



Men's Indoor Track and Field



Year-by-Year Summary

| Year | Date     | Site                | Host | Champion | Score | Runner-up      | Score  | Most Outstanding Performer  |
|------|----------|---------------------|------|----------|-------|----------------|--------|---|
| 2009 | 2/20-21  | Johnson City, Tenn. | ETSU | ETSU     | 172   | Kennesaw State | 151.50 | Benjamin Ronoh (Track)<br>Perrish Goggins (Field)                     |
| 2008 | 3/1/2008 | Johnson City, Tenn. | ETSU | KSU      | 128   | ETSU           | 112    | Harold Sims (Track)<br>Sam Tilly (Field)                              |
| 2007 | 2/16-17  | Johnson City, Tenn. | ETSU | ETSU     | 127   | Bel/GWU        | 114    | Hillary Cheruiyot (co-Track)<br>Michael Wright (co-Track)             |
| 2006 | 2/17-18  | Johnson City, Tenn. | ETSU | ETSU     | 153   | Cam            | 116    | Jake Didion (Field)<br>James Rainer (Track)<br>Lincoln Gordon (Field) |

Year-by-Year Results

|                             |        |
|-----------------------------|--------|
| 2009 (Johnson City, Tenn.)  |        |
| 1. ETSU                     | 172    |
| 2. KSU                      | 151.50 |
| 3. Cam                      | 85     |
| 4. Upst                     | 47.50  |
| 5. Bel                      | 40     |
| 6. Lip                      | 18     |
| 7. UNF                      | 8      |
| 2008 (Johnson City, Tenn.)  |        |
| 1. KSU                      | 128    |
| 2. ETSU                     | 112    |
| 3. GWU                      | 97     |
| 4. Cam                      | 93     |
| 5. Bel                      | 76     |
| 6. Upst                     | 16     |
| 7. Lip                      | 3      |
| 8. UNF                      | 2      |
| 2007 (Johnson City, Tenn.)  |        |
| 1. ETSU                     | 127    |
| 2. Bel                      | 114    |
| GWU                         | 114    |
| 4. Cam                      | 95     |
| 5. KSU                      | 60     |
| 6. UNF                      | 10     |
| 7. Lip                      | 2      |
| *2006 (Johnson City, Tenn.) |        |
| 1. ETSU                     | 153    |
| 2. Cam                      | 116    |
| 3. GWU                      | 110    |
| 4. KSU                      | 106    |
| 5. Bel                      | 37     |
| 6. UNF                      | 3      |

\*Inagural Season

Championship Meet Records

|                         |      |      |          |       |
|-------------------------|------|------|----------|-------|
| <b>60-Meter Dash</b>    |      |      |          |       |
| 1. James Rainer         | ETSU | 2006 | 6.74H    |       |
| 2. James Rainer         | ETSU | 2006 | 6.75     |       |
| 3. Quentin Greenlee     | ETSU | 2009 | 6.83H    |       |
| 4. Greg Dunston         | Cam  | 2008 | 6.85     |       |
| 5. Duralon Monal        | ETSU | 2009 | 6.87     |       |
| Greg Dunston            | Cam  | 2008 | 6.87H    |       |
| 7. Greg Dunston         | Cam  | 2006 | 6.88H    |       |
| 8. Channing Twyner      | Bel  | 2007 | 6.90     |       |
| 9. Channing Twyner      | Bel  | 2007 | 6.92H    |       |
| Johnny Tucker           | ETSU | 2007 | 6.92     |       |
| Kevin Prime             | GWU  | 2006 | 6.92H    |       |
| <b>200-Meter Dash</b>   |      |      |          |       |
| 1. James Rainer         | ETSU | 2006 | 21.61    |       |
| 2. Lincoln Gordon       | Cam  | 2006 | 21.89    |       |
| 3. Kevin Prime          | GWU  | 2006 | 21.93    |       |
| 4. Zachary Titman       | ETSU | 2008 | 22.06    |       |
| 5. Antonio Logan        | KSU  | 2008 | 22.27    |       |
| 6. Greg Dunston         | Cam  | 2008 | 22.28    |       |
| 7. Greg Dunston         | Cam  | 2006 | 22.29    |       |
| 8. Sam Tilly            | Cam  | 2007 | 22.34    |       |
| 9. Joshua James         | KSU  | 2008 | 22.43    |       |
| 10. Duralon Monal       | ETSU | 2008 | 22.50    |       |
| <b>400-Meter Dash</b>   |      |      |          |       |
| 1. Harold Sims          | Cam  | 2009 | 48.84    |       |
| 2. Harold Sims          | Cam  | 2008 | 48.89    |       |
| 3. Joshua James         | KSU  | 2009 | 49.26    |       |
| 4. Quentin Greenlee     | ETSU | 2009 | 49.40    |       |
| 5. James Verdi          | KSU  | 2009 | 49.44    |       |
| 6. Joshua James         | KSU  | 2008 | 49.82    |       |
| 7. Adoniss Jones        | Cam  | 2009 | 49.98    |       |
| 8. Josh Cloyd           | ETSU | 2008 | 50.05    |       |
| 9. David Tansey         | KSU  | 2009 | 50.13    |       |
| 10. James Verdi         | KSU  | 2008 | 50.15    |       |
| <b>800-Meter Run</b>    |      |      |          |       |
| 1. Gianni Catalano      | KSU  | 2009 | 1:53.60  |       |
| 2. Hillary Cheruiyot    | Bel  | 2009 | 1:53.76  |       |
| 3. Daniel Grass         | KSU  | 2009 | 1:54.86  |       |
| 4. Gianni Catalano      | KSU  | 2008 | 1:55.19  |       |
| 5. Kipkosgei Magut      | Bel  | 2008 | 1:55.60  |       |
| 6. Clint Carter         | Lip  | 2009 | 1:56.46  |       |
| 7. Michael Guntner      | KSU  | 2009 | 1:56.92  |       |
| 8. Josh Hicks           | ETSU | 2006 | 1:57.11  |       |
| 9. Hillary Cheruiyot    | Bel  | 2008 | 1:57.19  |       |
| 10. Ryan Shaver         | Cam  | 2008 | 1:57.22  |       |
| <b>Mile Run</b>         |      |      |          |       |
| 1. Scott Burley         | KSU  | 2009 | 4:11.03  |       |
| 2. Hillary Cheruiyot    | Bel  | 2009 | 4:13.49  |       |
| 3. Will Pearce          | UNF  | 2009 | 4:14.39  |       |
| 4. Piotr Witczak        | KSU  | 2009 | 4:16.69  |       |
| 5. Benjamin Ronoh       | ETSU | 2009 | 4:17.28  |       |
| 6. Kenneth Rotich       | ETSU | 2009 | 4:17.87  |       |
| 7. Scott Burley         | KSU  | 2008 | 4:18.72  |       |
| 8. Hillary Cheruiyot    | Bel  | 2007 | 4:20.70  |       |
| 9. Kipkosgei Magut      | Bel  | 2008 | 4:20.79  |       |
| 10. Timothy Israel      | GWU  | 2008 | 4:21.20  |       |
| <b>3,000-Meter Run</b>  |      |      |          |       |
| 1. Benjamin Ronoh       | ETSU | 2009 | 8:24.55  |       |
| 2. Kenneth Rotich       | ETSU | 2009 | 8:25.47  |       |
| 3. Scott Burley         | KSU  | 2009 | 8:26.57  |       |
| 4. John Brigham         | Bel  | 2008 | 8:30.82  |       |
| 5. Verelle Wyatt        | Cam  | 2009 | 8:31.80  |       |
| 6.. Scott Burley        | KSU  | 2008 | 8:33.27  |       |
| 7. Colin Magut          | Bel  | 2007 | 8:35.60  |       |
| 8. Peikko Solla         | KSU  | 2007 | 8:35.63  |       |
| 9. Peikko Solla         | KSU  | 2008 | 8:36.96  |       |
| 10. Caleb Swartz        | Bel  | 2009 | 8:38.37  |       |
| <b>5,000-Meter Run</b>  |      |      |          |       |
| 1. Kenneth Rotich       | ETSU | 2008 | 14:44.15 |       |
| 2. Benjamin Ronoh       | ETSU | 2009 | 14:48.84 |       |
| 3. Kenneth Rotich       | ETSU | 2009 | 14:50.48 |       |
| 4. Jordan Anderson      | Bel  | 2009 | 14:52.28 |       |
| 5. John Brigham         | Bel  | 2008 | 14:54.57 |       |
| 6. John Brigham         | Bel  | 2007 | 14:56.62 |       |
| 7. Jeff Crane           | ETSU | 2008 | 14:59.16 |       |
| 8. Kevin Stone          | Bel  | 2008 | 15:03.51 |       |
| 9. Verelle Taylor       | Cam  | 2007 | 15:05.87 |       |
| 10. Caleb Swartz        | Bel  | 2008 | 15:06.19 |       |
| <b>60-Meter Hurdles</b> |      |      |          |       |
| 1. Adoniss Jones        | Cam  | 2009 | 8.06H    |       |
| 2. Dobson Collins       | GWU  | 2008 | 8.09H    |       |
| 3. Harold Sims          | Cam  | 2008 | 8.14     |       |
| 4. Harold Sims          | Cam  | 2009 | 8.21     |       |
| Dobson Collins          | GWU  | 2008 | 8.21     |       |
| 6. Adoniss Jones        | Cam  | 2008 | 8.25     |       |
| 7. Michael Wright       | ETSU | 2007 | 8.26H    |       |
| 8. Kendall Parks        | KSU  | 2009 | 8.28H    |       |
| 9. Adoniss Jones        | Cam  | 2008 | 8.29H    |       |
| Harold Sims             | Cam  | 2008 | 8.29H    |       |
| 10. Devin Jones         | KSU  | 2008 | 8.30H    |       |
| <b>Heptathlon</b>       |      |      |          |       |
| 1. Nic Chernikow        | ETSU | 2009 | 4820     |       |
| 2. Elliott Haynie       | GWU  | 2008 | 4645     |       |
| 3. Michael Wright       | ETSU | 2007 | 4578     |       |
| 4. Elliott Haynie       | GWU  | 2007 | 4512     |       |
| 5. Michael Wright       | ETSU | 2006 | 4455     |       |
| 6. Perrish Goggins      | Upst | 2008 | 4417     |       |
| 7. Casey Strickland     | KSU  | 2009 | 4367     |       |
| 8. Casey Strickland     | KSU  | 2008 | 4275     |       |
| 9. Jordan Briggs        | ETSU | 2009 | 4273     |       |
| 10. Nicholas Chernikow  | ETSU | 2008 | 4246     |       |
| <b>Shot Put</b>         |      |      |          |       |
| 1. Jarrod Burton        | ETSU | 09   | 55-05.00 | 16.89 |
| 2. Joshua McNair        | KSU  | 08   | 54-00.50 | 16.47 |
| 3. Joshua McNair        | KSU  | 09   | 53-05.50 | 16.29 |
| 4. Matt Knippen         | GWU  | 07   | 51-09.75 | 15.79 |
| 5. Jarrod Burton        | ETSU | 08   | 51-09.00 | 15.77 |
| 6. Bryan Ames           | Cam  | 08   | 51-08.25 | 15.74 |
| 7. Matt Knippen         | GWU  | 08   | 49-07.75 | 15.13 |
| 8. Dakota Cagle         | ETSU | 07   | 49-04.50 | 15.05 |
| Matt Knippen            | GWU  | 06   | 49-04.50 | 15.05 |
| 10. Jarrod Burton       | ETSU | 06   | 49-03.75 | 15.03 |



Championship Meet Records

| Weight Throw           | Yr   | ft-inch | meters         |
|------------------------|------|---------|----------------|
| 1. Jarrod Burton       | ETSU | 09      | 61-00.75 18.61 |
| 2. Joshua McNair       | KSU  | 09      | 60-07.25 18.47 |
| 3. Jarrod Burton       | ETSU | 07      | 57-10.25 17.63 |
| 4. Joshua McNair       | KSU  | 08      | 56-09.50 17.31 |
| 5. Aymerick Kolokolagi | KSU  | 09      | 55-10.25 17.02 |
| 6. Tyler Howell        | Bel  | 09      | 55-07.75 16.96 |
| Jarrod Burton          | ETSU | 08      | 55-07.75 16.96 |
| 8. Tyler Howell        | Bel  | 08      | 53-07.50 16.34 |
| 9. Joe Frye            | Bel  | 08      | 53-03.75 16.25 |
| 10. Cody MacArthur     | GWU  | 07      | 53-01.75 16.20 |

| Pole Vault          | Yr   | ft-inch | meters        |
|---------------------|------|---------|---------------|
| 1. Elliott Haynie   | GWU  | 08      | 17-00.75 5.20 |
| 2. Jeremy Longshore | GWU  | 06      | 16-00.75 4.90 |
| 3. David Bernabei   | Cam  | 06      | 15-07.00 4.75 |
| Elliott Haynie      | GWU  | 07      | 15.07.00 4.75 |
| Jeremy Longshore    | GWU  | 07      | 15.07.00 4.75 |
| 6. David Bernabei   | Cam  | 07      | 15-01.00 4.60 |
| Kyle Lingafelt      | Cam  | 07      | 15-01.00 4.60 |
| Drew Beamer         | ETSU | 07      | 15-01.00 4.60 |
| 9. Justin Crawford  | Upst | 09      | 14-07.25 4.45 |
| Drew Beamer         | ETSU | 08      | 14-07.25 4.45 |
| Jeremy Longshore    | GWU  | 08      | 14-07.25 4.45 |
| Brandon Grass       | Bel  | 08      | 14-07.25 4.45 |
| Dave Thomas         | ETSU | 07      | 14-07.25 4.45 |
| Elliott Haynie      | GWU  | 06      | 14-07.25 4.45 |

| Long Jump         | Yr   | ft-inch | meters        |
|-------------------|------|---------|---------------|
| 1. Sam Tilly      | Cam  | 08      | 25-00.50 7.63 |
| 2. Jake Didion    | GWU  | 08      | 24-07.00 7.49 |
| 3. Sam Tilly      | Cam  | 07      | 24-05.00 7.44 |
| 4. Josh Cloyd     | ETSU | 09      | 23-03.75 7.41 |
| 5. Lincoln Gordon | Cam  | 06      | 23-11.00 7.29 |
| Josh Cloyd        | ETSU | 08      | 23-11.00 7.29 |
| 7. Jake Didion    | GWU  | 07      | 23-08.00 7.21 |
| 8. Sam Tilly      | Cam  | 06      | 23-05.50 7.15 |
| 9. Harold Sims    | Cam  | 09      | 23-04.50 7.12 |
| 10. Harold Sims   | Cam  | 08      | 23-01.25 7.04 |

| Triple Jump        | Yr   | ft-inch | meters         |
|--------------------|------|---------|----------------|
| 1. Sam Tilly       | Cam  | 08      | 48-08.00 14.83 |
| 2. Jake Didion     | GWU  | 08      | 48-04.50 14.74 |
| 3. Josh Cloyd      | ETSU | 09      | 47-02.25 14.38 |
| 4. Perrish Goggins | Upst | 09      | 46-11.00 14.30 |
| 5. Jake Didion     | GWU  | 07      | 46-10.75 14.29 |
| 6. Sam Tilly       | Cam  | 07      | 46-08.75 14.24 |
| 7. Kendall Parks   | KSU  | 09      | 46-02.75 14.09 |
| 8. Lincoln Gordon  | Cam  | 06      | 45-09.00 13.94 |
| 9. Josh Cloyd      | ETSU | 08      | 45-08.50 13.93 |
| 10. Robert Brunson | Cam  | 09      | 45-03.00 13.79 |

| High Jump           | Yr   | ft-inch | meters       |
|---------------------|------|---------|--------------|
| 1. Jerome McKinzie  | KSU  | 08      | 6-08.25 2.04 |
| 2. Jerome McKinzie  | KSU  | 09      | 6-06.25 1.99 |
| 3. Jerome McKinzie  | KSU  | 07      | 6-06.00 1.98 |
| 4. Michael Estes    | ETSU | 06      | 6-04.75 1.95 |
| 5. Perrish Goggins  | Upst | 09      | 6-04.25 1.94 |
| Erik Ingle          | KSU  | 09      | 6-04.25 1.94 |
| Johnathon Rucker    | GWU  | 08      | 6-04.25 1.94 |
| Perish Goggins      | Upst | 08      | 6-04.25 1.94 |
| Andrew Houston      | ETSU | 08      | 6-04.25 1.94 |
| 10. Logan Brelsford | Cam  | 07      | 6-04.00 1.93 |
| Michael Wright      | ETSU | 07      | 6-04.00 1.93 |
| Michael Wright      | ETSU | 06      | 6-04.00 1.93 |
| Jameson Elder       | Bel  | 08      | 6-02.25 1.89 |
| Michael Estes       | ETSU | 08      | 6-02.25 1.89 |

| 4 x 400 Meter Relay | Yr   | Time    |
|---------------------|------|---------|
| 1. ETSU             | 2008 | 3:18.42 |
| 2. Kennesaw State   | 2008 | 3:18.49 |
| 3. Campbell         | 2009 | 3:19.52 |
| 4. Kennesaw State   | 2009 | 3:19.78 |
| 5. Kennesaw State   | 2006 | 3:24.26 |
| 6. ETSU             | 2006 | 3:24.52 |
| 7. Belmont          | 2007 | 3:24.70 |
| 8. Lipscomb         | 2009 | 3:24.74 |
| 9. Campbell         | 2007 | 3:24.83 |
| 10. ETSU            | 2007 | 3:24.89 |

| Distance Medley    | Yr   | Time     |
|--------------------|------|----------|
| 1. Kennesaw State  | 2009 | 10:16.04 |
| 2. ETSU            | 2009 | 10:17.49 |
| 3. Belmont         | 2009 | 10:18.67 |
| 4. Belmont         | 2008 | 10:19.89 |
| 5. Belmont         | 2007 | 10:21.17 |
| 6. Kennesaw State  | 2008 | 10:21.44 |
| 7. ETSU            | 2006 | 10:25.21 |
| 8. ETSU            | 2007 | 10:26.91 |
| 9. ETSU            | 2008 | 10:27.31 |
| 10. Kennesaw State | 2006 | 10:27.40 |

All-Conference Selections

| 2009             | Team | Event        | Time/Height |
|------------------|------|--------------|-------------|
| First Team       |      |              |             |
| Duralon Monal    | ETSU | 60m          |             |
| Quentin Greenlee | ETSU | 200m         |             |
| Harold Sims      | Cam  | 400m         |             |
| Gianni Catalano  | KSU  | 800m         |             |
| Scott Burley     | KSU  | Mile Run     |             |
| Benjamin Ronoh   | ETSU | 3000m        |             |
| Benjamin Ronoh   | ETSU | 5000m        |             |
| Adoniss Jones    | Cam  | 60H          |             |
| Jerome McKinzie  | KSU  | High Jump    |             |
| Justin Crawford  | Upst | Pole Vault   |             |
| Josh Cloyd       | ETSU | Long Jump    |             |
| Josh Cloyd       | ETSU | Triple Jump  |             |
| Jarrod Burton    | ETSU | Shot Put     |             |
| Jarrod Burton    | ETSU | Weight Throw |             |
| Nic Chernikow    | ETSU | Heptathlon   |             |

| Second Team       | Team | Event        | Time/Height |
|-------------------|------|--------------|-------------|
| Greg Dunston      | Cam  | 60m          |             |
| Duralon Monal     | ETSU | 200m         |             |
| Joshua James      | KSU  | 400m         |             |
| Hillary Cheruiyot | Bel  | 800m         |             |
| Hillary Cheruiyot | Bel  | Mile Run     |             |
| Kenneth Rotich    | ETSU | 3000m        |             |
| Kenneth Rotich    | ETSU | 5000m        |             |
| Michael James     | ETSU | 60H          |             |
| Perrish Goggins   | Upst | High Jump    |             |
| Jordan Briggs     | ETSU | Pole Vault   |             |
| Harold Sims       | Cam  | Long Jump    |             |
| Perrish Goggins   | Upst | Triple Jump  |             |
| Joshua McNair     | KSU  | Shot Put     |             |
| Joshua McNair     | KSU  | Weight Throw |             |
| Casey Strickland  | KSU  | Heptathlon   |             |

| Third Team          | Team | Event        | Time/Height |
|---------------------|------|--------------|-------------|
| Kendall Parks       | KSU  | 60m          |             |
| Greg Dunston        | Cam  | 200m         |             |
| Quentin Greenlee    | ETSU | 400m         |             |
| Daniel Grass        | KSU  | 800m         |             |
| Will Pearce         | UNF  | Mile Run     |             |
| Scott Burley        | KSU  | 3000m        |             |
| Jordan Anderson     | Bel  | 5000m        |             |
| Kendall Parks       | KSU  | 60H          |             |
| Erik Ingle          | KSU  | High Jump    |             |
| Drew Beamer         | ETSU | Pole Vault   |             |
| Robert Brunson      | Cam  | Long Jump    |             |
| Kendall Parks       | KSU  | Triple Jump  |             |
| Aymerick Kolokolagi | KSU  | Shot Put     |             |
| Aymerick Kolokolagi | KSU  | Weight Throw |             |
| Jordan Briggs       | ETSU | Heptathlon   |             |

All-Conference Selections

| 2008            | Team | Event        | Time/Height |
|-----------------|------|--------------|-------------|
| First Team      |      |              |             |
| Greg Dunston    | Cam  | 60m          |             |
| Zachary Titman  | ETSU | 200m         |             |
| Harold Sims     | Cam  | 400m         |             |
| Gianni Catalano | KSU  | 800m         |             |
| Scott Burley    | KSU  | Mile Run     |             |
| John Brigham    | Bel  | 3000m        |             |
| Kenneth Rotich  | ETSU | 5000m        |             |
| Harold Sims     | Cam  | 60H          |             |
| Jerome McKinzie | KSU  | High Jump    |             |
| Elliott Haynie  | GWU  | Pole Vault   |             |
| Sam Tilly       | Cam  | Long Jump    |             |
| Sam Tilly       | Cam  | Triple Jump  |             |
| Joshua McNair   | KSU  | Shot Put     |             |
| Joshua McNair   | KSU  | Weight Throw |             |
| Elliott Haynie  | GWU  | Heptathlon   |             |

| Second Team     | Team | Event        | Time/Height |
|-----------------|------|--------------|-------------|
| Dobson Collins  | GWU  | 60m          |             |
| Antonio Logan   | KSU  | 200m         |             |
| Joshua James    | KSU  | 400m         |             |
| Colin Magut     | Bel  | 800m         |             |
| Colin Magut     | Bel  | Mile Run     |             |
| Scott Burley    | KSU  | 3000m        |             |
| John Brigham    | Bel  | 5000m        |             |
| Dobson Collins  | GWU  | 60H          |             |
| Jonathon Rucker | GWU  | High Jump    |             |
| Drew Beamer     | ETSU | Pole Vault   |             |
| Jake Didion     | GWU  | Long Jump    |             |
| Jake Didion     | GWU  | Triple Jump  |             |
| Jarrod Burton   | ETSU | Shot Put     |             |
| Jarrod Burton   | ETSU | Weight Throw |             |
| Perrish Goggins | Upst | Heptathlon   |             |

| Third Team        | Team | Event        | Time/Height |
|-------------------|------|--------------|-------------|
| Sam Tilly         | Cam  | 60m          |             |
| Greg Dunston      | Cam  | 200m         |             |
| Josh Cloyd        | ETSU | 400m         |             |
| Hillary Cheruiyot | Bel  | 800m         |             |
| Timothy Israel    | GWU  | Mile Run     |             |
| Peikko Solla      | KSU  | Mile Run     |             |
| Jeff Crane        | ETSU | 5000m        |             |
| Adoniss Jones     | Cam  | 60H          |             |
| Perrish Goggins   | Upst | High Jump    |             |
| Jeremy Longshore  | GWU  | Pole Vault   |             |
| Josh Cloyd        | ETSU | Long Jump    |             |
| Josh Cloyd        | ETSU | Triple Jump  |             |
| Bryan Ames        | Cam  | Shot Put     |             |
| Tyler Howell      | Bel  | Weight Throw |             |
| Casey Strickland  | KSU  | Heptathlon   |             |

| 2007              | Team | Event        | Time/Height |
|-------------------|------|--------------|-------------|
| First Team        |      |              |             |
| Channing Twyner   | Bel  | 60m          |             |
| Sam Tilly         | Cam  | 200m         |             |
| Chris Harrison    | ETSU | 400m         |             |
| Erin Goodrum      | GWU  | 800m         |             |
| Hillary Cheruiyot | Bel  | Mile Run     |             |
| Colin Magut       | Bel  | 3000m        |             |
| John Brigham      | Bel  | 5000m        |             |
| Dobson Collins    | GWU  | 60H          |             |
| Jerome McKinzie   | KSU  | High Jump    |             |
| Elliott Haynie    | GWU  | Pole Vault   |             |
| Sam Tilly         | Cam  | Long Jump    |             |
| Jake Didion       | GWU  | Triple Jump  |             |
| Matt Knippen      | GWU  | Shot Put     |             |
| Jarrod Burton     | ETSU | Weight Throw |             |
| Michael Wright    | ETSU | Heptathlon   |             |

| Second Team       | Team | Event    | Time/Height |
|-------------------|------|----------|-------------|
| Johnny Tucker     | ETSU | 60m      |             |
| Clint Hamm        | Bel  | 200m     |             |
| Harold Sims       | Cam  | 400m     |             |
| Hillary Cheruiyot | Bel  | 800m     |             |
| Colin Magut       | Bel  | Mile Run |             |
| Peikko Solla      | KSU  | 3000m    |             |



## All-Conference Selections (Continued)

|                    |      |              |
|--------------------|------|--------------|
| Verelle Taylor     | Cam  | 5000m        |
| Harold Sims        | Cam  | 60H          |
| Michael Wright     | ETSU | High Jump    |
| Jeremy Longshore   | GWU  | Pole Vault   |
| Jake Didion        | GWU  | Long Jump    |
| Sam Tilly          | Cam  | Triple Jump  |
| Dakota Cagle       | ETSU | Shot Put     |
| Cody MacArthur     | GWU  | Weight Throw |
| Elliott Haynie     | GWU  | Heptathlon   |
| Third Team         |      |              |
| Derek Carey        | ETSU | 60m          |
| Johnny Tucker      | ETSU | 200m         |
| Clint Hamm         | Bel  | 400m         |
| Matthew Auers      | KSU  | 800m         |
| Jacob Buckman      | Bel  | Mile Run     |
| Fredrik Johansson  | UNF  | 3000m        |
| Michael Deren      | ETSU | 5000m        |
| Devin Jones        | KSU  | 60H          |
| Logan Brelsford    | Cam  | High Jump    |
| David Bernabei     | Cam  | Pole Vault   |
| Harold Sims        | Cam  | Long Jump    |
| Nate Stgrckland    | ETSU | Triple Jump  |
| Jarrold Burton     | ETSU | Shot Put     |
| Joshua McNair      | KSU  | Weight Throw |
| Nicholas Chernikow | ETSU | Heptathlon   |
| 2006               |      |              |
| First Team         |      |              |
| James Rainer       | ETSU | 60m          |
| James Rainer       | ETSU | 200m         |
| Stephen Register   | Bel  | 400m         |
| Joshua Hicks       | ETSU | 800m         |
| Tim Israel         | GWU  | Mile Run     |
| Jeff Crane         | ETSU | 3000m        |
| Jason Waters       | KSU  | 5000m        |
| Devin Jones        | KSU  | 60H          |
| Michael Estes      | ETSU | High Jump    |
| Jeremy Longshore   | GWU  | Pole Vault   |
| Lincoln Gordon     | Cam  | Long Jump    |
| Lincoln Gordon     | Cam  | Triple Jump  |
| Matt Knippen       | GWU  | Shot Put     |
| Matt Knippen       | GWU  | Weight Throw |
| Michael Wright     | ETSU | Heptathlon   |
| Second Team        |      |              |
| Greg Dunston       | Cam  | 60m          |
| Lincoln Gordon     | Cam  | 200m         |
| Joshua Rock        | ETSU | 400m         |
| Scott Phillips     | KSU  | 800m         |
| Joseph Mutai       | KSU  | Mile Run     |
| Jason Waters       | KSU  | 3000m        |
| Jeff Crane         | ETSU | 5000m        |
| Michael Wright     | ETSU | 60H          |
| Michael Wright     | ETSU | High Jump    |
| David Bernabei     | Cam  | Pole Vault   |
| Sam Tilly          | Cam  | Long Jump    |
| Sam Tilly          | Cam  | Triple Jump  |
| Michael Buckshaw   | GWU  | Shot Put     |
| Guy Hornsby        | ETSU | Weight Throw |
| David Shields      | KSU  | Heptathlon   |
| Third Team         |      |              |
| Kevin Prime        | GWU  | 60m          |
| Kevin Prime        | GWU  | 200m         |
| Clint Hamm         | Bel  | 400m         |
| Geoff Lesch-Wragge | GWU  | 800m         |
| Lukasz Skrzypiec   | KSU  | Mile Run     |
| Caleb Swartz       | Bel  | 3000m        |
| Daniel Gromley     | KSU  | 5000m        |
| Dobson Collins     | GWU  | 60H          |
| Logan Brelsford    | Cam  | High Jump    |
| Elliott Haynie     | GWU  | Pole Vault   |
| Michael Wright     | ETSU | Long Jump    |
| Logan Brelsford    | Cam  | Triple Jump  |
| Ra Don Bain        | Cam  | Shot Put     |
| Cody MacArthur     | GWU  | Weight Throw |
| David Bernabei     | Cam  | Heptathlon   |

## Award Winners

|                                     |                              |      |
|-------------------------------------|------------------------------|------|
| Most Valuable Performer             |                              |      |
| 2009                                | Harold Sims                  | Cam  |
| Most Outstanding Performer          |                              |      |
| 2009                                | Benjamin Ronoh (Track)       | ETSU |
|                                     | Perrish Goggins (Field)      | Upst |
| 2008                                | Harold Sims (Track)          | Cam  |
|                                     | Sam Tilly (Field)            | Cam  |
| 2007                                | Hillary Cheruiyot (co-Track) | Bel  |
|                                     | Michael Wright (co-Track)    | ETSU |
|                                     | Jake Didion (Field)          | GWU  |
| 2006                                | James Rainer (Track)         | ETSU |
|                                     | Lincoln Gordon (Field)       | Cam  |
| Most Outstanding Freshman Performer |                              |      |
| 2009                                | Kendall Parks                | KSU  |
| 2008                                | Perrish Goggins              | Upst |
| 2007                                | Hillary Cheruiyot            | Bel  |
| 2006                                | David Bernabei               | Cam  |
| Coach-of-the-Year                   |                              |      |
| 2009                                | Dave Walker                  | ETSU |
| 2008                                | Don McGarey                  | KSU  |
| 2007                                | Dave Walker                  | ETSU |
| 2006                                | Dave Walker                  | ETSU |
| Athlete-of-the-Week                 |                              |      |
| 2009                                |                              |      |
| 1/14                                | Jerome McKinzie              | KSU  |
| 1/21                                | Quentin Greenlee             | ETSU |
| 1/28                                | Greg Dunston                 | Cam  |
| 2/4                                 | Gianni Catalano              | KSU  |
| 2/11                                | Josh Cloyd                   | ETSU |
| 2/18                                | Gianni Catalano              | KSU  |
| 2008                                |                              |      |
| 1/16                                | Elliott Haynie               | GWU  |
| 1/23                                | Elliott Haynie               | GWU  |
| 1/30                                | Jerome McKinzie              | KSU  |
| 2/6                                 | Jarrold Burton               | ETSU |
| 2/13                                | Dobson Gollins               | GWU  |
| 2/20                                | Kenneth Rotich               | ETSU |
| 2/27                                | Joe Frye                     | Bel  |
| 2007                                |                              |      |
| 1/10                                | Will Peters                  | Bel  |
| 1/17                                | Sam Tilly                    | Cam  |
| 1/24                                | Channing Twyner              | Bel  |
| 1/31                                | Jarrold Burton               | ETSU |
| 2/7                                 | Jarrold Burton               | ETSU |
| 2/14                                | Bryan Ames                   | Cam  |
| 2006                                |                              |      |
| 12/14                               | Jeremy Longshore             | GWU  |
| 1/11                                | Seth Jones                   | Bel  |
| 1/18                                | Lincoln Gordon               | Cam  |
| 1/25                                | James Rainer                 | ETSU |
| 2/1                                 | Lincoln Gordon               | Cam  |
| 2/8                                 | Lincoln Gordon               | Cam  |