



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) Perrish Goggins (Field)
2008	3/1/2008	Johnson City, Tenn.	ETSU	KSU	128	ETSU	112	Harold Sims (Track) Sam Tilly (Field)
2007	2/16-17	Johnson City, Tenn.	ETSU	ETSU	127	Bel/GWU	114	Hillary Cheruiyot (co-Track) Michael Wright (co-Track)
2006	2/17-18	Johnson City, Tenn.	ETSU	ETSU	153	Cam	116	Jake Didion (Field) James Rainer (Track) 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 Kolokilagi	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			
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			
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			
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 Kolokilagi	KSU		Shot Put
Aymerick Kolokilagi	KSU		Weight Throw
Jordan Briggs	ETSU		Heptathlon

All-Conference Selections

2008			
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			
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			
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			
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			
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