



Women's Outdoor Track and Field



Year-by-Year Summary

Year	Date	Site	Host	Champion	Score	Runner-up	Score	Most Outstanding Performer-Track	Most Outstanding Performer-Field
2009	5/15-16	Jacksonville, Fla.	UNF	Jacksonville	212	Kennesaw State	140	Heidi Dahl (ETSU)	Natasha Harvey (Jacksonville)
2008	5/16-17	Clemson, S.C.	A-Sun	Jacksonville	170	Belmont	120	Lynette Rives (Belmont)	Natasha Harvey (Jacksonville)
2007	5/11-12	Johnson City, Tenn.	ETSU	Jacksonville	179	Belmont	97	Janel Grooms (Jacksonville)	Elizabeth Maxwell (Gardner-Webb)
2006	4/14-15	Clermont, Fla.	A-Sun	Jacksonville	145	Gardner-Webb	100	Janita Ocana (Jacksonville)	Emily Kohler (UNF)
2005	4/15-16	Nashville, Tenn.	Belmont	UCF	158	Troy	110.5	Tiffany Roebuck (UCF)	--
2004	4/16-17	Orlando, Fla.	UCF	UCF	127	Florida Atlantic	103	Heather Lee (Campbell)	--
2003	4/17-18	Orlando, Fla.	UCF	UCF	124	Gardner-Webb	104	Monique Tubbs (Jacksonville)	--
2002	4/19-20	Troy, Ala.	Troy	UCF	208	Belmont	101	Valerie Beaubrun (UCF)	--
2001	4/20-21	Orlando, Fla.	UCF	UCF	196	Jacksonville	121	Katara Beard (UCF)	--
2000	4/22	Troy, Ala.	Troy	UCF	154	Jacksonville	129	Katara Beard (UCF)	--
1999	4/17	Troy, Ala.	Troy	Troy	169	UCF	160	L. Cooke (Troy) / S. Howard (GSU)	--
1998	4/18	Miami, Fla.	FIU	UCF	186	FIU	161	Tayna Lawrence (FIU)	--
1997	4/19	Hammond, La.	SLU	UCF	172	FIU	143	Shonda Swift (FIU)	--
1996	4/20	Orlando, Fla.	UCF	FIU	195	UCF	146	Shonda Swift (FIU)	--

Year-by-Year Results

2009 Jacksonville, Fla.	4. Jacksonville	88
1. Jacksonville	5. Troy	71
2. Kennesaw State	6. Gardner-Webb	53
3. UNF	7. Campbell	32
4. ETSU	8. Belmont	31
5. Campbell	9. Lipscomb	14
6. USC Upstate		
7. Lipscomb	2003 Orlando, Fla.	
8. Belmont	1. UCF	124
	2. Gardner-Webb	104
2008 Clemson, S.C.	3. Georgia State	96
1. Jacksonville	3. Florida Atlantic	96
2. Belmont	5. Jacksonville	76
3. UNF	6. Campbell	55
4. Gardner-Webb	7. Troy	34
5. ETSU	8. Belmont	14
6. Campbell	9. Jacksonville State	12
7. Kennesaw State	10. Samford	9
8. Lipscomb		
	2002 Troy, Ala.	
2007 Johnson City, Tenn.	1. UCF	208
1. Jacksonville	2. Belmont	101
2. Belmont	3. Troy	70
3. ETSU	4. Florida Atlantic	64
4. Gardner-Webb	5. Georgia State	60
5. UNF	6. Samford	37
6. Campbell	7. Campbell	28
7. Kennesaw State	8. Jacksonville	22
8. Lipscomb	9. Jacksonville State	20
2006 Clermont, Fla.	2001 Orlando, Fla.	
1. Jacksonville	1. UCF	196
2. Gardner-Webb	2. Jacksonville	121
3. Florida Atlantic	3. Troy	101
4. Campbell	4. Samford	84
5. UNF	5. Campbell	63
6. Kennesaw State	6. Georgia State	44
7. ETSU	7. Florida Atlantic	11
8. Belmont		
9. Lipscomb	2000 Troy, Ala.	
	1. UCF	154
2005 Nashville, Tenn.	2. Jacksonville	129
1. UCF	3. Troy	108
2. Troy	4. Campbell	101
3. Florida Atlantic	5. Samford	93
4. Jacksonville	6. Georgia State	31
5. Georgia State	7. Jacksonville State	1
6. Campbell		
7. Gardner-Webb	1999 Troy, Ala.	
8. Belmont	1. Troy	169
9. Lipscomb	2. UCF	160
	3. Jacksonville	100
2004 Orlando, Fla.	4. Samford	80
1. UCF	5. Campbell	76
2. Florida Atlantic	6. Georgia State	30
3. Georgia State		

Championship Meet Records

1998 Miami, Fla.				
1. UCF	186			
2. FIU	161			
3. Troy	153			
4. Samford	70			
5. Campbell	30			
6. Georgia State	10			
7. Jacksonville State	2			
1997 Birmingham, Ala.				
1. UCF	172			
2. FIU	143			
3. Samford	115			
4. Southeastern La.	74			
5. Campbell	24			
6. Jacksonville State	16			
7. Georgia State	10			
1996 Orlando, Fla.				
1. FIU	195			
2. UCF	146			
3. Southeastern La.	101			
4. Campbell	71			
5. Samford	43			
100 Meter				
1. Tayna Lawrence	FIU	1998	11.25	
2. Monique Tubbs	JU	2000	11.37	
3. Natasha Harvey	JU	2009	11.45	
4. Monique Tubbs	JU	2001	11.52	
5. Louise Kiernan	JU	2009	11.53	
6. Lynette Rives	Bel	2008	11.56	
7. Monique Tubbs	JU	2003	11.57	
8. Jenny Knox	ETSU	2008	11.63	
9. Tiffany Cook	FIU	1998	11.69	
10. Cagney Bailey	ETSU	2009	11.74	
Tawanna Meadows	Troy	2005	11.74	
200 Meter				
1. Tayna Lawrence	FIU	1998	22.99	
2. Monique Tubbs	JU	2000	23.33	
3. Monique Tubbs	JU	2003	23.37	
4. Toya Lewis	Troy	2001	23.74	
5. Akeisha Flegler	Cam	2003	23.77	
6. Zanta Marble	GSU	2001	23.86	
7. Malika Clary	FAU	2005	23.92	
8. Lynette Rives	Bel	2007	23.95	
9. Janita Ocana	JU	2006	24.00	
10. Malika Clary	FAU	2006	24.02	
400 Meter				
1. Valerie Beaubrun	UCF	2002	53.90	
2. Janel Grooms	JU	2007	53.92	
3. Janita Ocana	JU	2007	53.99	
4. Carrie Wallace	Troy	2005	54.12	
5. Eboni Matthews	JSU	2002	54.14	
6. Marilyn Stephens	FAU	2005	54.32	
7. Unique Singleton	JU	2009	54.34	
8. Zanta Marble	GSU	2002	54.36	
9. Unique Singleton	JU	2008	54.55	
10. Danielle Davenport	JU	2009	54.64	
800 Meter				
1. Heidi Dahl	ETSU	2009	2:08.99	
2. Shana Ely	Sam	2000	2:11.53	
3. Karen Kozub	UCF	2004	2:12.02	
4. Shana Ely	Sam	2001	2:12.03	
5. Raynell Hagberg	FAU	2003	2:12.86	
6. Raynell Hagberg	FAU	2004	2:12.93	
7. Keiona Frenche	JU	2004	2:13.01	
Julia Miller	Troy	2004	2:13.01	
9. Keiona Frenche	JU	2005	2:13.08	
10. Tara Bourque	Sam	2001	2:13.31	
1500 Meter				
1. Heidi Dahl	ESTU	2009	4:18.08	
2. Alicia Valtin	Cam	2004	4:30.12	
3. Alicia Valtin	Cam	2003	4:31.57	
4. Heather Lee	Cam	2004	4:31.91	
5. Alicia Valtin	Cam	2005	4:31.98	
6. Claudia Beitel	FAU	2004	4:32.00	
7. Christy Csorna	Bel	2004	4:32.09	
8. Belinda Bargmann	Troy	2005	4:32.74	
9. Heather Lee	Cam	2003	4:32.76	
10. Tara Bourque	Cam	2001	4:33.30	



Championship Meet Records

3000 Meter

1. Jenn Feenstra	GSU	2001	9:58.93
2. Sarah Howard	GSU	2000	10:13.34
3. Keely Weaver	Bel	2002	10:15.67
4. Susie Welty	Cam	2001	10:16.24
5. Adriana Campos	JU	2000	10:19.75
6. Margaret Elliott	Bel	2002	10:20.06
7. Sonja Shedden	UCF	2001	10:22.76

3000 Meter Steeplechase

1. Alicia Valtin	Cam	2007	10:37.34
2. Fallon Heffernan	JU	2005	10:49.64
3. Tara Dressler	Cam	2005	10:57.41
4. Andrea Marrow	UCF	2003	10:58.72
5. Jenn Feenstra	GSU	2004	11:01.21
6. Fallon Heffernan	JU	2006	11:04.13
7. Andrea Morrow	UCF	2004	11:07.74
8. Andrea Smith	GSU	2003	11:07.86
9. Alicia Valtin	Cam	2005	11:08.33
10. Lisa Crampton	Bel	2005	11:11.50

5000 Meter

1. Heather Lee	Cam	2004	16:21.96
2. Christy Csorna	Bel	2004	16:30.15
3. Heather Lee	Cam	2003	16:59.69
4. Lauren Williams	Bel	2005	17:03.18
5. Jenn Feenstra	GSU	2005	17:09.17
6. Jenn Feenstra	GSU	2001	17:17.41
7. Belinda Bargmann	Troy	2005	17:21.57
8. Nigisti Negussie	GSU	2003	17:27.40
9. Jill Stapleton	Cam	2005	17:29.74
10. Mackenzie Howe	KSU	2009	17:37.61

10,000 Meter

1. Patriona Hayes	KSU	2006	35:33.07
2. Keely Weaver	Bel	2002	35:55.17
3. Sonja Shedden	UCF	2001	36:24.82
4. Erin Sutton	KSU	2006	36:41.23
5. Mackenzie Howe	KSU	2009	36:44.06
6. Sonja Shedden	UCF	1999	36:44.53
7. Jenn Feenstra	GSU	2004	36:48.12
8. Jenn Feenstra	GSU	2005	36:50.87
9. Jemeli Sang	Upst	2009	36:54.73
10. Sara Dillman	UCF	2004	36:57.22

100 Meter Hurdles (33")

1. Natasha Harvey	JU	2009	13.38
2. Safiya Davy	JU	2003	13.64
3. Safiya Davy	JU	2001	13.68
4. Diana Chin	UCF	2002	14.00
5. Diana Chin	UCF	2005	14.00
6. Safiya Davy	JU	2000	14.00
7. Kellie Marzetta	UCF	2001	14.01
8. Natasha Harvey	JU	2007	14.02
9. Tarjatta Rose	GSU	2003	14.04
10. Nadia Lamb	SLU	1997	14.06
11. Safiya Davy	JU	2004	14.06
12. Natasha Harvey	JU	2006	14.06

400 Meter Hurdles (30")

1. Tarjatta Rose	GSU	2003	59.28
2. Tamara Stephenson	GWU	2003	59.67
3. Tamara Stephenson	GWU	2005	1:00.08
4. Janel Grooms	JU	2007	1:00.36
5. Elizabeth Pollock	Bel	2008	1:00.42
6. J'Zotta Rolle	JU	2008	1:00.87
7. Elizabeth Pollock	Bel	2007	1:01.04
8. J'Zotta Rolle	JU	2009	1:01.22
9. Kellie Marzetta	UCF	2001	1:01.46
10. Natasha Harvey	JU	2006	1:01.49

Shot Put

1. Katara Beard	UCF	2001	46-10 (14.27m)
2. Tiffany Roebuck	UCF	2005	46-9 (14.26m)
3. Stephanie Jeffers	JU	2005	45-4.5 (13.83m)
4. Stephanie Jeffers	JU	2004	45-3.5 (13.80m)
5. Andrea Pressley	JU	2004	45-0.25 (13.72m)
6. Hillary Crook	JU	2009	(13.57m)

7. Tiffany Roebuck	UCF	2004	44-4.25 (13.51m)
8. Tiffany Roebuck	UCF	2002	44-0 (13.41m)
9. Shunisha McClinton	JU	2006	43-8.5 (13.32m)
10. Takia Shoats	Troy	2004	43-7.25 (13.29m)

Discus

1. Ashley Stough	FAU	2004	151-6 (46.17m)
2. Kelly Kobia	UCF	1997	143-9 (43.81m)
3. Tiffany Roebuck	UCF	2005	142-11 (43.56m)
4. Katrina Lewis	Troy	2005	142 (43.28m)
5. Stephanie Jeffers	JU	2004	139-5 (42.49m)
6. Chiquita Hawthorne	KSU	2009	(42.44m)
7. Stephanie Jeffers	JU	2005	138-11 (42.34m)
8. Tiffany Gerloff	Bel	2002	138-2 (42.11m)
9. Michelle Olandese	UCF	2003	138-1 (42.08m)
10. Anna Baker	UCF	2005	137-9 (41.98m)

Javelin

1. Amanda Mason	Troy	2000	145-8 (44.39m)
2. Amanda Mason	Troy	2002	144-6 (44.04m)
3. Jessica Irizarry	KSU	2009	(43.29m)
4. Emily Kohler	UNF	2008	137-0 (41.77m)
5. Andrea Clark	JU	2005	134-11 (41.12m)
6. Marie Rosengren	JSU	2003	134-8 (41.04m)
7. Ashton McGuire	UNF	2009	(40.70m)
8. Emily Kohler	UNF	2007	131-10 (40.19m)
9. Andrea Pressley	JU	2004	129-7 (39.49m)
10. Sarah Wyszyski	GWU	2008	128-7 (39.19m)

Pole Vault

1. Carrie Long	GWU	2008	12-1.5 (3.70m)
2. Anne DelBovo	UNF	2009	11-7.75 (3.55m)
3. Kelly Bridges	GWU	2008	11-7.75 (3.55m)
4. Christa Coppin	Bel	2008	11-7.75 (3.55m)
5. Kelly Bridges	GWU	2006	11-7.75 (3.55m)
6. Katie Curtis	Bel	2002	11-6.5 (3.51m)
7. Sara Robertson	JU	2000	11-6 (3.50m)
8. Rosemary McCollum	KSU	2009	(3.40m)
9. Christa Coppin	Bel	2007	10-11.75 (3.35m)
10. Kelly Bridges	GWU	2007	10-11.75 (3.35m)

Long Jump

1. Natasha Harvey	JU	2006	20-9 (6.32m)
2. Natasha Harvey	JU	2009	(6.30m)
3. Natasha Harvey	JU	2007	20-3.5 (6.18m)
4. Shonda Swift	FIU	1996	20-1.5 (6.13m)
5. Janita Ocana	JU	2006	19-9.5 (6.03m)
6. Shonda Swift	FIU	1997	19-7 (5.96m)
7. Janita Ocana	JU	2007	19-5.25 (5.92m)
8. Janita Ocana	JU	2005	19-4 (5.89m)
9. Diana Chin	UCF	2005	19-3 (5.86m)
10. Margo Robinson	GWU	2003	19-2.75 (5.86m)
11. Felisa Howard	SLU	1996	19-2.75 (5.86m)
12. Silviene Krosendijk	Cam	2007	19-2.75 (5.86m)

Triple Jump

1. Shaquania Lundy	JU	2008	41-1 (12.52m)
2. Shonda Swift	FIU	1996	40-8.25 (12.40m)
3. LaTricia Firby	UCF	2001	40-6.25 (12.35m)
4. Natasha Harvey	JU	2009	(12.31m)
5. Sherion Taylor	Troy	2002	40-2 (12.24m)
6. LaTricia Firby	UCF	2000	40-2 (12.24m)
7. Sherion Taylor	Troy	2003	40-1.25 (12.22m)
8. Shonda Swift	FIU	1997	40 (12.19m)
9. Corliss Cade	UCF	2000	39-11.25 (12.17m)

High Jump

1. Ann L. Larsen	UCF	2005	5-11.3 (1.81m)
2. Alisha Denson	Troy	2000	5-10.25 (1.78m)
3. Kristen Pace	GSU	2003	5-10 (1.78m)
4. Ann Larsen	UCF	2002	5-8 (1.73m)
5. Kristen Pace	GSU	2004	5-7.75 (1.72m)
6. Ann Larsen	UCF	2004	5-7.75 (1.72m)
7. Elizabeth Mize	Cam	2009	5-7 (1.70m)
8. Elise Trexler	UNF	2009	5-7 (1.70m)
9. Amy Stroder	UNF	2008	5-7 (1.70m)
10. Amy Stroder	UNF	2007	5-7 (1.70m)
11. Anna Marie Riccardi	ETSU	2007	5-7 (1.70m)

Elizabeth Mize	Cam	2007	5-7 (1.70m)
Ann Larsen	UCF	2003	5-7 (1.70m)
Kidada Dawkins	GWU	2005	5-7 (1.70m)
Anna Marie Riccardi	ETSU	2006	5-7 (1.70m)

Hammer Throw

1. Tiffany Roebuck	UCF	2004	176-8 (53.86m)
2. Tiffany Roebuck	UCF	2005	171-3 (52.19m)
3. Rian Thomas	UCF	2004	160-1 (48.79m)
4. Zachlynn Blackburn	ETSU	2008	159-5 (48.60m)
5. Jessica Irizarry	KSU	2009	(49.58m)
6. Zachlynn Blackburn	ETSU	2009	(49.10m)
7. Laura Phillips	JU	2009	(48.40m)
8. Nina Panebianco	FAU	2004	156-3 (47.63m)
9. Elizabeth Maxwell	GWU	2008	155-0 (47.25m)
10. Rian Thomas	UCF	2005	154-6 (47.12m)

4x100 Meter Relay

1. Jacksonville	2009	44.82
2. Jacksonville	2001	45.16
3. ETSU	2008	45.24
4. Florida Atlantic	2005	45.28
5. FIU	1998	45.61
6. Belmont	2007	45.64
7. Troy	2005	45.79
8. Jacksonville	2006	45.84
9. Troy	2001	45.84
10. Jacksonville	2007	45.91

4x400 Meter Relay

1. Florida Atlantic	2005	3:40.92
2. Georgia State	2005	3:40.98
3. Georgia State	2004	3:41.80
4. Georgia State	2003	3:44.53
5. Jacksonville	2008	3:45.36
6. Belmont	2007	3:45.78
7. FIU	1998	3:46.05
8. ETSU	2009	3:46.14
9. Troy	2005	3:47.89
10. UCF	2002	3:48.34

Heptathlon

1. Natasha Harvey	JU	2008	5096
2. Amy Stroder	UNF	2008	4600
3. Tiffany Bromfield	JU	2008	4457
4. Victoria Argus	GWU	2008	4443
5. Tiffany Bromfield	JU	2009	4380
6. Kayla Morgan	GWU	2008	4368
7. Golden Creavy	UNF	2008	4137
8. Stacey Young	JU	2009	4117
9. Victoria Argus	GWU	2007	4105
10. Ashton Bishop	ETSU	2008	3969

Heptathlon Superlatives

100 Meter Hurdles			
1. Natasha Harvey	JU	2008	13.72
High Jump			
1. Amy Stroder	UNF	2008	5-8.5 (1.74m)
Shot Put			
1. Tiffany Bromfield	JU	2009	(12.78m)
200 Meter Dash			
1. Natasha Harvey	JU	2008	25.40
Long Jump			
1. Natasha Harvey	JU	2008	20-2.5 (6.15m)
Javelin Throw			
1. Kayla Morgan	GWU	2008	114-5.0 (34.87m)
800 Meter Run			
1. Golden Creavy	UNF	2008	2:29.00



Yearly Event Winners

Conference Record Highlighted

100 Meters

2009	Natasha Harvey	JU	11.45
2008	Lynette Rives	Bel	11.56
2007	Jenny Knox	ETSU	11.85
2006	Janita Ocana	JU	11.88
2005	Tawanna Meadows	Troy	11.74
2004	Daquia McCoy	FAU	12.07
2003	Monique Tubbs	JU	11.57
2002	Akeisha Flegler	Cam	11.92
2001	Monique Tubbs	JU	11.52
2000	Monique Tubbs	JU	11.37
1999	Sharmeka Barnes	Troy	12.12
1998	Tayna Lawrence	FIU	11.25
1997	Tayna Lawrence	FIU	12.07
1996	Felisa Howard	SLU	12.00

200 Meters

2009	Cagney Bailey	ETSU	24.23
2008	Lynette Rives	Bel	24.23
2007	Lynette Rives	Bel	23.95
2006	Janita Ocana	JU	24.00
2005	Malika Clary	FAU	23.92
2004	Daquia McCoy	FAU	24.47
2003	Monique Tubbs	JU	23.37
2002	Zanta Marble	GSU	24.43
2001	Toya Lewis	Troy	23.74
2000	Monique Tubbs	JU	23.33
1999	Sharmeka Barnes	Troy	24.74
1998	Tayna Lawrence	FIU	22.99
1997	Shonda Swift	FIU	24.64
1996	Felisa Howard	SLU	24.80

400 Meters

2009	Unique Singleton	JU	54.34
2008	Unique Singleton	JU	54.55
2007	Janel Grooms	JU	53.92
2006	Lynette Rives	Bel	55.25
2005	Carrie Wallace	Troy	54.12
2004	Zanta Marble	GSU	55.45
2003	Zanta Marble	GSU	54.82
2002	Valerie Beaubrun	UCF	53.90
2001	Zanta Marble	GSU	54.68
2000	Kay Morris	Cam	56.66
1999	Lakicia Cooke	Troy	56.61
1998	Tammy King	FIU	55.63
1997	Daphne Gilles	FIU	58.54
1996	Shanique Stringer	FIU	57.10

800 Meters

2009	Heidi Dahl	ETSU	2:08.99
2008	Janel Grooms	JU	2:13.72
2007	Siobhan Wolcott	KSU	2:13.39
2006	Ruth Mick	Lip	2:15.20
2005	Keiona Frenche	JU	2:13.08
2004	Karen Kozub	UCF	2:12.02
2003	Raynell Hagberg	FAU	2:12.86
2002	Valerie Beaubrun	UCF	2:14.70
2001	Shana Ely	Sam	2:12.03
2000	Shana Ely	Sam	2:11.53
1999	LaTanya Sumlin	Troy	2:14.83
1998	Dawn Spann	FIU	2:13.67
1997	Ingrid Odermatt	FIU	2:13.95
1996	Christie Masson	FIU	2:13.51

1500 Meters

2009	Heidi Dahl	ETSU	4:18.08
2008	Lauren Weaver	Bel	4:36.41
2007	Alison Ritter	JU	4:47.56
2006	Tara Dressler	Cam	4:41.17
2005	Alicia Valtin	Cam	4:31.98
2004	Alicia Valtin	Cam	4:30.12
2003	Alicia Valtin	Cam	4:31.57
2002	Katie Flewellyn	Sam	4:37.59
2001	Tara Bourque	Sam	4:33.30
2000	Tara Bourque	Sam	4:42.20
1999	LaTanya Sumlin	Troy	4:45.23

1998	Karen Moya	FIU	4:43.96
1997	Michelle Mullis	Sam	4:37.96
1996	Christie Masson	FIU	4:37.26

5000 Meters

2009	Mackenzie Howe	KSU	17:37.61
2008	Brittany Thune	Bel	17:39.86
2007	Alicia Valtin	Cam	17:55.73
2006	Patrina Hayes	KSU	17:38.80
2005	Lauren Weaver	Bel	17:03.18
2004	Heather Lee	Cam	16:21.96
2003	Heather Lee	Cam	16:59.69
2002	Allison Mills	Bel	17:47.11
2001	Jenn Feenstra	GSU	17:17.41
2000	Sarah Howard	GSU	17:43.50
1999	Sarah Howard	GSU	17:55.55
1998	Anne Panaggio	UCF	18:45.72
1997	Sarah Fletcher	Sam	18:51.12
1996	Brenda Alfaro	FIU	18:38.15

10,000 Meters

2009	Mackenzie Howe	KSU	36:44.06
2008	Brittany Thune	Bel	37:29.92
2007	Amanda Davey	UNF	37:56.94
2006	Patrina Hayes	KSU	35:33.07
2005	Jenn Feenstra	GSU	36:50.87
2004	Jenn Feenstra	GSU	36:48.12
2003	Sonja Shedden	UCF	37:06.21
2002	Keely Weaver	Bel	35:55.17
2001	Sonja Shedden	UCF	36:24.82
2000	Susie Welty	Cam	38:19.04
1999	Sonja Shedden	UCF	36:44.53
1998	Kari Britton	Troy	40:38.23
1997	Gabriella Dahlgreen	SLU	38:23.86
1996	Lee Ann Chisholm	Cam	38:07.47

100 Meter Hurdles

2009	Natasha Harvey	JU	13.38
2008	Natasha Harvey	JU	13.68 (wind)
2007	Natasha Harvey	JU	14.02
2006	Natasha Harvey	JU	14.06
2005	Diana Chin	UCF	14.00
2004	Safiya Davy	JU	14.06
2003	Safiya Davy	JU	13.64
2002	Diana Chin	UCF	14.00
2001	Safiya Davy	JU	13.68
2000	Safiya Davy	JU	14.00
1999	Corliss Cade	UCF	14.48
1998	Michele Boike	UCF	14.31
1997	Nadia Lamb	SLU	14.06
1996	Tsemis Grant	FIU	14.94

400 Meter Hurdles

2009	J'Zotta Rolle	JU	1:01.22
2008	Elizabeth Pollock	Bel	1:00.42
2007	Janel Grooms	JU	1:00.36
2006	Natasha Harvey	JU	1:01.49
2005	Tamara Stephenson	GWU	1:00.08
2004	Tamara Stephenson	GWU	1:01.58
2003	Tarjatta Rose	GSU	59.28
2002	Tarjatta Rose	GSU	1:01.87
2001	Kellie Marzetta	UCF	1:01.46
2000	Kay Morris	Cam	1:03.57
1999	Tamsin Antsey	JU	1:01.91
1998	Keesha Sanders	Troy	1:02.94
1997	Tayna Lawrence	FIU	1:04.04
1996	Melanie Vaughan	Cam	1:05.70

3000 Meter Steeplechase (1st Competition - 2003)

2009	Susanne Klungveit	JU	11:36.00
2008	Sarah Coghlan	UNF	11:14.92
2007	Alicia Valtin	Cam	10:37.34
2006	Fallon Hefferman	JU	11:04.13
2005	Fallon Hefferman	JU	10:49.64
2004	Jenn Feenstra	GSU	11:01.21
2003	Andrea Marrow	UCF	10:58.72

3000 Meters (Last Competition - 2002)

2002	Keely Weaver	Bel	10:15.67
2001	Jenn Feenstra	GSU	9:58.93
2000	Sarah Howard	GSU	10:13.34
1999	Sarah Howard	GSU	10:23.18
1998	Sarah Howard	GSU	10:24.79
1997	Sarah Howard	GSU	10:34.21
1996	Vibebe Nilsen	FIU	10:43.54

4x100 Meter Relay

2009	Davenport/Kiernan/Singleton/Harvey	JU	44.82
2008	Bailey/Knox/Johnson/Zink	ETSU	45.24
2007	--	Bel	45.64
2006	--	JU	45.84
2005	--	FAU	45.28
2004	Jones/McCoy/Davis/Stephens	FAU	46.12
2003	--	FAU	45.92
2002	--	GSU	46.19
2001	--	JU	45.16
2000	--	UCF	47.67
1999	Sanders/Cooke/Klemm/Barnes	Troy	47.28
1998	--	FIU	45.61
1997	--	Sam	47.45
1996	--	FIU	47.95

4x400 Meter Relay

2009	Dahl/Ingram/Bishop/Bailey	ETSU	3:46.14
2008	Rolle/Grooms/Davenport/Singleton	JU	3:45.36
2007	--	Bel	3:45.78
2006	--	FAU	3:50.94
2005	--	FAU	3:40.92
2004	--	GSU	3:41.80
2003	--	GSU	3:44.53
2002	--	UCF	3:48.34
2001	--	Troy	3:50.54
2000	--	Cam	3:55.55
1999	Sanders/Diley/Woodard/Cooke	Troy	3:51.65
1998	--	FIU	3:46.05
1997	--	FIU	3:58.71
1996	--	FIU	3:51.97

High Jump

2009	Elizabeth Mize	Cam	1.70m
2008	Amy Stroder	UNF	1.70m
2007	Amy Stroder	UNF	1.70m
2006	Anna Marie Ricciardi	ETSU	1.70m
2005	Ann L. Larsen	UCF	1.81m
2004	Kristen Pace	GSU	1.72m
2003	Kristen Pace	GSU	1.78m
2002	Ann Larson	UCF	1.73m
2001	Kelly Roloff	UCF	1.63m
2000	Alisha Denson	Troy	1.78m
1999	Whitney Nelson	Sam	1.63m
1998	Michele Boike	UCF	1.68m
1997	Anita Gilland	FIU	1.68m
1996	Tamara Stafford	Cam	1.58m

Pole Vault (1st Competition - 1999)

2009	Anne DelBovo	UNF	3.55m
2008	Carrie Long	GWU	3.70m
2007	Christa Coppin	Bel	3.35m
2006	Kelly Bridges	GWU	3.54m
2005	Katie Fowke	UCF	3.32m
2004	Katie Fowke	UCF	3.09m
2003	Katrina Lindsey	FAU	3.25m
2002	Katie Curtis	Bel	3.51m
2001	Shannon Ryan	UCF	3.19m
2000	Sara Robertson	JU	3.50m
1999	Sara Robertson	JU	3.50m

Long Jump

2009	Natasha Harvey	JU	6.30m
2008	Natasha Harvey	JU	6.48m (wind)
2007	Natasha Harvey	JU	6.18m
2006	Natasha Harvey	JU	6.32m
2005	Janita Ocana	JU	5.89m
2004	Margo Robinson	GWU	5.80m
2003	Margo Robinson	GWU	5.86m



Yearly Event Winners (continued)

2002	LaTricia Firby	UCF	5.84m
2001	Danuto Ivanocho	JU	5.58m
2000	Randi Chapman	UCF	5.81m
1999	Lysa Lee	JU	5.84m
1998	Corliss Cade	UCF	5.83m
1997	Shonda Swift	FIU	5.96m
1996	Shonda Swift	FIU	6.13m

Triple Jump

2009	Natasha Harvey	JU	12.31m
2008	Shaquania Lundy	JU	12.52m
2007	Janita Ocana	JU	11.81m
2006	Shantela Davis	KSU	11.55m
2005	Victoria Chin	UCF	12.14m
2004	Sherion Taylor	Troy	12.14m
2003	Sherion Taylor	Troy	12.22m
2002	Sherion Taylor	Troy	12.24m
2001	LaTricia Firby	UCF	12.35m
2000	Latricia Firby	UCF	12.24m
1999	Corliss Cade	UCF	11.63m
1998	Lakicia Cooke	Troy	11.31m
1997	Shonda Swift	FIU	12.19m
1996	Shonda Swift	FIU	12.40m

Shot Put

2009	Hillary Crook	JU	13.57m
2008	Caryn Daane	GWU	13.00m
2007	Elizabeth Maxwell	GWU	12.99m
2006	Shunisha McClinton	JU	13.32m
2005	Tiffany Roebuck	UCF	14.26m
2004	Stephanie Jeffers	JU	13.80m
2003	Lindsey Sutherland	GWU	12.79m
2002	Tiffany Roebuck	UCF	13.41m
2001	Katara Beard	UCF	14.27m
2000	Katara Beard	UCF	13.12m
1999	Katara Beard	UCF	13.25m
1998	Katara Beard	UCF	12.98m
1997	Kelly Kobia	UCF	13.12m
1996	Shonda Swift	FIU	12.20m

Discus Throw

2009	Chiquita Hawthorne	KSU	42.44m
2008	Elizabeth Maxwell	GWU	38.58m
2007	Zachlynn Blackburn	ETSU	39.20m
2006	Krystena Castro	FAU	40.69m
2005	Tiffany Roebuck	UCF	43.56m
2004	Ashley Stough	FAU	46.17m
2003	Michelle Olandese	UCF	42.08m
2002	Tiffany Gerloff	Bel	42.11m
2001	Takia Shoats	Troy	38.54m
2000	Takia Shoats	Troy	36.59m
1999	Tiffany Winston	Cam	41.47m
1998	Jennifer Herron	UCF	39.38m
1997	Kelly Kobia	UCF	43.81m
1996	Kelly Kobia	UCF	38.32m

Hammer Throw**1st competition - 1998**

2009	Jessica Irizarry	KSU	49.58m
2008	Zachlynn Blackburn	ETSU	48.60m
2007	Zachlynn Blackburn	ETSU	46.09m
2006	Mecole Finch	Cam	45.28m
2005	Tiffany Roebuck	UCF	52.19m
2004	Tiffany Roebuck	UCF	53.86m
2003	Ashley Stough	FAU	46.28m
2002	Takia Shoats	Troy	46.60m
2001	Takia Shoats	Troy	39.28m
2000	Katara Beard	UCF	37.00m
1999	Tiffany Winston	Cam	43.04m
1998	Tiffany Winston	Cam	42.16m

Javelin Throw

2009	Jessica Irizarry	KSU	43.29m
2008	Emily Kohler	UNF	41.77m
2007	Emily Kohler	UNF	40.19m
2006	Emily Kohler	UNF	39.21m
2005	Andrea Clark	JU	41.12m
2004	Andrea Pressley	JU	39.49m

Multiple Winners All-Time (Event / Meet)

2003	Marie Rosengren	JSU	41.04m
2002	Amanda Mason	Troy	44.04m
2001	Jamie Pew	UCF	37.27m
2000	Amanda Mason	Troy	44.39m
1999	Amber Twyner	UCF	37.42m
1998	Amber Twyner	UCF	38.37m
1997	Amber Twyner	UCF	37.37m
1996	Kelly Kobia	UCF	35.10

Decathlon**1st competition - 2007**

2009	Tiffany Bromfield	JU	4380
2008	Natasha Harvey	JU	5096
2007	Victoria Argus	GWU	4105

SUPERLATIVES

Four-Time Event Winners (3)

Natasha Harvey, JU (Long Jump, 100H)
Sarah Howard, GSU (3000m)
Safiya Davy, JU (100H)
Katara Beard, UCF (Shot Put)

Most Events Won by Single Individual at Meet

4 - Natasha Harvey, JU (2009 - 100H, 100m, Long Jump, Triple Jump)
3 - Natasha Harvey, JU (2008 - 100H, Long Jump, Heptathlon)
3 - Natasha Harvey, JU (2006 - 100H, 400H, Long Jump)
3 - Tiffany Roebuck, UCF (2005 - Shot Put, Discus, Hammer)
3 - Shonda Swift, FIU (1997 - 200m, Triple Jump, Long Jump)

MEET

2009 (3)

Natasha Harvey, JU (100H, 100m, Long Jump, Triple Jump)
Jessica Irizarry, KSU (Javelin, Hammer)
Heidi Dahl, ETSU (800m, 1500m)
Mackenzie Howe, KSU (5000m, 10000m)

2008 (3)

Natasha Harvey, JU (100H, Long Jump, Heptathlon)
Lynette Rives, Bel (100m, 200m)
Brittany Thune, Bel (5000m, 10000m)

2007 (4)

Janel Grooms, JU (400H, 400m)
Alicia Valtin, Cam (3000m SC, 5000m)
Natasha Harvey, JU (100H, Long Jump)
Zachlynn Blackburn, ETSU (Discus, Hammer)

2006 (3)

Natasha Harvey, JU (100H, 400H, Long Jump)
Janita Ocana, JU (100m, 200m)
Patrina Hayes, KSU (5000m, 10000m)

2005 (1)

Tiffany Roebuck, UCF (Shot Put, Discus, Hammer)

2004 (2)

Daquia McCoy, FAU (100m, 200m)
Jenn Feenstra, GSU (3000m SC, 5000m)

2003 (1)

Monique Tubbs, JU (100m, 200m)

2002 (2)

Valerie Beau brun, UCF (400m, 800m)
Keely Weaver, Bel (3000m, 10000m)

2001 (2)

Jenn Feenstra, GSU (3000m, 5000m)
Takia Shoats, Troy (Discus, Hammer)

2000 (3)

Monique Tubbs, JU (100m, 200m)
Sarah Howard, GSU (3000m, 5000m)
Katara Beard, UCF (Shot Put, Hammer)

1999 (5)
Sharmeka Barnes, Troy (100m, 200m)
LaTanya Sumlin, Troy (800m, 1500m)
Sarah Howard, GSU (3000m, 5000m)
Corliss Cade, UCF (100H, Triple Jump)
Tiffany Winston, Cam (Discus, Hammer)

1998 (2)

Tayna Lawrence, FIU (100m, 200m)
Michele Boike, UCF (100H, High Jump)

1997 (3)

Shonda Swift, FIU (200m, Triple Jump, Long Jump)
Tayna Lawrence, FIU (100m, 400H)
Kelly Kobia, UCF (Shot Put, Discus)

1996 (4)

Shonda Swift, FIU (Long Jump, Triple Jump, Shot Put)
Felisa Howard, SLU (100m, 200m)
Christie Masson, FIU (800m, 1500m)
Kelly Kobia, UCF (Discus, Javelin)

EVENTS**100 Meters**

3x Monique Tubbs, JU (2000, 2001, 2003)
2x Tayna Lawrence, FIU (1997, 1998)

200 Meters

2x Lynette Rives, Bel (2007, 2008)
Monique Tubbs, JU (2000, 2003)

400 Meters

3x Zanta Marble, GSU (2001, 2003, 2004)
2x Unique Singleton, JU (2008, 2009)

800 Meters

2x Shana Ely, Sam (2000, 2001)

1500 Meters

3x Alicia Valtin, Cam (2003, 2004, 2005)
2x Tara Bourque, Sam (2000, 2001)

3000 Meters

4x Sarah Howard, GSU (1997, 1998, 1999, 2000)

5000 Meters

2x Heather Lee, Cam (2003, 2004)
Sarah Howard, GSU (1999, 2000)

10,000 Meters

3x Sonja Shedden, UCF (1999, 2001, 2003)
2x Jenn Feenstra, GSU (2004, 2005)

100 Meter Hurdles

4x Natasha Harvey, JU (2006-2009)
Safiya Davy, JU (2000, 2001, 2003, 2004)
2x Diana Chin, UCF (2002, 2005)

400 Meter Hurdles

2x Tamara Stephenson, GWU (2004, 2005)
Tarjatta Rose, GSU (2002, 2003)

3000 Meter Steeplechase

2x Fallon Heffermon, JU (2005, 2006)

High Jump

2x Amy Stroder, UNF (2007, 2008)
Ann Larson, UCF (2002, 2005)
Kristen Pace, GSU (2003, 2004)

Pole Vault

2x Katie Fowke, UCF (2004, 2005)
Sara Robertson, JU (1999, 2000)

Long Jump

4x Natasha Harvey, JU (2006-2009)
2x Margo Robinson, GWU (2003, 2004)
Shonda Swift, FIU (1996, 1997)



Award Winners

Triple Jump

3x Sherion Taylor, Troy (2002, 2003, 2004)
 2x Latricia Firby, UCF (2000, 2001)
 Shonda Swift, FIU (1996, 1997)

Shot Put

4x Katara Beard, UCF (1998, 1999, 2000, 2001)
 2x Tiffany Roebuck, UCF (2002, 2005)

Discus Throw

2x Takia Shoats, Troy (2000, 2001)
 Kelly Kobia, UCF (1996, 1997)

Hammer Throw

2x Zachlynn Blackburn, ETSU (2007, 2008)
 Tiffany Roebuck, UCF (2004, 2005)
 Takia Shoats, Troy (2001, 2002)
 Tiffany Winston, Cam (1998, 1999)

Javelin Throw

3x Emily Kohler, UNF (2006, 2007, 2008)
 Amber Twynier, UCF (1997, 1998, 1999)
 2x Amanda Mason, Troy (2000, 2002)

Most Outstanding Track Performer

2009 Heidi Dahl ETSU
 2008 Lynette Rives Bel
 2007 Janel Grooms JU
 2006 Janita Ocana JU

Most Outstanding Field Performer

2009 Natasha Harvey JU
 2008 Natasha Harvey JU
 2007 Elizabeth Maxwell GWU
 2006 Emily Kohler GWU

Most Outstanding Performer**

**split into MOP-Track & MOP-Field in 2006

2005 Tiffany Roebuck UCF
 2004 Heather Lee Cam
 2003 Monique Tubbs JU
 2002 Valerie Beaubrun UCF
 2001 Katara Beard UCF
 2000 Katara Beard UCF
 1999 Lakicia Cooke Troy
 Sarah Howard GSU
 1998 Tayna Lawrence FIU
 1997 Shonda Swift FIU
 1996 Shonda Swift FIU

Most Outstanding Freshman Performer

2009 Stacey Young JU
 2008 Unique Singleton JU
 2007 Zachlynn Blackburn ETSU
 2006 Natasha Harvey JU
 2005 Tawanna Meadows Troy
 2004 Stephanie Jeffers JU
 2003 Andrea Smith GSU
 2002 Vicki Briggs FAU
 2001 Jenn Feenstrack GSU

Coach of the Year

2009 Ron Grigg JU
 2008 Ron Grigg JU
 2007 Ron Grigg JU
 2006 Ron Grigg JU
 2005 Marcia Wentworth UCF
 2004 Marcia Wentworth UCF
 2003 Marcia Wentworth UCF
 2002 Marcia Wentworth UCF
 2001 Marcia Wentworth UCF
 2000 Marcia Wentworth UCF
 1999 Bob Lambert Troy
 1998 Marcia Wentworth UCF
 1997 Marcia Wentworth UCF
 1996 Mike Becker FIU

Athlete of the Week

--2009--

3/25 J'Zotta Rolle JU
 4/1 Heidi Dahl ETSU
 4/8 Jocelya Webb Cam
 4/15 Unique Singleton JU
 4/22 Natasha Harvey JU
 4/29 Emily Tangwar Upst
 5/6 Lynette Rives Bel
 5/13 Judy Johnson ETSU

--2008--

3/26 Elizabeth Maxwell GWU
 4/2 Lynette Rives Bel
 4/9 Shaquania Lundy JU
 4/16 Elizabeth Maxwell GWU
 4/23 Natasha Harvey JU
 4/30 Carrie Long GWU
 5/7 Kelly Briges GWU
 5/14 Laura Phillips JU

--2007--

3/21 Liz Pollock Bel
 3/28 Sarah Wyszynski GWU
 4/4 Janita Ocana JU
 4/11 Alicia Valtin Cam

4/18 Amy Stroder UNF
 4/25 Lynette Rives Bel
 5/2 Alicia Valtin Cam
 5/9 Kelly Bridges GWU

--2006--

3/21 Janel Grooms JU
 3/29 Tara Dressler Cam
 4/5 Patriona Hayes KSU
 4/12 Tara Dressler Cam
 4/19 Janita Ocana JU
 Emily Kohler UNF
 4/26 Natasha Harvey JU
 5/3 Elizabeth Maxwell GWU
 5/10 Natasha Harvey JU
 5/17 Lindsey Sutherland GWU

--2005--

3/8 Monika Grabowiecka FAU
 3/15 Tawanna Meadows Troy
 3/22 Alicia Valtin Cam
 3/29 Katrina Lewis Troy
 4/5 Katrina Lewis Troy
 4/12 Belinda Bergmann Troy

--2004--

3/9 Christy Csorna Bel
 3/16 Claudia Beitel FAU
 3/23 Safiya Davy JU
 3/30 Andrea Pressley JU
 4/6 Heather Lee Cam
 4/13 Raynell Hagberg FAU

--2003--

3/19 Andrea Pressley JU
 3/28 Kelly Roloff UCF
 4/2 Monique Tubbs JU
 4/9 Monique Tubbs JU

ATHLETE OF THE WEEK BREAKDOWN

Team-by-Team

Jacksonville 16
 Campbell 9
 Belmont 5
 UNF 2
 ETSU 2
 USC Upstate 1

Former Members

Gardner-Webb 8
 Florida Atlantic 4
 Troy 4
 UCF 1

Multiple Individual Winners

Harvey, Natasha (JU) 4
 Maxwell, Elizabeth (GWU) 3
 Valtin, Alicia (Cam) 3
 Dressler, Tara (Cam) 2
 Lewis, Katrina (Troy) 2
 Ocana, Janita (JU) 2
 Rives, Lynette (Bel) 3
 Tubbs, Monique (JU) 2

All-Conference Selections

--2009--

First Team

Natasha Harvey JU 100m
 Cagney Bailey ETSU 200m
 Unique Singleton JU 400m
 Heidi Dahl ETSU 800m
 Heidi Dahl ETSU 1500m
 Mackenzie Howe KSU 5000m
 Mackenzie Howe KSU 10000m
 Natasha Harvey JU 100H
 J'Zotta Rolle JU 400H
 Susanne Klungveit JU 3000m SC
 Davenoir/Kiernan/Singleton/Harvey JU 4x100m
 Dahl/Ingram/Bishop/Bailey ETSU 4x400m
 Elizabeth Mize Cam High Jump
 Anne DelBovo UNF Pole Vault
 Natasha Harvey JU Long Jump
 Natasha Harvey JU Triple Jump
 Hillary Crook JU Shot Put
 Chiquita Hawthorne KSU Discus
 Jessica Irizarry KSU Hammer
 Jessica Irizarry KSU Javelin
 Tiffany Bromfield JU Heptathlon

Second Team

Louise Kiernan JU 100m
 Natasha Harvey JU 200m
 Danielle Davenport JU 400m
 Amalia Vogler JU 800m
 Laura Ragland UNF 1500m
 Brittany Thune Bel 5000m
 Jemeli Sang Upst 10000m
 Stacey Young JU 100H
 Stacey Young JU 400H
 Catherine Beals Lip 3000m SC
 DelBovo, James, Stephens, Anderson UNF 4x100m
 Mack/Hines/Robinson/Davis KSU 4x400m

Elise Trexler UNF High Jump
 Rosemary McCollum KSU Pole Vault
 Jill Arthur KSU Long Jump
 Jill Arthur KSU Triple Jump
 Kayla Mobley UNF Shot Put
 Laura Phillips JU Discus
 Zachlynn Blackburn ETSU Hammer
 Ashton McGuire UNF Javelin
 Stacey Young JU Heptathlon

Third Team

Cagney Bailey ETSU 100m
 Louise Kiernan JU 200m
 Shantela Davis KSU 400m
 Kayla Conrad UNF 800m
 Joan Tangwar Upst 1500m
 Erin Sutton KSU 5000m
 Erin Sutton KSU 10000m
 J'Zotta Rolle JU 100H
 Rachel Stanley UNF 400H
 Erin Heasley UNF 3000m SC
 Burgess/Bailey/Bishop/Johnson ETSU 4x100m
 John/Kinlaw/Mclean/Duncan Cam 4x400m
 Jakia Ragland KSU High Jump
 Courtney Rayor Cam Pole Vault
 Suzzette Van-Lare KSU Long Jump
 Suzzette Van-Lare KSU Triple Jump
 Chiquita Hawthorne KSU Shot Put
 Sierra Spadaccini Cam Discus
 Laura Phillips JU Hammer
 Kristin Ratzlaff Lip Javelin
 Shelly Mclean Cam Heptathlon



All-Conference Selections (continued)

--2008--			--2007--								
<i>First Team</i>			<i>First Team</i>			<i>First Team</i>			<i>First Team</i>		
Lynette Rives	Bel	100m	Jenny Knox	ETSU	100m	Shunisha McClinton	JU	Shot Put	Cara Saunders	GWU	Triple Jump
Lynette Rives	Bel	200m	Lynette Rives	Bel	200m	Krystena Castro	FAU	Discus	Stephanie Jeffers	JU	Shot Put
Unique Singleton	JU	400m	Janel Grooms	JU	400m	Mecole Finch	Cam	Hammer	Katrina Lewis	Troy	Discus
Janel Grooms	JU	800m	Soibhan Wolcott	KSU	800m	Emily Kohler	UNF	Javelin	Rian Thomas	UCF	Hammer
Lauren Weaver	Bel	1500m	Alison Ritter	JU	1500m	<i>Second Team</i>			Kate Hyslop	Troy	Javelin
Brittany Thune	Bel	5000m	Alicia Valtin	Cam	3000m SC	Jenny Knox	ETSU	100m	<i>Third Team</i>		
Brittany Thune	Bel	10000m	Alicia Valtin	Cam	5000m	Malika Clary	FAU	200m	Daquia McCoy	FAU	100m
Natasha Harvey	JU	100H	Amanda Davey	UNF	10,000m	Ashley Williams	JU	400m	Tawanna Meadows	Troy	200m
Elizabeth Pollock	Bel	400H	Natasha Harvey	JU	100H	Golden Creavy	UNF	800m	Ashley Taylor	GSU	400m
Sarah Coghlan	UNF	3000m SC	Janel Grooms	JU	400H	Jill Stapleton	Cam	1500m	Ruth Mick	Lip	800m
Bailey/Knox/Johnson/Zink			Amy Stroder	UNF	High Jump	Tara Dressler	Cam	3000m SC	Tara Dressler	Cam	1500m
	ETSU	4x100m	Christa Coppin	Bel	Pole Vault	Amanda Davey	UNF	5000m	Alicia Valtin	Cam	3000m SC
Rolle/Grooms/Davenport/Singleton			Natasha Harvey	JU	Long Jump	Erin Sutton	KSU	10000m	Belinda Bargman	Troy	5000m
	JU	4x400m	Janita Ocana	JU	Triple Jump	Yanique Booth	FAU	100H	Lindsey Waldrop	Troy	10000m
Amy Stroder	UNF	High Jump	Elizabeth Maxwell	GWU	Shot Put	Lindsay Glover	FAU	400H	Yanique Booth	FAU	100H
Carrie Long	GWU	Pole Vault	Zachlynn Blackburn	ETSU	Discus	Emily Kohler	UNF	High Jump	Victoria Chin	UCF	400H
Natasha Harvey	JU	Long Jump	Zachlynn Blackburn	ETSU	Hammer	Merissa Hawkins	GWU	Pole Vault	Ashley Wicks	JU	High Jump
Shaquania Lundy	JU	Triple Jump	Emily Kohler	UNF	Javelin	Janita Ocana	JU	Long Jump	Kelsey Bealert	UCF	Pole Vault
Caryn Daane	GWU	Shot Put	Victoria Argus	GWU	Heptathlon	Janita Ocana	JU	Triple Jump	Jennsey Hicks	UCF	Long Jump
Elizabeth Maxwell	GWU	Discus	<i>Second Team</i>			Lindsey Sutherland	GWU	Shot Put	Betsy Lewis	GSU	Triple Jump
Zachlynn Blackburn	ETSU	Hammer	Lynette Rives	Bel	100m	Shunisha McClinton	JU	Discus	Tara Stephenson	GWU	Shot Put
Emily Kohler	UNF	Javelin	Janita Ocana	JU	200m	Zoe Murray	Cam	Hammer	Stephanie Jeffers	JU	Discus
Natasha Harvey	JU	Heptathlon	Janita Ocana	JU	400m	Sarah Wyszynski	GWU	Javelin	Katrina Lewis	Troy	Hammer
<i>Second Team</i>			Golden Creavy	UNF	800m	<i>Third Team</i>			Katrina Lewis	Troy	Javelin
Jenny Knox	ETSU	100m	Brittany Thune	Bel	1500m	Wafaa Taissir	Cam	100m	--2004--		
Cagney Bailey	ETSU	200m	Liz Pollock	Bel	3000m SC	Jenny Knox	ETSU	200m	<i>First Team</i>		
Danielle Davenport	JU	400m	Amanda Davey	UNF	5000m	Marilyn Stephens	FAU	400m	Daquia McCoy	FAU	100m
Siobhan Wolcott	KSU	800m	Erin Sutton	KSU	10,000m	Elizabeth Schall	Lip	800m	Daquia McCoy	FAU	200m
Dominique Roy	Bel	1500m	Liz Pollock	Bel	100H	Katherine Warden	GWU	1500m	Zanta Marble	GSU	400m
Lauren Weaver	Bel	5000m	Liz Pollock	Bel	400H	Sarah Coghlan	UNF	3000m SC	Karen Kozub	UCF	800m
Amanda Davey	UNF	10000m	Anna Marie Riccardi	ETSU	High Jump	Erin Sutton	KSU	5000m	Alicia Valtin	Cam	1500m
Simone Clark	JU	100H	Kelly Bridges	GWU	Pole Vault	Amanda Davey	UNF	10000m	Jenn Feenstra	GSU	3000m SC
J'Zotta Rolle	JU	400H	Janita Ocana	JU	Long Jump	Simone Clark	JU	100H	Heather Lee	Cam	5000m
Elizabeth Smother	Bel	3000m SC	Shaquania Lundy	JU	Triple Jump	Elizabeth Pollock	Bel	400H	Jenn Feenstra	GSU	10000m
Fortune/Pollock/Turner/Rives			Caryn Daane	GWU	Shot Put	Jian Jones	FAU	High Jump	Safiya Davy	JU	100H
	Bel	4x100m	Brooke Berarducci	ETSU	Discus	Rebecca Cole	ETSU	Pole Vault	Tamara Stephenson	GWU	400H
McClellan/John/Anderson/Duncan			Elizabeth Maxwell	GWU	Hammer	Lynette Rives	Bel	Long Jump	Kristen Pace	GSU	High Jump
	Cam	4x400m	Sarah Wyszynski	GWU	Javelin	Natasha Harvey	JU	Triple Jump	Katie Fowke	UCF	Pole Vault
Elizabeth Mize	Cam	High Jump	Tiffany Bromfield	JU	Heptathlon	Lindsay George	JU	Shot Put	Margo Robinson	GWU	Long Jump
Kelly Briges	GWU	Pole Vault	<i>Third Team</i>			Lindsey Sutherland	GWU	Discus	Sherion Taylor	Troy	Triple Jump
Shaquania Lundy	JU	Long Jump	Cagney Bailey	ETSU	100m	Lindsey Sutherland	GWU	Hammer	Stephanie Jeffers	JU	Shot Put
Natasha Harvey	JU	Triple Jump	Jenny Knox	ETSU	200m	Elizabeth Maxwell	GWU	Javelin	Ashley Stough	FAU	Discus
Elizabeth Maxwell	GWU	Shot Put	Karlynn Duncan	Cam	400m	--2005--			Tiffany Roebuck	UCF	Hammer
Hannah Joiner	Lip	Discus	Alison Ritter	JU	800m	<i>First Team</i>			Andrea Pressley	JU	Javelin
Elizabeth Maxwell	GWU	Hammer	Alyssa Deal	JU	1500m	Tawanna Meadows	Troy	100m	<i>Second Team</i>		
Sarah Wyszynski	GWU	Javelin	Bree Tharpe	GWU	3000m SC	Malika Clary	FAU	200m	Tiffany Wright	JU	100m
Amy Stroder	UNF	Heptathlon	Erin Sutton	KSU	5000m	Carrie Wallace	Troy	400m	Zanta Marble	GSU	200m
<i>Third Team</i>			Whitney Thurman	Bel	10,000m	Keiona Frenche	JU	800m	Princess Thomas	GSU	400m
Judy Johnson	ETSU	100m	Simone Clark	JU	100H	Alicia Valtin	Cam	1500m	Raynell Hagberg	FAU	800m
Judy Johnson	ETSU	200m	Natasha Harvey	JU	400H	Fallon Heffernan	JU	3000m SC	Heather Lee	Cam	1500
Stephanie Brown	JU	400m	Elizabeth Mize	Cam	High Jump	Lauren Williams	Bel	5000m	Andrea Morrow	UCF	3000m SC
Kaitlyn Granger	UNF	800m	Merissa Hawkins	GWU	Pole Vault	Jenn Feenstra	GSU	10000m	Christy Csorna	Bel	5000m
Allison Ritter	JU	1500m	Silvienne Krosendijk	Cam	Long Jump	Diana Chin	UCF	100H	Sara Dillman	UCF	10000m
Amanda Davey	UNF	5000m	Natasha Harvey	JU	Triple Jump	Tamara Stephenson	GWU	400H	Diana Chin	UCF	100H
Britany Reilly	KSU	10000m	Brooke Berarducci	ETSU	Shot Put	Ann L. Larsen	UCF	High Jump	Helenor Wilson	FAU	400H
Elizabeth Pollock	Bel	100H	Lindsay George	JU	Discus	Katie Fowke	UCF	Pole Vault	Ann Larson	UCF	High Jump
Jen Anderson	Cam	400H	Mecole Finch	Cam	Hammer	Janita Ocana	JU	Long Jump	Michelle Thompson	Troy	Pole Vault
Caitlin Anderson	Lip	3000m SC	Elizabeth Maxwell	GWU	Javelin	Mildred Harris	Troy	Triple Jump	LaTricia Firby	UCF	Long Jump
Davenport/Lundy/Clark/Harvey			Stacie Anthony	KSU	Heptathlon	Tiffany Roebuck	UCF	Shot Put	Laticia Firby	UCF	Triple Jump
	JU	4x100m	--2006--			Tiffany Roebuck	UCF	Discus	Andrea Pressley	JU	Shot Put
James/Sams/Tafs/Creavy			<i>First Team</i>			Tiffany Roebuck	UCF	Hammer	Stephanie Jeffers	JU	Discus
	UNF	4x400m	Janita Ocana	JU	100m	Andrea Clark	JU	Javelin	Rian Thomas	UCF	Hammer
Elise Trexler	UNF	High Jump	Janita Ocana	JU	200m	<i>Second Team</i>			Monica Blake	Lip	Javelin
Christa Coppin	Bel	Pole Vault	Lynette Rives	Bel	400m	Malika Clary	FAU	100m	<i>Third Team</i>		
Lynette Rives	Bel	Long Jump	Ruth Mick	Bel	800m	Daquia McCoy	FAU	200m	Latoya Lewis	Troy	100m
Elizabeth Codrington	Bel	Triple Jump	Tara Dressler	Cam	1500m	Marilyn Stephens	FAU	400m	Ashley Taylor	GSU	200m
Laura Phillips	JU	Shot Put	Fallon Heffernan	JU	3000m SC	Alicia Valtin	Cam	800m	Lakisha Brooks	JU	400m
Tabitha Hamilton	GWU	Discus	Patrina Hayes	KSU	5000m	Belinda Bargmann	Troy	1500m	Keiona Frenche	JU	800m
Jessica Lumpkin	KSU	Hammer	Patrina Hayes	KSU	10000m	Tara Dressler	Cam	3000m SC	Claudia Beitel	FAU	1500m
Amy Stroder	UNF	Javelin	Natasha Harvey	JU	100H	Jenn Feenstra	GSU	5000m	Lisa Crampton	Bel	3000m SC
Tiffany Bromfield	JU	Heptathlon	Natasha Harvey	JU	400H	Lisa Crampton	Bel	10000m	Nigisti Negussie	GSU	5000m
			Anna Marie Ricciardi	ETSU	High Jump	Sheriee Willis	GSU	100H	Belinda Bargman	Troy	10000m
			Kelly Bridges	GWU	Pole Vault	Lindsay Glover	FAU	400H	Tamara Stephenson	GWU	100H
			Natasha Harvey	JU	Long Jump	Kidada Dawkins	GWU	High Jump	Lindsey Glover	FAU	400H
			Shantela Davis	KSU	Triple Jump	Catherine Tueton	UCF	Pole Vault	Kidada Dawkins	GWU	High Jump
						Diana Chin	UCF	Long Jump	Tracy Fischler	UCF	Pole Vault



Katarina Beard	UCF	Shot Put	Claire Lenox	Sam	Triple Jump
Corliss Cade	UCF	Long Jump	Michele Boike	UCF	Long Jump
Lakicia Cooke	Troy	Triple Jump			
Jennifer Herron	UCF	Discus	<i>Third Team</i>		
Michele Boike	UCF	High Jump	Heidi Sauders	Sam	100m
Tiffany Winston	Cam	Hammer	Heidi Sauders	Sam	200m
Amber Twyner	UCF	Javelin	Lorri-Anne Burke	SLU	400m
			Karen Moya	FIU	800m
<i>Second Team</i>			Christina Miller	UCF	1500m
Tiffany Cook	FIU	100m	Christina Miller	UCF	3000m SC
Sharmeka Barnes	Troy	200m	Susan Hartley	UCF	5000m
Tayna Lawrence	FIU	400m	Leslie Gardner	JSU	10000m
Tara Woodward	Troy	800m	Shonda Swift	FIU	100H
Sadie Wells	FIU	1500m	Claire Lenox	Sam	400H
Kelly Heinzman	Troy	3000m	Amber Twyner	UCF	Shot Put
Sarah Fletcher	Sam	5000m	Amber Twyner	UCF	Discus
Stephanie Cameron	UCF	10000m	Shonda Swift	FIU	Javelin
Nikola Jeffery	Sam	100H	Kelly Putnam	UCF	High Jump
Nikeisha Skyers	UCF	400H	Chantrell Antoine	SLU	Triple Jump
Anita Gilland	FIU	High Jump	Nadia Lamb	SLU	Long Jump
Chisa Perry	FIU	Long Jump			
Keli Welsh	UCF	Triple Jump	<i>--1996--</i>		
Barbara Brown	Troy	Shot Put	<i>First Team</i>		
Katarina Beard	UCF	Discus	Felisa Howard	SLU	100m
Jennifer Herron	UCF	Hammer	Felisa Howard	SLU	200m
Amanda Mason	Troy	Javelin	Shanique Stringer	FIU	400m
			Christie Masson	FIU	800m
<i>Third Team</i>			Christie Masson	FIU	1500m
Sharmeka Barnes	Troy	100m	Vibebe Nilsen	FIU	3000m
Lakicia Cooke	Troy	200m	Brenda Alfaro	FIU	5000m
Lakicia Cooke	Troy	400m	Lee Ann Chisholm	Cam	10000m
Shannon Heninger	FIU	800m	Tserins Grant	FIU	110H
Ingrid Odermott	FIU	1500m	Melanie Vaughan	Cam	400H
Margarett Powell	Sam	3000m	Shonda Swift	FIU	Shot Put
Kelly Heinzman	Troy	5000m	Kelly Kobia	UCF	Discus
Megan Rodell	UCF	10000m	Kelly Kobia	UCF	Javelin
Chisa Perry	FIU	100H	Shonda Swift	FIU	Long Jump
Michele Boike	UCF	400H	Shonda Swift	FIU	Triple Jump
Ashley Golden	Sam	High Jump	Tamara Stafford	Cam	High Jump
Melissa Dailley	Troy	Long Jump			
Melissa Dailley	Troy	Triple Jump	<i>Second Team</i>		
Amber Twyner	UCF	Shot Put	Shonda Swift	FIU	100m
Tiffany Winston	Cam	Discus	Shonda Swift	FIU	200m
Katarina Beard	UCF	Hammer	Tammy King	UCF	400m
Katarina Beard	UCF	Javelin	Michelle Mullis	Sam	800m
			Shar Crader	FIU	1500m
<i>--1997--</i>			Christy Miller	UCF	3000m
<i>First Team</i>			Gabriella Dahlgren	SLU	5000m
Tayna Lawrence	FIU	100m	Gabriella Dahlgren	SLU	10000m
Shonda Swift	FIU	200m	Tamara Stafford	Cam	110H
Daphne Gilles	FIU	400m	Claire Lennox	Sam	400H
Ingrid Odermatt	FIU	800m	Kelly Kobia	UCF	Shot Put
Michelle Mullis	Sam	1500m	Katrina Letman	SLU	Discus
Sarah Howard	GSU	3000m	Amy Gattis	Sam	Javelin
Sarah Fletcher	Sam	5000m	Felisa Howard	SLU	Long Jump
Gabriella Dahlgren	SLU	10000m	Kelli Welsh	UCF	Triple Jump
Nadia Lamb	SLU	100H	Michele Boike	UCF	High Jump
Tayna Lawrence	FIU	400H			
Kelly Kobia	UCF	Shot Put	<i>Third Team</i>		
Kelly Kobia	UCF	Discus	Dirshar Baker	FIU	100m
Amber Twyner	UCF	Javelin	Tammy King	FIU	200m
Anita Gilland	FIU	High Jump	Amber Bland	UCF	400m
Shonda Swift	FIU	Triple Jump	Rachael Sturgeon	FIU	800m
Shonda Swift	FIU	Long Jump	Didi Hernandez	FIU	1500m
			Didi Hernandez	FIU	3000m
<i>Second Team</i>			Lee Ann Chisholm	Cam	5000m
Shonda Swift	FIU	100m	Stacy Wallen	FIU	10000m
Nikole Jeffery	Sam	200m	Nikeisha Skyers	UCF	110H
Amber Bland	UCF	400m	Tserins Grant	FIU	400H
Michelle Mullis	Sam	800m	Sanatera Johnson	UCF	Shot Put
Ingrid Odermatt	FIU	1500m	Sanatera Johnson	UCF	Discus
Gabriella Dahlgren	SLU	3000m	Tamara Martin	Sam	Javelin
Megan Rodell	UCF	5000m	Yolanda Stevenson	SLU	Long Jump
Monique Salter	Sam	100H	Chantrell Antoine	SLU	Triple Jump
Michele Boike	UCF	400H	Amber Bland	UCF	High Jump
Shonda Swift	FIU	Shot Put			
Tiffany Winston	Cam	Discus			
Kelly Kobia	UCF	Javelin			
Michele Boike	UCF	High Jump			