forbush
Nathan Karl	Fr.	Throws	Hammonton, N.J./Hammonton
Timothy Kilpatrick	Fr.	Throws	Candler, N.C./Enka
Caleb Kirchhoff	So.	CC, Distance	Indian Trail, N.C./Metrolina Christian Academy
Tyler Lewis	Jr.	Jumps	Waxhaw, N.C./Parkwood
Dwayne Lillie	Fr.	Mid-Distance	Asheville, N.C./A.C. Reynolds
Zachary Mercer	Sr.	CC, Distance	Mooresville, N.C./Mooresville Senior
Charles Pace	So.	CC, Distance	Winston-Salem, N.C./Mt. Tabor
Conrad Phillips	Jr.	CC, Distance	Mooresville, N.C./Pine Lake Prep
Chrystian Smith	Fr.	Throws	Durham, N.C./Jordan
Jacob Soorus	Fr.	Jumps, Throws	Lincolnton, N.C./North Lincoln
Braden Underwood	Fr.	Pole Vault, Jumps	Williamsburg, Va./Lafayette
Zachary Weinstein	Jr.	Throws	Clemmons, N.C./West Forsyth
Oliver Wilson-Cook	So.	Distance, CC	Satuton, Va./Robert E. Lee

Head Track & Field Coach: Damion McLean

Head Cross Country Coach/Associate Track & Field Coach: Michael Curcio

Assistant Coach: Raymond Brewer

Assistant Coach: David Ward

Assistant Coach: Whitney Smyre

TRACK & FIELD



De'Shawn Ballard Senior Wilmington, N.C./Laney Sprints

PR's: Indoor: 55m - 6.50...60m - 6.86...200m - 21.16...300m - 34.16...Outdoor: 100m - 10.67...200m - 21.24

2019-20

Indoor: Earned Second Team All-Sun Belt honors in the 200-meter dash in a school record time of 21.16 seconds...Broke the school record in the 300-meter dash at the Appalachian Invitational, crossing in 34.16 seconds...Member of the 4x300-meter relay team that

broke the school record at the Appalachian Invitational with a time of 2:18.74...Posted the 10th fastest time in school history in the 60-meter dash at the ETSU Track & Field Invitational in 6.86 seconds...Named Sun Belt Track Athlete of the Week after winning the 60-meter dash (6.90) and 200-meter dash (21.40) at the VMI Team Challenge

Outdoor: Season canceled due to the coronavirus (COVID-19) pandemic

2018-19

Indoor: Clocked a PR in the 60-meter dash at the VMI Team Relays, crossing in 6.95 seconds...Won the 200-meter dash at the VMU Team Challenge with a time of 21.70 seconds...Ran a 6.96 in the 60-meter dash for a fifth place finish at the Buccaneer Track & Field Invitational

Outdoor: Posted two PR's at the Virginia Grand Prix. Finished eighth in the 100-meter dash in 10.67 seconds and placed fourth in the 200-meter dash in 21.24 seconds...Was a member of the 4x100-meter relay team that placed first at the ADIDAS/Winthrop Invitational in 41.00 seconds

2017-18

Indoor: Broke the school record twice in the 200-meter dash. Clocked a time of 22.36 seconds at the ETSU Invitational to break the recorded. Bettered his mark to 21.34 seconds at the Don Kirby Elite. Earned Athlete of the Meet honors at the ETSU Invitational for his performance...Currently sits second all-time in program history in the 200-meter dash with a time of 21.28 seconds set at the Sun Belt Championships...Ran a season-best of 6.54 seconds in the 55-meter dash at the Mountaineer Indoor Meet and clocked a 60-meter season-best time of 7.00 seconds at the Thundering Herd Invitational

In relays, is a member of the school record 4x300-meter team (2:20.15) and 4x400-meter relay team (3:14.89)...Finished second in the 200-meter dash in 21.28 seconds at the Sun Belt Championships. Was also a member of the 4x400-meter relay team that finished second at the Sun Belt Championships

Outdoor: Competed in two meets as a member of the 4x100-meter relay...Was part of the 4x100-meter relay that took first at the Charlotte Invitational (40.36) and second at the 49er Classic (41.07)

High School PR's: 55m - 6.48...100m - 10.56...200m - 20.93...400m - 55.04

High School: Owns sixth fastest time in North Carolina history in the 200-meter dash (20.93)...Three-time All-American (100m, 200m, 4x100m)...Two-time national champion (200m, 4x100m)...Named All-Conference in 2016...Named Team MVP in 2016 and 2017...Participated in USATF National Junior Open in 2016 and 2017...Named 2016 Mid-Eastern Conference Player of the Year



Ethan Barber Sophomore Durham, N.C./Durham School of the Arts Distance/XC

PR's: Cross Country: 8K - 25:28.9...Indoor: 3,000m - 8:54.77...5,000m - 15:12.08

2019-20

Cross Country: Competed in four meets on the season...Posted a PR at the Greater Louisville Classic with a time of 25:28.9...Finished ninth at the Mountain to Sea Open with a time of 26:29.3

Indoor: Ran PR in the 3,000-meter run at the South Carolina Invitational in 8:54.77...Posted a seventh place finish in the 5,000-meter run, crossing seventh in 15:12.08 at the VMI Team Challenge...Was a member of the DMR team that placed fifth at the Sun Belt Championships in 10:31.21

Outdoor: Season canceled due to the coronavirus (COVID-19) pandemic

High School PR's: Cross Country: 5K - 16:37.43...Outdoor: 800m - 2:14.90...1,600m - 4:35.15...3,200m - 9:56.20

High School: Qualified for the NCHSAA State Championships in 2015, placing 43rd (18:19.13) and in 2017, placing 20th (16:57.60)...In the 2017-18 outdoor season, placed ninth in the 3,200-meter run in 9:56.20 and 11th in the 1,600-meter run in 4:35.15



Isaac Benz

Junior

Appleton, Wis./Kimberely

Distance

PR's: Cross Country: 8k - 24:20.7...10k - 31:59.3...**Indoor:** Mile - 4:22.83...3,000m - 8:24.55...5,000m - 14:39.89...**Outdoor:** 800m - 2:01.81...1,500m - 4:05.84...5,000m - 15:09.42...10,000m - 31:59.86

2019-20

Cross Country: Earned First Team All-Sun Belt honors with a fourth place finish in 24:21.6...Ran a 8K PR at the Louisville Classic, placing 26th in a field of over 300 runners in 24:20.7...Named Sun Belt Cross Country Runner of the Week after placing second at Covered Bridge

Open in 25:06.3...Ran a 10K PR at the NCAA Southeast Regional, crossing in 31:59.3

Indoor: Earned two all-conference honors at the Sun Belt Championships. Was second in the 3,000-meter run for Second Team honors in a PR time of 8:24.55 (10th all-time) and placed third in the 5,000-meter run for Third Team honors in 14:39.89 (7th all-time)...Clocked a PR in the mile at the New Mexico Collegiate Classic in 4:22.83...Was second in the 3,000-meter run (8:35.83) at the ETSU Track & Field Invitational and in the 5,000-meter run at the VMI Team Challenge (14:45.60)

Outdoor: Season canceled due to the coronavirus (COVID-19) pandemic

2018-19

Cross Country: Participated in six races on the season...Clocked a PR in the 8k at the Covered Bridge Open, placing sixth overall in 25:43.6...Recorded another top-10 finish at the Lenoir-Rhyne Invitational, crossing eighth with a time of 25:58.5...Set a new PR in the 10k at the NCAA Southeast Regionals with a time of 32:31.7

Indoor: Scored points at the Sun Belt Championships with PR times in the 3,000-meter run (8:28.82) and 5,000-meter run (14:56.89)...Placed third in the 5,000-meter run at the ETSU Track & Field Invitational with a time of 15:20.72...Was sixth at the VMI Team Challenge in the 3,000-meter run in 8:48.29

Outdoor: Posted a PR in three events in three straight weeks in the 5,000-meter run at the 49er Invitational (14:50.55), the 10,000-meter run at the Raleigh Relays (30:18.29) and the 1,500-meter run at the Charlotte Invitational (3:58.74)...His 10,000-meter run mark ranks ninth in program history...Placed sixth at the Sun Belt Championships in the 10,000-meter run with a time of 31:11.27

Before Appalachian: Joined the Mountaineers after competing at South Dakota...Turned in an 18th place finish at the Summit League Cross Country Championships in a PR time of 25:51.50...Finished eighth at the Summit League Indoor Track & Field Championships in the 5,000-meter run in a PR time of 15:36.06. Also was a member of the DMR team that took third in 10:35.08...Was second in the outdoor 5,000-meter run at the South Dakota Invite in 15:17.92...Finished sixth at the Summit League Outdoor Championships in the 10,000-meter run in 32:27.47



Dylan Blankenship

Junior

Chapel Hill, N.C./Chapel Hill

Sprints

PR's: Indoor: 300m - 37.98...400m - 52.48...60m Hurdles - 9.02...**Outdoor:** 400mH - 54.33...HJ - 5-11.25 (1.81m)

2019-20

Indoor: Competed in six meets during the season...Was a member of the 4x400-meter relay team that crossed seventh at the Sun Belt Championships in 3:35.91...Posted PR's in the 400-meter dash (52.48) and 60-meter hurdles (9.02) at the VMI Team Challenge

Outdoor: Season canceled due to the coronavirus (COVID-19) pandemic

2018-19

Indoor: Did not compete

Outdoor: Posted PR's at the Virginia Grand Prix. Was second in the 400-meter hurdles in 54.33 seconds and was seventh in the high jump with a mark of 5-11.25 (1.81m)...Placed 14th in the 400-meter hurdles at the Sun Belt Championships in 55.12 seconds

TRACK & FIELD



Ryan Brown

Raleigh, N.C./Broughton

Junior

Distance

PR's: Cross Country: 8K - 24:15.0...10K - 31:07.9...**Indoor:** Mile - 4:29.51...3000m - 8:25.40...5000m - 14:38.93...**Outdoor:** 5,000m - 14:58.45...3,000m Steeple - 9:15.53

2019-20

Cross Country: Recorded three top-10 finishes on the season...Earned First Team All-Sun Belt honors with a fifth-place finish at the conference championship in 24:29.0...Clocked a PR in the 8K at the Louisville Classic, placing 20th in a field of over 300 runners in 24:15.0 and earning Sun Belt Cross Country Runner of the Week honors...Placed second at the Mountain to Sea Open (25:16.8) and ninth at the Covered Bridge Open (25:59.2)...Clocked a 10K PR at the NCAA Southeast Regionals, crossing 45th with a time of 31:07.9

Indoor: Earned Third Team All-Sun Belt honors in the 3,000-meter run with a time of 8:25.40...Won the 5,000-meter run at the VMI Team Challenge in a PR time of 14:38.93, which ranks as the sixth fastest time in program history...Placed sixth in the 5,000-meter run at the Sun Belt Championships in 14:45.01...Posted a PR in the mile in 4:29.51 at the New Mexico Collegiate Classic

Outdoor: Season canceled due to the coronavirus (COVID-19) pandemic

2018-19

Cross Country: Ran in six races during the season, recording three top-15 finishes...Placed fifth at the Lenoir-Rhyne Invitational in 25:53.3 Was eighth in 25:50.5 at the season opening Covered Bridge Open...Recorded a PR in the 8k at the Sun Belt Championships, crossing 17th in 25:50.2...Was 92nd in the 10k at the NCAA Southeast Regionals in a PR time of 32:04.1

Indoor: Earned points at the Sun Belt Championships with an eighth place finish in the 5,000-meter run in a PR time of 15:00.94...Clocked a PR in the 3,000-meter run at the Darius Dixon Invitational, finishing ninth in 8:39.63...Was second in the 5,000-meter run at the VMI Team Challenge with a time of 15:09.46

Outdoor: Scored points at the Sun Belt Championships in two events. Placed fourth in the 3,000-meter steeplechase with a PR time of 9:15.53 and was eighth in the 5,000-meter run in 15:01.85...Ran a PR at the season opening 49er Classic with a time of 14:58.45...Placed fourth in the 3,000-meter steeplechase at the Charlotte Invitational in 9:17.61

High School PR's: Cross Country: 3000m - 9:23.38...3200m - 9:35.24...4K - 13:13.90...5K - 15:36.40...**Indoor:** 1000m - 2:39.77...1600m - 4:28.98...3000m - 8:48.35...3200m - 9:27.20...2-Mile - 9:22.58...**Outdoor:** 800m - 2:02.50...1500m - 4:28.94...1600m - 4:22.19...2K Steeple - 6:03.48...3000m - 9:30.25...3200m - 9:20.76

High School: Qualified for NCHSAA State Championships in all four seasons in cross country, finishing 20th in 2016...Two-time state qualifier in the 3,200-meter run, including a fourth place finish in 2018...Owns the North Carolina 2k steeplechase state record, posting a time of 6:03.48



Elijah Cernoch

Cary, N.C./Panther Creek

Sophomore

Long Sprints

PR's: Indoor: 200m - 24.06...300m - 37.92...400m - 53.01

2019-20

Indoor: Competed in five meets...Posted a PR time of 24.06 seconds in the 200-meter dash at the Buccaneer Track & Field Invitational...Posted a PR in the 300-meter dash at the Appalachian Open with a time of 37.92 seconds...Crossed in 53.01 seconds for a PR in the 400-meter dash at the ETSU Track & Field Invitational

Outdoor: Season canceled due to the coronavirus (COVID-19) pandemic



Ben Cignarale

Greer, S.C./Riverside

Senior

Distance/CC

PRs: Cross Country: 6.4K - 27:05.7...8K - 25:12.2...10K - 32:07.3...**Indoor:** 3,000m - 8:50.01...5,000m - 15:15.96...**Outdoor:** 1,500m - 4:03.91 3,000m - 8:41.49...5,000m - 15:01.60...10,000m - 31:50.59

2019-20

Cross Country: Posted four top-20 finishes on the season...Was fourth at the Mountains to Sea Open (25:52.8), 11th at the HPU VertCross Invitational (25:35.8), 17th at the Sun Belt Championships (25:27.8) and 20th at the Covered Bridge Open (26:28.3)...Posted an 8K PR at the Louisville Classic with a time of 25:12.2...Ran a 10K PR at the NCAA Southeast Regionals, placing 9th with a time of 32:07.3

Indoor: Competed in four meets during the season...Clocked a PR in the 5,000-meter run at the VMI Team Challenge, placing fourth in 15:03.50...Ran a PR in the 3,000-meter run at the Sun Belt Championships, finishing 12th in 15:17.51

Outdoor: Season canceled due to the coronavirus (COVID-19) pandemic

2018-19

Cross Country: Ran in six races during the season, finishing in the top-30 in five...Recorded a season-best finish of seventh at the USC Upstate Invitational in 26:11.5...Ran a PR in the 8k at the VertCrosse Invitational, placing 13th overall with a time of 25:59.9...At the NCAA Southeast Regionals, posted a 10k time of 32:43.2, which was a new PR...Was 15th at the Lenoir-Rhyne Invitational (26:22.7) and 16th at the Covered Bridge Open (26:06.5)

Indoor: Was a member of the DMR team at the Sun Belt Championships that was fourth with a time of 10:20.51...Placed 12th in the 5,000-meter run at the Sun Belt Championships in 15:19.45...Was third in the 5,000-meter run at the VMI Team Challenge with a PR time of 15:15.96...Clocked a PR in the 3,000-meter run at the Darius Dixon Invitational in 8:50.01

Outdoor: Ran a new PR in the 10,000-meter run at the Sun Belt Championships with a time of 31:50.59...Was second in the 10,000-meter run at the 49er Classic in 32:16.47...Ran a season-best 15:19.32 in the 5,000-meter run at the Virginia Grand Prix, finishing seventh

2017-18

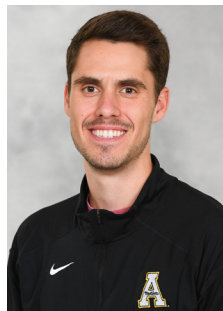
Cross Country: Ran in six races, posting five top-50 finishes...Posted a new PR in the 6.4 K at the Mountain to Sea Open, finishing in a season-best 29th place in 27:05.7...Set a PR in the 8K, crossing the tape in 26:24.9 at the High Point Vertcross Invitational...Placed 44th at the Sun Belt Championships in 27:14.0...Ran a PR in the 10K at the NCAA Southeast Regionals with a time of 32:13.4

Indoor: Posted a PR in the 5,000-meter run in his first race of the season, finishing second at the ETSU Invitational in 15:38.01...Competed in the Buccaneer Track & Field Invitational in the 3,000-meter run, recording a second place finish in a PR time of 8:51.15...Finished 15th at the Sun Belt Championships in the 5,000-meter run in 15:55.50

Outdoor: Was sixth at the Sun Belt Championships in the 5,000-meter run in 15:16.75...Turned in a PR in the 5,000-meter run at the Duke Invitational in 15:01.60...Notched a second place finish in a PR time of 32:01.34 in the 10,000-meter run at the 49er Classic...Won the 5,000-meter run at the Charlotte Invitational in 15:32.56...Ran a 8:41.39 in the 3,000-meter run at the Weems Baskin Invitational, which sits as the 10th fastest time in the event in program history

High School PR's: 800m - 2:01.86...1600m - 4:28.77...Mile: 4:36.96...3200m - 9:41.86...5000m (XC) - 15:37.00...10000m (XC) - 32:13.40

High School: Helped team win two state championships in XC...Owns school record in mile, 3200m and 5000m



Gable Dershem

Clayton, N.C./Cleveland

Senior

Distance/CC

PR's: Cross Country: 6.4K - 27:24.9...8K - 24:58.9...10K - 32:41.4...**Indoor:** Mile - 4:18.40...3,000m - 8:38.87...5,000m - 14:44.12...**Outdoor:** 1,500m - 3:59.90...5,000m - 14:56.66

2019-20

Cross Country: Ran in three races during the season...Earned third straight All-Sun Belt honor with a 15th place finish at conference championships in 25:09.7...Ran a PR at the Louisville Classic, crossing 89th with a time of 24:58.9

Indoor: Competed in two meets during the season...Was fifth in the 5,000-meter run at the VMI Team Challenge in a season-best 15:06.76...Was 14th in the 5,000-meter run (15:42.71) and 18th in the 3,000-meter run (8:51.35) at the Sun Belt Championships

Outdoor: Season canceled due to the coronavirus (COVID-19) pandemic

2018-19

Cross Country: Took part in five races on the season...Was named All-Sun Belt for the second consecutive season, earning Third-Team honors with an 11th place finish in a 8k PR time of 25:36.4...Placed second overall at the USC Upstate Invitational in 25:48.4...Was seventh in his first race of the season at the Lenoir-Rhyne Invitational with a time of 25:56.3

Indoor: Earned All-Sun Belt honors with a third place finish in the 5,000-meter run in a PR time of 14:44.12. Also was a member of the DMR team that placed fourth in 10:20.51...Earned Sun Belt Track Athlete of the Week honors for the first time in his career after winning the 5,000-meter run at the Darius Dixon Invitational in 14:59.66...Was fifth in the 3,000-meter run at the VMI Team Challenge in 8:46.95

Outdoor: Scored points at the Sun Belt Championships with a seventh-place finish in the 5,000-meter run in 15:00.96...Clocked a PR in the 5,000-meter run, placing third at the Duke Invitational with a time of 14:56.66...Ran a PR at the Charlotte Invitational in the 1,500-meter run in 3:59.90

2017-18

Cross Country: Ran in five races for the Mountaineers, posting a top-35 finish in four...Helped the Mountaineers capture the Sun Belt title, earning Second Team All-Conference honors with an eighth place finish with a PR time of 25:24.3 in the 8K...Was 14th at the Upstate Invitational, posting a time of 25:45.1...Ran a new PR in the 6.4K at the Mountain to Sea Open, crossing the tape in 27:24.9...Finished 157th at the NCAA Southeast Regionals, posting a time of 32:40.9 in the 10K

Indoor: Notched a seventh place finish at the Thundering Herd Invitational in the 3,000-meter run in a PR time of 8:38.87...Finished second in the mile at the VMI Winter Relays in 4:22.15 and turned in a PR time of 4:19.49 at the Buccaneer Track & Field Invitational...Was sixth at the Sun Belt Championships in the 5,000-meter run in 15:03.20. Was also a member of the DMR tandem that finished third in 10:13.45...Overall, recorded five top-10 finishes on the season, with two coming in the mile, one in the 3,000-meter run, one in the 5,000-meter run and one in the DMR

Outdoor: Posted a PR in the 1,500-meter run at the 49er Classic, finishing in 3:59.96...Ran a 15:27.87 in the 5,000-meter run at the Duke Invitational for a new PR...Was eighth at the Charlotte Invitational in the 1,500-meter run in 4:01.73

High School PR's: 800m - 1:59.20...1600m - 4:16.40...3200 - 9:39.16...5000m (XC) - 15:22.50...8000m (XC) - 25:24.30

50

18 - WOMEN'S OUTDOOR CONFERENCE TITLES

19 - MEN'S OUTDOOR CONFERENCE TITLES

181 - INDIVIDUAL OUTDOOR CHAMPIONSHIP PERFORMANCES

193 - INDIVIDUAL OUTDOOR CHAMPIONSHIP PERFORMANCES

TRACK & FIELD



Brenton Ervin

Charlotte, N.C./Mallard Creek

Senior

Sprints

PR's: Indoor: 55m - 6.47...60m - 6.88...200m - 21.61...300m - 36.06...**Outdoor:** 100m - 10.72...200m - 21.42...400m - 52.55

2019-20

Indoor: Competed in three meets on the season...Clocked a PR in the 300-meter dash at the Appalachian Open with a time of 36.06 seconds. Also placed third in the 55-meter dash in 6.52 seconds...Was third in the 200-meter dash at the ETSU Track & Field Invitational with a season-best time of 22.07 seconds

Outdoor: Season canceled due to the coronavirus (COVID-19) pandemic

2018-19

Indoor: Ran a season-best 21.83 in the 200-meter dash, placing seventh in the 200-meter dash at the Darius Dixon Invitational...Clocked a season-best 7.02 in the prelims of the 60-meter dash at the Sun Belt Indoor Championships...Was fifth in the 200-meter dash at the VMI Team Challenge with a time of 22.19 seconds

Outdoor: Was a member of the 4x100-meter relay team that earned All-Sun Belt honors with a second place finish at the Sun Belt Championships in 40.44 seconds...Posted a season-best time of 11.06 seconds in the 100-meter dash at the Virginia Grand Prix...Ran a PR in the 400-meter dash at the ADIDAS/Winthrop Invitational in 52.55 seconds

2017-18

Indoor: Ran a PR of 21.61 seconds at the ETSU Invitational in the 200-meter dash to finish fourth. The time also sits seventh in program history...Recorded a third place finish in the 55-meter dash in a PR of 6.47 seconds at the Mountaineer Indoor Meet...Competed in the 300-meter dash at the Appalachian Open, finishing fifth in 37.87 seconds...Ran a PR of 6.88 seconds in the 60-meter dash at the Sun Belt Championships...Finished in the top-five nine different times during the season and in the top-three four times

Outdoor: Ran a PR in the 100-meter dash at the Weems Baskin Relay in 10.61 seconds...Turned in a sixth place finish and new PR in the 200-meter run at the Duke Invitational, crossing with a time of 21.42 seconds...Was fourth in the 100-meter dash at the Charlotte Invitational in 10.74 seconds. Also was a member of the 4x100-meter relay tandem that took first with a time of 40.36 seconds...Placed sixth (10.76) in the 100-meter dash and seventh (21.74) in the 200-meter dash at the Mountaineer Outdoor Meet

High School PR's: 55m (I) - 6.47...100m - 10.70...200m (I) - 23.07...200m - 21.84



Michael Flanagan

Landenberg, Pa./Tatnall School

Senior

Distance

PR's: Cross Country: 6.4K - 26:35.9...8K - 24:57.0...10K - 33:11.1...**Indoor:** 800m - 1:59.19...Mile: 4:22.23...3,000m - 8:27.74...5,000m - 15:00.95...**Outdoor:** 800m - 1:59.99...1500m - 3:56.73...3,000m - 8:40.39...5,000m - 14:56.18

2019-20

Cross Country: Posted two top-20 finishes in six races...Clocked an 8K PR at the Louisville Classic with a time of 24:57.0...Was 11th at the Mountains to Sea Open (26:51.8) and 17th at the HPU VertCross Invitational (25:48.4)

Indoor: Competed in four meets during the season...Placed fifth in the 3,000-meter run at the Sun Belt Championships with a PR time of 8:27.74. Also placed 11th in the 5,000-meter run in a season-best time of 15:05.53...Clocked a PR in the 800-meter run at the South Carolina Invitational in 1:59.19

Outdoor: Season canceled due to the coronavirus (COVID-19) pandemic

2018-19

Cross Country: Ran in six races during the season, placing in the top-10 three times...Clocked a season-best time of 25:41.4 at the Lenoir-Rhyne Invitational, finishing a season low third overall...Was 10th at the Covered Bridge Open (25:51.7) and the USC Upstate Invitational (26:24.3)...Finished 20th overall at the Sun Belt Championships, crossing the tape in 25:55.8

Indoor: Ran two PR's at the Sun Belt Championships. Earned points with an eighth place finish in the 3,000-meter run in a PR time of 8:32.86 and was ninth in the 5,000-meter run in a PR time of 15:00.95...Took third in the 3,000-meter run at the ETSU Track & Field Invitational...Placed fourth in the 5,000-meter run at the VMI Team Challenge in 15:21.75

Outdoor: Did not compete

2017-18

Cross Country: Ran in five races, finishing in the top-25 in four...Ran a PR of 25:40.3 in the 8K at the High Point Vertcross Invitational, finishing 25th overall...Posted his highest finish of 19th at the Covered Bridge Meet, navigating the 8K course in 26:44.7...Placed 21st at the Sun Belt Championships in 26:04.2 (8K)...Was 176th in the 10K race at the NCAA Southeast Regional, finishing in a PR 33:11.1

Indoor: Ran a season-best in his first race of the season in the 3,000-meter run at the ETSU Invitational, crossing eighth in 8:46.79...Set a PR in the mile at the VMI Winter Relays, posting a third place finish with a time of 4:22.23...Competed in the 5,000-meter run at the Thundering Herd Invitational, recording a ninth place finish in 15:22.54...Clocked a 8:49.29 in the 3,000-meter run at the Sun Belt Championships, which was good for 14th place

Outdoor: Finished fifth in the 5,000-meter run at the Sun Belt Championships in 15:08.93...Ran a PR in the 5,000-meter run in his first race of the outdoor season at the 49er Classic, crossing in 14:56.18...Turned in a new PR in the 1,500-meter run in 3:56.73 at the Charlotte Invitational

2016-17

Cross Country: Did not compete

Indoor: Did not compete

Outdoor: Won the 3000m in 8:40.39 (pr) at the Weems Baskin Invitational...Ran a PR of 3:58.79 in the 1500m for 21st and placed 15th in the 800m with a time of 2:00.58 at the Charlotte Invitational...Clocked a PR of 1:59.99 in the 800m and ran the 1500m in 4:05.37 at the Duke Invitational...Finished fifth in the 1500m in 4:01.56 at the Mountaineer Open Outdoor Meet...Placed ninth in the 1500m with a time of 4:04.86 at the Tennessee Challenge

High School PR's: 800m - 1:57...Mile - 4:19...3,200m - 9:27...5K - 16:03

High School: Four-time letterwinner in cross country...Earned second team all-state honors his senior year...Name an all-conference selection all four years of his high school career in cross country...Was crowned champion in the 800m, 1600m, and 3200m at the Delaware State Meet...Led his 4x800-meter relay team to a state championship...Was crowned Tatnall High School's Most Outstanding Senior Athlete

18 - WOMEN'S INDOOR CONFERENCE TITLES

19 - MEN'S INDOOR CONFERENCE TITLES

131 - INDIVIDUAL INDOOR CHAMPIONSHIP PERFORMANCES

192 - INDIVIDUAL INDOOR CHAMPIONSHIP PERFORMANCES

APP STATE



Patrick Freeman

Sophomore

Winston-Salem, N.C./Mt. Tabor

Pole Vault

PR's: Indoor: Pole Vault - 15-5.00 (4.70m)

2019-20

Indoor: Competed in seven meets during the season...Recorded a PR in the pole vault at the JDL Team Challenge, placing fourth with a mark of 15-5.00 (4.70m)...Won the pole vault at the Appalachian Open, clearing 15-1.00 (4.60m)...Was second in the pole vault at the ETSU Track & Field Invitational, clearing 14-9.00 (4.50m)

Outdoor: Season canceled due to the coronavirus (COVID-19) pandemic



Eric Haddock Jr.

Sophomore

Raleigh, N.C./Southeast Raleigh

Jumps

PR's: Indoor: 60m - 7.02...LJ - 24-9.75 (7.56m)...TJ - 50-8.00 (15.44m)

2019-20

Indoor: Scored points at the Sun Belt Championships in two events. Place third in the triple jump with a PR mark of 50-8.00 (15.44m), which ranked ninth in program history. Placed seventh in the long jump with a mark of 23-8.75 (7.23m)...Ran a PR at the Buccaneer Track & Field Invitational in the 60-meter dash, crossing in 7.02 seconds...Named Outstanding Field Athlete at the ETSU Track & Field Invita-

tional after winning the long jump with a mark of 24-9.75 (7.56m). His mark ranked fifth all-time in program history...Was a member of the 4x300-meter relay team that broke the school record in 2:18.74 at the Appalachian Open

Outdoor: Season canceled due to the coronavirus (COVID-19) pandemic

TRACK & FIELD



Evan Hardin

Senior

Alworth, Ga./Carl Harrison

Throws

PR's: Indoor: WT - 46-11.50 (14.31m)...**Outdoor:** HT - 157-11 (48.14m)

2019-20

Indoor: Recorded a PR at the Appalachian Open in the eight throw, covering 46-11.50 (14.31m)...Placed fifth in the weight throw at the JDL Team Challenge with a mark of 43-5.00 (13.80m)

Outdoor: Season canceled due to the coronavirus (COVID-19) pandemic

2018-19

Indoor: Competed during three meets on the season...Recorded a PR and placed sixth in the weight throw at the Appalachian Open, covering 46-5.25 (14.15m)

Outdoor: Posted a PR in the hammer throw with a seventh place finish at the Charlotte Invitational, covering 157-11 (48.14m)...Tied his PR in the hammer throw at the Virginia Grand Prix, placing 11th with a mark of 157-11 (48.13m)

2017-18

Indoor: Competed in the weight throw at four events on the season...Threw a PR distance of 44-0.00 at the VMI Winter Relays...Recorded highest finish of the season in 13th at the Appalachian Open, covering a distance of 43-11.25 (13.39m)

Outdoor: Posted a PR in the hammer throw in his first meet of the outdoor season, finishing eighth with a toss of 151-10 (46.27m)...Was sixth at the Charlotte Invitational in the hammer throw, covering 145-2 (44.25m)

High School PR's: Discus - 133-6...Hammer (5kg) - 157-6...Hammer - 200-0...Shot Put (I) - 37-5.75...Shot Put - 42-4.00...Weight (I) - 63-10.25...Weight - 67-8.00



Mitchell Harris

Sophomore

Fayetteville, Ga./Starrs Mill

Sprints

PR's: Indoor: 400m - 51.08

2019-20

Indoor: Recorded a PR at the Sun Belt Championships in the 400-meter dash, placing 15th in 51.08 seconds. Also was a member of the DMR team that placed fifth (10:31.20) and 4x400-meter relay team that crossed seventh (3:35.91)...Broke the 52.00 mark in the 400-meter dash three other times at the South Carolina Invitational (51.32), Buccaneer Track & Field

Invitational (51.78) and VMI Team Challenge (51.94)

Outdoor: Season canceled due to the coronavirus (COVID-19) pandemic



Dylan James Sophomore Pfafftown, N.C./Reagan Sprints

PR's Indoor: 55m - 6.81...60m - 7.21...200m - 22.70...300m - 36.61

2019-20

Indoor: Recorded two PR's at the Appalachian Open in the 55-meter dash (6.81) and 300-meter dash (36.61)...At the VMI Team Challenge, posted a PR in the 200-meter dash in 22.70 seconds...Clocked a PR time of 7.21 seconds in the 60-meter dash at the Buccaneer Track & Field Invitational

Outdoor: Season canceled due to the coronavirus (COVID-19) pandemic



Jabri Johnson Graduate Yokosuka, Japan/Nile C. Kinnick Sprints

PR's Indoor: 55m - 6.43...60m - 6.85...200m - 21.21...300m - 34.51...400m - 49.12...**Outdoor:** 100m - 10.44...200m - 20.70...400m - 49.38

2019-20

Indoor: Scored points at the Sun Belt Championships in three events. Placed fourth in the 60-meter dash (6.89), sixth in the 200-meter dash (21.66) and was a member of the 4x400-meter relay team that finished seventh (3:35.91)...Also at the Sun Belt Championships, clocked a PR of 6.85 seconds in the prelims of the 60-meter dash. His mark sits in a tie for eighth place in program history...Ran a leg of the school record 4x300-meter relay at the Appalachian Open, helping the team win the event in 2:18.74...Placed sixth in the 60-meter dash at the ETSU Track & Field Invitational in 6.96 seconds

Outdoor: Season canceled due to the coronavirus (COVID-19) pandemic

2018-19

Indoor: Set a PR in the 60-meter dash at the Sun Belt Championships, placing seventh in 6.90 seconds. Also finished fifth in the 200-meter dash in 21.83 seconds and was a member of the 4x400-meter relay team that crossed sixth in 3:20.26...Posted a season-best time of 21.60 seconds for a third-place finish at the Darius Dixon Invitational...Won the 55-meter dash and 300-meter dash at the Appalachian Open with PR times of 6.43 seconds and 34.51 seconds, respectively...Clocked a season-best 50.45 seconds in the 400-meter dash at the VMI Team Challenge. Also was a member of the 4x400-meter relay team that was second in 3:24.53...Was third at the ETSU Track & Field Invitational in the 60-meter dash (6.91) and 200-meter dash (21.83)

Outdoor: Placed eighth in the 100-meter dash and 200-meter dash at the Sun Belt Championships. Was a member of the 4x100-meter relay team that earned all-conference honors with a second place finish in 40.44 seconds...Posted a PR of 10.52 seconds in the 100-meter dash at the Virginia Grand Prix...Ran a season-best 21.40 seconds in the 200-meter dash in the prelims at the Sun Belt Championships...Clocked a season-best time in the 400-meter dash at the 49er Classic, crossing in 50.85 seconds

2017-18

Indoor: Owns the school record in the 200-meter dash, with a time of 21.21 seconds set at the VMI Winter Relays...Posted a PR in the 400-meter dash at the Buccaneer Track & Field Invitational, posting a time of 49.12 seconds...Won the 300-meter dash at the Mountaineer Indoor Meet, crossing in 35.53 seconds...Was fifth at the Sun Belt Championships in the 200-meter dash with a time of 21.54 seconds. Also was a member of the 4x400-meter relay team that finished second in 3:15.69...Ran a leg of the school record 4x400-meter relay team that finished in 3:14.30 at the Thundering Herd Invitational

Outdoor: Earned a spot at the NCAA East Preliminary Round, where he finished 39th in the 200-meter dash with a time of 20.99 seconds...Broke the school record in the 200-meter dash at the Sun Belt Championships, crossing fifth overall in 20.70 seconds...Ran a PR in his first 100-meter dash of the season, crossing in 10.44 seconds at the Weems Baskin Relays...Posted a PR time of 49.38 seconds in the 400-meter dash at the Charlotte Invitational

2016-17

Indoor: Ran a leg on the second-place DMR team at the Sun Belt Championships...Clocked a time of 21.73 in the 200m for third place and ran a leg on the third-place mile relay at the Thundering Herd Invitational & Multi...Recorded a 300m PR of 35.49 for second, a 55m pr of 6.67 for 12th, and ran a leg on the first-place 4x300m relay at the Mountaineer Open Indoor Track Meet...Finished 10th in the 200m with a time of 22.32 and placed 28th in the 60m with a pr of 7.11 at the ETSU Track & Field Invitational...Opened his college career with a first-place victory in the 200m with a time of 21.47 (Converted from 21.85 for Track Size) at the JDL College Kick-off Classic, 2nd all-time

Outdoor: Finished ninth in the 200m with a season's best time of 21.53 and ran a leg on the fourth-place mile relay at the Sun Belt Outdoor Championships...Placed fourth in the 400m with a PR of 50.95 at the Tennessee Challenge...Won the 200m in 22.06 at the Mountaineer Open Outdoor Meet...Ran a leg on the fifth-place mile relay at the Duke Invitational...Helped the 4x400m relay win the event at the Charlotte Invitational

High School PR's: 100m -10.66...200m -21.23...400m -48.25

High School: Was a three-time Far East Champion in the 200 meters...Was crowned the Far East Champion in the 100 meters twice and in the 400 meters...Two-time Stars and Stripes Spring Athlete of the Year

TRACK & FIELD



Jordan Johnson

Senior

Winston-Salem, N.C./East Forsyth

Jumps

PR's: **Indoor:** 55m - 6.39...60m - 6.91...200m - 21.63...300m- 36.07...LJ - 25-2.00 (7.67m)...**Outdoor:** 100m - 10.62...200m - 21.63...LJ - 23-10.00 (7.26m)

2019-20

Indoor: Competed at two meets during the season...Won the 55-meter dash (6.39, PR) and long jump (24-3.50, 7.40m) at the Appalachian Open. Also was a member of 4x300-meter relay team that broke the school record in 2:18.74...Placed fourth in the long jump at

the ETSU Track & Field Invitational with a mark of 23-2.50 (7.07m)

Outdoor: Season canceled due to coronavirus (COVID-19) pandemic

2018-19

Indoor: Did not compete

Outdoor: Did not compete

2017-18

Indoor: Set the school record in the long jump at the Appalachian Open, breaking a 21-year record with a mark of 25-2.00 (7.67m)...Also won the long jump at the Mountaineer Indoor Meet with a mark of 23-11.71 (7.31m)...Finished fifth in the long jump at the Sun Belt Championships, covering 23-7.50 (7.20m)...Recorded a new PR in the 55-meter dash, finishing second at the Mountaineer Indoor Meet in 6.42 seconds...Set a new PR in the 200-meter dash at the Thundering Herd Invitational, crossing in 22.09 seconds

Outdoor: Did not compete

2016-17

Indoor: Finished 16th in the 60m with a pr of 6.94 and placed 16th in the 200m with a time of 22.16 at the Sun Belt Championships...Ran a season's best time of 22.12 in the 200m and placed 15th and ran 6.98 in the 60m for 15th at the Samford Two Day Open...Clocked a time of 6.97 in the 60m for 13th-place at the Buccaneer Track & Field Invitational...Jumped a season's best of 21-2.75 (6.47m) in the long jump for eighth and ran 22.66 in the 200m and placed 17th at the Thundering Herd Invitational & Multi...Ran a PR of 36.07 in the 300m and placed third at the Mountaineer Open Indoor Meet...Opened the season competing in the long jump at the ETSU Track & Field Invitational

Outdoor: Finished seventh in the long jump with a mark of 23-4.75 (7.13m), competed in the 100m and ran a leg on the third-place 4x100m relay at the Sun Belt Outdoor Championships...Clocked a PR of 10.62 in the 100m and placed second, won the long jump competition with a pr of 23-10 (7.26m) and ran a leg on the first-place mile relay at the Mountaineer Open Outdoor Meet...Placed 13th in the 200m with a time of 21.63 and helped the 4x100m team finish third at the Duke Invitational

High School PR's: 200m - 22.40...400m - 50.00...Long Jump - 22-7...Triple Jump - 44-10

High School: Was crowned conference champion in all of his events his senior year...Finished third in the long jump at the NCHSAA 4A State Championships his senior year



Tyler Lewis

Junior

Waxhaw, N.C./Parkwood

Jumps

PR's: **Indoor:** LJ - 22-3.00 (6.78m)...TJ - 46-8.75 (14.24m)...**Outdoor:** LJ - 20-11.75 (6.39m)...TJ - 45-8.50 (13.93m)

2019-20

Indoor: Placed 12th in the triple jump at the Sun Belt Championships with a PR mark of 46-8.75 (14.24m)...Recorded a PR in the long jump with an eighth place finish in the long jump, covering 22-3.00 (6.78m)...Finished fourth in both the long jump (22-2.25; 6.76m) and triple jump (44-8.00; 13.61 m) at the Appalachian Open

Outdoor: Season canceled due to the coronavirus (COVID-19) pandemic

2018-19

Indoor: Posted a PR in the triple jump at the Darius Dixon Invitational, placing fifth with a mark of 45-0.25 (13.72m)...Recorded a PR in the long jump at the Buccaneer Track & Field Invitational with a mark of 20-6.25 (6.25m)...Was sixth in the triple jump at the Appalachian Open (43-5.00, 13.23m) and eighth at the VMI Team Challenge (42-4.00, 12.90m)

Outdoor: Posted a PR in the long jump in first outdoor meet of the season, posting a mark of 20-11.75 (6.39m) at the 49er Classic...Was 15th in the triple jump at the Sun Belt Championships with a PR mark of 45-8.50 (13.93m)

APP STATE



Zachary Mercer Senior

Mooresville, N.C./Mooresville Senior

Distance

PR: Cross Country: 5K - 15:57.0...8K - 26:04.2...Indoor: 800m - 2:04.76...Mile - 4:27.32...3,000m - 9:06.81...Outdoor: 800m - 1:59.62...1,500m - 4:00.30...3,000m - 8:49.97...3,000m Steeple - 9:27.97

2019-20

Cross Country: Ran in two races during the season...Placed 41st at the HPU VertCross Invitational in a season-best time of 26:42.1

Indoor: Was a member of the DMR team that placed fifth at the Sun Belt Championships in 10:31.20...Clocked a PR in the 800-meter run at the JDL Team Challenge in 2:01.29...Recorded a season-best time of 4:27.35 in the mile at the Buccaneer Track & Field Invitational

Outdoor: Season canceled due to the coronavirus (COVID-19) pandemic

2018-19

Cross Country: Participated in five races on the season, placing in the top-20 in four...Won the Montreat Open, posting a PR time of 15:57.0...Set a PR in the 8k at the Lenoir-Rhyne Invitational, crossing 10th overall in 26:04.2...Placed 14th at the USC Upstate Invitational (26:41.6) and 19th at the Vertcross Invitational (26:23.8)

Indoor: Clocked a PR in the 1-mile run in 4:27.32, finishing 14th at the Darius Dixon Invitational...Ran a PR time of 2:04.76 for a 14th place finish in the 800-meter run at the VMI Team Challenge. Also was fourth in the 1-mile run with a time of 4:32.16

Outdoor: Placed eighth at the Sun Belt Championships in the 3,000-meter steeplechase, crossing in a PR time of 9:27.97...Clocked a PR at the season opening 49er Classic in the 3,000-meter run with a time of 8:49.97...Ran a season-best 4:04.49 at the Raleigh Relays in the 1,500-meter run

2017-18

Cross Country: Ran in two races on the season...Posted a new PR in the 8K at the High Point Vertcross Invitational, finishing 26:42.5 in the 8K...Ran a 8K time of 27:03.7 at the Upstate Invitational, which placed him 37th overall

Indoor: Ran a 9:06.81 in the 3,000-meter run at the ETSU Invitational in first collegiate race...Posted a 4:28.64 in the 1-mile run, which placed him ninth at the Buccaneer Track & Field Invitational

Outdoor: Ran a PR in the 3,000-meter steeplechase at the Sun Belt Championships, finishing ninth in 9:41.75...Recorded a new PR in the 1,500-meter run in 4:00.30 at the Duke Invitational...Finished fifth in the 3,000-meter steeplechase in 10:04.14 at the Weems Baskin Relays

High School PRs: 800m — 2:04.00...1600m — 4:21.50...3200m — 9:45.94...5K — 16:02.00

High School: Set cross country PR of 16:02 while winning the NCHSAA 4-A West Regional as a senior; finished 31st at the state meet...Two-time state qualifier in cross country...Ran 3200m PR of 9:45.94 while finishing 11th in the NCHSAA 4-A state track championships as a junior...Finished 10th in the 1600m at the NCHSAA 4-A state track championships as a senior and 9th in the same event as a junior



Charles Pace Sophomore

Winston-Salem, N.C./Mt. Tabor

Distance/XC

PR's: Cross Country: 6.4K - 27:01.0...8K - 26:27.8...10K - 32:24.3...Indoor: 3,000m - 9:13.57...5,000m - 16:16.92

2019-20

Cross Country: Ran in four races...Clocked an 8K PR at the HPU VertCross Invitational in 26:27.8...Was 13th at the Mountains to Sea Open in 27:11.5

Indoor: Competed in four meets during the season...Ran a PR in the 3,000-meter run at the JDL Team Challenge with a time of 9:13.57...Recorded a PR in the 5,000-meter run, crossing in 16:16.92

Outdoor: Season canceled due to the coronavirus (COVID-19) pandemic

2018-19

Cross Country: Participated in two races during the season...Set a 8k PR at the season opening Covered Bridge Open, crossing 27th in 26:39.9...Placed 30th overall in 27:09.2 at the Lenoir-Rhyne Invitational

Indoor: Did not compete

Outdoor: Did not compete

High School PR's: Cross Country: 3200m — 9:43.91...2-Mile — 9:51.20...4K — 13:17.20...5K — 16:05.50...Indoor: 1000m — 2:46.00...1600m — 4:28.45...3200 — 9:43.91...Outdoor: 800m — 2:02.50...1600m — 4:27.41...3200 — 9:37.92

High School: Three-time state qualifier at the NCHSAA State Cross Country Championships...Guided Mt. Tabor to state title in 2017, with a second place finish...Qualified for the indoor 1,600-meter run at the state championships, finishing 10th

TRACK & FIELD



Conrad Phillips Junior

Mooresville, N.C./Pine Lake Prep Distance/XC

PR's: Cross Country: 8K - 26:10.2...Indoor: 3,000m - 9:07.01...15:45.56

2019-20

Cross Country: Ran in three races during hte season...Clocked an 8K PR at the Louisville Classic with a time of 26:10.2...Was 10th at the Mountains to Sea Open with a time of 26:47.1

Indoor: Ran in three meets during the season...Finished the 3,000-meter run in a PR time of 9:07.01 at the JDL January College Kick-Off...Placed eighth in the 5,000-meter run at the Buccaneer Track & Field Invitational in a PR time of 15:45.56

Outdoor: Season canceled due to the coronavirus (COVID-19) pandemic

2018-19

Cross Country: Did not participate in a race during the season

Indoor: Did not compete

Outdoor: Did not compete

High School PR's: Cross Country: 3200m - 9:42.70...2-Mile - 13:00.00...3-Mile - 16:18.48...5K - 16:09.70...Indoor: 3200m - 9:42.70...Outdoor: 3200m - 9:45.57

High School: Four-time NCHSAA state qualifier in cross country, winning the title in 2017 in a PR time of 16:09.70...Was fourth in the indoor 1,600-meter run in 2017...Qualified for the outdoor state championships in the 2017 season, finishing 10th in the 1,600-meter run in 4:53.61 and 12th in the 3,200-meter run in 10:49.71



Zachary Weinstein Junior

Clemmons, N.C./West Forsyth Throws

PR's: Indoor: SP - 41-10.75 (12.77m)...WT - 56-5.25 (17.20m)...Outdoor: DT - 127-5 (38.85m)...HT - 160-6 (48.92m)

2019-20

Indoor: Posted a PR in the weight throw at the JDL January College Kick-off, winning the event with a mark of 56-2.25 (17.20m)...

Finished first at the ETSU Track & Field Invitational in the weight throw with a mark of 56-0.00 (17.07m)...Was 11th in the weight throw at the Sun Belt Championships with a mark of 52-6.50 (16.01m)

Outdoor: Season canceled due to the coronavirus (COVID-19) pandemic

2018-19

Indoor: Record a PR in the shot put at the VMI Team Challenge, finishing ninth with a toss of 41-10.75 (12.77m). Was also fifth in the weight throw with a toss of 52-5.50 (15.99m)...Set a PR in the weight throw at the Sun Belt Championships with a toss of 53-3.50 (16.24m)...Was fourth in the weight throw at the ETSU Track & Field Invitational (50-2.50; 15.30m) and sixth at the Buccaneer Track & Field Invitational (53-0.75; 16.17m)

Outdoor: Set PR's in the hammer and discus at the Charlotte Invitational. Posted a toss of 160-6 (48.92m) in the hammer throw and a mark of 127-5 (38.85m) in the discus

2017-18

Indoor: Did not compete

Outdoor: Did not compete

High School PR's: Discus 154-9...Shot Put (I) - 48-8.00...Shot Put - 50-1.00

APP STATE



Oliver Wilson-Cook Sophomore

Staunton, Va./Robert E. Lee

Distance

PR's: Cross Country: 8K - 24:56.5...10K - 32:19.8...**Indoor:** 3,000m - 8:37.33...14:50.29

2019-20

Cross Country: Ran in five races during the season...Earned Sun Belt Freshman of the Year and Second Team All-Sun Belt honors with a 10th place finish in a PR time of 24:56.5...Was sixth at the Mountains to Sea Open in 25:55.2 and 11th at the Covered Bridge Open with a time of 26:08.3...Ran a 10K PR at the NCAA Southeast Regionals with a time of 32:19.8

Indoor: Posted PR's in the 3,000-meter run (8:37.33) and 5,000-meter run (14:50.29) at the Sun Belt Championships. His 5,000-meter run time placed him eighth... Was fourth in the 3,000-meter run at the JDL January College Kick-Off in 8:49.68...Placed sixth in the 3,000-meter run at the South Carolina Invitational with a time of 8:39.16

Outdoor: Season canceled due to the coronavirus (COVID-19) pandemic

High School PR's: Cross Country: 5K - 15:42.90...**Indoor:** 1600m - 4:29.50...One-Mile - 4:33.66...3,200m - 9:35.76...**Outdoor:** 800m - 2:08.22...1600m - 4:26.18...3200m - 9:34.53

High School: Four-time qualifier for the VHSL State Cross Country Championships, finishing third in 2016 (16:31.00), second in 2017 (16:02.00) and winning the title in 2018 (16:12.00)...Four-time state qualifier in the indoor 3,200-meter run, winning the title in 2019 in 9:52.36 and finishing second in 2018 with a time of 9:43.70...In outdoor competition, Wilson-Cook won the state championship in the 3,200-meter run in 9:51.32 and came in sixth in the 1,600-meter run in 4:37.09

TRACK & FIELD



Jabari Dalton **Freshman**

Charlotte, N.C./South Mecklenburg

Sprints



Ben Datte **Freshman**

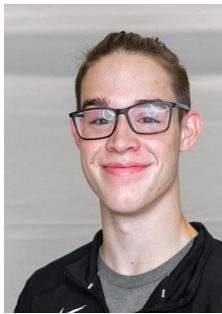
Downingtown, Pa./Downingtown West XC/Distance



Thomas Dixon Jr. **Freshman**

Raleigh, N.C./Broughton

Sprints



Taylor Fox **Freshman**

Easley, S.C./Easley

Pole Vault



Calbert Guest **Freshman**

Fort Collins, Colo./Fort Collins

XC/Distance

APP STATE



Joshua Hairston **Freshman**

Greensboro, N.C./Northwest Guilford

Mid-Distance



Yates Hall **Freshman**

Broadway, Va./Broadway

Jumps



Zane Johnson **Sophomore**

East Bend, N.C./Forbush

Throws



Nathan Karl **Freshman**

Hammonton, N.J./Hammonton

Throws



Timothy Kilpatrick **Freshman**

Candler, N.C./Enka

Throws

TRACK & FIELD



Caleb Kirchoff **Sophomore**

Indian Trail, N.C./Metrolina Christian Academy **XC/Distance**



Dwayne Lillie **Freshman**

Asheville, N.C./A.C. Reynolds

XC/Distance



Braden Underwood **Freshman**

Williamsburg, Va./Lafayette

Pole Vaults/Jumps

APP STATE

TOP INDOOR FINISHERS

Appalachian Open Dec. 6-7 // Boone, N.C.

TOP THREE FINISHERS

1. 55m - Jabari Johnson..... 6.39
1. 300m - De'Shawn Ballard 34.16
1. Pole Vault - Patrick Freeman..... 15-1.00
1. Long Jump - Jordan Johnson 24-3.50
1. Triple Jump - Eric Haddock Jr..... 48-0.50
1. Weight Throw - Peter Kenn..... 54-6.50
1. 4x300 - Haddock Jr., Ballard, Jab. Johnson, Jord. Johnson 2:18.74
2. Pole Vault - Michael Utechy..... 15-1.00
2. Long Jump - Eric Haddock Jr..... 23-5.50
2. Weight Throw - Zachary Weinstein.... 54-6.00
3. 55m - Brenton Ervin 6.52
3. High Jump - Andrew Underdal 6-4.00

ETSU Track & Field Invitational Jan. 10-11 // Johnson City, Tenn.

TOP FIVE FINISHERS

1. Long Jump - Eric Haddock Jr..... 24-9.75
1. Weight Throw - Zachary Weinstein.... 56-0.00
2. 200m - Brenton Ervin..... 22.07
2. 3000m - Isaac Benz..... 8:35.83
2. 5000m - Lawson Benfield..... 15:56.82
2. Pole Vault - Patrick Freeman..... 14-9.00
2. Weight Throw - Peter Kenn..... 54-11.25
3. 800m - Sean Doyle 2:01.62
3. 3000m - Ben Cignarale..... 8:56.35
4. 60m - De'Shawn Ballard..... 6.86
4. 3000m - Ethan Barber..... 8:57.61
4. Long Jump - Jordan Johnson 23-2.50
5. 4x400 - Jab. Johnson, Ballard, Doyle, Blankenship. 3:26.49

JDL Team Challenge Jan. 19 // Winston-Salem, N.C.

TOP FIVE FINISHERS

1. Weight Throw - Zachary Weinstein.... 56-5.25
2. 60m - Dylan James 7.24
2. Weight Throw - Peter Kenn..... 52-11.50
4. 3,000m - Oliver Wilson-Cook 8:49.68
5. Mile - Zachary Mercer..... 4:33.56

VMI Team Challenge

Jan. 25 // Lexington, Va.

TOP FIVE FINISHERS

1. 60m - De'Shawn Ballard..... 6.90
1. 200m - De'Shawn Ballard 21.40
1. 5,000m - Ryan Brown..... 14:38.93
1. Long Jump - Eric Haddock Jr..... 24-6.50
1. Triple Jump - Eric Haddock Jr..... 48-2.00
1. Weight Throw - Peter Kenn..... 56-4.75
2. 5,000m - Isaac Benz..... 14:45.60
2. Weight Throw - Zachary Weinstein.... 55-2.75
3. High Jump - Daniel Lauffenburger..... 6-4.75
4. 5,000m - Ben Cignarale..... 15:03.50
4. High Jump - Andrew Underdal 6-2.75
4. Triple Jump - Tyler Lewis..... 46-1.50
5. 5,000m - Gable Dershem 15:06.76
5. Pole Vault - Patrick Freeman..... 14-3.25

Buccaneer Track & Field Inv.

Jan. 31 - Feb. 1 // Johnson City, Tenn.

TOP EIGHT FINISHERS

2. Pole Vault - Patrick Freeman..... 15-1.00
2. Weight Throw - Zachary Weinstein.... 55-3.50
3. High Jump - Daniel Lauffenburger..... 6-4.75
4. Weight Throw - Peter Kenn..... 53-11.00
8. Mile - Zachary Mercer..... 4:27.35
8. 5000m - Conrad Phillips 15:45.56

South Carolina Invitational

Feb. 7-8 // Columbia, S.C.

TOP EIGHT FINISHERS

2. 3000m - Michael Flangan..... 8:32.25
6. 3000m - Oliver Wilson-Cook 8:39.16
7. DMR - Barber, Harris, Cignarale, Wilson-Cook. 10:44.01
8. Weight Throw - Peter Kenn..... 56-2.00

New Mexico Collegiate Classic

Feb. 7-8 // Albuquerque, N.M.

ALL COMPETITORS

5. 200m - De'Shawn Ballard 21.18
6. 3000m - Isaac Benz..... 8:37.55
6. Triple Jump - Eric Haddock Jr..... 49-11.00
8. Long Jump - Eric Haddock Jr..... 24-0.25
10. 3000m - Ryan Brown 8:45.67
18. 60m - De'Shawn Ballard 6.93
18. Mile - Isaac Benz..... 4:22.83
25. 200m - Jabari Johnson..... 21.74
26. Mile - Ryan Brown 4:29.51

JDL Team Challenge

Feb. 13 // Winston-Salem, N.C.

TOP EIGHT FINISHERS

1. Weight Throw - Peter Kenn..... 55-3.75
2. High Jump - Andrew Underdal 6-2.75
2. Weight Throw - Zachary Weinstein... 53-9.00
4. Pole Vault - Patrick Freeman..... 15-5.00
5. 3000m - Charles Pace 9:13.57
5. Weight Throw - Evan Hardin 45-3.50
6. 800m - Zachary Mercer..... 2:01.29
8. 60m Hurdles - Dylan Blankenship..... 9.19

Sun Belt Championships

Feb. 24-25 // Birmingham, Ala.

TOP EIGHT FINISHERS

2. 200m - De'Shawn Ballard 21.16
2. 3000m - Isaac Benz..... 8:24.55
3. 3000m - Ryan Brown..... 8:25.40
3. 5000m - Isaac Benz..... 14:39.89
3. Triple Jump - Eric Haddock Jr..... 50-8.00
4. 60m - Jabari Johnson..... 6.89
5. 3000m - Michael Flanagan 8:27.74
5. DMR - Mercer, Harris, Doyle, Barber 10:31.20
6. 200m - Jabari Johnson 21.66
6. 5000m - Ryan Brown..... 14:45.01
7. 60m - De'Shawn Ballard..... 6.95
7. 4x400 - Blankenship, Harris, Jab. Johnson, Ballard .. 3:35.91
7. Long Jump - Eric Haddock Jr..... 23-8.75
8. 5000m - Oliver Wilson-Cook 14:50.29

TRACK & FIELD

2019-20 INDOOR SEASON BESTS

55-Meter Dash

Jordan Johnson: 6.39 - Appalachian Open

60-Meter Dash

Jabari Johnson: 6.85 - Sun Belt Championships

60-Meter Hurdles

Dylan Blankenship: 9.02 - VMI Team Challenge

200-Meter Dash

De'Shawn Ballard: 21.16 - Sun Belt Championships

300-Meter Dash

De'Shawn Ballard: 34.16 - Appalachian Open

400-Meter Dash

Mitchell Harris: 51.08 - Sun Belt Championships

800-Meter Run

Sean Doyle: 1:59.01 - South Carolina Invitational

Mile Run

Isaac Benz: 4:22.83 - New Mexico Collegiate Classic

3000-Meter Run

Isaac Benz: 8:24.55 - Sun Belt Championships

5000-Meter Run

Ryan Brown: 14:38.93 - VMI Team Challenge

4x400-Meter Relay

Jabari Johnson, De'Shawn Ballard, Sean Doyle, Dylan Blankenship:
3:26.39 - ETSU Track & Field Invitational

Long Jump

Eric Haddock Jr.: 24-9.75 - ETSU Track & Field Invitational

Triple Jump

Eric Haddock Jr.: 50-8.00 - Sun Belt Championships

Shot Put

Michael Albert: 47-5.00 - Appalachian Open

Weight Throw

Zachary Weinstein: 56-5.25 - JDL January College Kick-Off

Pole Vault

Patrick Freeman: 15-5.00 - JDL Team Challenge

High Jump

Daniel Lauffenburger: 6-4.75 - Buccaneer Track & Field Invitational

Distance Medley Relay

Zach Mercer, Mitchell Harris, Sean Doyle, Ethan Barber:
10:31.20 - Sun Belt Championships

APP STATE

TOP-10 MEN'S OUTDOOR TIMES

100m Dash

10.18	Ernest Wiggins	2004
10.29	Jalen Virgil	2018
10.30	William Buckley	2015
10.34	Dennis Moore	2011
10.42	Jason Green	2003
10.42	Landon Powell	2012
10.44	Dexter Jackson	2007
10.44	Jabari Johnson	2018
10.46	William Buckley	2017
10.46	Jason Dalton	1993

200m Dash

20.70	Jabari Johnson	2018
20.73	Dennis Moore	2011
20.99	David Carter	1983
21.01	Dexter Jackson	2007
21.01	William Buckley	2015
21.04	Landon Powell	2012
21.24	Lafette Jordan	1979
21.25	Jason Dalton	1993
21.27	Reggie Williams	2002
21.27	Jason Green	2003

400m Dash

46.00	Lafette Jordan	1979
46.16	David Carter	1983
46.88	Marshall Pitts	1986
47.08	Ryan Hastings	2017
47.48	John Svoboda	2010
47.58	Eric Joe	1989
47.60	Curtis Lowe	1989

800m Run

1:48.02	Ryan Hastings	2017
1:49.80	Alex Taylor	2012
1:50.12	Reggie Littlejohn	1985
1:50.54	Bryan Burney	2004
1:50.77	Raphael Rojas	2013
1:50.83	Allen Brooks	1991
1:51.06	Keith Sewell	1986
1:51.22	Jesse Dingle	1982
1:51.31	John Evans	1982

1500m Run

3:42.29	Alex Taylor	2012
3:44.9	Todd Goewey	1984
3:45.1	Paul Goewey	1984
3:46.83	Brandon Hudgins	2011
3:47.63	Adam Van Nortwick	2005
3:49.1	Louis Blount	1977
3:49.6	Mike Curcio	1986
3:50.05	Chris Moen	2012
3:51.0	Harry Williams	1985
3:51.2	Mark Shea	985

3000m Run

8:28.70	Anthony Famiglietti	1998
8:32.61	Joe Halin	2004
8:35.34	Phil Mitchell	2007
8:35.43	Shane Austin	1999
8:36.63	Will Raby	2011
8:37.15	Lance Parker	2003
8:38.10	Franklin Manchester	2004
8:40.39	Michael Flanagan	2017
8:40.95	Asmeron Desta	2008
8:41.39	Ben Cignarale	2018

5000m Run

14:19.97	Joe Halin	2005
14:20.6	Tommy Holland	1995
14:22.16	Sean Soderman	2011
14:22.8	Louis Blount	1977
14:24.2	Pete Vandenberg	1989
14:26.25	Anthony Famiglietti	1998
14:27.0	Carlton Law	1984
14:28.6	Mark Shea	1985
14:28.97	Michael Ellis	2015
14:29.85	Chris Moen	2013

Individual Records

Event	Mark	Athlete	Site	Date
100m	10.18	Ernest Wiggins	Florida (NCAA Regional)	2004
200m	20.73	Dennis Moore	North Florida Invite	2011
400m	46.00	Lafette Jordan		1979
800m	1:48.02	Ryan Hastings	Duke	2017
1500m	3:42.29	Alex Taylor	Virginia	2012
3000m	8:28.70	Anthony Famiglietti	UNC Charlotte	1998
2000m SC	6:19.67	Shane Austin	North Carolina	1998
3000m SC	8:51.40	Chris Huffstickler	North Carolina	1996
5000m	14:19.97	Joe Halin	NC State	2005
10,000m	29:52.24	Carlton Law	NC State	1984
110m H	13.63	Charles Derrickson	Sacramento State (NCAA)	2007
400m H	50.46	Tommy Robbins		1986
High Jump	7-3.25	Darius Purcell	Wake Forest	2012
Long Jump	25-3	Michael Hanks		1987
Triple Jump	54-8.50	Warren Posey		1988
Pole Vault	17-5.25	Todd Poremba	Virginia Military	1998
Shot Put	63-01.5	Anthony Greer	Sacramento State (NCAA)	2007
Discus	173-6	Mike Brooks		1984
Javelin	218-7	Rob Grant	Clemson	1991
Old Javelin	233-1	Dave Markland		1977
Hammer	204-6	Rich Grant	South Carolina	1995
Decathlon	6560	Jake Goodchild	Samford (SoCon)	2011

10000m Run

29:52.1	Carlton Law	1984
29:55.4	Mark Shea	1986
29:59.14	Kyle McFoy	2014
30:02.3	Louis Blount	1977
30:02.4	Bobby Wilhoit	1983
30:11.0	Brad Dodson	1990
30:12.56	Brian Graves	2013
30:17.28	Michael Lilley	2013
30:18.29	Isaac Benz	2019
30:28.0	Gary Cohen	1979

110m Hurdles

13.63	Charles Derrickson	2007
13.84	Walt Foster	1986
13.99	Chris Havner	1986
13.99	Tommy Robbins	1986
14.04	Stanley Broaden	2016
14.06	Omari Francis	2001
14.10	AJ Dohanic	2012
14.11	Daniel Neal	2008
14.17	Elliott Graves	2018
14.24	Ryan Linebarger	2001

400m Hurdles

50.46	Tommy Robbins	1986
50.70	Alan Brooks	1991
51.11	Elliott Graves	2019
51.58	Stanley Broaden	2015
51.97	Ryan Linebarger	2002
52.51	Scott Gilmer	1983
52.60	Michael Baldwin	1986
52.77	Daniel Neal	2006
52.79	Garsen Hedrick	1994
53.01	Kenneth Springs	1983

3000m Steeplechase

8:51.40	Chris Huffstickler	1996
8:52.16	Anthony Famiglietti	1998
8:56.82	Sean Soderman	2011
8:59.67	Chris Moen	2013
9:00.50	Pete Vandenberg	1989
9:02.77	Josh Cox	2013
9:05.94	Bobby Wilhoit	1983
9:07.44	Jacob Sears	2016
9:08.61	Michael Ellis	2016
9:11.00	Shane Austin	1999

Long Jump

25-3	Michael Hanks	1987
25-2	Charles Mahatha	2000
25-1	Damion McLean	2001
24-5	Carl Harris	1985
24-4.50	Robbie Mosley	1983
24-3.50	Holt McPherson	2003
24-0.25	Warren Posey	1989
23-11.75	Joel Gaddy	2007
23-11.75	Ricky Harris	2008
23-10.75	Charles Fowler	1979

Triple Jump

54-8.50	Warren Posey	1988
54-6.50	Michael Hanks	1987
53-10.50	Robbie Mosley	1983
53-8	Robert Johnson	1996
51-11.25	Joel Gaddy	2008
51-9	Carl Harris	1985
50-7.25	Mark Sturgis	2009
50-2	Charles Mahatha	2000
49-5.00	Isaiah Relliford	2018

High Jump

7-3.25	Darius Purcell	2012
7-1.75	Daryl Saunders	2012
7-1.25	Robert Johnson	1996
7-1.25	Charles Mack	1984
7-1	Mel Hubbard	1978
7-0.25	Bobby Terry	1978
7-0	Jon Fullen	1991
6-10.25	Carl Harris	1985
6-10	Greg Buckner	1981
6-8.75	Jordan Dale	2019
6-8.75	Dan Smith	2004
6-8.75	Cole Finch	2012

Shot Put

63-01.50	Anthony Greer	2007
61-1.25	MyQuon Stout	2015
56-6	Nathan Milch	2016
56-2	Bob Smith	2004
55-11.25	Malcolm Styers	2010
55-11	Jared Stalling	2013
55-5.5	Jerod Gardner	2011
54-11.75	Ellsworth Parham	2017
54-3.75	Kerry Brown	2005

TRACK & FIELD

2006	Phil Mitchell	1st
	Ryan O'Keefe	9th
	Nathan Hernandez-Adams	10th
2007	Brian Deal	1st
	Asmeron Desta	5th
	Mark Maddox	6th
	Alec Meyer	7th
	Ryan O'Keefe	8th
	Blair Teal	9th
	Phil Mitchell	10th
2008	Asmeron Desta	2nd
	Phil Mitchell	5th
	Ryan O'Keefe	9th
	Josh Houser	10th
2009	Phil Mitchell	4th
	Sean Soderman	6th
	Alec Meyer	7th
	Josh Houser	10th
2010	Will Raby	8th
	Brandon Hudgins	9th
	Alex Taylor	11th
	Sean Soderman	12th
2011	Alex Taylor	8th
	Will Raby	9th
2012	Alex Taylor	4th
2013	Kyle McFoy	6th

All-Sun Belt Conference Runners

2014	Kyle McFoy	5th
	Michael Ellis	7th
	Chris Anderson	11th
	Josh Cox	15th
2015	Michael Ellis	4th
	Andrew Vandenberg	6th
	Kyle McFoy	13th
2016	Michael Ellis	11th
	Chris Anderson	4th
2017	Evan Georges	5th
	Gable Dershem	8th
2018	Dakota Mendenhall	9th
	Gable Dershem	11th
2019	Isaac Benz	4th
	Ryan Brown	5th
	Oliver Wilson-Cook	10th
	George Hotelling	14th
	Gable Dershem	15th

NCAA Individual Qualifiers

1994	Jon Crumbliss
	Jamie Griggs
	Tom Holland
	Brian Miesch
	Seth Peoples
	Judson Sarver
	Alan Whicker

NCAA Team

1994

NCAA Southeast All-Region

1983	Todd Goewey
1989	Peter Vandenberg
1994	Tommy Holland, Jon Crumbliss
1995	Seth Peoples
1997	Anthony Famiglietti
2005	Adam Van Nortwick

TRACK & FIELD

A

Adedeji Adeneye 2010-14
 Richard Agle
 Chip Akers
 Michael Albert 2016-20
 Kevin Allardice
 Clay Allen 2013-15
 Frank Allen
 Samuel Allen 2013-14
 Dustin Allred
 Chris Anderson 2013-2017
 Donnie Anderson
 Jeff Anderson
 Lemuel Anderson
 Pete Anderson
 Rusty Andrews
 Ben Austin 2002-06
 Jon Austin
 Shane Austin

B

Michael Baldwin
 Tommy Ball
De'Shawn Ballard 2017-pres.
Ethan Barber 2019-pres.
 Bo Barbour
 Eddie Barnes
 Rick Beasley 1977-81
 David Beaudry
 Chuck Beddingfield
 Richard Beeker
 John Bell 2008-2012
 Richard Bell 2012-14
 Lawson Benfield 2016-20
 David Benge
 Luke Bennett 2017-20
Isaac Benz 2018-Pres.
 Nick Bien-Aime 2017-19
 Chip Birch
 Ben Bissette 1997
 Jonathan Bivens 2012-14
 Tony Black
 Carson Blackwelder
 Cedric Blackwell
 Norman Blair
Dylan Blankenship 2018-Pres.
 Louis Blount
 Mike Boger
 Chris Bohle
 Matt Boruff 2006-10
 Nicolas Botett 2016-19
 Eric Bourklan
 Caroll Bowel
 Mike Bowers
 David Brammer
 Mike Brin
 Deon Britton
 Stanley Broaden 2011-2016
 Larry Brock
 Allen Brooks
 Mike Brooks
 Tyrone Brooks
 Crandal Brown
 Gary Brown
 Kerry Brown
Ryan Brown 2018-Pres.
 Benjamin Brunson 2015-2017
 Dustin Bryson
 William Buckley 2013-2017
 Greg Buckner
 David Budd
 Tyler Burke
 Bryan Burney
 Matthew Burns 2013-15
 Henry Bustie
 Phillip Bush 2012-15
 2007-2011

G

Bill Caldwell
 Chris Caldwell 2012-13
 Mike Calhoun
 Mason Campbell 2008-10
 Matt Carr
 Carlos Carter 2007-10
 David Carter
 Nic Carter 2009-10
 John Casale
 Ron Caton
 Read Caulkins 2010-13
Elijah Cernoch 2019-Pres.
 Don Chapman
 Doug Chappell
 David Cherry
 Gary Church
Ben Cignarale 2017-pres.
 Neill Clark
 Nolan Clark 2013-14
 Robin Clark
 Bobby Clary
 Inky Clary
 Richard Clary
 Gary Cohen
 Cameron Coley-Barnhall
 Keith Collins 2017-18
 Kelly Collins
 Aaron Combs 2011-12
 Tyler Combs 2009-13
 Leon Corpening

Mike Corriher
 Mike Coston
 Josh Cox 2011-15
 Pat Cromwell
 John Crumbliss
 Sean Culhane
 Sammie Cunningham
 Stan Cunningham
 Mike Curcio 1983-87
 Keith Curry
 Chris Cutter

D

Jordan Dale 2016-19
 Jason Dalrymple
Jabari Dalton 2020-pres.
 Jason Dalton 2007-11
 Tim Daly
 Tim Darnell
Ben Datta 2020-pres.
 John Davenport
 John Michael Davidson 2012
 Charles Davis
 Tyler Davis 2010-2012
 Tony Dawkins
 Brian Deal 2004-08
 Kenan Demir
Gable Dersham 2017-pres.
 Charles Derrickson
 Clayton Deskins
 Asmeron Desta 2004-09
 Will Dickerson 1995
 Andy Dillenback 1981-85
 Jesse Dingle
 Joe Dixon
Thomas Dixon Jr. 2020-pres.
 Brad Dodson 2008-2012
 AJ Dohanac
 Jeff Dowd
Sean Doyle 2016-pres.
 Jim Driver
 Daniel Duckworth
 Dean Duncan

E

Jesse Earnhardt 2013-15
 Matt Eddins 2012-2016
 Trey Edgerton
 Daniel Eggers
 Joe Bill Ellender
 Tim Elrod 2012-15
 Joshua Ellis 2012-2016
 Michael Ellis
Brenton Ervin 2017-pres.
 David Ess
 Eddie Estes
 Darryl Evans
 John Evans
 Shawn Evans
 Warren Evans
 Joe Ewing

F

Kerry Fagan
 Anthony Famiglietti 1996-98
 Boukar Faye 2013-14
 Bill Fenzau
 Brad Ferguson
 Cole Finch 2012-2017
 Daniel Fioramonti
 Jeff Fitzgerald
Michael Flanagan 2016-pres.
 Jimmy Flythe
 Ian Foley 2016-18
 Devon Ford 1973-77
 Kedrick Ford
 Robbie Ford
 Gerald Foreman
 Walt Foster
Taylor Fox 2020-pres.
 John Fravel 2017-20
 Charles Fowler
 Nick Fowler
 Omari Francis
 Jim Freeman
Patrick Freeman 2019-Pres.
 Jon Fullen

G

Joel Gaddy 2004-08
 Jeff Gallagher 2007-11
 Bud Galloway 2007-11
 Jerod Gardner 2011-14
 Chris Garrett
 Jackie Gary
 Evan Georges 2014-18
 Scotty Gilmer
 Will Gillespie
 Kevin Gladden
 Paul Goewey
 Todd Goewey
 Darrow Goff 2013-14
 Gary Gohen
 Jake Goodchild 2007-2012
 Matt Gould
 Marquis Grant 2012-13
 Rich Grant 1991-95
 Rob Grant 1988-92
 Brian Graves 2008-13

Elliott Graves 2016-19
 Greg Green
 Jason Green
 Vic Greene
 Anthony Greer 2002-07
 Jame Griggs
 Michael Guess
Calbert Guest 2020-pres.
 Dennis Gutknecht
 Sawyer Gwyn-Rowsom 2018-20

H

Eric Haddock Jr. 2019-pres.
 Senico Haines 2017-18
Joshua Hairston 2020-pres.
 Gary Hall
Yates Hall 2020-pres.
 Joe Halin 2000
 Emmitt Hamilton 1974-78
 Garrett Hammonds 2015-16
 Jim Hanigan
 Michael Hanks 2013-17
 Josh Hanna
Evan Hardin 2017-pres.
 Thayne Harmon
 Andrew Harris 2015-2016
 Carl Harris
 Danny Harris
Mitchell Harris 2019-pres.
 Ricky Harris 2005-09
 Zach Harris
 Stanley Harris
 Hampton Harvin 2017-18
 Ryan Hastings 2014-18
 Grant Haun 2004-08
 Chris Havner
 Leigh Hawkins 1985-89
 Bob Hayes
 Paul Helmandollar
 Brendon Helms 2003-08
 Chase Helton 2012-14
 Bryan Henderson
 Melvin Henderson
 Will Henderson 2014-2017
 Nathan Hernandez-Adams
 Earl W. Henson 1934-38
 Patrick Hill 2010-2012
 Josh Hogg 2010-2012
 Jordan Hopper 2011-2012
 George Hotelling 2019-20
 Bobby Horan
 Kenneth Herndon
 Alex Herring
 Glen Hicks
 Harry Hilewitz
 Tim Himes
 Nick Hinton 2015-18
 Danny Hoard
 Eddie Hoffman
 Kimani Hoffman 2014-2016
 Tommy Holland 1992
 Zach Hollis
 Larry Holt
 Bobby Horan
 Josh Houser 2006-10
 James Howard-Smith 2009-14
 Jon Howes 2011-14
 Mel Hubbard
 Brandon Hudgins 2009-11
 Matthew Hudson
 Chris Huffstickler
 Justin Hunnicutt
 Cam Hunter 2004-08
 2017-18

I

Joe Irvin

J

Dexter Jackson 2007
 Michael Todd Jackson
 Sean Jackson
Dylan James 2019-Pres.
 Ward Jarvis
 Steve Jeck
 Keith Jenkins
 Eric Joe
Jabari Johnson 2016-pres.
 Jeff Johnson
Jordan Johnson 2016-pres.
 Nathan Johnson 2017-18
 Linell Johnson
 Robert Johnson
 Sherrill Johnson
Zane Johnson 2020-pres.
 Bobby Jones
 Eugene Jones
 Trey Jones 2009-13
 Lafayette Jordan
 Phil Jordon
 Kenley Joseph
 Kyle Joyce 2011-14
 2017-18
 Jake Justice

K

Nathan Karl 2020-pres.
 Dave Keesler
 Coleman Keeter
 Chris Kelly 2014-2017

Nick Kelly 2008-13
 Peter Kenn 2015-20
Timothy Kilpatrick 2020-pres.
 Keith Kimmons
 Bennett King
 Mark Kingan
Caleb Kirchoff 2020-pres.
 Robert Kirkland
 Wes Kiser 2004-08
 David Klappenbach
 James Koehler 2011-2012
 Robert Kovach 2012-13
 Mike Kroeger

L

Zane Lail 2008-13
 Jacob Lane 2007-2011
 Evan Laratta 2014-2016
 Mason Lasater 2012-2016
 Rich Latta
 Daniel Lauffenburger 2016-20
 Mike Lauteen
 Carlton Law
 Evan Lawrence
 Terry Lawrence
 James Layne
 Matt Layne 2013-2017
 Brad Leach
 Danny Ledford
 John Leonard
Tyler Lewis 2018-Pres.
 Jon Levine 2009-13
 Michael Lilley 2009-13
Dwayne Lillie 2020-pres.
 Ryan Linebarger
 David Lindsey
 Marcus Littlejohn
 Reggie Littlejohn
 Lawrence Lloyd
 TJ Lockard 2007-2011
 Alex Lomax 2011-15
 Lynn Lomax
 Curtis Lowe
 Collin Loy 2014-18
 Norris Luckey
 Jamie Lyda

M

Charles Mack
 Mark Maddox 2003-08
 Charles Mahatha
 Bob Mahoney
 Stuart Makinson
 Franklin Manchester
 Antonio Marciano 2013-2017
 Alan Marion
 Randy Marion
 Dave Markland
 Chris Martin
 Gerald Martin
 Greg McCain
 Nathan McCall
 Terrice McClain
 Craig McCollum
 Greg McCollum
 Dennis McCorkle
 Kyle McFoy 2011-15
 Jason McGhinnis 1997-2000
 Fred McKaig
 Damian McLean 1998-02
 Kevin McLeod
 Mitch McLeod 2012-13
 Andrew McNeely
 Holt McPherson
 Marshall McRae 2012-2016
 Alex McWalters
 Steve Means
 Brian Meisch
 Dakota Mendenhall 2018-19
Zachary Mercer 2017-pres.
 Alec Meyer 2006-10
 Chad Michael
 Nathan Milch 2013-2017
 Ian Milder 2015-2016
 Kevin Millender
 Henry Miller 2016-pres.
 Tony Millsaps
 Dan Misenheimer
 Don Mitchell
 Mike Mitchell 2005-10
 Phil Mitchell 2008-13
 Chris Moen
 Stephen Monticone
 Dennis Moore 2 008-2012
 Sam Mordecai 2007-10
 Kevin Morris
 Phil Morrison
 Stephen Morrison
 Robbie Mosley 1979-83
 John Moss
 Gary Murphy

N

Daniel Neal 2005-09
 Jalen Neely-Baldwin 2018-19
 Noah Niwinski
 Mark Noble
 Tyler Noel 2016-17

APP STATE

Bryant Noles Jon Norman				Dale Slaughter Virgil Sneed Ashton Smith Bob Smith Brandon Smith Chrystian Smith Dan Smith Hayes Smith Landon Smith Phillip Smith Thomas Smith Zach Smith Sean Soderman 2014-15 2011-13	Andrew Yarchin Terrance Young	2006-2011 2012
Elton Oakley Nick O'Keefe Ryan O'Keefe Paul Olander James Orr Peter Ovendorf	2004-08			2015-18 2020-pres.	Brian Zagorski Nick Zeller Cade Zimmerman	2007-10 2014-17
Charles Pace Jason Palmer Ellsworth Parham Ian Paran Lance Parker Don Parmintier Wayne Parris Landon Patterson Conrad Phillips Pat Poole Robert Patterson Kevin Paulk Aaron Pedrick Billy Pemberton Seth Peoples Bill Peterson James Phelps Conrad Phillips George Phillips Wes Pickens Stephen Pittman Marshall Pitts Caleb Poplin Todd Poremba Chris Porter Warren Posey Landon Powell Jackson Powers Brad Price Russell Price Gary Pryor Darius Purcell		2012-2016	2018-2016	2008-12 2020-pres. 2013-14 2015-18 2008-13 2009-11 2013-14 1994		
Dan Queen Patrick Quinn				2014-2016 2011-14 2005-09 2007-11 2011-14 2006-10		
Will Raby Philip Reece Michael Reed Isaiah Relliford Nick Rennich Tommy Robbins Scotty Rhyne Evan Richardson Mike Rigsbee David Riddleberger Mason Rivera Tommy Robbins Eric Roberts Jaxon Roberts Arthur Robertson Kelly Robinson Xzavier Robinson Raphael Rojas Mike Rowan Oscho Rufty Nelson Russ Darryl Russell		1985-89 2009-13 2013-17		2014-2016 2011-14 2011-13		
Alan Safrin Jay Samuels Jimmy Sanders Evan Sandling Nick Sansotta Jusdon Sarver DJ Saunders Mike Schell Chris Scherrer Jonathan Schmidt Ben Schowe Steve Schultz Devon Scott Bill Scull Jacob Sears Robbie Sellati John Sellars Mark Senn Keith Sewell Ryan Shannon Ted Shants Alan Sharp Charles Sharp Tristian Shaver Mark Shea Barron Shell James Shields Rick Shiver Ariel Shores Joel Shores Rance Shuler Steve Simandle Mitch Simril Keith Sims Tyler Sink Cory Sitzman James Slagle		2015-2016 2011-15	2019-pres.	2009-13 2007-11 2007-11 2009-13 2013-2017 2019-20 2007-11 2010-14 2017-19 2001 2007-11		
				2006-10 2009-13 2004-08		
				2007-11 2017-20 2020-pres.		
				2015-20		
				2012-16 1986-90 2003-07 2018-20		
				2006-2011 2015-2016 1975-79 1992 2008-10 2017-pres.		
				2016-19 2016-17		
				2007-2011 2019-Pres.		
				2009-2012		
				2013-15		
				2013-15		
				Steve Yannotti		

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18 - WOMEN'S OUTDOOR CONFERENCE TITLES
19 - MEN'S OUTDOOR CONFERENCE TITLES

181 - INDIVIDUAL OUTDOOR CHAMPIONSHIP PERFORMANCES

193 - INDIVIDUAL OUTDOOR CHAMPIONSHIP PERFORMANCES

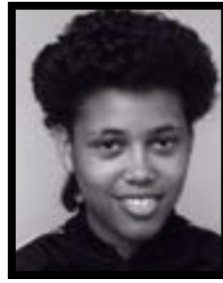
TRACK & FIELD



Whitney Ball
5000m Outdoors



Lynett Farmer
400m Relay



Lynette Gardin
400m Relay



Michael Hanks
Triple Jump Outdoors
Triple Jump Indoors



MJ Harrelson
800m, 1500m
(Two-time National Champion)



Robert Johnson
Triple Jump Outdoors
Triple Jump Indoors



Lafayette Jordan
400m Indoors



Lamonda Miller
100m, 200m
400m Relay



Melissa Morrison
100m Hurdles



Stethane Pipkins
400m Relay



Warren Posey
Triple Jump Outdoors
Triple Jump Indoors



Meg Warren
Javelin



Ronda White
Triple Jump



Ernest Wiggins
100m Outdoors



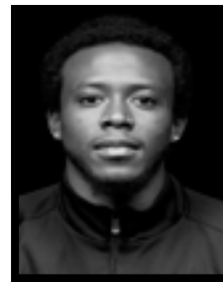
Landon Powell
4x100m Relay



AJ Dohanich
4x100m Relay



Dennis Moore
4x100m Relay



Justin Thomas
4x100m Relay

APP STATE

Hall of Fame Members

Whitney Ball

Distance

Two-Time all-American outdoor 5000m ... conference champion in indoor 3000m twice ... conference champion in indoor 5000m twice ... conference record holder in indoor 3000m ... conference recordholder in indoor 5000m ... conference MVP Outdoor Track ... conference champion outdoor 3000m, 5000m, and 10,000m ... conference recordholder 5000m, 10,000m ... all-conference 24 times ... conference cross country champion twice ... fastest time in conference history in cross country ... all-South in cross country ... NCAA Qualifier in cross country; App Recordholder Outdoors in 5000m and 10,000m ... App record holder indoors in 3000m and 5000m.

Jennifer Claud-White

Sprints/Jumps

Sprinter and jumper was a nine-time Southern Conference champion ... won SoCon Outdoor titles in the 200-meter dash (2002, '04, '05) and 100-meter dash (2002, '04) ... also earned SoCon Indoor championships in the 55-meter dash (2002), 200-meter dash (2004), long jump (2005) and triple jump (2005) ... earned SoCon Freshman of the Year honors (2002) and was named as the SoCon Outdoor Most Outstanding Athlete in 2004 ... holds the Appalachian State indoor record in the 60-meter dash (7.44).

Lynette Gardin

Sprints

An eight-time all-Southern Conference honoree, earning indoor and outdoor honors all four years of her collegiate career ... still holds six school records — indoor 300m (40.29), indoor 400m (56.34), indoor mile relay (3:57.47), indoor sprint medley — 400-200-200-800 (4:14.9), outdoor 4x100m (44.73) and outdoor 4x200m (1:36.69) ... claimed all-America recognition as part of 1989 400m relay team ... won 10 Southern Conference championships individually ... helped lead all eight of her App teams to SoCon team titles (indoor and outdoor, 1989-92).

Mary Jane Harrelson

Distance

Appalachian's first-ever NCAA Champion, winning NCAA 1,500m titles in 1999 and 2001 ... A six-time all-American ... App's all-time record holder in the indoor 500m, 800m and mile runs and outdoor 800m, 1,500m and 3,000m runs ... also members of the record holding indoor distance medley and 4x400m relays and outdoor 4x800m and 4x1,500m relays ... ranks second in App record books in 5,000m run in cross country ... was named the Southern Conference Female Athlete of the Year in 1999 and 2001 ... 23-time SoCon champion ... earned 2001 NCAA Woman of the Year honors for the state of North Carolina ... finished fifth in the 1,500m finals of the 2004 U.S. Olympic Track and Field Team Trials ... represented the United States in the Pan-American Games in 2003, winning a silver medal in the 1,500m ... produced second-place finishes in both the mile and the 800m at the 2002 USA Indoor Track and Field Championships, running personal records in both events ... ranked fifth in the United States in the 1,500m by Track & Field News in 2003.

Leigh Hawkins

Throws

A member of the App track and field team from 1986-1989, Leigh Hawkins still ranks second in school history in the discus (170-6), third in the indoor shot put (52-5) and fourth in the outdoor shot put (54-2.5). Hawkins won 11 individual SoCon titles in the shot put, discus, weight and hammer throws during his four-year career. He was also named the SoCon Championship MVP three times. He claimed outdoor championships in the discus in 1986, '88, and '89, shot put in 1988 and '89. Hawkins also added indoor titles in the shot put and weight throw in '88 and '89.

Lamonda Miller

Sprints

Six-time NCAA all-American ... two-time conference MVP ... four-time United States national team member ... Pan American Games in 1991 - Bronze in Relay ... World Cup in 1990 - silver in relay, World University Games in 1991 - gold in relay ... two-time Olympic Trials Qualifier in 100m, 200m ... 13-time Conference Champion ... undefeated in conference competition for three years ... holds six conference records - indoor and outdoor ... broke eight App records ... ranked eighth in the U.S. in 100m in 1989 and 19th in the world in 100m in 1989 ... events - 55m, 100m, 200m, 4 x 100m Relay.

Melissa Morrison

Sprints/Hurdles

Won two Olympic bronze medals ... NCAA indoor 55m hurdle all-American (Third Place) ... Southern Conference indoor champion on 55m hurdles, triple jump and 55m dash ... outdoor 100m hurdle all-American (ninth place) ... Southern Conference outdoor champion in 100m hurdles, long jump, triple jump, 200m dash and 100m dash ... Competed at the 1994 Mobile/USA Track and Field Championship and 1992 Olympic Trials ... outdoor NCAA National Championship two-time competitor ... NCAA Division I Indoor National Championship Competitor.

Beth Ruggles

Distance

Southern Conference Individual cross country champion twice ... Appalachian team cross country MVP twice ... two-time Southern Conference team cross country champion ... three time all-SoCon cross country honoree ... Southern Conference outdoor 3000m champion ... SoCon outdoor 5000m champion ... SoCon outdoor team champion.

Meg Warren

Throws/Javelin

NCAA all-American four times in javelin ... placed as high as third in the nation ... conference outdoor MVP in 1988 ... conference champion in javelin ... conference recordholder in javelin ... all-conference in javelin, high jump, discus, and 100m hurdles ... third in javelin in 1992 Olympic Trials ... App recordholder in javelin at 190-5.

Vanessa Kosmala

Distance

NCAA qualifier in 1500m outdoors ... NCAA Qualifier in 5000m outdoors ... conference MVP - outdoors ... conference champion in 800m ... conference champion in 1500m ... conference champion in 3000m ... was conference recordholder in 1500m ... earned all-conference honors eight times ... all-South in cross country ... App recordholder in 1500m and 3000m outdoors and indoors in 1000m.

Leigh Cooper Wallace

Cross Country/Track and Field

Was a six-time all-Southern Conference performer and four-time conference champion as a standout distance runner ... four conference titles all came as a senior - 5,000m (indoors) and 3,000m, 5,000m and 10,000m (outdoors) ... is one of only two athletes in SoCon history to win all three distance races (3,000m, 5,000m and 10,00m) at one conference championship meet (joining App State teammate Whitney Ball) ... named all-SoCon as a junior and senior in cross country, placing third at the conference championship as a senior in 1991 ... in her four years at Appalachian State, she helped the Mountaineers capture all 12 SoCon cross country, indoor track and field and outdoor track and field team championships ... went on to be a longtime teacher and coach at nearby Watauga High School and helped lead the Pioneers' cross country and track and field teams to numerous conference, regional and state championships in her 10-plus years as a coach ... was inducted into the Watauga County Sports Hall of Fame in 2006.

TRACK & FIELD

Hall of Fame Members

Lafette Jordan

Sprints

The school's first All-American with a sixth place finish in the indoor 400m with a time of 47.69 in 1979 ... holds three school records (outdoor 400m, 440 yd run, and 600 yd run) ... qualified for the NCAA Championships in a total of four events ... earned Southern Conference Most Valuable Track Athlete honors in 1980 after claiming championships in the SoCon 200m, 400m, and 400m relay ... won a total of seven individual conference championships.

Robert Johnson

Triple Jump

Earned all-America honors in both indoor and outdoor triple jump ... 1996 Southern Conference outdoor track and field Most Outstanding Athlete ... holds App's outdoor high jump record (7-1.25), ranks third in indoor triple jump (52-8.0) and fourth in outdoor triple jump (53-8.0) ... three-time Southern Conference individual champion (1995 indoor triple jump — 51-0.5, 1996 outdoor high jump — 7-1.25, and triple jump — 49-11.75) ... earned all-SoCon honors in the long jump, 200 meters and 4x100 meter relay at the 1996 SoCon Outdoor Championship ... three-time Southern Conference team champion (1995 indoor, 1995 and '96 outdoor).

Bob Pollack

Coach

The head coach of the Mountaineer track and field program from 1974-88, Pollock guided App to five outdoor and five indoor Southern Conference Championships ... in his 15-year tenure, he coached three all-Americans and guided eight athletes to the NCAA Championships in 13 events.

Warren Posey

Jumps

A member of the App track and field team from 1985-89, Posey was a four-time all-American in triple jump (indoors twice, outdoors twice) ... a three-time qualifier in five events, all in the triple jump ... was a two-time indoor triple jump SoCon champion ... holds the App outdoor triple jump record (54-8.5).

Peter Vandenburg

Distance/Cross Country

A member of the track and cross country teams from 1986-90, Vandenburg held the school's 10,000m cross country record until 2005 was an all-SoCon performer in all four seasons on the cross country team, placing as high as third in 1989 ... holds school top-10 marks in the 3000m steeplechase and the 5000m run.

Ernest Wiggins

Sprints

Two-time all-American in 100-meter dash ... won NCAA East Regional and placed 12th in the 100-meter dash as a senior in 2004 ... is the Southern Conference record-holder in the 60-meter dash (6.73 seconds) ... was a three-time conference champion in the 100-meter dash (outdoors), 60-meter dash and 200-meter dash (indoors) ... was a three-time Southern Conference Athlete of the Month ... holds Appalachian State records in the 55-meter dash (6.22), 60-meter dash (6.72) and 100-meter dash (10.18) ... qualified for the 2004 Summer Olympics as an alternate for the U.S. 4x100 relay team ... ran the 60-meter dash at the prestigious Millrose Games at Madison Garden in 2004.

Al Fereshetian

Cross Country/Track Coach (1989-95)

Led Appalachian to 12 Southern Conference championships (three cross country, five indoor track and field, four outdoor track and field) in seven years at the helm of the men's cross country and track and field programs ... named SoCon Coach of the Year six times (three cross country, two indoor, one outdoor) ... coached 1994 cross country team that qualified for NCAA national championship meet — the only team in ASU history to do so — and was ranked as high as No. 20 nationally and finished No. 4 in the Southeast region ... mentored 62 SoCon individual track and field champions and two triple-jump All-Americans (Warren Posey and Robert Johnson)... athletes that he coached still own five ASU records ... a 1983 graduate of the University of New Hampshire, he returned to New England in 1995 to take over the men's cross country and track and field programs at Bates College in Maine, where he has coached six NCAA Division III national champions and 34 All-Americans.



DOUG GILLIN \ DIRECTOR OF ATHLETICS

DOUG GILLIN was named Appalachian State University's director of athletics on Feb. 27, 2015 and officially began the role on April 6, 2015.

Entering his fourth year in Boone, Gillin has overseen progress in all facets of an athletics department that was in the beginning stages of its transition from FCS football and Southern Conference membership to FBS football and the Sun Belt Conference upon his arrival.

Among the achievements under Gillin's leadership have been App State's student-athletes leading the way academically within the Sun Belt; installation of state-of-the-art video board at Holmes Convocation Center and Kidd Brewer Stadium; plans approved for a new football end zone project, field hockey stadium upgrades and other facility enhancements; negotiating home games against top-tier programs such as Miami, North Carolina and South Carolina; record breaking football crowds; and a significant increase in philanthropic giving.

Gillin has helped oversee one of the most successful transitions to the FBS level of football in history. The Mountaineers, under the leadership of head coach Scott Satterfield, became the first team to win bowl games in the first three consecutive years after making such a transition. They claimed the 2015 and 2016 Camellia Bowl trophies and were most recently crowned champions of the 2017 Dollar General Bowl after a 34-0 shutout of MAC champion Toledo.

The football team claimed Sun Belt titles in 2016 and 2017. Entering the 2018 season, its 36-9 record over the last 45 games trails only Alabama, Clemson, Ohio State and Wisconsin among all FBS programs.

Other team championships under Gillin's watch include 2016, 2017 and 2018 Southern Conference wrestling, 2016 Sun Belt women's indoor track & field, 2016 women's Sun Belt women's cross country and 2017 Sun Belt men's cross country.

Following are some of the top achievements during Gillin's tenure as director of athletics:

- Fall 2017 marked the 11th consecutive semester that App student-athletes achieved a collective 3.0 grade point average. App State received the Institutional Graduation Rate Award from the Sun Belt in 2015 and 2017 and led the league with 237 student-athletes making the 2016-17 Sun Belt Commissioner's List (3.5+ GPA) or Academic Honor Roll (3.0-3.49 GPA).

- The design phase of a \$38.2 million football end zone project has been approved.

- State-of-the-art video boards were installed at Holmes Convocation Center (for basketball and volleyball) and Kidd Brewer Stadium this past summer. The football video board is the largest of its kind among Group of Five programs.

- Volleyball received locker room upgrades in 2017, while plans are under for field hockey and wrestling facility enhancements thanks to generous donations to the program. Field hockey's new locker room facility is set to debut in fall 2018 in time for the 50th anniversary of women's

sports at Appalachian.

- Gillin negotiated big-time home games versus Power Five opponents Miami (2016), North Carolina (2022) and South Carolina (2025). The Miami crowd of 34,658 set a stadium record that was eclipsed by the Wake Forest crowd of 35,126 a year later. Other future home-and-home series include East Carolina and Marshall.

- Giving to the Yosef Club has hit record highs, thanks to the leadership gifts like App alum Mark Ricks' donation of \$10 million towards the university's "A Mountaineer Impact" initiative. Ricks' gift, announced on Nov. 9, 2017, is the largest outright gift in university history.

- The Mountaineer Impact initiative was announced in February 2017 and has generated \$30 million toward the \$60 million overall goal as of March 2018. Contributions to the initiative help construct and enhance athletic facilities and provide scholarship support, while impacting the overall athletic experience for App State student-athletes and fans.

Before arriving in Boone, Gillin most recently served as the deputy director of athletics at the University of Missouri from 2012-15, playing a prominent role in the Tigers' transition to the Southeastern Conference.

He also spent time on college campuses in New Mexico and Syracuse, while holding the senior leadership positions at ISP Sport/IMG College from 2002-12.

A native of Binghamton, N.Y., Gillin and his wife, Leslie, have three children: daughters Shea and Lia and son Chase.



DR. SHERI EVERTS \ CHANCELLOR

Dr. Sheri Everts joined Appalachian State University as its eighth leader in July 2014. Previously, she had been the provost and vice president for academic affairs at Illinois State University since 2008.

A Nebraska native who attended elementary school in a one-room schoolhouse, Everts graduated from the University of Nebraska-Lincoln in 1980 with a bachelor's degree in English instruction and secondary education. After teaching middle school and high school English in Kansas and Nebraska, she returned to UNL, where she earned a master's degree in literacy education and English (1991) and a doctorate in administration, curriculum and instruction (1994).

Everts began her higher education career in 1994 as an assistant professor in the Department of Teacher Education at the University of Nebraska Omaha. Rising through the academic and administrative ranks at UNO, she was named assistant vice chancellor for academic and student affairs in 2000, promoted to associated vice president in 2003 and named interim senior vice chancellor for academic and student affairs in 2006. She served in that interim capacity until June 30, 2008, when she left Nebraska to become provost and vice

president for academic affairs at Illinois State University and also served as interim president at ISU.

Under Everts' leadership, Appalachian continues to distinguish itself as a leader in sustainability and has welcomed an increasingly more diverse community of students and faculty/staff. The annual Appalachian Energy Summit brings together some of the world's most brilliant minds in energy policies and practices - and has resulted in more than \$499 million in avoided utility costs (or almost 9 billion pounds of CO2-equivalent emissions) since it began in 2012. In 2015, Everts traveled to Washington D.C., to participate in a White House summit and receive a national Climate Leadership Award from Second Nature, a national nonprofit agency, and the U.S. Green Building Council's (USGBC) Center for Green Schools. In 2017, she returned to the nation's capital to participate with Appalachian faculty and staff in a series of U.S. Senate-level bipartisan discussions around issues and initiatives impacting the 13-state Appalachia region. In 2016 and 2017, Appalachian's solar vehicle team competed in the Formula Sun Grand Prix, an international collegiate endurance competition that sets the standards for and tests the limits of solar vehicle technology - taking third and second place, respectively.

Chancellor Everts' priorities for moving forward

as a campus community include:

- Articulating the ways Appalachian define sustainability
- Increasing the diversity of our student, faculty and staff populations
- Improving wellness, health and safety for our campus community
- Integrating global learning into and beyond our classrooms
- Supporting faculty and staff
- Providing innovative and creative opportunities for our student to engage in and showcase their research
- Emphasizing the significance of the difference we can make in communities here and across the world through civic engagement
- Securing the necessary resources to energize and sustain these strategic initiatives and support our world-class faculty, staff and student
- Maintaining a focus on slow and steady enrollment growth



ABOUT APPALACHIAN STATE UNIVERSITY

Appalachian State University, in North Carolina's Blue Ridge Mountains, prepares students to lead purposeful lives as global citizens who understand and engage their responsibilities in creating a sustainable future for all. The transformational Appalachian experience promotes a spirit of inclusion that brings people together in inspiring ways to acquire and create knowledge, to grow holistically, to act with passion and determination, and embrace diversity and difference. As one of 17 campuses in the University of North Carolina system, Appalachian enrolls about 18,000 students, has a low faculty-to-student ratio and offers more than 150 undergraduate and graduate majors.

POINTS OF PRIDE

In U.S. News and World Report's 2019 rankings, Appalachian was recognized as:

- * 3rd among top regional public universities in the South
- * 8th among best regional universities in the South
- * 20th in the "Best Value Schools" category for Southern regional universities
- * 2nd in the "Best Undergraduate Teaching" category for southern regional universities
- * 2nd among "Most Innovative Schools" category for southern regional universities
- Chosen as one of the "Best of the Southeast" in The Princeton Review
- Ranked 369th out of 727 colleges in the United States in MONEY magazine's "2018-19 Best Colleges Ranking" list
- Ranked 318th out of 650 public institutions in Forbes magazine's "America's Top Colleges" rankings for 2018

APPALACHIAN STATE ATHLETICS MISSION STATEMENT

The Department of Athletics at Appalachian State University believes in maintaining the intercollegiate athletics program as an integral part of the University's overall program of education, with emphasis on and priority given to high academic quality and standards and the complete development of the student.

Appalachian State University provides opportunity and encouragement for student-athletes to progress toward degrees of their choice and to develop athletic abilities in an environment consistent with high standards of academic scholarship, leadership and institutional loyalty. The Department of Athletics is committed to ensuring the general welfare of the student-athlete and to encouraging the highest standards of sportsmanship on behalf of student-athletes, the student body and the University's supporters. The intercollegiate athlete representing Appalachian is both a bona-fide student pursuing a degree program and an amateur competitor.

Appalachian Athletics is committed to insuring equitable recruitment, participation and treatment of individuals including members of under-represented populations through its athletics administration, staff, coaches, programs and policies.

Since 2010, Appalachian has been designated a Military Friendly® School by Victory Media.

Appalachian is one of 140 colleges chosen by The Princeton Review for its "Best in the Southeast" section of its website feature "2016 Best Colleges: Region by Region."

Appalachian is one of 300 institutions named a "Best College Value" in Kiplinger's Personal Finance list for 2016.

MOUNTAINEER ATHLETICS

More than 450 student-athletes compete in 20 NCAA Division I varsity sports at Appalachian State University, 10 for men and 10 for women. Appalachian was a dominant force in the Southern Conference for more than 40 years before joining the Sun Belt Conference in July 2014 – one of 10 conferences that are members of the Division I Football Bowl Subdivision (FBS). In 2015, Mountaineer football brought home a record-setting win at the FBS Camellia Bowl.

Appalachian's student-athletes continue to excel academically. According to the NCAA, Appalachian posted a Graduation Success Rate (GSR) of 82 percent in the latest released data, ranking Appalachian third among the Sun Belt's 11 universities.

The University's policy of non-discrimination represents a moral and ethical, not merely a legal, imperative.

The University has determined that its athletics program will meet the necessary qualifications, guidelines and funding to hold membership in Division I of the NCAA. The athletics administration, the faculty athletics representative and the Athletics Council work together to insure that all teams and coaches follow the rules and regulations governing this division.

A sound program of intercollegiate athletics should benefit the institution through its effects on students, alumni and the institution itself. Specifically, it should maintain and improve the loyalty and esprit de corps of the student body, and in strengthening the pride and enthusiasm of the alumni; it should serve as a favorable public relations factor and provide benefits to the participants.

APPALACHIAN STATE ATHLETICS DIVERSITY STATEMENT

Appalachian athletics promotes an inclusive culture that fosters equitable participation for student-athletes and equitable career opportunities for coaches, administrators and support staff from diverse backgrounds and perspectives.



THE APPALACHIAN EXPERIENCE

Appalachian was founded in 1899 by the Dougherty brothers to provide access to education for children in the "lost provinces." The pioneering spirit necessary to overcome the mountains' hardships quickly characterized the institution, giving Appalachian a special niche in higher education that continues today. After more than a century, students still feel the pull of this unique place to transform their lives, and Appalachian has remained focused on providing students with educational experiences that are not only life-changing but world-changing. Alumni go on to earn advanced degrees, approach life entrepreneurially, build distinguished military careers, work overseas and develop careers that take them in many directions, all while giving back to the communities in which they live and work.

WHY CHOOSE APPALACHIAN?

STUDENTS CHOOSE APPALACHIAN BECAUSE THEY CAN:

- Engage in critical inquiry with a community of scholars
- Discover and demonstrate their passion through research or performance
- Travel the nation and the world to learn about themselves and the world around them
- Engage with communities at home and across the world
- Create lifelong bonds and friendships with faculty and fellow scholars
- Develop a deep and holistic understanding of sustainability
- Channel their desire to make a real and lasting change in the world

Appalachian faculty members are known for using innovative, interdisciplinary and integrative curricula, being dedicated to research and student mentorship, and investing in new strategies and technologies. The student/faculty ratio is 16:1.

Small classes, which average 27 students, contribute to a freshman-to-sophomore retention rate of 85.8 percent. Fourteen percent of Appalachian's students are from underrepresented populations, with the 2015 first-year class having 15 percent underrepresented student enrollment.

Appalachian's community of scholars consists of eight academic units: the College of Arts and Sciences, College of Fine and Applied Arts, Reich College of Education, Walker College of Business, University College, Hayes School of Music, Beaver College of Health Sciences and Cratis D. Williams School of Graduate Studies. Although not a degree-granting college, The Honors College offers an even more enriching academic experience for high-achieving students. To meet the needs of the region's citizens, Appalachian also offers a variety of distance education degree programs at nearly 20 locations across western North Carolina, as well as online.



AT A GLANCE

At an extremely competitive tuition rate, Appalachian provides a rigorous and challenging academic environment, in which students demonstrate their passion through research and actively develop their intellectual, personal and professional growth.



6-year graduation rate
(National reporting standard)
71%
20% above Carnegie Class

82%
student-athlete
graduation success rate
3rd among Sun Belt universities



120,000
approx. number of
living App alumni



88,000
approx. number of
App alumni living in NC



Retention Rates

Overall freshman to sophomore:
86%
African American Students:
88%
Hispanic Students:
86%
*2014 Cohort

Total enrollment:
approx.
18,000
14% total
underrepresented
student enrollment



Enrollment
growth trends show slow
& steady annual increases
1.5-2% each
year

598

number of student grants funded by
Office of Student Research in 2014-15
346 were for undergraduate research.



Sustainability

rankings by Second Nature and
U.S. Green Building Council's Center for Green Schools

1st in climate leadership

2nd highest percentage of
sustainability courses

3rd for sustainability
performance

more than
1/2 of incoming students reported
sustainability initiatives
influenced their decision to
attend Appalachian



More than
\$21.7 million
of value to the community in the last 10 years
(990,000 hours of service plus \$500,000 funds
raised) using the \$23.07 per hour national
standard for volunteer time.



3.4% *2012 Cohort
student loan default rate
National average: 11.8%.
Average for US public, 4-year institutions: 7.6%.



UNIVERSITY LEADERSHIP

CHANCELLOR

Dr. Sheri N. Everts

PROVOST AND EXECUTIVE VICE CHANCELLOR

Dr. Darrell Kruger

CABINET MEMBERS

Mark Bachmeier

Director of Human Resources

Lee Ball

Chief Sustainability Officer

J.J. Brown

Vice Chancellor for Student Affairs

Matthew Dockham

Director of External Affairs & Community Relations

Randy Edwards

Vice Chancellor for University Advancement

Willie C. Fleming

Chief Diversity Officer

Hank Foreman

Vice Chancellor and Chief of Staff

Paul Forte

Vice Chancellor for Business Affairs

Doug Gillin

Director of Athletics

Megan Hayes

Associate Vice Chancellor and Chief Communications Officer

David Hayler

Chief Information Officer

Paul Meggett

General Counsel



BOONE AND THE SURROUNDING AREA

Boone, North Carolina, is a college town in the best sense—a place where people say ‘Hello’ on the street and with a vibrant downtown a block from campus. Its eclectic hub, known as King Street, features specialty shops, restaurants and cultural attractions that appeal to students, parents, residents and tourists. Whether in town for a weekend or a four-year education, many people find it difficult to leave Boone.

Boone’s accolades include National Geographic Adventure magazine’s “Best Places to Live and Play,” Outside magazine’s top 10 “Best Towns in America,” USA Today’s “10 Great Small Towns with Huge Backyards,” U.S. News and World Report’s “10 Best Places to Retire in the U.S.” and TripAdvisor’s “Hidden Gems: 13 U.S. Towns That Are Diamonds in the Rough.”

Boone is ranked the 10th safest place in North Carolina by Movoto.com and 19th in SafeWise.com’s “50 Safest Cities in North Carolina,” based on FBI crime report data.

The surrounding Blue Ridge Mountains attract outdoor enthusiasts year-round for hiking, skiing, snowboarding, mountain biking, cycling, fishing, kayaking, rock climbing and other activities. The Blue Ridge Parkway, which draws some 20 million visitors a year, and a section of the Appalachian Trail that runs from Virginia and Tennessee through western North Carolina, are both just minutes from campus.

Preserving these mountains is essential to Appalachian’s character. An ethic of sustainability resounds through the campus and local community, as evident through an on-campus electricity-generating wind turbine, a commitment to making new buildings efficiently designed and LEED® certified, a biodiesel-powered public transportation system, and research and academic degree programs that focus on issues related to energy, economics and the environment. Many sustainability projects on campus are funded by a Renewable Energy Initiative fee, which students overwhelmingly supported as a way to ensure a better future for all.

The natural setting places outdoor recreation and experiential learning programs at our doorstep and the heritage of the region is alive on and around campus. The university’s location also attracts students, faculty and staff interested in sustainable development and the economics of sustainability. As a result, the Research Institute for Environment, Energy and Economics is spearheading cutting-edge research that is making Appalachian a leader in this area.

The 2010 U.S. Census lists the population of Watauga County at 51,079 and the population of Boone at 17,186. Boone is known for having friendly, safe neighborhoods and quality schools.

BOONE AT A GLANCE

- The county seat of **Watauga County**
- Population: approximately 17,000
- Incorporated in 1872
- Named for its most famous seasonal visitor, **Daniel Boone**
- One of four **North American Adventure Destinations** – Adventure Sports magazine
- The “Choose and Cut” Christmas tree industry in Watauga County sells approximately **15,000 Fraser fir** trees annually.

WHAT’S VISIBLE FROM KIDD BREWER STADIUM?

State’s Largest Wind Turbine – This community-scale, 100-kilowatt wind turbine stands 153 feet and feeds enough electricity directly to the grid to power 15 homes. It was paid for primarily through student funds and in partnership with the university-affiliated utility, New River Light and Power. Aside from producing clean energy, the turbine serves as an educational monument to Appalachian’s ethic of sustainability.

Howard Knob – Located just a half mile from downtown Boone, this peak has an elevation of 4,420 feet and is known more commonly as Howard’s Knob. It was named for Benjamin Howard, a Revolutionary War loyalist who fled to a cave there to escape American patriots. Source: North Carolina Gazetteer: A Dictionary of Tar Heel Places

Rich Mountain – One of 20 North Carolina mountains bearing this name, the Watauga County ridge extends northwest from Boone. It is named for its unusually fertile though rugged slopes.

Source: North Carolina Gazetteer: A Dictionary of Tar Heel Places



Alumni

WWW.ALUMNI.APPSTATE.EDU

Membership in the Appalachian Alumni Association is open to the more than 117,000 alumni living and working across the globe - no dues or registration required. Connect with the association at www.alumni.appstate.edu and learn more about:

- Alumni Memorial Scholars
- Alumni Chapter events
- Alumni merchandise
- Alumni Awards programming
- Travel Tour opportunities
- Homecoming, away tailgates, & special events
- Making a difference by supporting The Appalachian Fund
- Alumni updates, social networking, and much more!

866-756-ALUM (2586)

alumni@appstate.edu

alumni.appstate.edu