



Year-by-Year Summary

Year	Date	Site	Host	Champion	Score	Runner-up	Score	Most Valuable Performer
2011	4/15-16	Jacksonville, Fla.	UNF	Kennesaw State	237	ETSU	171	Deigo Lawrence (Campbell)
2010	5/14-15	Jacksonville, Fla.	UNF	Kennesaw State	269	ETSU	228	Joe Frye (Belmont) & Joshua McNair (Kennesaw State)
2009	5/15-16	Jacksonville, Fla.	UNF	ETSU	198	Kennesaw State	180	Casey Strickland (Kennesaw State)
2008	5/15-16	Clemson, S.C.	Upstate	Kennesaw State	170	Campbell	135.5	Harlod Sims (Campbell) // Track Joshua McNair (Kennesaw State) // Field
2007	5/11-12	Johnson City, Tenn.	ETSU	ETSU	192	Gardner-Webb	148	Colin Magut (Belmont) // Track Cody MacArthur (Gardner-Webb) // Field
2006	4/14-15	Clermont, Fla.	A-Sun	Gardner-Webb	194	Kennesaw State	142	Colin Magut (Belmont) // Track Cody MacArthur (Gardner-Webb) // Field
2005	4/15-16	Nashville, Tenn.	Belmont	Troy	215	Campbell	143	Louis Harris (Troy)
2004	4/16-17	Orlando, Fla.	UCF	Troy	320	Campbell	94	Michael Heck (Troy)
2003	4/17-18	Orlando, Fla.	UCF	Troy	261	Samford	110.5	Chris Martland (Belmont)
2002	4/19-20	Troy, Ala.	Troy	Troy	242	Samford	199	Josh Jones (Samford)
2001	4/20-21	Orlando, Fla.	UCF	Troy	190	Samford	160	Derrick Moore (Samford)
2000	4/22	Troy, Ala.	Troy	Samford	184	Troy	154	David Henson (Samford)
1999	4/17	Troy, Ala.	Troy	Troy	256	Jacksonville	149	Michael Green (Troy)
1998	4/18	Miami, Fla.	FIU	Troy	259	FIU	161	Michael Green (Troy)
1997	4/19	Birmingham, Ala.	Samford	FIU	211	Samford	121	Richard Curry (FIU)
1996	4/20	Orlando, Fla.	UCF	FIU	186	Southeastern La.	138	Johnnie Coleman (SLU)

Year-by-Year Results

Year	Site	Host	Champion	Score	Runner-up	Score
<b>2011</b>	Jacksonville, Fla.					
1.	Kennesaw State		237			
2.	ETSU		171			
3.	Campbell		128			
4.	Belmont		86			
5.	USC Upstate		84			
6.	UNF		56			
7.	Lipscomb		51			
<b>2010</b>	Jacksonville, Fla.					
1.	Kennesaw State		269			
2.	ETSU		228			
3.	Campbell		126			
4.	Lipscomb		57			
5.	Belmont		56			
6.	USC Upstate		45			
7.	UNF		22			
<b>2009</b>	Jacksonville, Fla.					
1.	ETSU		198			
2.	Kennesaw State		180			
3.	Campbell		104			
4.	USC Upstate		71			
5.	Belmont		34			
6.	UNF		30			
7.	Lipscomb		25			
<b>2008</b>	Clemson, S.C.					
1.	Kennesaw State		170			
2.	Campbell		135.5			
3.	Belmont		124.5			
4.	ETSU		105			
5.	Gardner-Webb		99			
6.	UNF		8			
7.	USC Upstate		5			
8.	Lipscomb		1			
<b>2007</b>	Johnson City, Tenn.					
1.	ETSU		192			
2.	Gardner-Webb		148			
3.	Belmont		129			
4.	Campbell		93			
5.	Kennesaw State		81			
6.	Lipscomb		7			
<b>2006</b>	Clermont, Fla.					
1.	Gardner-Webb		194			
2.	Kennesaw State		142			
3.	ETSU		125			
4.	Campbell		72			
5.	Belmont		60			
6.	UNF		15			
7.	Lipscomb		6			
<b>2005</b>	Nashville, Tenn.					
1.	Troy		215			
2.	Campbell		143			
3.	Gardner-Webb		99			
4.	Belmont		78			
5.	Georgia State		58			
6.	UCF		16			
7.	Lipscomb		8			
<b>2004</b>	Orlando, Fla.					
1.	Troy		320			
2.	Campbell		94			
3.	Gardner-Webb		79			
4.	Belmont		56			
5.	Georgia State		27			
6.	UCF		5			
7.	Lipscomb		4			
<b>2003</b>	Orlando, Fla.					
1.	Troy		261			
2.	Samford		110.5			
3.	Belmont		66.5			
4.	Georgia State		60			
5.	Gardner-Webb		59			
6.	Campbell		50			
7.	UCF		5			
8.	Florida Atlantic		2			
<b>2002</b>	Troy, Ala.					
1.	Troy		242			
2.	Samford		199			
3.	Belmont		54			
T4.	Georgia State		49			
T4.	Campbell		49			
6.	UCF		12			
7.	Florida Atlantic		2			
<b>2001</b>	Orlando, Fla.					
1.	Troy		190			
2.	Samford		160			
3.	Jacksonville		145.5			
4.	Georgia State		58			
5.	Campbell		49			
6.	Mercer		5			
7.	UCF		4			
<b>2000</b>	Troy, Ala.					
1.	Samford		184			
2.	Troy		154			
3.	Jacksonville		128			
4.	Campbell		102			
5.	Georgia State		18			
6.	UCF		14			
7.	Jacksonville State		8			
<b>1999</b>	Troy, Ala.					
1.	Troy		256			
2.	Jacksonville		149			
3.	Samford		88			
4.	Campbell		58			
5.	Georgia State		16			
6.	UCF		7			
<b>1998</b>	Miami, Fla.					
1.	Troy		259			
2.	FIU		161			
3.	Samford		89			
4.	Jacksonville State		39			
5.	UCF		16			
6.	Georgia State		16			
<b>1997</b>	Birmingham, Ala.					
1.	FIU		211			
2.	Samford		121			
3.	Southeastern La.		72			
4.	Campbell		69			
5.	Jacksonville State		60			
6.	Georgia State		9			
<b>1996</b>	Orlando, Fla.					
1.	FIU		186			
2.	Southeastern La.		138			
3.	Samford		76			
4.	Campbell		74			
5.	Jacksonville State		56			
6.	UCF		42			

Note: The following methods have been used to score the Championships:  
 1996-09: 10-8-6-4-2-1  
 2010-: 10-8-6-5-4-3-2-1

Championship Meet Records

Rank	Name	Team	Year	Score
<b>100-Meter Dash</b>				
1.	Greg Garth	Troy	1998	10.35
2.	Duronol Monal	ETSU	2010	10.43
3.	Chris Butler	FIU	1998	10.45
4.	James Rainer	ETSU	2006	10.47
5.	Duronol Monal	ETSU	2010	10.50H
	Duronol Monal	ETSU	2009	10.50
7.	John Williams	Sam	2002	10.51
8.	Louis Harris	Troy	2005	10.55
9.	Shaun Smith	Troy	1998	10.59
10.	Kenneth Baxter	JU	2001	10.62
<b>200-Meter Dash</b>				
1.	Louis Harris	Troy	2005	21.06
2.	Don Pitter	Troy	2005	21.10
3.	Kenneth Baxter	JU	2001	21.17
4.	Diego Lawrence	Cam	2011	21.20
5.	Tucker Peabody	Lip	2011	21.27
	Emery Vickers	Troy	2005	21.27
7.	Devuagh Brown	Troy	1998	21.28
8.	Mark Bryant	GSU	2003	21.32
9.	Duronol Monal	ETSU	2009	21.34
	Mark Henkins	Sam	1998	21.34
<b>400-Meter Dash</b>				
1.	Cherenal Threadquill	Troy	1998	47.03
2.	Devaughn Brown	Troy	1998	47.11
3.	James Verdi	KSU	2009	47.29
4.	Mark Bryant	GSU	2003	47.37
5.	Barry Dinkins	Troy	1998	47.52
6.	Tim O'Dell	ETSU	2011	47.71
7.	Sedric Cherry	FIU	1998	47.77
8.	Joe Clark	Troy	2000	47.79
9.	Jayshawn Campbell	Cam	2011	48.14
10.	Stephon James	Troy	2004	48.23
<b>800-Meter Run</b>				
1.	Daniel Grass	KSU	2010	1:49.74
2.	Gianni Catalano	KSU	2010	1:50.69
3.	James Post	UNF	2010	1:51.96
4.	Gianni Catalano	KSU	2009	1:52.18
5.	Daniel Grass	KSU	2009	1:52.18
6.	Rob Thompson	FIU	1996	1:52.38
7.	Tee Mott	GSU	2002	1:52.50
8.	Cameron Dickerson	UNF	2009	1:52.89
9.	Gianni Catalano	KSU	2008	1:52.90
10.	Paul Von Herrman	Sam	2002	1:52.93
<b>1500-Meter Run</b>				
1.	Tee Mott	GSU	2001	3:49.93
2.	Michael Green	Troy	2001	3:51.27
3.	William Kemey	Bel	2003	3:51.52
4.	Mike Bond	Troy	2003	3:53.45
5.	Ryan Chastain	Lip	2010	3:54.53
	Will Pearce	UNF	2009	3:54.53
7.	Will Pearce	UNF	2011	3:54.83
8.	Verelle Wyatt	Cam	2010	3:55.04
9.	Matt Auers	KSU	2010	3:55.31
10.	Jaakko Nieminen	KSU	2010	3:56.01



## Championship Meet Records

**5,000-Meter Run**

1.	Kenneth Rotich	ETSU	2009	14:36.13
2.	Kenneth Rotich	ETSU	2008	14:38.53
3.	Jacob Buckman	Bel	2008	14:41.67
4.	Kenneth Rotich	ETSU	2010	14:43.47
5.	Jacob Buckman	Bel	2005	14:46.91
6.	William Kemey	Bel	2002	14:48.60
7.	Nabil Hamid	KSU	2010	14:48.90
8.	Jake Wilke	UCF	2005	14:50.68
9.	Michael Green	Troy	1999	14:51.52
10.	Jaakko Nieminen	KSU	2011	14:51.84

**10,000-Meter Run**

1.	Kenneth Rotich	ETSU	2010	30:30.68
2.	Kenneth Rotich	ETSU	2009	30:53.20
3.	Nabil Hamid	KSU	2010	31:02.17
4.	Kenneth Rotich	ETSU	2008	31:03.19
5.	Nabil Hamid	KSU	2011	31:10.54
6.	Jaakko Nieminen	KSU	2011	31:13.17
7.	Terrance Attema	Cam	2011	31:15.18
8.	William Kemey	Bel	2003	31:16.83
9.	John Brigham	Bel	2008	31:17.18
10.	Jacob Buckman	Bel	2008	31:18.80

**110-Meter Hurdles (42")**

1.	Adoniss Jones	Cam	2010	14.00
	Derrick Moore	Sam	2001	14.00
3.	Adoniss Jones	Cam	2009	14.02
4.	Kendall Parks	KSU	2010	14.03
	Kendall Parks	KSU	2010	14.03H
6.	Tremaine Grant	KSU	2010	14.04
7.	Michael James	ETSU	2010	14.08
8.	Michael James	ETSU	2009	14.10
9.	Derrick Moore	Sam	2000	14.12
10.	Mike Henderson	JSU	2000	14.14

**400-Meter Hurdles (36")**

1.	Harold Sims	Cam	2009	51.62
2.	Joshua James	KSU	2011	52.00
3.	Adoniss Jones	Cam	2011	52.17
4.	Rod Davis	FIU	1998	52.40
5.	Harold Sims	Cam	2007	52.73
6.	Vaughan Nembhard	FIU	1996	52.99
7.	Harold Sims	Cam	2010	53.00
8.	Johnnie Coleman	SLU	1997	53.10
9.	Roderick Davis	FIU	1997	53.18
10.	Robert Purcell	ETSU	2011	53.22

**3,000-Meter Steeplechase**

1.	Scott Burley	KSU	2007	9:14.93
2.	Scott Burley	KSU	2008	9:17.34
3.	Benjamin Ronoh	ETSU	2009	9:20.17
4.	Chad Johnson	Sam	2002	9:21.60
5.	Aaron Bishop	Sam	2000	9:23.26
6.	Mike Earle	Cam	2005	9:23.90
7.	Mike Earle	Cam	2003	9:29.14
8.	Lukasz Skrzypiec	KSU	2006	9:30.58
9.	Johnathan Esteban	ETSU	2009	9:31.03
10.	Gaby Rodriguez	FIU	1998	9:31.35

**4x100 Meter Relay**

1.	Jacksonville	2001	40.45
2.	Troy	1998	40.58
3.	Kennesaw State	2011	40.64
	Parks, Martinez, Logan, Armaly		
4.	Troy	2002	40.66
5.	Campbell	2011	40.69
	White, Lawrence, Simmons, Campbell		
6.	ETSU	2011	40.70
	James, Greenlee, Purcell, Alberg		
7.	ETSU	2007	40.73
8.	Campbell	2010	40.79
	Powell, Lawrence, Simmons, Campbell		
9.	Troy	2005	40.89
10.	Kennesaw State	2010	40.92
	Martinez, Logan, Benton, Parks		

**4x400 Meter Relay**

1.	Troy	1998	3:12.05
2.	Southeastern Louisiana	1997	3:12.73
3.	FIU	1997	3:12.83
4.	Kennesaw State	2010	3:13.53
	Tansey, Verdi, Grant, Grass		
5.	Kennesaw State	2009	3:14.67
6.	Campbell	2010	3:14.98
	Jones, Cooper, Johnson, Sims		
7.	ETSU	2011	3:15.07
	O'Dell, Pierce, Alberg, Purcell		
8.	Southeastern Louisiana	1996	3:15.40
9.	USC Upstate	2011	3:15.57
	Thomas, Mi. Johnson, Ma. Johnson, Meissner		
10.	UNF	2011	3:16.09
	Shepherd, Squillace, Mims, Tillman		

**High Jump**

1.	Jerome McKinzie	KSU	2010	2.15m
2.	Eric Bergemann	Cam	2002	2.14m
3.	Eric Bergemann	Cam	2003	2.13m
4.	Eric Bergemann	Cam	2001	2.08m
	Jesse Morrow	Troy	2002	2.08m
	Craig Norman	GWU	2003	2.08m
7.	Jerome McKinzie	KSU	2011	2.05m
	Perrish Goggins	Upst	2011	2.05m
	Cameron Zeman	KSU	2011	2.05m
	Jerome McKinzie	KSU	2007	2.05m
	Jerome McKinzie	KSU	2008	2.05m

**Pole Vault**

1.	Justin Crawford	Upst	2011	4.75m
	Jeremy Longshore	GWU	2007	4.75m
	Jeremy Longshore	GWU	2008	4.75m
3.	Jeremy Longshore	GWU	2006	4.70m
	Daniel Williams	ETSU	2006	4.70m
	Elliott Haynie	GWU	2006	4.70m
6.	Adam Reed	KSU	2010	4.67m
	Justin Crawford	Upst	2010	4.67m
8.	David Shepherd	UNF	2011	4.60m
	Adam Reed	KSU	2011	4.60m
	Justin Crawford	Upst	2009	4.60m
	Jordan Briggs	ETSU	2009	4.60m
	Josh Jones	Sam	2002	4.60m
	Elliott Haynie	GWU	2007	4.60m

**Long Jump**

1.	Michael Acree	Troy	2005	7.74m
2.	Diego Lawrence	Cam	2011	7.69m
3.	Sam Tilly	Cam	2007	7.59m
4.	Jake Didion	GWU	2007	7.44m
5.	Jake Didion	GWU	2005	7.39m
	Michael Acree	Troy	2003	7.39m
7.	Anjou Armaly	KSU	2011	7.36m
8.	Jake Didion	GWU	2006	7.22m
9.	Diego Lawrence	Cam	2010	7.19m
10.	Lincoln Gordon	Cam	2005	7.13m

**Triple Jump**

1.	Jake Didion	GWU	2007	15.41m
2.	Sedric Cherry	FIU	1998	14.97m
3.	Sam Tilly	Cam	2008	14.96m
4.	Lincoln Gordon	Cam	2005	14.94m
5.	Joseph Nelson	Troy	2001	14.94m
6.	Anjou Armaly	KSU	2011	14.90m
	Joseph Nelson	Troy	1998	14.90m
8.	Ryan Beaver	ETSU	2010	14.80m
9.	Diego Lawrence	Cam	2011	14.79m
10.	Robert Brunson	Cam	2009	14.71m

**Shot Put**

1.	Joshua McNair	KSU	2010	16.89m
2.	Jarrold Burton	ETSU	2010	16.29m
3.	Matt Knippen	GWU	2006	16.07m
4.	Joe Frye	Bel	2011	16.01m
5.	Aymerick Kolokolagi	KSU	2009	15.92m
6.	Bryan Ames	Cam	2008	15.43m
7.	Joshua McNair	KSU	2011	15.42m
	Jarrold Burton	ETSU	2007	15.42m
9.	Joe Frye	Bel	2010	15.41m
10.	Aymerick Kolokolagi	KSU	2008	15.36m

**Discus**

1.	Cody MacArthur	GWU	2007	49.75m
2.	Joshua McNair	KSU	2008	48.62m
3.	Mark McIntyre	Troy	1998	48.60m
4.	Mark McIntyre	Troy	1999	48.36m
5.	Eric Gill	KSU	2008	48.23m
6.	Joshua McNair	KSU	2011	47.80m
7.	Joe Frye	Bel	2010	47.69m
8.	Joshua McNair	KSU	2010	47.46m
9.	Josh Caldwell	Sam	2003	47.05m
10.	Michael Heck	Troy	2004	46.95m

**Hammer Throw**

1.	Joe Frye	Bel	2010	57.41m
2.	Joe Frye	Bel	2011	57.20m
3.	Joshua McNair	KSU	2010	55.32m
4.	Cody MacArthur	GWU	2007	54.20m
5.	Jarrold Burton	ETSU	2011	51.68m
6.	Joshua McNair	KSU	2011	51.02m
7.	Jarrold Burton	ETSU	2010	50.61m
8.	Cody MacArthur	GWU	2006	50.18m
9.	Jarrold Burton	ETSU	2007	49.79m
10.	Joe Frye	Bel	2008	49.71m

**Javelin**

1.	Jerel Langley	GWU	2008	64.28m
2.	Jeff Burke	FIU	1996	62.00m
3.	Jerel Langley	GWU	2007	61.50m
4.	Kevin Bateman	FIU	1998	61.02m
5.	Kevin Poplin	Cam	1997	59.60m
6.	Richard Mason	Cam	1997	59.00m
7.	Daniel Balena	Sam	2003	58.66m
8.	John Rodgers	Troy	2005	58.42m

**Decathlon****Points**

1.	Matt Fiedler	Bel	2011	6550
2.	Dillon Seigenthaler	Lip	2011	6480
3.	Brian Graham	KSU	2011	6471
4.	Jordan Briggs	ETSU	2010	6237
5.	Nic Chernikow	ETSU	2009	6197
6.	Matt Fiedler	Bel	2010	6173
7.	Burton Elrod	Lip	2010	6067
8.	Brian Graham	KSU	2010	6030
9.	Logan Brelsford	Cam	2008	5935
	Evan Brusich	GWU	2008	5935

**Decathlon Superlatives****100-Meter Dash**

	Perrish Goggins	Upst	2008	11.02
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**Long Jump**

	Perrish Goggins	Upst	2008	6.82m
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**Shot Put**

	Burton Elrod	Lip	2010	11.76m
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**High Jump**

	Perrish Goggins	Upst	2008	1.98m
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**400-Meter Dash**

	Brian Graham	KSU	2011	49.99
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**110-Meter Hurdles**

	Brian Graham	KSU	2010	15.22
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**Discus Throw**

	Adam Reed	KSU	2011	36.82m
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**Pole Vault**

	Jordan Briggs	ETSU	2010	4.75m
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**Javelin Throw**

	Matt Baum	KSU	2011	56.19m
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**1,500-Meter Run**

	Justin Keziah	GWU	2007	4:29.36
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## Yearly Event Winners

*Conference Record Highlighted***100-Meter Dash**

2011	Ifrish Alberg	ETSU	10.42 (wind)
2010	Duronal Monal	ETSU	10.43
2009	Duronal Monal	ETSU	10.50 (wind)
2008	Duronal Monal	ETSU	10.61 (wind)
2007	James Rainer	ETSU	10.75
2006	James Rainer	ETSU	10.47
2005	Louis Harris	Troy	10.55
2004	Don Pitter	Troy	10.83
2003	Don Pitter	Troy	10.78
2002	John Williams	Sam	10.51
2001	Kevin Baxter	JU	10.62
2000	Jon Underhill	JU	10.72
1999	Moses Gagakuma	Troy	10.71
1998	Greg Garth	Troy	10.35
1997	Brian Jones	FIU	10.94
1996	Owen Campbell	SLU	10.87

**200-Meter Dash**

2011	Diego Lawrence	Cam	21.20
2010	Duronal Monal	ETSU	21.12 (wind)
2009	Duronal Monal	ETSU	21.34
2008	Greg Dunston	Cam	21.74
2007	James Rainer	ETSU	21.63
2006	James Rainer	ETSU	21.40
2005	Louis Harris	Troy	21.06
2004	Don Pitter	Troy	21.49
2003	Mark Bryant	GSU	21.32
2002	John Williams	Sam	21.59
2001	Kevin Baxter	JU	21.17
2000	Boshawn Mack	JU	21.60
1999	Marcus Brodah	JU	21.38
1998	Devaughan Brown	Troy	21.28
1997	Kwame Lewis	FIU	21.85
1996	Owen Campbell	SLU	21.75

**400-Meter Dash**

2011	Tim O'Dell	ETSU	47.71
2010	Mike Meissner	Upst	48.51
2009	James Verdi	KSU	47.29
2008	James Verdi	KSU	48.71
2007	Chris Harrison	ETSU	48.36
2006	Mark Deroux	KSU	49.37
2005	DeLarenta Hawkins	Troy	48.48
2004	Stephon James	Troy	48.23
2003	Mark Bryant	GSU	47.37
2002	Emery Vickers	Troy	48.76
2001	Derrick Moore	Sam	48.72
2000	Joe Clark	Troy	47.79
1999	Barry Dinkins	Troy	48.38
1998	Cherenal Threadquill	Troy	47.03
1997	Kwame Lewis	FIU	48.22
1996	Kwame Lewis	FIU	48.00

**800-Meter Run**

2011	Gianni Catalano	KSU	1:53.15
2010	Daniel Grass	KSU	1:49.74
2009	Gianni Catalano	KSU	1:52.18
2008	Gianni Catalano	KSU	1:52.90
2007	Colin Magut	Bel	1:53.21
2006	Dane Simmons	UNF	1:56.38
2005	Clarence Williams	Cam	1:54.01
2004	Nolan Spiechinger	Bel	1:56.84
2003	Mike Bond	Troy	1:53.28
2002	Tee Mott	GSU	1:52.50
2001	Tee Mott	GSU	1:53.70
2000	Paul VonHerrmann	Sam	1:53.71
1999	Paul VonHerrmann	Sam	1:54.22
1998	Erik Montalvo	FIU	1:55.25
1997	Horace Laing	FIU	1:53.72
1996	Rob Thompson	FIU	1:52.38

**1500-Meter Run**

2011	Will Pearce	UNF	3:54.83
2010	Ryan Chastain	Lip	3:54.53
2009	Will Pearce	UNF	3:54.53
2008	Colin Magut	Bel	3:56.98
2007	Ryan Snellen	Bel	4:00.49

2006	Colin Magut	Bel	3:57.08
2005	Matt McMaster	GSU	3:56.32
2004	Brandon Hughes	Troy	3:59.20
2003	William Kemey	Bel	3:51.52
2002	Michael Bond	Troy	3:56.28
2001	Tee Mott	GSU	3:49.93
2000	Alan Parish	Sam	3:58.19
1999	Michael Green	Troy	3:56.23
1998	Tee Mott	GSU	3:58.81
1997	Andrew Letherby	GSU	3:59.32
1996	Jim Sellers	FIU	3:58.69

**5000-Meter Run**

2011	Jaakko Nieminen	KSU	14:51.84
2010	Kenneth Rotich	ETSU	14:43.47
2009	Kenneth Rotich	ETSU	14:36.13
2008	Kenneth Rotich	ETSU	14:38.53
2007	Jacob Buckman	Bel	15:01.73
2006	Colin Magut	Bel	15:13.78
2005	Jacob Buckman	Bel	14:46.91
2004	Jacob Buckman	Bel	14:58.00
2003	Paul Rickard	GSU	14:57.77
2002	William Kemey	Bel	14:48.60
2001	Michael Green	Troy	15:40.28
2000	Andrew Smith	Cam	14:57.20
1999	Michael Green	Troy	14:51.52
1998	Michael Green	Troy	15:29.97
1997	David Lesis	FIU	15:23.22
1996	Erik Lipham	UCF	15:19.22

**10,000-Meter Run**

2011	Nabil Hamid	KSU	31:10.54
2010	Kenneth Rotich	ETSU	30:30.68
2009	Kenneth Rotich	ETSU	30:53.20
2008	Kenneth Rotich	ETSU	31:03.19
2007	Caleb Swartz	Bel	31:51.97
2006	Jason Waters	KSU	31:58.14
2005	Jeremy Helf	Cam	31:45.18
2004	Ben Fish	Troy	31:57.66
2003	William Kemey	Bel	31:16.83
2002	Bryan Baddorf	Sam	32:34.62
2001	Micahel Green	Troy	32:18.62
2000	Ryan Richmond	Cam	31:31.37
1999	Japheth Koech	JU	31:24.22
1998	Michael Green	Troy	32:13.88
1997	Mark Ragase	Cam	32:43.71
1996	Troy Davis	UCF	32:25.89

**110-Meter Hurdles**

2011	Kendall Parks	KSU	13.87 (wind)
2010	Adoniss Jones	Cam	14:00
2009	Adoniss Jones	Cam	14.02
2008	Adoniss Jones	Cam	14.23
2007	Harold Sims	Cam	14.49
2006	Devin Jones	KSU	14.63
2005	Mike Morris	Troy	14.98
2004	Mike Morris	Troy	14.99
2003	Jesse Morrow	Troy	14.52
2002	Jesse Morrow	Troy	14.41
2001	Derrick Moore	Sam	14.00
2000	Derrick Morre	Sam	14.12
1999	Drew Domoto	JU	15.92
1998	Rod Davis	FIU	14.62
1997	David Odum	Sam	14.86
1996	Stanley Dossous	FIU	14.90

**400-Meter Hurdles**

2011	Joshua James	KSU	52.00
2010	Harold Sims	Cam	53:00
2009	Harold Sims	Cam	51.62
2008	Harold Sims	Cam	53.36
2007	Harold Sims	Cam	52.73
2006	Benjamin Gray	KSU	55.32
2005	Mike Morris	Troy	56.04
2004	Mike Morris	Troy	56.60
2003	Daniel Darrisaw	Troy	55.35
2002	David Henson	Sam	54.06
2001	David Henson	Sam	54.64
2000	David Henson	Sam	53.92
1999	Mike Finley	Troy	54.08

1998	Rod Davis	FIU	52.40
1997	Johnnie Coleman	SLU	53.10
1996	Vaughan Nembhard	FIU	52.99

**3000-Meter Steeplechase**

2011	Benjamin Ronoh	ETSU	9:33.15
2010	Benjamin Ronoh	ETSU	9:32.05
2009	Benjamin Ronoh	ETSU	9:20.17
2008	Scott Burley	KSU	9:17.34
2007	Scott Burley	KSU	9:14.93
2006	Lukasz Skrzypiec	KSU	9:30.58
2005	Mike Earle	Cam	9:23.90
2004	Mike Earle	Cam	9:38.43
2003	Mike Earle	Cam	9:29.14
2002	Chad Johnson	Sam	9:21.60
2001	John Fesh	Troy	9:35.71
2000	Aaron Bishop	Sam	9:23.26
1999	Billy McGlaughan	Cam	9:45.76
1998	Gaby Rodriguez	FIU	9:31.35
1997	Andrew Bishop	Sam	9:49.00
1996	Andrew Bishop	Sam	9:33.85

**4x100-Meter Relay**

2011	Parks/Martinez/Logan/Amaly	KSU	40.64
2010	Powell/Lawrence/Simmons/Campbell	Cam	40.79
2009	Martinez/Logan/Parks/Verdi	KSU	41.36
2008	Titman/James/Cloyd/Monal	ETSU	41.37
2007	Rainer/Carey/Tucker/Harrison	ETSU	40.73
2006	Tucker/Wright/Woodruff/Rainer	ETSU	41.40
2005	--	Troy	40.89
2004	Sykes/Elliott/Flippin/Prime	GWU	43.38
2003	--	Troy	41.61
2002	Acree/Britt/Harris/Vickers	Troy	40.66
2001	--	JU	40.45
2000	Sloan/Gagakuma/Strickland/Smith	JU	41.70
1999	--	Troy	41.44
1998	--	Troy	40.58
1997	--	FIU	41.29
1996	--	SLU	41.68

**4x400 Meter Relay**

2011	O'Dell/Pierce/Alberg/Purcell	ETSU	3:15.07
2010	Tansey/Verdi/Grant/Grass	KSU	3:13.53
2009	James/Grass/Tansey/Verdi	KSU	3:14.67
2008	Logan/James/Catano/Verdi	KSU	3:18.58
2007	--	ETSU	3:20.07
2006	--	KSU	3:18.97
2005	--	Cam	3:18.65
2004	--	Troy	3:18.46
2003	--	GSU	3:19.16
2002	--	Sam	3:18.29
2001	--	Sam	3:19.39
2000	Finley/Hall/Brutus/Dinkins	Troy	3:20.57
1999	--	Troy	3:18.33
1998	--	Troy	3:12.05
1997	--	SLU	3:12.73
1996	--	SLU	3:15.40

**High Jump**

2011	Jerome McKinzie	KSU	2.05m
2010	Jerome McKinzie	KSU	2.15m
2009	Perrish Goggins	Upst	2.00m
2008	Jerome McKinzie	KSU	2.05m
2007	Jerome McKinzie	KSU	2.05m
2006	Shane Estes	ETSU	2.00m
2005	Logan Brelsford	Cam	1.90m
2004	Logan Brelsford	Cam	1.88m
2003	Eric Bergemann	Cam	2.13m
2002	Eric Bergemann	Cam	2.14m
2001	Eric Bergemann	Cam	2.08m
2000	Eric Bergemann	Cam	1.98m
1999	Jacob Stutzman	Troy	1.98m
1998	Jon Villacampa	Troy	1.98m
1997	Richard Curry	FIU	1.93m
1996	Eurosius Parker	JSU	2.03m

**Pole Vault**

2011	Justin Crawford	Upst	4.75m
2010	Adam Reed	KSU	4.67m
2009	Justin Crawford	Upst	4.60m



## Yearly Event Winners (continued)

2008	Jeremy Longshore	GWU	4.75m
2007	Jeremy Longshore	GWU	4.75m
2006	Jeremy Longshore	GWU	4.70m
2005	Kyle Lingafelt	Cam	4.45m
2004	Pawel Grubecki	Troy	4.56m
2003	Pat Barron	GWU	4.41m
2002	Josh Jones	Sam	4.60m
2001	Josh Jones	Sam	4.40m
2000	Josh Jones	Sam	4.57m
1999	Justin Harris	Sam	4.27m
1998	Justin Harris	Sam	4.11m
1997	Heath Lewis	Sam	4.44m
1996	Heath Lewis	Sam	4.12m

Long Jump

2011	Diego Lawrence	Cam	7.69
2010	Diego Lawrence	Cam	7.19m
2009	Perrish Goggins	Upst	7.04m
2008	Sam Tilly	Cam	7.88m (wind)
2007	Sam Tilly	Cam	7.59m
2006	Jake Didion	GWU	7.22m
2005	Michael Acree	Troy	7.74m
2004	Joe Addison	Troy	6.80m
2003	Michael Acree	Troy	7.39m
2002	Michael Acree	Troy	7.12m
2001	Joe Nelson	Troy	6.97m
2000	Joe Nelson	Troy	7.08m
1999	Joe Nelson	Troy	6.62m
1998	Rod Davis	FIU	7.05m
1997	Richard Curry	FIU	6.63m
1996	Jermaine Woods	SLU	6.77m

Triple Jump

2011	Anjoun Armaly	KSU	14.90m
2010	Ryan Beaver	ETSU	14.80m
2009	Robert Brunson	Cam	14.61m
2008	Sam Tilly	Cam	14.96m
2007	Jake Didion	GWU	15.41m
2006	Jake Didion	GWU	13.67m
2005	Lincoln Gordon	Cam	14.94m
2004	Joe Addison	Troy	13.30m
2003	Michael Acree	Troy	13.68m
2002	Michael Acree	Troy	13.65m
2001	Joe Nelson	Troy	14.94m
2000	Joe Nelson	Troy	14.04m
1999	Joe Nelson	Troy	14.32m
1998	Sedric Cherry	FIU	14.97m
1997	Richard Curry	FIU	14.23m
1996	Jermaine Woods	SLU	14.36m

Shot Put

2011	Joe Frye	Bel	16.01m
2010	Joshua McNair	KSU	16.89m
2009	Aymerick Kolokolagi	KSU	15.92m
2008	Bryan Ames	Cam	15.43m
2007	Jarrod Burton	ETSU	15.42m
2006	Matt Knippen	GWU	16.07m
2005	Matt Knippen	GWU	15.30m
2004	Michael Heck	Troy	14.97m
2003	Brennan Jack	Troy	15.04m
2002	Brennan Jack	Troy	14.56m
2001	Josh Caldwell	Sam	14.11m
2000	Frank Walker	Sam	12.38m
1999	Albert Lucas	Troy	15.40m
1998	Albert Lucas	Troy	14.99m
1997	Angelo Pace	JSU	13.66m
1996	Angelo Pace	JSU	14.50m

Discus Throw

2011	Joshua McNair	KSU	47.80m
2010	Joe Frye	Bel	47.69m
2009	Casey Strickland	KSU	44.78m
2008	Joshua McNair	KSU	48.62m
2007	Cody MacArthur	GWU	49.75m
2006	Cody MacArthur	GWU	45.48m
2005	Brennan Jack	Troy	43.24m
2004	Michael Heck	Troy	46.95m
2003	Josh Caldwell	Sam	47.05m
2002	Patrick Paine	Bel	46.12m
2001	Courtney Phelps	JU	44.56m

2000	Courtney Phelps	JU	44.23m
1999	Marc McIntyre	Troy	48.36m
1998	Marc McIntyre	Troy	48.60m
1997	Richard Mason	Cam	40.82m
1996	David Ducre	SLU	46.78m

Hammer Throw1st competition - 1998

2011	Joe Frye	Bel	57.20m
2010	Joe Frye	Bel	57.41m
2009	Jarrod Burton	ETSU	47.97m
2008	Joe Frye	Bel	49.71m
2007	Cody MacArthur	GWU	54.20m
2006	Cody MacArthur	GWU	50.18m
2005	Ryan Baker	Troy	47.35m
2004	Michael Heck	Troy	44.68m
2003	Pete Fox	Sam	43.07m
2002	Keeton Blakeney	Sam	43.61m
2001	Tim Betts	Troy	41.94m
2000	Thomas Morrell	Cam	43.78m
1999	Marc McIntyre	Troy	39.22m
1998	Marc McIntyre	Troy	39.98m

Javelin Throw

2011	Matt Baum	ETSU	56.49m
2010	Les Gilbert	ETSU	55.57m
2009	Casey Strickland	KSU	52.23m
2008	Jerel Langley	GWU	64.28m
2007	Jerel Langley	GWU	61.50m
2006	Jerel Langley	GWU	56.41m
2005	John Rodgers	Troy	58.42m
2004	Wes Edmonds	Troy	52.39m
2003	Daniel Balena	Sam	58.66m
2002	Jacob Stutzman	Troy	56.66m
2001	Chris Brongel	Troy	57.70m
2000	Chris Brongel	Troy	51.69m
1999	Daniel Irby	JU	53.50m
1998	Kevin Bateman	FIU	61.02m
1997	Kevin Poplin	Cam	59.60m
1996	Jeff Burke	FIU	62.00m

Decathlon1st competition - 2007

2011	Matt Fiedler	Bel	6550
2010	Jordan Briggs	ETSU	6237
2009	Nic Chernikow	ETSU	6197
2008	Logan Brelsford	Cam	5935
	Evan Brusich	GWU	5935
2007	Nic Chernikow	ETSU	5765

## Multiple Winners All-Time (Event / Meet)

SUPERLATIVES

Four-Time Event Winners (3)  
Eric Bergemann, Cam (High Jump)  
Jerome McKinzie, KSU (High Jump)  
Harold Sims, Cam (400H)

Most Events Won by Single Individual at Meet (3)

3 - Michael Heck, Troy (2004 - Shot Put, Discus, Hammer)  
3 - Rod Davis, FIU (1998 - 110H, 400H, Long Jump)  
3 - Richard Curry, FIU (1997 - Long Jump, Triple Jump, High Jump)

MEET2011 (2 - 6x)

Ifrish Alberg, ETSU (100m, 4x100 Relay)  
Diego Lawrence, Cam (200m, Long Jump)  
Tim O'Dell, ETSU (400m, 4x400 Relay)  
Kendall Parks, KSU (110H, 4x100 Relay)  
Anjoun Armaly, KSU (4x100 Relay, Triple Jump)  
Joe Frye, Bel (Shot Put, Hammer)

2010 (2 - 5x)

Duronal Monal, ETSU (100m, 200m)  
Daniel Grass, KSU (800m, 4x400 Relay)  
Kenneth Rotich, ETSU (5000m, 10,000m)  
Diego Lawrence, Cam (4x100 Relay, Long Jump)  
Joe Frye, Bel (Discus, Hammer)

2009 (2 - 4x)

Kenneth Rotich, ETSU (5000m, 10,000m)  
Perrish Goggins, U P ST (High Jump, Long Jump)  
Casey Strickland, KSU (Discus, Javelin)  
Duronal Monal (100m, 200m)

2008 (2 - 2x)

Kenneth Rotich, ETSU (5000m, 10,000m)  
Sam Tilly, Cam (Long Jump, Triple Jump)

2007 (2 - 4x)

James Rainer, ETSU (100m, 200m)  
Jacob Buckman, Bel (3000m SC, 5000m)  
Harold Sims, Cam (110H, 400H)  
Cody MacArthur, GWU (Discus, Hammer Throw)

2006 (2 - 4x)

James Rainer, ETSU (100m, 200m)  
Colin Magut, Bel (1500m, 5000m)  
Jake Didion, GWU (Long Jump, Triple Jump)  
Cody MacArthur, GWU (Discus, Hammer Throw)

2005 (2 - 2x)

Louis Harris, Troy (100m, 200m)  
Mike Morris, Troy (110H, 400H)

EVENTS100-Meter Dash

3x Duronal Monal, ETSU (2008, 2009, 2010)  
2x James Rainer, ETSU (2006, 2007)  
Don Pitter, Troy (2003, 2004)

200-Meter Dash

2x Duronal Monal, ETSU (2009, 2010)  
James Rainer, ETSU (2006, 2007)

400-Meter Dash

2x James Verdi, KSU (2008, 2009)  
Kwame Lewis, FIU (1996, 1997)

800-Meter Run

3x Gianni Catalano, KSU (2008, 2009, 2011)  
2x Tee Mott, GSU (2001, 2002)  
Paul VonHerrmann, Sam (1999, 2000)

1500-Meter Run

2x Will Pearce, UNF (2009, 2011)  
Colin Magut, Bel (2006, 2008)  
Tee Mott, GSU (1998, 2001)

5000-Meter Run

3x Kenneth Rotich, ETSU (2008, 2009, 2010)



Jacob Buckman, Bel (2004, 2005, 2007)  
Michael Green, Troy (1998, 1999, 2001)

**Decathlon**  
2x Nic Chernikow, ETSU (2007, 2009)

#### **10,000-Meter Run**

3x Kenneth Rotich, ETSU (2008, 2009, 2010)  
2x Michael Green, Troy (1998, 2001)

#### **110-Meter Hurdles**

3x Adoniss Jones, Cam (2008, 2009, 2010)  
2x Mike Morris, Troy (2005, 2005)  
Jesse Morrow, Troy (2002, 2003)  
Derrick Moore, Sam (2000, 2001)

#### **400-Meter Hurdles**

4x Harold Sims, Cam (2007, 2008, 2009, 2010)  
3x David Henson, Sam (2000, 2001, 2002)  
2x Mike Morris, Troy (2004, 2005)

#### **3000-Meter Steeplechase**

3x Benjamin Ronoh, ETSU (2009, 2010, 2011)  
Mike Earle, Cam (2003, 2004, 2005)  
2x Scott Burley, KSU (2007, 2008)  
Andrew Bishop, Sam (1996, 1997)

#### **4x100 Meter Relay**

2x Kendall Parks, KSU (2009, 2011)  
Jemir Martinez, KSU (2009, 2011)  
Antonio Logan, KSU (2009, 2011)  
James Ranier, ETSU (2006, 2007)  
Johnny Tucker, ETSU (2006, 2007)

#### **4x400 Meter Relay**

3x James Verdi, KSU (2008, 2009, 2010)  
2x Daniel Grass, KSU (2009, 2010)  
David Tansey, KSU (2009, 2010)  
Joshua James, KSU (2008, 2009)

#### **High Jump**

4x Jerome McKinzie, KSU (2007, 2008, 2010, 2011)  
Eric Bergemann, Cam (2000, 2001, 2002, 2003)  
2x Logan Brelsford, Cam (2004, 2005)

#### **Pole Vault**

3x Jeremy Longshore, GWU (2006, 2007, 2008)  
Josh Jones, Sam (2000, 2001, 2002)  
2x Justin Crawford, Upst (2009, 2011)  
Justin Harris, Sam (1998, 1999)  
Heath Lewis, Sam (1996, 1997)

#### **Long Jump**

3x Michael Acree, Troy (2002, 2003, 2005)  
Joe Nelson, Troy (1999, 2000, 2001)  
2x Diego Lawrence, Cam (2010, 2011)  
Sam Tilly, Cam (2007, 2008)

#### **Triple Jump**

3x Joe Nelson, Troy (2000, 2001, 2002)  
2x Jake Didion, GWU (2006, 2007)  
Michael Acree, Troy (2002, 2003)

#### **Shot Put**

2x Matt Knippen, GWU (2005, 2006)  
Brennan Jack, Troy (2002, 2003)  
Albert Lucas, Troy (1998, 1999)  
Angelo Pace, JSU (1996, 1997)

#### **Discus Throw**

2x Joshua McNair, KSU (2008, 2011)  
Cody MacArthur, GWU (2006, 2007)  
Courtney Phelps, JU (2000, 2001)  
Marc McIntyre, Troy (1998, 1999)

#### **Hammer Throw**

3x Joe Frye, Bel (2008, 2010, 2011)  
2x Cody MacArthur, GWU (2007, 2006)  
Marc McIntyre, Troy (1998, 1999)

#### **Javelin Throw**

3x Jereh Langley, GWU (2006, 2007, 2008)  
2x Chris Brongel, Troy (2000, 2001)



## Award Winners

**Most Valuable Performer**

\*\*established 2009 based on total pts

2011	Diego Lawrence	Cam
2010	Joe Frye	Bel
	Joshua McNair	KSU
2009	Casey Strickland	KSU

**Most Outstanding Track Performer**

2011	Benjamin Ronoh	ETSU
2010	Duronal Monal	ETSU
2009	Benjamin Ronoh	ETSU
2008	Harold Sims	Cam
2007	Colin Magut	Bel
2006	Colin Magut	Bel

**Most Outstanding Field Performer**

2011	Joe Frye	Bel
2010	Joe Frye	Bel
2009	Casey Strickland	KSU
2008	Joshua McNair	KSU
2007	Cody MacArthur	GWU
2006	Cody MacArthur	GWU

**Most Outstanding Performer**

\*\*split into MOP-Track &amp; MOP-Field 2006

2005	Louis Harris	Troy
2004	Michael Heck	Troy
2003	Chris Martland	Bel
2002	Josh Jones	Sam
2001	Derrick Moore	Sam
2000	David Henson	Sam
1999	Michael Green	Troy
1998	Michael Green	Troy
1997	Richard Curry	FIU
1996	Johnnie Coleman	SLU

**Most Outstanding Freshman Performer**

2011	David Shepherd	UNF
2010	Travis Benton	KSU
2009	Reggie Thompson	Upst
2008	Adoniss Jones	Cam
2007	Jarrod Burton	ETSU
2006	Dobson Collins	GWU
2005	Jake Didion	GWU
2004	Joe Addison	Troy
2003	Don Pitter	Troy
2002	Michael Acree	Troy
2001	Kenneth Baxter	JU

**Coach of the Year**

2011	Andy Eggerth	KSU
2010	Don McGarey	KSU
2009	Dave Walker	ETSU
2008	Don McGarey	KSU
2007	Dave Walker	ETSU
2006	Brian Baker	GWU
2005	Bob Lambert	Troy
2004	Bob Lambert	Troy
2003	Bob Lambert	Troy
2002	Bob Lambert	Troy
2001	Bob Lambert	Troy
2000	Glenn McWaters	Sam
1999	Bob Lambert	Troy
1998	Bob Lambert	Troy
1997	Mike Becker	FIU
1996	Mike Becker	FIU

**ATHLETE OF THE WEEK**

\*\*Award Divided into Track Athlete of the Week and Field Athlete of the Week in 2010\*\*

## --2011--

Track		
3/16	Diego Lawrence	Cam
3/23	Jaakko Nieminen	KSU
3/30	Kendall Parks	KSU
4/6	Piotr Witzczak	KSU
4/13	Tucker Peabody	Lip

4/27	Robert Purcell	ETSU
5/4	Marcus Bridger-Wilkinson	Bel
5/11	Kendall Parks	KSU
5/18	Mike James	ETSU
Field		
3/16	Dave Matthews	Cam
3/23	Diego Lawrence	Cam
3/30	Joe Frye	Bel
4/6	Perrish Goggins	Upst
4/13	Joe Frye	Bel
4/27	Joe Frye	Bel
5/4	Jason Johnson	ETSU
5/11	Diego Lawrence	Cam
5/18	Diego Lawrence	Cam

## --2010--

Track		
3/10	Ryan Chastain	Lip
3/17	Piotr Witzczak	KSU
3/24	Brandon Curry	Upst
3/31	Mike James	ETSU
4/7	Duronal Monal	ETSU
4/14	Harold Sims	Cam
4/21	Duronal Monal	ETSU
4/28	Michael Meissner	Upst
5/5	Adoniss Jones	Cam
5/12	Duronal Monal	ETSU
Field		
3/10	Alex Jerkins	Lip
3/17	Joshua McNair	KSU
3/24	Eric Chapman	Upst
3/31	Diego Lawrence	Cam
4/7	Joshua McNair	KSU
4/14	Nic Chernikow	ETSU
4/21	Matt Baum	ETSU
4/28	Diego Lawrence	Cam
5/5	Diego Lawrence	Cam
5/12	Jordan Briggs	ETSU

## --2009--

3/25	Gianni Catalano	KSU
4/1	Jarrod Burton	ETSU
4/8	Harold Sims	Cam
4/15	Josh Cloyd	ETSU
4/22	Kenneth Rotich	ETSU
4/29	Pierce Greenberg	Bel
5/6	Adoniss Jones	Cam
5/13	Duronal Monal	ETSU

## --2008--

3/26	Joshua McNair	KSU
4/2	Sam Tilly	Cam
4/9	Jerome McKinzie	KSU
4/16	Perish Goggins	Upst
4/23	Greg Dunston	Cam
4/30	Matt Knippen	GWU
5/7	Sam Tilly	Cam
5/14	Gianni Catalano	KSU

## --2007--

3/21	James Rainer	ETSU
3/28	Sam Tilly	Cam
4/4	Elliott Haynie	GWU
4/11	Cody MacArthur	GWU
4/18	Sam Tilly	Cam
4/25	Sam Tilly	Cam
5/2	Colin Magut	Bel
5/9	Cody MacArthur	GWU

## --2006--

3/21	Jeremy Longshore	GWU
3/29	James Rainer	ETSU
4/5	James Rainer	ETSU
4/5	Jake Didion	GWU
4/19	Collin Magut	Bel
	Cody MacArthur	GWU
4/26	James Rainer	ETSU
5/3	Daniel Williams	ETSU
5/10	Dobson Collins	GWU

5/17	Dobson Collins	GWU
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## --2005--

3/8	Louis Harris	Troy
3/15	Don Pitter	Troy
3/2	Jacob English	GSU
3/29	Lincoln Gordon	Cam
4/5	Ryan Baker	Troy
4/12	DeLarenta Hawkins	Troy

## --2004--

3/9	Michael Heck	Troy
3/16	Michael Heck	Troy
3/23	Clarence Williams	Cam
3/30	Clarence Williams	Cam
4/6	Nick Miller	GSU
4/13	Michael Heck	Troy

## --2003--

3/26	Chris Martland	Bel
4/2	William Kemey	Bel
4/9	Mike Earle	Cam

**ATHLETE OF THE WEEK BREAKDOWN****Team-by-Team**

ETSU	15
Kennesaw State	11
Belmont	9
USC Upstate	5
Lipscomb	3

**Former Members**

Campbell	22
Gardner-Webb	8
Troy	7
Georgia State	2

**Multiple Individual Winners**

Lawrence, Diego (Cam)	7
Tilly, Sam (Cam)	5
Monal, Duronal (ETSU)	4
Ranier, James (ETSU)	4
Frye, Joe (Bel)	3
Heck, Michael (Troy)	3
MacArthur, Cody (GWU)	3
McNair, Joshua (KSU)	3
Catalano, Gianni (KSU)	2
Collins, Dobson (GWU)	2
Goggins, Perrish (Upst)	2
Jones, Adoniss (Cam)	2
Magut, Colin (Bel)	2
Sims, Harold (Cam)	2
Williams, Clarence (Cam)	2
Witzczak, Piotr (KSU)	2



## All-Conference Selections

<b>--2011--</b>				<b>Justin Burton</b> ETSU Shot Put				<b>First Team</b>				<b>Scott Burley</b> KSU 3000m SC			
<b>First Team</b>				<b>Cornell Sneed</b> ETSU Discus				<b>Duralon Monal</b> ETSU 100m				<b>Kenneth Rotich</b> ETSU 5000m			
<b>Ifrish Alberg</b> ETSU 100m				<b>Joshua McNair</b> KSU Hammer				<b>Duralon Monal</b> ETSU 200m				<b>Kenneth Rotich</b> ETSU 10,000m			
<b>Diego Lawrence</b> Cam 200m				<b>Sam Liska</b> ETSU Javelin				<b>James Verdi</b> KSU 400m				<b>Adoniss Jones</b> Cam 110H			
<b>Tim O'Dell</b> ETSU 400m				<b>Brian Graham</b> KSU Decathlon				<b>Gianni Catalano</b> KSU 800m				<b>Harold Sims</b> Cam 400H			
<b>Gianni Catalano</b> KSU 800m				<b>--2010--</b>				<b>Will Pearce</b> UNF 1500m				<b>Titman/James/Cloyd/Monal</b> ETSU 4x100m			
<b>Will Pearce</b> UNF 1500m				<b>Duralon Monal</b> ETSU 100m				<b>Benjamin Ronoh</b> ETSU 3000m SC				<b>Logan/James/Catalano/Verdi</b> KSU 4x400m			
<b>Jaakko Nieminen</b> KSU 5000m				<b>Duralon Monal</b> ETSU 200m				<b>Kenneth Rotich</b> ETSU 5000m				<b>Jerome McKinzie</b> KSU High Jump			
<b>Nabil Hamid</b> KSU 10,000m				<b>Mike Meissner</b> Upst 400m				<b>Kenneth Rotich</b> ETSU 10,000m				<b>Jeremy Longshore</b> GWU Pole Vault			
<b>Kendall Parks</b> KSU 110H				<b>Daniel Grass</b> KSU 800m				<b>Adoniss Jones</b> Cam 110H				<b>Sam Tilly</b> Cam Long Jump			
<b>Joshua James</b> KSU 400H				<b>Ryan Chastain</b> Lip 1500m				<b>Harold Sims</b> Cam 400H				<b>Sam Tilly</b> Cam Triple Jump			
<b>Benjamin Ronoh</b> ETSU 3000m SC				<b>Ryan Chastain</b> Lip 1500m				<b>Benjamin Ronoh</b> ETSU 3000m SC				<b>Bryan Ames</b> Cam Shot Put			
<b>Kendall Parks</b> KSU 4x100m				<b>Kenneth Rotich</b> ETSU 5000m				<b>Powell/Lawrence/Simmons/Campbell</b> Cam 4x100m				<b>Joshua McNair</b> KSU Discus			
<b>Jemir Martinez</b> KSU 4x100m				<b>Kenneth Rotich</b> ETSU 10,000m				<b>Tansey/Verdi/Grant/Grass</b> KSU 4x400m				<b>Joe Frye</b> Bel Hammer			
<b>Antonio Logan</b> KSU 4x100m				<b>Adoniss Jones</b> Cam 110H				<b>Jerome McKinzie</b> KSU High Jump				<b>Joe Frye</b> Bel Hammer			
<b>Anjou Armaly</b> KSU 4x100m				<b>Harold Sims</b> Cam 400H				<b>Adam Reed</b> KSU Pole Vault				<b>Joe Frye</b> Bel Hammer			
<b>Tim O'Dell</b> ETSU 4x400m				<b>Benjamin Ronoh</b> ETSU 3000m SC				<b>Diego Lawrence</b> Cam Long Jump				<b>Les Gilbert</b> ETSU Javelin			
<b>Desmond Pierce</b> ETSU 4x400m				<b>Powell/Lawrence/Simmons/Campbell</b> Cam 4x100m				<b>Ryan Beaver</b> ETSU Triple Jump				<b>Burton Elrod</b> Lip Decathlon			
<b>Ifrish Alberg</b> ETSU 4x400m				<b>Tansey/Verdi/Grant/Grass</b> KSU 4x400m				<b>Joshua McNair</b> KSU Shot Put				<b>Travis Benton</b> KSU 100m			
<b>Robert Purcell</b> ETSU 4x400m				<b>Jerome McKinzie</b> KSU High Jump				<b>Joe Frye</b> Bel Discus				<b>Travis Benton</b> KSU 200m			
<b>Jerome McKinzie</b> KSU High Jump				<b>Adam Reed</b> KSU Pole Vault				<b>Joe Frye</b> Bel Hammer				<b>David Tansey</b> KSU 400m			
<b>Justin Crawford</b> Upst Pole Vault				<b>Adam Reed</b> KSU Pole Vault				<b>Joe Frye</b> Bel Hammer				<b>Gianni Catalano</b> KSU 800m			
<b>Diego Lawrence</b> Cam Long Jump				<b>Diego Lawrence</b> Cam Long Jump				<b>Les Gilbert</b> ETSU Javelin				<b>Verelle Wyatt</b> Cam 1500m			
<b>Anjou Armaly</b> KSU Triple Jump				<b>Ryan Beaver</b> ETSU Triple Jump				<b>Travis Benton</b> KSU 200m				<b>Nabil Hamid</b> KSU 5000m			
<b>Joe Frye</b> Bel Shot Put				<b>Joshua McNair</b> KSU Shot Put				<b>David Tansey</b> KSU 400m				<b>Nabil Hamid</b> KSU 10,000m			
<b>Joshua McNair</b> KSU Discus				<b>Joe Frye</b> Bel Discus				<b>Les Gilbert</b> ETSU Javelin				<b>Kendall Parks</b> KSU 110H			
<b>Joe Frye</b> Bel Hammer				<b>Joe Frye</b> Bel Hammer				<b>Burton Elrod</b> Lip Decathlon				<b>Joshua James</b> KSU 400H			
<b>Matt Baum</b> ETSU Javelin				<b>Les Gilbert</b> ETSU Javelin				<b>Jones/Cooper/Johnson/Sims</b> Cam 4x400m				<b>Ryan Burrus</b> KSU 3000m SC			
<b>Matt Fiedler</b> Bel Decathlon				<b>Burton Elrod</b> Lip Decathlon				<b>Travis Benton</b> KSU 200m				<b>Martinez/Logan/Benton/Parks</b> KSU 4x100m			
<b>Second Team</b>				<b>Second Team</b>				<b>Travis Benton</b> KSU 200m				<b>Michael James</b> ETSU 110H			
<b>Rashad Campbell</b> Cam 100m				<b>Travis Benton</b> KSU 100m				<b>David Tansey</b> KSU 400m				<b>Joshua James</b> KSU 400m			
<b>Tucker Peabody</b> Lip 200m				<b>Travis Benton</b> KSU 200m				<b>Gianni Catalano</b> KSU 800m				<b>Gianni Catalano</b> KSU 800m			
<b>Jayshawn Campbell</b> Cam 400m				<b>David Tansey</b> KSU 400m				<b>Verelle Wyatt</b> Cam 1500m				<b>Lambert/Monal/James/Ford</b> ETSU 4x100m			
<b>Michael Johnson</b> Upst 800m				<b>Gianni Catalano</b> KSU 800m				<b>Nabil Hamid</b> KSU 5000m				<b>Knox/Carter/Jones/Roberts</b> Lip 4x400m			
<b>James Post</b> UNF 1500m				<b>Verelle Wyatt</b> Cam 1500m				<b>Nabil Hamid</b> KSU 10,000m				<b>Steven Lindsey</b> Lip High Jump			
<b>Benjamin Ronoh</b> ETSU 5000m				<b>Nabil Hamid</b> KSU 5000m				<b>Kendall Parks</b> KSU 110H				<b>Jordan Briggs</b> ETSU Pole Vault			
<b>Jaakko Nieminen</b> KSU 10,000m				<b>Nabil Hamid</b> KSU 10,000m				<b>Joshua James</b> KSU 400H				<b>Robert Brunson</b> Cam Long Jump			
<b>Michael James</b> ETSU 110H				<b>Kendall Parks</b> KSU 110H				<b>Ryan Burrus</b> KSU 3000m SC				<b>Josh Cloyd</b> ETSU Triple Jump			
<b>Adoniss Jones</b> Cam 400H				<b>Joshua James</b> KSU 400H				<b>Martinez/Logan/Benton/Parks</b> KSU 4x100m				<b>Casey Strickland</b> KSU Shot Put			
<b>Nabil Hamid</b> KSU 3000m SC				<b>Ryan Burrus</b> KSU 3000m SC				<b>Jones/Cooper/Johnson/Sims</b> Cam 4x400m				<b>Cornell Sneed</b> ETSU Discus			
<b>Cameron White</b> Cam 4x100m				<b>Martinez/Logan/Benton/Parks</b> KSU 4x100m				<b>Cameron Zeman</b> KSU High Jump				<b>Tyler Howell</b> Bel Hammer			
<b>Diego Lawrence</b> Cam 4x100m				<b>Jones/Cooper/Johnson/Sims</b> Cam 4x400m				<b>Justin Crawford</b> Upst Pole Vault				<b>Jarrold Burton</b> ETSU Javelin			
<b>Cameron White</b> Cam 4x100m				<b>Cameron Zeman</b> KSU High Jump				<b>Robert Brunson</b> Cam Long Jump				<b>Jordan Briggs</b> ETSU Decathlon			
<b>Diego Lawrence</b> Cam 4x100m				<b>Justin Crawford</b> Upst Pole Vault				<b>Robert Brunson</b> Cam Long Jump				<b>Third Team</b>			
<b>Jared Simmons</b> Cam 4x100m				<b>Robert Brunson</b> Cam Long Jump				<b>Jason Johnson</b> ETSU Triple Jump				<b>Greg Dunston</b> Cam 100m			
<b>Rashad Campbell</b> Cam 4x100m				<b>Jason Johnson</b> ETSU Triple Jump				<b>Jarrold Burton</b> ETSU Shot Put				<b>Greg Dunston</b> Cam 200m			
<b>Cameron Thomas</b> Upst 4x400m				<b>Jarrold Burton</b> ETSU Shot Put				<b>Joshua McNair</b> KSU Discus				<b>Cardel Johnson</b> Cam 400m			
<b>Michael Johnson</b> Upst 4x400m				<b>Joshua McNair</b> KSU Discus				<b>Joshua McNair</b> KSU Hammer				<b>Camerson Dickerson</b> UNF 800m			
<b>Matt Johnson</b> Upst 4x400m				<b>Joshua McNair</b> KSU Hammer				<b>Jarrold Burton</b> ETSU Javelin				<b>Piotr Witczak</b> KSU 1500m			
<b>Mike Meissner</b> Upst 4x400m				<b>Jarrold Burton</b> ETSU Javelin				<b>Matt Fiedler</b> Bel Decathlon				<b>J Penny</b> ETSU 3000m SC			
<b>Perrish Goggins</b> Upst High Jump				<b>Matt Fiedler</b> Bel Decathlon				<b>Third Team</b>				<b>Jeff Crane</b> ETSU 5000m			
<b>David Shepherd</b> UNF Pole Vault				<b>Third Team</b>				<b>Diego Lawrence</b> Cam 100m				<b>Michael Deren</b> ETSU 10,000m			
<b>Anjou Armaly</b> KSU Long Jump				<b>Diego Lawrence</b> Cam 100m				<b>Adika Smith</b> KSU 200m				<b>Harold Sims</b> Cam 110H			
<b>Diego Lawrence</b> Cam Triple Jump				<b>Adika Smith</b> KSU 200m				<b>Tim O'Dell</b> ETSU 400m				<b>Brian Graham</b> KSU 400H			
<b>Joshua McNair</b> KSU Shot Put				<b>Tim O'Dell</b> ETSU 400m				<b>James Post</b> UNF 800m				<b>White/Dunston/Brunson/Brown</b> Cam 4x100m			
<b>Joe Frye</b> Bel Discus				<b>James Post</b> UNF 800m				<b>Matt Auers</b> KSU 1500m				<b>Cooper/Gordan/Johnson/Newton</b> Cam 4x400m			
<b>Jarrold Burton</b> ETSU Hammer				<b>Matt Auers</b> KSU 1500m				<b>Nathan Haskins</b> KSU 5000m				<b>Erik Ingle</b> KSU High Jump			
<b>Dave Mathews</b> Cam Javelin				<b>Nathan Haskins</b> KSU 5000m				<b>Nathan Haskins</b> KSU 10,000m				<b>Noah Thompson</b> UNF Pole Vault			
<b>Dillon Seigenthaler</b> Lip Decathlon				<b>Nathan Haskins</b> KSU 10,000m				<b>Tremaine Grant</b> KSU 110H				<b>Allen Brown</b> Cam Long Jump			
<b>Third Team</b>				<b>Tremaine Grant</b> KSU 110H				<b>Adoniss Jones</b> Cam 400H				<b>Noah Thompson</b> UNF Pole Vault			
<b>Diego Lawrence</b> Cam 100m				<b>Adoniss Jones</b> Cam 400H				<b>J. Penny</b> ETSU 3000m SC				<b>Justin Burton</b> ETSU Shot Put			
<b>Ifrish Alberg</b> ETSU 200m				<b>J. Penny</b> ETSU 3000m SC				<b>O'Dell/Ford/James/Monal</b> ETSU 4x400m				<b>Aymerick Kolokilagi</b> KSU Discus			
<b>Mike Meissner</b> Upst 400m				<b>O'Dell/Ford/James/Monal</b> ETSU 4x400m				<b>Squillace/Mims/Post/Mills</b> UNF 4x400m				<b>Mark Wartenberger</b> Upst Hammer			
<b>Cameron Thomas</b> Upst 800m				<b>Squillace/Mims/Post/Mills</b> UNF 4x400m				<b>Michael James</b> ETSU High Jump				<b>Dave Mathews</b> Cam Javelin			
<b>Marcus Bridger-Wilkinson</b> Bel 1500m				<b>Michael James</b> ETSU High Jump				<b>Jordan Briggs</b> ETSU Pole Vault				<b>Reggie Thompson</b> Upst Decathlon			
<b>Erick Kigen</b> Bel 5000m				<b>Jordan Briggs</b> ETSU Pole Vault				<b>Xavier Conley</b> Lip Long Jump				<b>--2008--</b>			
<b>Terrance Attema</b> Cam 10,000m				<b>Xavier Conley</b> Lip Long Jump				<b>Robert Brunson</b> Cam Triple Jump				<b>First Team</b>			
<b>Adoniss Jones</b> Cam 110H				<b>Robert Brunson</b> Cam Triple Jump				<b>Joe Frye</b> Bel Shot Put				<b>Duralon Monal</b> ETSU 100m			
<b>Robert Purcell</b> ETSU 400H				<b>Joe Frye</b> Bel Shot Put				<b>Cornell Sneed</b> ETSU Discus				<b>Greg Dunston</b> Cam 200m			
<b>Ashton Fisher</b> Lip 3000m SC				<b>Cornell Sneed</b> ETSU Discus				<b>Jarrold Burton</b> ETSU Hammer				<b>James Verdi</b> KSU 400m			
<b>Michael James</b> ETSU 4x100m				<b>Jarrold Burton</b> ETSU Hammer				<b>Matt Baum</b> ETSU Javelin				<b>Gianni Catalano</b> KSU 800m			
<b>Quentin Greenlee</b> ETSU 4x100m				<b>Matt Baum</b> ETSU Javelin				<b>Burton Elrod</b> Lip Decathlon				<b>Colin Magut</b> Bel 1500m			
<b>Robert Purcell</b> ETSU 4x100m				<b>Burton Elrod</b> Lip Decathlon				<b>--2009--</b>				<b>First Team</b>			
<b>Ifrish Alberg</b> ETSU 4x100m				<b>--2009--</b>				<b>Diego Lawrence</b> Cam 100m				<b>James Rainer</b> ETSU 100m			
<b>David Shepherd</b> UNF 4x400m				<b>Diego Lawrence</b> Cam 100m				<b>Adika Smith</b> KSU 200m				<b>James Rainer</b> ETSU 200m			
<b>Nick Squillace</b> UNF 4x400m				<b>Adika Smith</b> KSU 200m				<b>Tim O'Dell</b> ETSU 400m				<b>Chris Harrison</b> ETSU 400m			
<b>Justin Mims</b> UNF 4x400m				<b>Tim O'Dell</b> ETSU 400m				<b>James Post</b> UNF 800m				<b>Colin Magut</b> Bel 800m			
<b>Aaron Tillman</b> UNF 4x400m				<b>James Post</b> UNF 800m				<b>Matt Auers</b> KSU 1500m				<b>Ryan Snellen</b> Bel 1500m			
<b>Cameron Zeman</b> KSU High Jump				<b>Matt Auers</b> KSU 1500m				<b>Nathan Haskins</b> KSU 5000m							
<b>Adam Reed</b> KSU Pole Vault				<b>Nathan Haskins</b> KSU 5000m				<b>Tremaine Grant</b> KSU 110H							
<b>Perrish Goggins</b> Upst Long Jump				<b>Tremaine Grant</b> KSU 110H				<b>Adoniss Jones</b> Cam 400H							
<b>Adoniss Jones</b> Cam Triple Jump				<b>Adoniss Jones</b> Cam 400H				<b>J. Penny</b> ETSU 3000m SC							
				<b>J. Penny</b> ETSU 3000m SC				<b>O'Dell/Ford/James/Monal</b> ETSU 4x400m							
				<b>O'Dell/Ford/James/Monal</b> ETSU 4x400m				<b>Squillace/Mims/Post/Mills</b> UNF 4x400m							
				<b>Squillace/Mims/Post/Mills</b> UNF 4x400m				<b>Michael James</b> ETSU High Jump							
				<b>Michael James</b> ETSU High Jump				<b>Jordan Briggs</b> ETSU Pole Vault							
				<b>Jordan Briggs</b> ETSU Pole Vault				<b>Xavier Conley</b> Lip Long Jump							
				<b>Xavier Conley</b> Lip Long Jump				<b>Robert Brunson</b> Cam Triple Jump							
				<b>Robert Brunson</b> Cam Triple Jump				<b>Joe Frye</b> Bel Shot Put							
				<b>Joe Frye</b> Bel Shot Put				<b>Cornell Sneed</b> ETSU Discus							
				<b>Cornell Sneed</b> ETSU Discus				<b>Jarrold Burton</b> ETSU Hammer							
				<b>Jarrold Burton</b> ETSU Hammer				<b>Matt Baum</b> ETSU Javelin							
				<b>Matt Baum</b> ETSU Javelin				<b>Burton Elrod</b> Lip Decathlon							
				<b>Burton Elrod</b> Lip Decathlon				<b>--2009--</b>							



## All-Conference Selections (continued)

Jacob Buckman	Bel	3000m SC	Josh Hicks	ETSU	1500m	Ryan Snellen	Bel	5000m	Paul Rickard	GSU	5000m
Jacob Buckman	Bel	5000m	Josh Hudson	GWU	3000m SC	Kevin Stone	Bel	10000m	William Kemey	Bel	10000m
Caleb Swartz	Bel	10,000m	Jason Waters	KSU	5000m	Chase Tharpe	Cam	110H	Jesse Morrow	Troy	110H
Harold Sims	Cam	110H	Lucas McAneny	GWU	10,000m	Chase Tharpe	Cam	400H	Daniel Darrisaw	Troy	400H
Harold Sims	Cam	400H	Mike Wright	ETSU	110H	Jake Didion	GWU	High Jump	Eric Bergemann	Cam	High Jump
Jerome McKinzie	KSU	High Jump	Devin Jones	KSU	400H	Scott Crews	Bel	Pole Vault	Pat Barron	GWU	Pole Vault
Jeremy Longshore	GWU	Pole Vault	Mike Wright	ETSU	High Jump	Lincoln Gordon	Cam	Long Jump	Michael Acree	Troy	Long Jump
Sam Tilly	Cam	Long Jump	Daniel Williams	ETSU	Pole Vault	Michael Acree	Troy	Triple Jump	Michael Acree	Troy	Triple Jump
Jake Didion	GWU	Triple Jump	Sam Tilly	Cam	Long Jump	Brennan Jack	Troy	Shot Put	Brennan Jack	Troy	Shot Put
Jarrold Burton	ETSU	Shot Put	Sam Tilly	Cam	Triple Jump	Matt Knippen	GWU	Discus	Josh Caldwell	Sam	Discus
Cody MacArthur	GWU	Discus	Michael Buckshaw	GWU	Shot Put	Darryl Nelson	GWU	Hammer	Pete Fox	Sam	Hammer
Cody MacArthur	GWU	Hammer	Michael Buckshaw	GWU	Discus	Radon Bain	Cam	Javelin	Daniel Balena	Sam	Javelin
Jerel Langley	GWU	Javelin	Matt Knippen	GWU	Hammer						
Nicholas Chernikow	ETSU	Decathlon	Cody MacArthur	GWU	Javelin						
<i>Second Team</i>			<i>Third Team</i>			--2004--			<i>Second Team</i>		
Derek Carey	ETSU	100m	Channing Twyner	Bel	100m	<i>First Team</i>			Chris Martland	Bel	100m
Kerek Carey	ETSU	200m	Greg Dunston	Cam	200m	Don Pitter	Troy	100m	Don Pitter	Troy	200m
Trevor Rogers	Cam	400m	Tyler Woodruff	ETSU	400m	Don Pitter	Troy	220m	Tommy Menyha	GWU	400m
Geoff Lesch-Wragge	GWU	800m	Zac Yanis	Lip	800m	Stephon James	Troy	400m	Linuw Wilson	Troy	800m
Colin Magut	Bel	1500m	Joseph Mutai	KSU	1500m	Nolan Speichinger	Bel	800m	Mike Bond	Troy	1500m
Colin Magut	Bel	3000m SC	Peter Dalton	ETSU	3000m SC	Brandon Hughes	Troy	1500m	Adam Gaske	GWU	3000m SC
Colin Magut	Bel	5000m	Michael Deren	ETSU	5000m	Mike Earle	Cam	3000m SC	Benjamin Fish	Troy	5000m
John Brigham	Bel	10,000m	Daniel Gormley	KSU	10,000m	Jacob Buckman	Bel	5000m	Bryan Baddorf	Sam	10000m
Michael Wright	ETSU	110H	Dobson Collins	GWU	110H	Ben Fish	Troy	10000m	Joel Whinghter	Troy	110H
Paul Steinke	GWU	400H	Dobson Collins	GWU	400H	Mike Morris	Troy	110H	Joe Williamson	Troy	400H
Jake Didion	GWU	High Jump	Logan Brelsford	Cam	High Jump	Mike Morris	Troy	400H	Craig Norman	GWU	High Jump
Elliott Haynie	GWU	Pole Vault	Logan Brelsford	Cam	High Jump	Logan Brelsford	Cam	High Jump	Mark Holmes	Sam	Pole Vault
Jake Didion	GWU	Long Jump	Elliott Haynie	GWU	Pole Vault	Pawel Grubecki	Troy	Pole Vault	Chris Martland	Bel	Long Jump
Sam Tilly	Cam	Triple Jump	Logan Brelsford	Cam	Long Jump	Joe Addison	Troy	Pole Vault	Kendle Gillis	Troy	Triple Jump
Joshua McNair	KSU	Shot Put	Logan Brelsford	Cam	Long Jump	Joe Addison	Troy	Long Jump	Michael Heck	Troy	Shot Put
Joshua McNair	KSU	Discus	Logan Brelsford	Cam	Triple Jump	Michael Heck	Troy	Triple Jump	Derek Simmons	Sam	Discus
Jarrold Burton	ETSU	Hammer	Aymerick Kolokolagi	KSU	Shot Put	Michael Heck	Troy	Shot Put	Josh Caldwell	Sam	Hammer
Jarrold Burton	ETSU	Javelin	Matt Knippen	GWU	Discus	Michael Heck	Troy	Discus	Chris Brongel	Troy	Javelin
Elliott Haynie	GWU	Decathlon	Michael Buckshaw	GWU	Hammer	Michael Heck	Troy	Hammer	<i>Third Team</i>		
<i>Third Team</i>			Ra Don Bain	Cam	Javelin	Wes Edmonds	Troy	Javelin	Lamar Ingram	GWU	100m
Johnny Tucker	ETSU	100m	--2005--			<i>Second Team</i>			Emery Vickers	Troy	200m
Johnny Tucker	ETSU	200m	<i>First Team</i>			Kevin Prime	GWU	100m	Chris Martland	Bel	400m
Ryan McNeely	GWU	400m	Louis Harris	Troy	100m	Kevin Prime	GWU	200m	Jermaine Hood	Cam	800m
Charlie Steinke	GWU	800m	Louis Harris	Troy	220m	Emery Vickers	Troy	400m	Rob Barton	Troy	1500m
Timothy Israel	GWU	1500m	DeLarenta Hawkins	Troy	400m	Jermaine Hood	Cam	800m	Liam Barton	Troy	3000m SC
Ryan Snellen	Bel	3000m SC	Clarence Williams	Cam	800m	Ben Fish	Troy	1500m	Andrew Middleton	Sam	5000m
Ryan Snellen	Bel	5000m	Matt McMaster	GSU	1500m	Matt Cameron	GSU	3000m SC	Kenneth Martin	GSU	10000m
Jacob Buckman	Bel	10,000m	Mike Earle	Cam	3000m SC	Nick Miller	GSU	5000m	Joe Williamson	Troy	110H
Devin Jones	KSU	110H	Jacob Buckman	Bel	5000m	Jeremy Helf	Cam	10000m	Jesse Morrow	Troy	400H
DeRay Sloss	Bel	400H	Jeremy Helf	Cam	10000m	Vaughn Pickens	Troy	110H	Jesse Morrow	Troy	High Jump
Michael Wright	ETSU	High Jump	Mike Morris	Troy	110H	Daniel Darisaw	Troy	400H	Clayton Lynch	Troy	Pole Vault
Drew Beamer	ETSU	Pole Vault	Mike Morris	Troy	400H	Charles Reinhartz	Troy	High Jump	Eric Bergemann	Cam	Long Jump
Michael Wright	ETSU	Long Jump	Mike Morris	Troy	400H	Scott Crews	Troy	Pole Vault	Eric Bergemann	Cam	Triple Jump
Michael Wright	ETSU	Triple Jump	Logan Brelsford	Cam	High Jump	Emery Vickers	Troy	Long Jump	Josh Caldwell	Sam	Shot Put
Dakota Cagle	ETSU	Shot Put	Kyle Lingafelt	Cam	Pole Vault	Pawel Grubecki	Troy	Triple Jump	Michael Heck	Troy	Discus
Bryan Ames	Cam	Discus	Michael Acree	Troy	Long Jump	Jack Brennan	Troy	Shot Put	Keeton Blakeney	Sam	Hammer
Aymerick Kolokolagi	KSU	Hammer	Lincoln Gordon	Cam	Triple Jump	Jack Brennan	Troy	Discus	Wes Edmonds	Troy	Javelin
Cody MacArthur	GWU	Javelin	Matt Knippen	GWU	Shot Put	Jack Brennan	Troy	Hammer			
Jordan Briggs	ETSU	Decathlon	Brennan Jack	Troy	Discus	TJ Taylor	GWU	Javelin	--2002--		
			Ryan Baker	Troy	Hammer	<i>Third Team</i>			<i>First Team</i>		
			John Rodgers	Troy	Javelin	Louis Harris	Troy	100m	John Williams	Sam	100m
			<i>Second Team</i>			Louis Harris	Troy	200m	John Williams	Sam	200m
			Kevin Prime	GWU	100m	Shane Flippin	GWU	400m	Emery Vickers	Troy	400m
			Don Pitter	Troy	200m	Clarence Williams	Cam	800m	Tee Mott	GSU	800m
			Clint Hamm	Bel	400m	Nick Miller	GSU	1500m	Michael Bond	Troy	1500m
			Christian Browne	Cam	800m	Adam Gaske	GWU	3000m SC	Chad Johnson	Sam	3000m SC
			Brent White	UCF	1500m	Ben Fish	Troy	5000m	William Kemey	Bel	5000m
			Matt Cameron	GSU	3000m SC	Nathan Kosiba	Bel	10000m	Bryan Baddorf	Sam	10000m
			Jake Wilke	UCF	5000m	Chase Tharpe	Cam	110H	Jesse Morrow	Troy	110H
			Jeremy Helf	Cam	10000m	Chase Tharpe	Cam	400H	David Henson	Sam	400H
			Justin O'Shields	GWU	110H	Ryan Baker	Troy	High Jump	Brennan Jack	Troy	Shot Put
			Brant Murry	Cam	400H	Seth Jones	Bel	Pole Vault	Patrick Paine	Bel	Discus
			Charles Reinhartz	Troy	High Jump	Logan Brelsford	Cam	Long Jump	Jacob Stutzman	Troy	Javelin
			Jeremy Longshore	GWU	Pole Vault	Logan Brelsford	Cam	Long Jump	Michael Acree	Troy	Long Jump
			Jake Didion	GWU	Long Jump	Logan Brelsford	Cam	Triple Jump	Michael Acree	Troy	Triple Jump
			Jake Didion	GWU	Triple Jump	David Cain	Troy	Shot Put	Eric Bergemann	Cam	High Jump
			Jacob English	GSU	Triple Jump	Michael Buckshaw	GWU	Discus	Josh Jones	Sam	Pole Vault
			Ryan Baker	Troy	Shot Put	Darryl Nelson	GWU	Hammer	Keeton Blakeney	Sam	Hammer
			Ryan Baker	Troy	Discus	Michael Heck	Troy	Javelin	<i>Second Team</i>		
			Brennan Jack	Troy	Hammer				Andy Britt	Troy	100m
			Jerel Langley	GWU	Javelin				Emery Vickers	Troy	200m
			<i>Third Team</i>			--2003--			David Henson	Sam	400m
			Don Pitter	Troy	100m	<i>First Team</i>			Paul Von Herrman	Sam	800m
			Emery Vickers	Troy	200m	Don Pitter	Troy	100m	Rob Barton	Troy	1500m
			Eric Robinson	GSU	400m	Don Pitter	Troy	220m	William Kemey	Bel	3000SC
			Matt McMaster	GSU	800m	Bryant Mark	GSU	200m	Paul Rickard	GSU	5000m
			Ryan Snellen	Bel	1500m	Bryant Mark	GSU	400m	Andrew Spear	Sam	10000m
			Jeremy Helf	Cam	3000m SC	Mike Bond	Troy	800m			
						William Kemey	Bel	1500m			
						Mike Earle	Cam	3000m SC			



All-Conference Selections (continued)

Arrington Watkins	Troy	110H	Jacob Strutzman	Troy	High Jump	Jacob Stutzman	Troy	High Jump	Scott Lappin	JU	Discus
Josh Jones	Sam	400H	Josh Katsur	JU	Pole Vault	Justin Harris	Sam	Pole Vault	Scott Lappin	JU	Hammer
Branden Hall	Troy	Shot Put	Josh Jones	Sam	Long Jump	Joe Nelson	Troy	Long Jump	Jon Villacampa	Troy	Javelin
Derek Simmons	Sam	Discus	Stephen Colbert	JU	Triple Jump	Joe Nelson	Troy	Triple Jump	<i>Third Team</i>		
Paul Teinert	Sam	Javelin	Keeten Blakeney	Sam	Shot Put	Albert Lucas	Troy	Shot Put	Shaun Smith	Troy	100m
Eric Bergemann	Cam	Long Jump	Keeten Blakeney	Sam	Discus	Marc McIntyre	Troy	Discus	John Hargray	Troy	200m
Eric Bergemann	Cam	Triple Jump	Charles Thomas	Troy	Hammer	Marc McIntyre	Troy	Hammer	Barry Dinkins	Troy	400m
Jesse Morrow	Troy	High Jump	Joe Gillaspie	Troy	Javelin	Daniel Irby	JU	Javelin	Cornell Jones	Troy	800m
Daniel Balena	Sam	Pole Vault	<b>--2000--</b>			<i>Second Team</i>			Erik Montalvo	FIU	1500m
Denton Bagwell	Troy	Hammer	<i>Third Team</i>			Marcus Bodah	JU	100m	John Stanley	Troy	5000m
<i>Third Team</i>			Jon Underhill	JU	100m	Moses Gagakuma	Troy	200m	John Stanley	Troy	10,000m
Louis Harris	Troy	100m	Boshawn Mack	JU	200m	Dion Hall	Troy	400m	Vaughan Nembhard	FIU	110m HH
Andy Britt	Troy	200m	Joe Clark	Troy	400m	Barry Milhorn	Sam	800m	Micheal Finley	Troy	400m IH
Casey Strickland	Troy	400m	Paul VonHerrmann	Sam	800m	Matt Oates	Troy	1500m	Billy McGlaughan	Cam	3000m SC
Sandy Shenkman	UCF	800m	Alan Parish	Sam	1500m	Japheth Koech	JU	5000m	Jermy Becker	Sam	High Jump
Matt McMaster	GSU	1500m	Andrew Smith	Cam	5000m	Mark Ragase	Cam	10,000m	Mark Owens	Cam	Pole Vault
Michael Earle	Cam	3000m SC	Ryan Richmond	Cam	10,000m	Jean Brutus	Troy	400m IH	Steve Wright	GSU	Long Jump
G. Gentiluomo	GSU	5000m	Derrick Moore	Sam	110 HH	Brandon Britton	Troy	3000m SC	Clifford Ivory	Troy	Triple Jump
Danny Cook	UCF	10000m	David Henson	Sam	400 IH	Cornell Jones	Troy	High Jump	Mark McIntyre	Troy	Shot Put
Desmon Newton	Troy	110H	Aaron Bishop	Sam	3000m SC	Matt Owens	Cam	Pole Vault	Aaron Bryant	Sam	Discus
Jese Morrow	Troy	400H	Eric Bergemann	Cam	High Jump	Steve Wright	GSU	Long Jump	Albert Lucas	Troy	Hammer
Donnie Bostain	Troy	Shot Put	Josh Jones	Sam	Pole Vault	Russell Cheatum	Troy	Triple Jump	Scott Lappin	JU	Javelin
Denton Bagwell	Troy	Discus	Joe Nelson	Troy	Long Jump	Jason Ward	Troy	Shot Put	<b>--1997--</b>		
Daniel Balena	Sam	Javelin	Joe Nelson	Troy	Triple Jump	Courtney Phelps	JU	Discus	<i>First Team</i>		
Johnnie Peppers	Troy	Long Jump	Frank Walker	Sam	Shot Put	Jason Ward	Troy	Hammer	Brian Jones	FIU	100m
Johnnie Peppers	Troy	Triple Jump	Courtney Phelps	JU	Discus	Eugene Goulet	JU	Javlin	Kwame Lewis	FIU	200m
Jacob Stutzman	Troy	High Jump	Thomas Morrell	Cam	Hammer	<i>Third Team</i>			Kwame Lewis	FIU	400m
Charles Reinartz	Troy	Pole Vault	Chris Brongel	Troy	Javelin	Shaun Smith	Troy	100m	Horace Laing	FIU	800m
Pete Fox	Sam	Hammer	<i>Second Team</i>			Eric Sloan	Troy	200m	Andrew Letherby	GSU	1500m
<b>--2001--</b>			Boshawn Mack	JU	100m	Marcus Bodah	JU	400m	Andy Bishop	Sam	3000m SC
<i>First Team</i>			Jon Underhill	JU	200m	Josh Jackson	Troy	800m	David Lesis	FIU	5000m
Kevin Baxter	JU	100m	Derrick Moore	Sam	400m	Dwight Thomas	Sam	1500m	Mark Ragase	Cam	10,000m
Kevin Baxter	JU	200m	Alan Parish	Sam	800m	Andrew Smith	Cam	5000m	David Odum	Sam	110m HH
Derrick Moore	Sam	400m	Andrew Smith	Cam	1500m	John Hope	UCF	10,000m	Johnnie Coleman	SLU	400m IH
Tee Mott	GSU	800m	Ryan Richmond	Cam	5000m	Jasper Demps	Troy	400m IH	Angelo Pace	JSU	Shot Put
Tee Mott	GSU	1500m	Mark Ragase	Cam	10,000m	John Fesh	Troy	3000m SC	Richard Mason	Cam	Discus
Michael Green	Troy	5000m	Mike Henderson	JSU	110 HH	Kevin Ouldhouse	Sam	High Jump	Kevin Poplin	Cam	Javelin
Michael Green	Troy	10,000m	Drew Domoto	JSU	400 IH	Josh Jones	Sam	Pole Vault	Richard Curry	FIU	Long Jump
Derrick Moore	Sam	110H	Andy Bishop	Sam	3000m SC	Russell Cheatum	JU	Long Jump	Richard Curry	FIU	Triple Jump
David Henson	Sam	400H	Jacob Stutzman	Troy	High Jump	Josh Jones	Sam	Triple Jump	Richard Curry	FIU	High Jump
John Fesh	Troy	3000m SC	Dan Cramer	JU	Pole Vault	Mark McIntyre	Troy	Shot Put	Heath Lewis	Sam	Pole Vault
Eric Bergemann	Cam	High Jump	Tyrone Wright	JU	Long Jump	Albert Lucas	Troy	Discus	<i>Second Team</i>		
Josh Jones	Sam	Pole Vault	Carlos Dixon	Troy	Triple Jump	Thomas Morrell	Cam	Hammer	Chris Butler	FIU	100m
Joseph Nelson	Troy	Long Jump	Courtney Phelps	JU	Shot Put	Kevin Ouldhouse	Sam	Javelin	Triviss Carter	SLU	200m
Joseph Nelson	Troy	Triple Jump	Adam Brock	Sam	Discus	<b>--1998--</b>			Randy Watkins	FIU	400m
Josh Caldwell	Sam	Shot Put	Keeton Blakeney	Sam	Hammer	<i>First Team</i>			Sedric Cherry	FIU	800m
Courtney Phelps	JU	Discus	Dan Irby	JU	Javelin	Greg Garth	Troy	100m	Jimmy Sellers	FIU	1500m
Tim Betts	Troy	Hammer	<i>Third Team</i>			Devaughn Brown	Troy	200m	Gaby Rodriguez	FIU	3000m SC
Chris Brongel	Troy	Javelin	Robbie Strickland	Troy	100m	Cherenal Threadquill	Troy	400m	Jeff Clayton	GSU	5000m
<i>Second Team</i>			Joe Clark	Troy	200m	Erik Montalvo	FIU	800m	Chris Geck	Cam	10,000m
Jon Underhill	JU	100m	David Henson	Sam	400m	Tee Mott	GSU	1500m	Jason Corbett	FIU	110m HH
Jon Underhill	JU	200m	Josh Jackson	Troy	800m	Mike Green	Troy	5000m	Roderick Davis	FIU	400m IH
David Henson	Sam	400m	Giovanni Gentiluomo	GSU	1500m	Mike Green	Troy	10,000m	Richard Mason	Cam	Shot Put
Matt McMaster	GSU	800m	Lou Snelling	UCF	5000m	Rod Davis	FIU	110m HH	Richard Curry	FIU	Discus
Michael Green	Troy	1500m	Joe Gillaspie	Troy	10,000m	Rod Davis	FIU	400m IH	Richard Mason	Cam	Javelin
John Fesh	Troy	5000m	David Henson	Sam	110 HH	Gaby Rodriguez	FIU	3000m SC	Thomas Taylor	SLU	Long Jump
Matt Barile	GSU	10,000m	Derrick Moore	Sam	400 IH	Jon Villacampa	Troy	High Jump	Sedric Curry	FIU	Triple Jump
Arrington Watkins	Troy	110H	Billy McGlaughan	Cam	3000m SC	Justin Harriss	Sam	Pole Vault	Shane Rehberg	JSU	High Jump
Derrick Moore	Sam	400H	Joe Gillaspie	Troy	High Jump	Rod Davis	FIU	Long Jump	Shane Rehberg	JSU	Pole Vault
Billy McGlaughlin	Cam	3000m SC	Matt Cull	JU	Pole Vault	Sedric Cherry	FIU	Triple Jump	<i>Third Team</i>		
Jesse Morrow	Troy	High Jump	Carlos Dixon	Troy	Long Jump	Albert Lucas	Troy	Shot Put	Robert Stallworth	Sam	100m
Philip Armijo	JU	Pole Vault	Josh Jones	Sam	Triple Jump	Mark McIntyre	Troy	Discus	Brian Jones	FIU	200m
Ryan Valrie	Troy	Long Jump	Keeton Blakeney	Sam	Shot Put	Mark McIntyre	Troy	Hammer	Triviss Carter	SLU	400m
Kelly Roberts	JU	Triple Jump	Andrew Dye	Sam	Discus	Kevin Bateman	FIU	Javelin	Kyle Nisbett	FIU	800m
Branden Hall	Troy	Shot Put	Tim Betts	Troy	Hammer	<i>Second Team</i>			Aaron Bishop	Sam	1500m
Josh Caldwell	Sam	Discus	Joe Gillaspie	Troy	Javelin	Chris Butler	FIU	100m	Kevin Hall	Sam	3000m SC
Keeton Blakeney	Sam	Hammer	<b>--1999--</b>			Mark Hankins	Sam	200m	Aaron Bishop	Sam	5000m
Josh Jones	Sam	Javelin	<i>First Team</i>			Devaughn Brown	Troy	400m	Dwight Thomas	Sam	10,000m
<i>Third Team</i>			Moses Gagakuma	Troy	100m	Paul VonHermann	Sam	800m	Stanly Dousous	FIU	110m HH
Boshawn Mack	JU	100m	Marcus Brodah	JU	200m	Mike Green	Troy	1500m	Jason Corbitt	FIU	400m IH
Boshawn Mack	JU	200m	Barry Dinkins	Troy	400m	Lou Snelling	UCF	5000m	Jeremy Herring	FIU	Shot Put
Jon Underhill	JU	400m	Paul VonHermann	Sam	800m	John Hope	UCF	10,000m	Angelo Pace	JSU	Discus
Eddie Hood	Cam	800m	Michael Green	Troy	1500m	Derrick Moore	Sam	110m HH	Travis McCoy	SLU	Javelin
Matt McMaster	GSU	1500m	Michael Green	Troy	5000m	Vaughan Nembhard	FIU	400m IH	Shane Rehberg	JSU	Long Jump
Andrew Campbell	GSU	5000m	Japheth Koech	JU	10,000m	Darrin Guay	Cam	3000m SC	Thomas Taylor	SIU	Triple Jump
Jason Lackey	Sam	10,000m	Drew Domoto	JU	110m HH	Shane Renbering	JU	High Jump	Heath Hyneman	Sam	High Jump
Jesse Morrow	Troy	110H	Mike Finley	Troy	400m IH	Jacob Schweinforth	Troy	Pole Vault	Wayne Carter	Sam	Pole Vault
Philip Armijo	JU	400H	Billy McGlaughan	Cam	3000m SC	Clifford Ivory	Troy	Long Jump	<b>--1996--</b>		
Matt Oates	GSU	3000m SC	<i>Third Team</i>			Joesph Nelson	Troy	Triple Jump	<i>First Team</i>		
						Matt Slonkin	FIU	Shot Put			



## All-Conference Selections (continued)

Owen Campbell	SLU	100m
Owen Campbell	SLU	200m
Kwame Lewis	FIU	400m
Rob Thompson	FIU	800m
Jim Sellers	FIU	1500m
Andrew Bishop	Sam	3000m SC
Erik Lipham	UCF	5000m
Troy Davis	UCF	10,000m
Stanley Dossous	FIU	110m HH
Vaughan Nembhard	FIU	400m IH
Angelo Pace	JSU	Shot Put
David Ducre	SLU	Discus
Jeff Burke	FIU	Javelin
Jermaine Woods	SLU	Long Jump
Jermaine Woods	SLU	Triple Jump
Eurosius Parker	JSU	High Jump
Heath Lewis	Sam	Pole Vault
<i>Second Team</i>		
Johnny Coleman	SLU	100m
Geraye Henley	SLU	200m
Johnny Coleman	SLU	400m
Sedric Cherry	FIU	800m
Rene Plasencia	UCF	1500m
Aaron Bishop	Sam	3000m SC
Darrin Guay	Cam	5000m
Dave Lewis	FIU	10,000m
Michael Stuart	Sam	110m HH
Johnny Coleman	SLU	400m IH
David Ducre	SLU	Shot Put
Jeff Burke	FIU	Discus
Kevin Poplin	Cam	Javelin
Eurosius Parker	JSU	Long Jump
Tony Reddick	FIU	Triple Jump
Sean Roach	FIU	High Jump
Paul McAllister	Cam	Pole Vault
<i>Third Team</i>		
Kwame Lewis	FIU	100m
Brian Collins	SLU	200m
Horace Laing	FIU	400m
Willie Scott	FIU	800m
Kyle Nisbett	FIU	1500m
Darrin Guay	Cam	3000m SC
Rene Plasencia	UCF	5000m
Lou Snelling	UCF	10,000m
Vaughan Nembhard	FIU	110m HH
David Odum	Sam	400m IH
Zevon Garth	JSU	Shot Put
Zevon Garth	JSU	Discus
Richar Mason	Cam	Javelin
Tony Reddick	FIU	Long Jump
Sedric Cherry	FIU	Triple Jump
Tony Reddick	FIU	High Jump
Wayne Carter	Sam	Pole Vault