



Year-by-Year Summary

Year	Date	Site	Host	Champion	Score	Runner-up	Score	Most Valuable Performer
2011	4/15-16	Jacksonville, Fla.	UNF	Jacksonville	243	UNF	158	Stacey Young (Jacksonville)
2010	5/14-15	Jacksonville, Fla.	UNF	Jacksonville	247	Kennesaw State	221.5	Charlene Charles (Jacksonville)
2009	5/15-16	Jacksonville, Fla.	UNF	Jacksonville	212	Kennesaw State	140	Heidi Dahl (ETSU) // Track Natasha Harvey (Jacksonville) // Field
2008	5/16-17	Clemson, S.C.	A-Sun	Jacksonville	170	Belmont	120	Lynette Rives (Belmont) // Track Natasha Harvey (Jacksonville) // Field
2007	5/11-12	Johnson City, Tenn.	ETSU	Jacksonville	179	Belmont	97	Janel Grooms (Jacksonville) // Track Elizabeth Maxwell (Gardner-Webb) // Field
2006	4/14-15	Clermont, Fla.	A-Sun	Jacksonville	145	Gardner-Webb	100	Janita Ocana (Jacksonville) // Track Emily Kohler (UNF) // Field
2005	4/15-16	Nashville, Tenn.	Belmont	UCF	158	Troy	110.5	Tiffany Roebuck (UCF)
2004	4/16-17	Orlando, Fla.	UCF	UCF	127	Florida Atlantic	103	Heather Lee (Campbell)
2003	4/17-18	Orlando, Fla.	UCF	UCF	124	Gardner-Webb	104	Monique Tubbs (Jacksonville)
2002	4/19-20	Troy, Ala.	Troy	UCF	208	Belmont	101	Valerie Beaubrun (UCF)
2001	4/20-21	Orlando, Fla.	UCF	UCF	196	Jacksonville	121	Katara Beard (UCF)
2000	4/22	Troy, Ala.	Troy	UCF	154	Jacksonville	129	Katara Beard (UCF)
1999	4/17	Troy, Ala.	Troy	Troy	169	UCF	160	L. Cooke (Troy) / S. Howard (GSU)
1998	4/18	Miami, Fla.	FIU	UCF	186	FIU	161	Tayna Lawrence (FIU)
1997	4/19	Hammond, La.	SLU	UCF	172	FIU	143	Shonda Swift (FIU)
1996	4/20	Orlando, Fla.	UCF	FIU	195	UCF	146	Shonda Swift (FIU)

Year-by-Year Results

2011 <i>Jacksonville, Fla.</i>	1. Jacksonville 243	2. UNF 158	3. Kennesaw State 151	4. ETSU 85	5. Lipscomb 81	6. Belmont 42	7. Campbell 29	8. USC Upstate 23
2010 <i>Jacksonville, Fla.</i>	1. Jacksonville 247	2. Kennesaw State 221.5	3. UNF 119	4. ETSU 53	5. USC Upstate 49	6. Campbell 45.5	7. Belmont 38	8. Lipscomb 31
2009 <i>Jacksonville, Fla.</i>	1. Jacksonville 212	2. Kennesaw State 140	3. UNF 90	4. ETSU 78	5. Campbell 62	6. USC Upstate 37	7. Lipscomb 16	8. Belmont 12
2008 <i>Clemson, S.C.</i>	1. Jacksonville 170	2. Belmont 120	3. UNF 103.5	4. Gardner-Webb 90	5. ETSU 61	6. Campbell 45.5	7. Kennesaw State 45	8. Lipscomb 15
2007 <i>Johnson City, Tenn.</i>	1. Jacksonville 179	2. Belmont 97	3. ETSU 90	4. Gardner-Webb 86	5. UNF 83.5	6. Campbell 66.5	7. Kennesaw State 35	8. Lipscomb 8
2006 <i>Clermont, Fla.</i>	1. Jacksonville 145							

2005 <i>Nashville, Tenn.</i>	1. UCF 158	2. Troy 110.5	3. Florida Atlantic 89	4. Jacksonville 70	5. Georgia State 63	6. Campbell 48	7. Gardner-Webb 34.5	8. Belmont 28	9. Lipscomb 18
2004 <i>Orlando, Fla.</i>	1. UCF 127	2. Florida Atlantic 103	3. Georgia State 100	4. Jacksonville 88	5. Troy 71	6. Gardner-Webb 53	7. Campbell 32	8. Belmont 31	9. Lipscomb 14
2003 <i>Orlando, Fla.</i>	1. UCF 124	2. Gardner-Webb 104	3. Georgia State 96	4. Florida Atlantic 96	5. Jacksonville 76	6. Campbell 55	7. Troy 34	8. Belmont 14	9. Jacksonville State 12
2002 <i>Troy, Ala.</i>	1. UCF 208	2. Belmont 101	3. Troy 70	4. Florida Atlantic 64	5. Georgia State 60	6. Samford 37	7. Campbell 28	8. Jacksonville 22	9. Jacksonville State 20
2001 <i>Orlando, Fla.</i>	1. UCF 196	2. Jacksonville 121	3. Troy 101	4. Samford 84	5. Campbell 63	6. Georgia State 44	7. Florida Atlantic 11		
2000 <i>Troy, Ala.</i>	1. UCF 154	2. Jacksonville 129	3. Troy 108	4. Campbell 101	5. Samford 93	6. Georgia State 31	7. Jacksonville State 1		
1999 <i>Troy, Ala.</i>	1. Troy 169	2. UCF 160	3. Jacksonville 100	4. Samford 80	5. Campbell 76	6. Georgia State 30			
1998 <i>Miami, Fla.</i>	1. UCF 186	2. FIU 161	3. Troy 153	4. Samford 70	5. Campbell 30	6. Georgia State 10	7. Jacksonville State 2		
1997 <i>Birmingham, Ala.</i>	1. UCF 172	2. FIU 143	3. Samford 115	4. Southeastern La. 74	5. Campbell 24	6. Jacksonville State 16	7. Georgia State 10		
1996 <i>Orlando, Fla.</i>	1. FIU 195	2. UCF 146	3. Southeastern La. 101	4. Campbell 71	5. Samford 43				

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

100 Meter	1. Tayna Lawrence	FIU	1998	11.25
	2. Monique Tubbs	JU	2000	11.37
	3. Natasha Harvey	JU	2009	11.45
	4. Monique Tubbs	JU	2001	11.52
	5. Louise Kiernan	JU	2009	11.53
	6. Lynette Rives	Bel	2008	11.56
	7. Monique Tubbs	JU	2003	11.57
	8. Jenny Knox	ETSU	2008	11.63
	9. Tiffany Cook	FIU	1998	11.69
	10. Cagney Bailey	ETSU	2009	11.74
	Tawanna Meadows	Troy	2005	11.74
200 Meter	1. Tayna Lawrence	FIU	1998	22.99
	2. Monique Tubbs	JU	2000	23.33
	3. Monique Tubbs	JU	2003	23.37
	4. Toya Lewis	Troy	2001	23.74
	5. Akeisha Flegler	Cam	2003	23.77
	6. Zanta Marble	GSU	2001	23.86
	7. Malika Clary	FAU	2005	23.92
	8. Lynette Rives	Bel	2007	23.95
	9. Janita Ocana	JU	2006	24.00
	10. Malika Clary	FAU	2006	24.02
400 Meter	1. Brianna Frazier	UNF	2011	53.78
	2. Unique Singleton	JU	2010	53.80
	3. Danielle Davenport	JU	2011	53.82
	4. Valerie Beaubrun	UCF	2002	53.90
	5. Janel Grooms	JU	2007	53.92
	6. Unique Singleton	JU	2011	53.98
	7. Janita Ocana	JU	2007	53.99
	8. Carrie Wallace	Troy	2005	54.12
	9. Eboni Matthews	JSU	2002	54.14
	10. Danielle Davenport	JU	2010	54.28
800 Meter	1. Bienna Freeman	JU	2011	2:07.87
	2. Heidi Dahl	ETSU	2009	2:08.99
	3. Joane Pierre	JU	2011	2:10.92
	4. Shana Ely	Sam	2000	2:11.53
	5. Karen Kozub	UCF	2004	2:12.02
	6. Shana Ely	Sam	2001	2:12.03
	7. Dani Walker	Lip	2011	2:12.31
	8. Kayla Conrad	UNF	2011	2:12.37
	9. Raynell Hagerberg	FAU	2003	2:12.86
	10. Joane Pierre	JU	2010	2:12.89
1500 Meter	1. Heidi Dahl	ESTU	2009	4:18.08
	2. Alicia Valtin	Cam	2004	4:30.12
	3. Alyssa Deal	JU	2010	4:31.21
	5. Alicia Valtin	Cam	2003	4:31.57
	5. Heather Lee	Cam	2004	4:31.91
	6. Alicia Valtin	Cam	2005	4:31.98
	7. Claudia Beitel	FAU	2004	4:32.00
	8. Christy Csorna	Bel	2004	4:32.09



Championship Meet Records

9. Belinda Bargmann	Troy	2005	4:32.74
10. Heather Lee	Cam	2003	4:32.76

3000 Meter (no longer competed)

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

5000 Meter

1. Heather Lee	Cam	2004	16:21.96
2. Christy Csorna	Bel	2004	16:30.15
3. Mackenzie Howe	KSU	2010	16:49.92
4. Mackenzie Howe	KSU	2011	16:55.64
5. Heather Lee	Cam	2003	16:59.69
6. Lauren Williams	Bel	2005	17:03.18
7. Jenn Feenstra	GSU	2005	17:09.17
8. Shelby Kittrell	UNF	2011	17:11.92
9. Jenn Feenstra	GSU	2001	17:17.41
10. Belinda Bargmann	Troy	2005	17:21.57

10,000 Meter

1. Mackenzie Howe	KSU	2011	35:07.59
2. Mackenzie Howe	KSU	2010	35:16.96
3. Patrina Hayes	KSU	2006	35:33.07
4. Keely Weaver	Bel	2002	35:55.17
5. Shelby Kittrell	UNF	2011	36:07.98
6. Sonja Shedden	UCF	2001	36:24.82
7. Erin Sutton	KSU	2006	36:41.23
8. Erin Sutton	KSU	2010	36:43.19
9. Jemeli Sang	Upst	2011	36:44.05
10. Mackenzie Howe	KSU	2009	36:44.06

100 Meter Hurdles (33")

1. Natasha Harvey	JU	2009	13.38
2. Stacey Young	JU	2011	13.53
3. Safiya Davy	JU	2003	13.64
4. Safiya Davy	JU	2001	13.68
5. Charlene Charles	JU	2010	13.83H
6. Charlene Charles	JU	2010	13.91
7. Diana Chin	UCF	2002	14.00
8. Diana Chin	UCF	2005	14.00
9. Safiya Davy	JU	2000	14.00
10. Kellie Marzetta	UCF	2001	14.01

400 Meter Hurdles (30")

1. Tarjatta Rose	GSU	2003	59.28
2. Tamara Stephenson	GWU	2003	59.67
3. Tamara Stephenson	GWU	2005	1:00.08
4. Janel Grooms	JU	2007	1:00.36
5. Elizabeth Pollock	Bel	2008	1:00.42
6. J'Zotta Rolle	JU	2008	1:00.87
7. Stacey Young	JU	2011	1:00.94
8. Elizabeth Pollock	Bel	2007	1:01.04
9. J'Zotta Rolle	JU	2009	1:01.22
10. J'Zotta Rolle	JU	2010	1:01.42

3000 Meter Steeplechase

1. Alicia Valtin	Cam	2007	10:37.34
2. Fallon Heffernan	JU	2005	10:49.64
3. Tara Dressler	Cam	2005	10:57.41
4. Andrea Marrow	UCF	2003	10:58.72
5. Jenn Feenstra	GSU	2004	11:01.21
6. Fallon Heffernan	JU	2006	11:04.13
7. Catherine Beals	Lip	2011	11:07.00
8. Andrea Marrow	UCF	2004	11:07.74
9. Andrea Smith	GSU	2003	11:07.86
10. Alicia Valtin	Cam	2005	11:08.33

4x100 Meter Relay

1. Jacksonville	2009	44.82
Davenport, Kiernan, Singleton, Harvey		
2. Jacksonville	2010	45.16
Davenport, Kiernan, Singleton, Charles		
3. Jacksonville	2001	45.16
4. ETSU	2008	45.24
5. Florida Atlantic	2005	45.28

6. Jacksonville	2011	45.60
Davenport, Kiernan, Singleton, Mecklenburg		
7. FIU	1998	45.61
8. Belmont	2007	45.64
9. Troy	2005	45.79
10. Jacksonville	2006	45.84
Troy	2001	45.84

4x400 Meter Relay

1. Jacksonville	2011	3:40.69
Freeman, Rolle, Davenport, Singleton		
2. Florida Atlantic	2005	3:40.92
3. Georgia State	2005	3:40.98
4. Georgia State	2004	3:41.80
5. Georgia State	2003	3:44.53
6. Jacksonville	2008	3:45.36
7. Belmont	2007	3:45.78
8. FIU	1998	3:46.05
9. ETSU	2009	3:46.14
Dahl, Ingram, Bishop, Bailey		
10. Jacksonville	2010	3:46.96
Vogler, Rolle, Pierre, Davenport		

High Jump

1. Ann L. Larsen	UCF	2005	1.81m
2. Alisha Denson	Troy	2000	1.78m
Kristen Pace	GSU	2003	1.78m
4. Ann Larsen	UCF	2002	1.73m
5. Kristen Pace	GSU	2004	1.72m
Ann Larsen	UCF	2004	1.72m
7. Oneisha Smith	Lip	2011	1.70m
Jilian Linklater	Bel	2011	1.70m
Elizabeth Mize	Cam	2009	1.70m
Elise Trexler	UNF	2009	1.70m
Amy Stroder	UNF	2008	1.70m
Amy Stroder	UNF	2007	1.70m
Anna Marie Riccardi	ETSU	2007	1.70m
Elizabeth Mize	Cam	2007	1.70m
Ann Larsen	UCF	2003	1.70m
Kidada Dawkins	GWU	2005	1.70m
Anna Marie Riccardi	ETSU	2006	1.70m

Pole Vault

1. Christina King	UNF	2011	3.70m
Carrie Long	GWU	2008	3.70m
3. Michelle Quimby	KSU	2011	3.55m
Anne DelBovo	UNF	2009	3.55m
Kelly Bridges	GWU	2008	3.55m
Christa Coppin	Bel	2008	3.55m
Kelly Bridges	GWU	2006	3.55m
8. Katie Curtis	Bel	2002	3.51m
9. Michelle Quimby	KSU	2010	3.50m
Camille Masanotti	Upst	2010	3.50m
Sara Robertson	JU	2000	3.50m

Long Jump

1. Natasha Harvey	JU	2006	6.32m
2. Natasha Harvey	JU	2009	6.30m
3. Natasha Harvey	JU	2007	6.18m
4. Shonda Swift	FIU	1996	6.13m
5. Janita Ocana	JU	2006	6.03m
6. Shonda Swift	FIU	1997	5.96m
7. Janita Ocana	JU	2007	5.92m
8. Janita Ocana	JU	2005	5.89m
9. Diana Chin	UCF	2005	5.86m
10. Margo Robinson	GWU	2003	5.86m
Felisa Howard	SLU	1996	5.86m
Silvienne Krosendjijk	Cam	2007	5.86m

Triple Jump

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

Shot Put

1. Ronnisha Hall	JU	2011	14.32m
2. Katara Beard	UCF	2001	14.27m
3. Tiffany Roebuck	UCF	2005	14.26m
4. Hillary Crook	JU	2010	13.95m
5. Stephanie Jeffers	JU	2005	13.83m
6. Stephanie Jeffers	JU	2004	13.80m
7. Andrea Pressley	JU	2004	13.72m
8. Hillary Crook	JU	2009	13.57m
9. Tiffany Roebuck	UCF	2004	13.51m
10. Tiffany Roebuck	UCF	2002	13.41m

Discus

1. Ashley Stough	FAU	2004	46.18m
2. Suzee Mills	KSU	2010	45.85m
3. Laura Phillips	JU	2010	44.02m
4. Kayla Mobley	UNF	2010	43.95m
5. Kelly Kobia	UCF	1997	43.81m
6. Tiffany Roebuck	UCF	2005	43.56m
7. Katrina Lewis	Troy	2005	43.28m
8. Akeela Bravo	JU	2011	43.27m
9. Stephanie Jeffers	JU	2004	42.49m
10. Chiquita Hawthorne	KSU	2009	42.44m

Hammer Throw

1. Tiffany Roebuck	UCF	2004	53.86m
2. Tiffany Roebuck	UCF	2005	52.19m
3. Ronnisha Hall	JU	2011	51.40m
4. Lili Allison	ETSU	2011	49.65m
5. Jessica Irizarry	KSU	2009	49.58m
6. Zachlynn Blackburn	ETSU	2009	49.10m
7. Jessica Dunston	Cam	2011	48.96m
8. Zachlynn Blackburn	ETSU	2010	48.84m
9. Rian Thomas	UCF	2004	48.79m
10. Chiquita Hawthorne	KSU	2011	48.70m

Javelin

1. Amanda Mason	Troy	2000	44.40m
2. Amanda Mason	Troy	2002	44.04m
3. Jessica Irizarry	KSU	2009	43.29m
4. Emily Kohler	UNF	2008	41.77m
5. Andrea Clark	JU	2005	41.12m
6. Marie Rosengren	JSU	2003	41.04m
7. Ashton McGuire	UNF	2010	40.97m
8. Ashton McGuire	UNF	2009	40.70m
9. Emily Kohler	UNF	2007	40.19m
10. Chelsey Denesha	KSU	2010	39.58m

Heptathlon

1. Natasha Harvey	JU	2008	5096
2. Naomi Mack	KSU	2011	4620
3. Amy Stroder	UNF	2008	4600
4. Tiffany Bromfield	JU	2008	4457
5. Victoria Argus	GWU	2008	4443
6. Naomi Mack	KSU	2010	4400
7. Tiffany Bromfield	JU	2010	4393
8. Tiffany Bromfield	JU	2009	4380
9. Kayla Morgan	GWU	2008	4368
10. Rayanna Johnson	JU	2011	4330

Heptathlon Superlatives

100 Meter Hurdles			
1. Natasha Harvey	JU	2008	13.72
High Jump			
1. Amy Stroder	UNF	2008	1.74m
Shot Put			
1. Tiffany Bromfield	JU	2009	12.78m
200 Meter Dash			
1. Natasha Harvey	JU	2008	25.40
Long Jump			
1. Natasha Harvey	JU	2008	6.15m
Javelin Throw			
1. Kayla Morgan	GWU	2008	34.87m
800 Meter Run			
1. Naomi Mack	KSU	2010	2:25.50



Yearly Event Winners

Conference Record Highlighted**100-Meter Dash**

2011	Louise Kiernan	JU	11.55 (wind)
2010	Louise Kiernan	JU	11.84
2009	Natasha Harvey	JU	11.45
2008	Lynette Rives	Bel	11.56
2007	Jenny Knox	ETSU	11.85
2006	Janita Ocana	JU	11.88
2005	Tawanna Meadows	Troy	11.74
2004	Daquia McCoy	FAU	12.07
2003	Monique Tubbs	JU	11.57
2002	Akeisha Flegler	Cam	11.92
2001	Monique Tubbs	JU	11.52
2000	Monique Tubbs	JU	11.37
1999	Sharmeka Barnes	Troy	12.12
1998	Tayna Lawrence	FIU	11.25
1997	Tayna Lawrence	FIU	12.07
1996	Felisa Howard	SLU	12.00

200-Meter Dash

2011	Unique Singleton	JU	23.25 (wind)
2010	Unique Singleton	JU	24.29
2009	Cagney Bailey	ETSU	24.23
2008	Lynette Rives	Bel	24.23
2007	Lynette Rives	Bel	23.95
2006	Janita Ocana	JU	24.00
2005	Malika Clary	FAU	23.92
2004	Daquia McCoy	FAU	24.47
2003	Monique Tubbs	JU	23.37
2002	Zanta Marble	GSU	24.43
2001	Toya Lewis	Troy	23.74
2000	Monique Tubbs	JU	23.33
1999	Sharmeka Barnes	Troy	24.74
1998	Tayna Lawrence	FIU	22.99
1997	Shonda Swift	FIU	24.64
1996	Felisa Howard	SLU	24.80

400-Meter Dash

2011	Brianna Frazier	UNF	53.78
2010	Unique Singleton	JU	53.80
2009	Unique Singleton	JU	54.34
2008	Unique Singleton	JU	54.55
2007	Janel Grooms	JU	53.92
2006	Lynette Rives	Bel	55.25
2005	Carrie Wallace	Troy	54.12
2004	Zanta Marble	GSU	55.45
2003	Zanta Marble	GSU	54.82
2002	Valerie Beaubrun	UCF	53.90
2001	Zanta Marble	GSU	54.68
2000	Kay Morris	Cam	56.66
1999	Lakicia Cooke	Troy	56.61
1998	Tammy King	FIU	55.63
1997	Daphne Gilles	FIU	58.54
1996	Shanique Stringer	FIU	57.10

800-Meter Run

2011	Bienna Freeman	JU	2:07.87
2010	Joane Pierre	JU	2:12.89
2009	Heidi Dahl	ETSU	2:08.99
2008	Janel Grooms	JU	2:13.72
2007	Siobhan Wolcott	KSU	2:13.39
2006	Ruth Mick	Lip	2:15.20
2005	Keiona Frenche	JU	2:13.08
2004	Karen Kozub	UCF	2:12.02
2003	Raynell Hagberg	FAU	2:12.86
2002	Valerie Beaubrun	UCF	2:14.70
2001	Shana Ely	Sam	2:12.03
2000	Shana Ely	Sam	2:11.53
1999	LaTanya Sumlin	Troy	2:14.83
1998	Dawn Spann	FIU	2:13.67
1997	Ingrid Odermatt	FIU	2:13.95
1996	Christie Masson	FIU	2:13.51

1500-Meter Run

2011	Joane Pierre	JU	4:33.89
2010	Alyssa Deal	JU	4:31.21
2009	Heidi Dahl	ETSU	4:18.08

2008	Lauren Weaver	Bel	4:36.41
2007	Alison Ritter	JU	4:47.56
2006	Tara Dressler	Cam	4:41.17
2005	Alicia Valtin	Cam	4:31.98
2004	Alicia Valtin	Cam	4:30.12
2003	Alicia Valtin	Cam	4:31.57
2002	Katie Fwellyn	Sam	4:37.59
2001	Tara Bourque	Sam	4:33.30
2000	Tara Bourque	Sam	4:42.20
1999	LaTanya Sumlin	Troy	4:45.23
1998	Karen Moya	FIU	4:43.96
1997	Michelle Mullis	Sam	4:37.96
1996	Christie Masson	FIU	4:37.26

5000-Meter Run

2011	Mackenzie Howe	KSU	16:55.64
2010	Mackenzie Howe	KSU	16:49.92
2009	Mackenzie Howe	KSU	17:37.61
2008	Brittany Thune	Bel	17:39.86
2007	Alicia Valtin	Cam	17:55.73
2006	Patrina Hayes	KSU	17:38.80
2005	Lauren Weaver	Bel	17:03.18
2004	Heather Lee	Cam	16:21.96
2003	Heather Lee	Cam	16:59.69
2002	Allison Mills	Bel	17:47.11
2001	Jenn Feenstra	GSU	17:17.41
2000	Sarah Howard	GSU	17:43.50
1999	Sarah Howard	GSU	17:55.55
1998	Anne Panaggio	UCF	18:45.72
1997	Sarah Fletcher	Sam	18:51.12
1996	Brenda Alfaro	FIU	18:38.15

10,000-Meter Run

2011	Mackenzie Howe	KSU	35:07.59
2010	Mackenzie Howe	KSU	35:16.96
2009	Mackenzie Howe	KSU	36:44.06
2008	Brittany Thune	Bel	37:29.92
2007	Amanda Davey	UNF	37:56.94
2006	Patrina Hayes	KSU	35:33.07
2005	Jenn Feenstra	GSU	36:50.87
2004	Jenn Feenstra	GSU	36:48.12
2003	Sonja Shedden	UCF	37:06.21
2002	Keely Weaver	Bel	35:55.17
2001	Sonja Shedden	UCF	36:24.82
2000	Susie Welty	Cam	38:19.04
1999	Sonja Shedden	UCF	36:44.53
1998	Kari Britton	Troy	40:38.23
1997	Gabriella Dahlgreen	SLU	38:23.86
1996	Lee Ann Chisholm	Cam	38:07.47

100 Meter Hurdles

2011	Stacey Young	JU	13.53
2010	Carlene Charles	JU	13.91
2009	Natasha Harvey	JU	13.38
2008	Natasha Harvey	JU	13.68 (wind)
2007	Natasha Harvey	JU	14.02
2006	Natasha Harvey	JU	14.06
2005	Diana Chin	UCF	14.00
2004	Safiya Davy	JU	14.06
2003	Safiya Davy	JU	13.64
2002	Diana Chin	UCF	14.00
2001	Safiya Davy	JU	13.68
2000	Safiya Davy	JU	14.00
1999	Corliss Cade	UCF	14.48
1998	Michele Boike	UCF	14.31
1997	Nadia Lamb	SLU	14.06
1996	Tsernis Grant	FIU	14.94

400 Meter Hurdles

2011	Stacey Young	JU	1:00.94
2010	J'Zotta Rolle	JU	1:01.42
2009	J'Zotta Rolle	JU	1:01.22
2008	Elizabeth Pollock	Bel	1:00.42
2007	Janel Grooms	JU	1:00.36
2006	Natasha Harvey	JU	1:01.49
2005	Tamara Stephenson	GWU	1:00.08
2004	Tamara Stephenson	GWU	1:01.58
2003	Tarjatta Rose	GSU	59.28

2002	Tarjatta Rose	GSU	1:01.87
2001	Kellie Marzetta	UCF	1:01.46
2000	Kay Morris	Cam	1:03.57
1999	Tamsin Antsey	JU	1:01.91
1998	Keesha Sanders	Troy	1:02.94
1997	Tayna Lawrence	FIU	1:04.04
1996	Melanie Vaughan	Cam	1:05.70

3000 Meter Steeplechase (1st Competition - 2003)

2011	Catherine Beals	Lip	11:07.00
2010	Aubrey Alexander	Bel	11:32.36
2009	Susanne Klungveit	JU	11:36.00
2008	Sarah Coghlan	UNF	11:14.92
2007	Alicia Valtin	Cam	10:37.34
2006	Fallon Hefferman	JU	11:04.13
2005	Fallon Hefferman	JU	10:49.64
2004	Jenn Feenstra	GSU	11:01.21
2003	Andrea Marrow	UCF	10:58.72

3000-Meter Run (Last Competition - 2002)

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

4x100 Meter Relay

2011	Davenport/Kiernan/Singleton/Mckenbug	JU	45.60
2010	Davenport/Kiernan/Singleton/Charles	JU	45.16
2009	Davenport/Kiernan/Singleton/Harvey	JU	44.82
2008	Bailey/Knox/Johnson/Zink	ETSU	45.24
2007	--	Bel	45.64
2006	Rogers/Ocana/Clark/Harvey	JU	45.84
2005	--	FAU	45.28
2004	Jones/McCoy/Davis/Stephens	FAU	46.12
2003	--	FAU	45.92
2002	--	GSU	46.19
2001	--	JU	45.16
2000	--	UCF	47.67
1999	Sanders/Cooke/Klemm/Barnes	Troy	47.28
1998	--	FIU	45.61
1997	--	Sam	47.45
1996	--	FIU	47.95

4x400 Meter Relay

2011	Freeman/Rolle/Davenport/Singleton	JU	3:40.69
2010	Vogler/Rolle/Pierre/Davenport	JU	3:46.96
2009	Dahl/Ingram/Bishop/Bailey	ETSU	3:46.14
2008	Rolle/Grooms/Davenport/Singleton	JU	3:45.36
2007	--	Bel	3:45.78
2006	--	FAU	3:50.94
2005	Jones/McIntosh/Chappel/Richards	FAU	3:40.92
2004	--	GSU	3:41.80
2003	--	GSU	3:44.53
2002	--	UCF	3:48.34
2001	--	Troy	3:50.54
2000	--	Cam	3:55.55
1999	Sanders/Diley/Woodard/Cooke	Troy	3:51.65
1998	--	FIU	3:46.05
1997	--	FIU	3:58.71
1996	--	FIU	3:51.97

High Jump

2011	Oneisha Smith	Lip	1.70m
2010	Elise Trexler	UNF	1.68m
2009	Elizabeth Mize	Cam	1.70m
2008	Amy Stroder	UNF	1.70m
2007	Amy Stroder	UNF	1.70m
2006	Anna Marie Ricciardi	ETSU	1.70m
2005	Ann L. Larsen	UCF	1.81m
2004	Kristen Pace	GSU	1.72m
2003	Kristen Pace	GSU	1.78m
2002	Ann Larson	UCF	1.73m
2001	Kelly Roloff	UCF	1.63m
2000	Alisha Denson	Troy	1.78m
1999	Whitney Nelson	Sam	1.63m



Yearly Event Winners (continued)

1998	Michele Boike	UCF	1.68m
1997	Anita Gilland	FIU	1.68m
1996	Tamara Stafford	Cam	1.58m

Pole Vault (1st Competition - 1999)

2011	Christina King	UNF	3.70m
2010	Michelle Quimby	KSU	3.50m
2009	Anne DelBovo	UNF	3.55m
2008	Carrie Long	GWU	3.70m
2007	Christa Coppin	Bel	3.35m
2006	Kelly Bridges	GWU	3.54m
2005	Katie Fowke	UCF	3.32m
2004	Katie Fowke	UCF	3.09m
2003	Katrina Lindsey	FAU	3.25m
2002	Katie Curtis	Bel	3.51m
2001	Shannon Ryan	UCF	3.19m
2000	Sara Robertson	JU	3.50m
1999	Sara Robertson	JU	3.50m

Long Jump

2011	Jennifer Smyth	UNF	5.78m (wind)
2010	Charlene Charles	JU	5.77m
2009	Natasha Harvey	JU	6.30m
2008	Natasha Harvey	JU	6.48m (wind)
2007	Natasha Harvey	JU	6.18m
2006	Natasha Harvey	JU	6.32m
2005	Janita Ocana	JU	5.89m
2004	Margo Robinson	GWU	5.80m
2003	Margo Robinson	GWU	5.86m
2002	LaTricia Firby	UCF	5.84m
2001	Danuto Ivanochko	JU	5.58m
2000	Randi Chapman	UCF	5.81m
1999	Lysa Lee	JU	5.84m
1998	Corliss Cade	UCF	5.83m
1997	Shonda Swift	FIU	5.96m
1996	Shonda Swift	FIU	6.13m

Triple Jump

2011	Stacey Young	JU	12.19m (wind)
2010	Jill Arthur	KSU	12.60m (wind)
2009	Natasha Harvey	JU	12.31m
2008	Shaquania Lundy	JU	12.52m
2007	Janita Ocana	JU	11.81m
2006	Shantela Davis	KSU	11.55m
2005	Victoria Chin	UCF	12.14m
2004	Sherion Taylor	Troy	12.14m
2003	Sherion Taylor	Troy	12.22m
2002	Sherion Taylor	Troy	12.24m
2001	LaTricia Firby	UCF	12.35m
2000	Latricia Firby	UCF	12.24m
1999	Corliss Cade	UCF	11.63m
1998	Lakicia Cooke	Troy	11.31m
1997	Shonda Swift	FIU	12.19m
1996	Shonda Swift	FIU	12.40m

Shot Put

2011	Ronnisha Hall	JU	14.32m
2010	Hillary Crook	JU	13.95m
2009	Hillary Crook	JU	13.57m
2008	Caryn Daane	GWU	13.00m
2007	Elizabeth Maxwell	GWU	12.99m
2006	Shunisha McClinton	JU	13.32m
2005	Tiffany Roebuck	UCF	14.26m
2004	Stephanie Jeffers	JU	13.80m
2003	Lindsey Sutherland	GWU	12.79m
2002	Tiffany Roebuck	UCF	13.41m
2001	Katara Beard	UCF	14.27m
2000	Katara Beard	UCF	13.12m
1999	Katara Beard	UCF	13.25m
1998	Katara Beard	UCF	12.98m
1997	Kelly Kobia	UCF	13.12m
1996	Shonda Swift	FIU	12.20m

Discus Throw

2011	Akeela Bravo	JU	43.27m
2010	Suzee Mills	KSU	45.85m
2009	Chiquita Hawthorne	KSU	42.44m
2008	Elizabeth Maxwell	GWU	38.58m

2007	Zachlynn Blackburn	ETSU	39.20m
2006	Krystena Castro	FAU	40.69m
2005	Tiffany Roebuck	UCF	43.56m
2004	Ashley Stough	FAU	46.18m
2003	Michelle Olandese	UCF	42.08m
2002	Tiffany Gerloff	Bel	42.11m
2001	Takia Shoats	Troy	38.54m
2000	Takia Shoats	Troy	36.59m
1999	Tiffany Winston	Cam	41.47m
1998	Jennifer Herron	UCF	39.38m
1997	Kelly Kobia	UCF	43.81m
1996	Kelly Kobia	UCF	38.32m

Hammer Throw**1st competition - 1998**

2011	Ronnisha Hall	JU	51.40m
2010	Zachlynn Blackburn	ETSU	48.84m
2009	Jessica Irizarry	KSU	49.58m
2008	Zachlynn Blackburn	ETSU	48.60m
2007	Zachlynn Blackburn	ETSU	46.09m
2006	Mecole Finch	Cam	45.28m
2005	Tiffany Roebuck	UCF	52.19m
2004	Tiffany Roebuck	UCF	53.86m
2003	Ashley Stough	FAU	46.28m
2002	Takia Shoats	Troy	46.60m
2001	Takia Shoats	Troy	39.28m
2000	Katara Beard	UCF	37.00m
1999	Tiffany Winston	Cam	43.04m
1998	Tiffany Winston	Cam	42.16m

Javelin Throw

2011	Suzee Mills	KSU	38.42m
2010	Ashton McGuire	UNF	40.97m
2009	Jessica Irizarry	KSU	43.29m
2008	Emily Kohler	UNF	41.77m
2007	Emily Kohler	UNF	40.19m
2006	Emily Kohler	UNF	39.21m
2005	Andrea Clark	JU	41.12m
2004	Andrea Pressley	JU	39.49m
2003	Marie Rosengren	JSU	41.04m
2002	Amanda Mason	Troy	44.40m
2001	Jamie Pew	UCF	37.27m
2000	Amanda Mason	Troy	44.39m
1999	Amber Twyner	UCF	37.42m
1998	Amber Twyner	UCF	38.37m
1997	Amber Twyner	UCF	37.37m
1996	Kelly Kobia	UCF	35.10

Decathlon**1st competition - 2007**

2011	Naomi Mack	KSU	4620
2010	Naomi Mack	KSU	4400
2009	Tiffany Bromfield	JU	4380
2008	Natasha Harvey	JU	5096
2007	Victoria Argus	GWU	4105



Multiple Winners All-Time (Event / Meet)

SUPERLATIVES

Four-Time Event Winners (4)
 Natasha Harvery, JU (Long Jump, 100H)
 Sarah Howard, GSU (3000m)
 Safiya Davy, JU (100H)
 Katara Beard, UCF (Shot Put)

Most Events Won by Single Individual at Meet

5 - Natasha Harvey, JU
 (2009 - 100H, 100m, 4x100m, LJ, TJ)
 4 - Natasha Harvey, JU
 (2006 - 100H, 400H, LJ, 4x100m)

MEET

2011 (7)
 Stacey Young, JU (100H, 400H, Triple Jump)
 Unique Singleton, JU (200m, 4x100m,
 4x400m)
 Danielle Davenport, JU (4x100m, 4x400m)
 Bienna Freeman, JU (800m, 4x400m)
 Ronnisha Hall, JU (Shot Put, Hammer)
 Mackenzie Howe, KSU (5000m, 10,000m)
 Louise Kiernan, JU (100m, 4x100m)

2010 (6)
 Charlene Charles, JU (100H, 4x100m, Long
 Jump)
 Unique Singleton, JU (200m, 400m, 4x100m)
 Mackenzie Howe, KSU (5000m, 10,000m)
 Louise Kiernan, JU (100m, 4x100m)
 Joane Pierre, JU (800m, 4x400m)
 J'Zotta Rolle, JU (400H, 4x400m)

2009 (3)
 Natasha Harvey, JU (100H, 100m, LJ, TJ, 4x100m)
 Jessica Irizarry, KSU (Javelin, Hammer)
 Heidi Dahl, ETSU (800m, 1500m)
 Mackenzie Howe, KSU (5000m, 10000m)

2008 (3)
 Natasha Harvey, JU (100H, Long Jump,
 Heptathlon)
 Lynette Rives, Bel (100m, 200m)
 Brittany Thune, Bel (5000m, 10000m)

2007 (4)
 Janel Grooms, JU (400H, 400m)
 Alicia Valtin, Cam (3000m SC, 5000m)
 Natasha Harvey, JU (100H, Long Jump)
 Zachlynn Blackburn, ETSU (Discus, Hammer)

2006 (3)
 Natasha Harvey, JU (100H, 400H, Long Jump)
 Janita Ocana, JU (100m, 200m)
 Patrina Hayes, KSU (5000m, 10000m)

2005 (1)
 Tiffany Roebuck, UCF (Shot Put, Discus,
 Hammer)

2004 (2)
 Daquia McCoy, FAU (100m, 200m)
 Jenn Feenstra, GSU (3000m SC, 5000m)

2003 (1)
 Monique Tubbs, JU (100m, 200m)

2002 (2)
 Valerie Beaubrun, UCF (400m, 800m)
 Keely Weaver, Bel (3000m, 10000m)

2001 (2)
 Jenn Feenstra, GSU (3000m, 5000m)
 Takia Shoats, Troy (Discus, Hammer)

2000 (3)
 Monique Tubbs, JU (100m, 200m)
 Sarah Howard, GSU (3000m, 5000m)
 Katara Beard, UCF (Shot Put, Hammer)

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

1998 (2)
 Tayna Lawrence, FIU (100m, 200m)
 Michele Boike, UCF (100H, High Jump)

1997 (3)
 Shonda Swift, FIU (200m, TJ, LJ)
 Tayna Lawrence, FIU (100m, 400H)
 Kelly Kobia, UCF (Shot Put, Discus)

1996 (4)
 Shonda Swift, FIU (LJ, TJ, Shot Put)
 Felisa Howard, SLU (100m, 200m)
 Christie Masson, FIU (800m, 1500m)
 Kelly Kobia, UCF (Discus, Javelin)

EVENTS**100 Meters**

3x Monique Tubbs, JU (2000, 2001, 2003)
 2x Louise Kiernan, JU (2010, 2011)
 Tayna Lawrence, FIU (1997, 1998)

200 Meters

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

400 Meters

3x Unique Singleton, JU (2008, 2009,
 2010)
 Zanta Marble, GSU (2001, 2003, 2004)

800 Meters

2x Shana Ely, Sam (2000, 2001)

1500 Meters

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

3000 Meters

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

5000 Meters

3x Mackenzie Howe, KSU (2009, 2010, 2011)
 2x Heather Lee, Cam (2003, 2004)
 Sarah Howard, GSU (1999, 2000)

10,000 Meters

3x Mackenzie Howe, KSU (2009, 2010, 2011)
 Sonja Shedden, UCF (1999, 2001, 2003)
 2x Jenn Feenstra, GSU (2004, 2005)

100 Meter Hurdles

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

400 Meter Hurdles

2x J'Zotta Rolle, JU (2009, 2010)
 Tamara Stephenson, GWU (2004, 2005)
 Tarjatta Rose, GSU (2002, 2003)

3000 Meter Steeplechase

2x Fallon Heffermon, JU (2005, 2006)

High Jump

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

Pole Vault

2x Katie Fowke, UCF (2004, 2005)

Sara Robertson, JU (1999, 2000)

Long Jump

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

Triple Jump

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

Shot Put

4x Katara Beard, UCF (1998, 1999, 2000,
 2001)
 2x Hillary Crook, JU (2009, 2010)
 Tiffany Roebuck, UCF (2002, 2005)

Discus Throw

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

Hammer Throw

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

Javelin Throw

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

Decathlon

2x Naomi Mack, KSU (2010, 2011)



Award Winners

Most Valuable Performer

2011	Stacey Young	JU
2010	Charlene Charles	JU
2009	Natasha Harvey	JU

Most Outstanding Track Performer

2011	Unique Singleton	JU
2010	Charlene Charles	JU
2009	Heidi Dahl	ETSU
2008	Lynette Rives	Bel
2007	Janel Grooms	JU
2006	Janita Ocana	JU

Most Outstanding Field Performer

2011	Ronnisha Hall	JU
2010	Suzee Mills	KSU
2009	Natasha Harvey	JU
2008	Natasha Harvey	JU
2007	Elizabeth Maxwell	GWU
2006	Emily Kohler	GWU

Most Outstanding Performer**

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

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

Most Outstanding Freshman Performer

2011	Brianna Frazier	UNF
2010	Charlene Charles	JU
2009	Stacey Young	JU
2008	Unique Singleton	JU
2007	Zacklynn Blackburn	ETSU
2006	Natasha Harvey	JU
2005	Tawanna Meadows	Troy
2004	Stephanie Jeffers	JU
2003	Andrea Smith	GSU
2002	Vicki Briggs	FAU
2001	Jenn Feenstra	GSU

Coach of the Year

2011	Ron Grigg	JU
2010	Ron Grigg	JU
2009	Ron Grigg	JU
2008	Ron Grigg	JU
2007	Ron Grigg	JU
2006	Ron Grigg	JU
2005	Marcia Wentworth	UCF
2004	Marcia Wentworth	UCF
2003	Marcia Wentworth	UCF
2002	Marcia Wentworth	UCF
2001	Marcia Wentworth	UCF
2000	Marcia Wentworth	UCF
1999	Bob Lambert	Troy
1998	Marcia Wentworth	UCF
1997	Marcia Wentworth	UCF
1996	Mike Becker	FIU

Athlete of the Week

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

--2011--

Track		
3/16	Brianna Frazier	UNF
3/23	Dani Walker	Lip
3/30	Bienna Freeman	JU
4/6	Ecaterina Gheorghiu	UNF
4/13	Anna Bowers	Lip
4/27	Jasmine Ingram	ETSU
5/4	Shelby Kittrell	UNF
5/11	Danielle Davenport	JU

5/18	Emani Harrison	ETSU
Field		
3/16	Ronnisha Hall	JU
3/23	Ronnisha Hall	JU
3/30	Ronnisha Hall	JU
4/6	Ann Demi	UNF
4/13	O'Neisha Smith	Lip
4/27	Jilian Lanklater	Bel
5/4	Leah Oakhill	ETSU
5/11	Michelle Quimby	KSU
5/18	Patricia Damron	KSU

--2010--

Track		
3/10	Charisma Anderson	UNF
3/17	Amanda Twigg	Lip
3/24	Jerneli Sang	Upst
3/31	Jasmine Ingram	ETSU
4/7	J'Zotta Rolle	JU
4/14	Mackenzie Howe	KSU
4/21	Joane Pierre	JU
4/28	Rachel Deline	Cam
5/5	Unique Singleton	JU
Field		
3/10	Christina King	UNF
3/17	Jakia Ragland	KSU
3/24	Gabrielle Walker	Upst
3/31	Charlene Charles	JU
4/7	Suzette Van-Lare	KSU
4/14	Elise Trexler	UNF
4/21	Brittany Duerk	Lip
4/28	Camille Masaanotti	Upst
5/5	Nadia Natt	Cam

--2009--

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

--2008--

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

--2007--

3/21	Liz Pollock	Bel
3/28	Sarah Wyszynski	GWU
4/4	Janita Ocana	JU
4/11	Alicia Valtin	Cam
4/18	Amy Stroder	UNF
4/25	Lynette Rives	Bel
5/2	Alicia Valtin	Cam
5/9	Kelly Bridges	GWU

--2006--

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

--2005--

3/8	Monika Grabowiecka	FAU
3/15	Tawanna Meadows	Troy

3/22	Alicia Valtin	Cam
3/29	Katrina Lewis	Troy
4/5	Katrina Lewis	Troy
4/12	Belinda Bergmann	Troy

--2004--

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

--2003--

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

ATHLETE OF THE WEEK BREAKDOWN

Team-by-Team

Jacksonville	25
UNF	9
Belmont	6
ETSU	6
Kennesaw State	5
USC Upstate	4
Lipscomb	3

Former Members

Campbell	11
Gardner-Webb	8
Florida Atlantic	4
Troy	4
UCF	1

Multiple Individual Winners

Harvey, Natasha (JU)	4
Hall, Ronnisha (JU)	3
Maxwell, Elizabeth (GWU)	3
Valtin, Alicia (Cam)	3
Dressler, Tara (Cam)	2
Ingram, Jasmine (ETSU)	2
Lewis, Katrina (Troy)	2
Ocana, Janita (JU)	2
Rives, Lynette (Bel)	3
Rolle, J'Zotta (JU)	2
Singleton, Unique (JU)	2
Tubbs, Monique (JU)	2



All-Conference Selections

--2011--			--2010--			--2009--			--2007--		
First Team			First Team			First Team			First Team		
Louise Kiernan	JU	100m	Louise Kiernan	JU	100m	Natasha Harvey	JU	100m	Lauren Weaver	Bel	1500m
Unique Singleton	JU	200m	Unique Singleton	JU	200m	Cagney Bailey	ETSU	200m	Brittany Thune	Bel	5000m
Brianna Frazier	UNF	400m	Unique Singleton	JU	400m	Unique Singleton	JU	400m	Brittany Thune	Bel	10000m
Bienna Freeman	JU	800m	Joane Pierre	JU	800m	Heidi Dahl	ETSU	800m	Natasha Harvey	JU	100H
Joane Pierre	JU	1500m	Alyssa Deal	JU	1500m	Heidi Dahl	ETSU	1500m	Elizabeth Pollock	Bel	400H
Mackenzie Howe	KSU	5000m	Mackenzie Howe	KSU	5000m	Mackenzie Howe	KSU	5000m	Sarah Coghlan	UNF	3000m SC
Mackenzie Howe	KSU	10,000m	Mackenzie Howe	KSU	10000m	Mackenzie Howe	KSU	10000m	Bailey/Knox/Johnson/Zink	ETSU	4x100m
Stacey Young	JU	100H	Charlene Charles	JU	100H	Natasha Harvey	JU	100H	Rolle/Grooms/Davenport/Singleton	JU	4x400m
Stacey Young	JU	400H	J'Zotta Rolle	JU	400H	J'Zotta Rolle	JU	400H	Amy Stroder	UNF	High Jump
Catherine Beals	Lip	3000m SC	Aubrey Alexander	Bel	3000m SC	Susanne Klungveit	JU	3000m SC	Carrie Long	GWU	Pole Vault
Danielle Davenport	JU	4x100m	Davenport/Kiernan/Singleton/Charles	JU	4x100m	Davenport/Kiernan/Singleton/Harvey	JU	4x100m	Natasha Harvey	JU	Long Jump
Louise Kiernan	JU	4x100m	Vogler/Rolle/Pierre/Davenport	JU	4x400m	Dahl/Ingram/Bishop/Bailey	ETSU	4x400m	Shaquania Lundy	JU	Triple Jump
Unique Singleton	JU	4x100m	Elise Trexler	UNF	High Jump	Elizabeth Mize	Cam	High Jump	Caryn Daane	GWU	Shot Put
Sarah Mecklenburg	JU	4x100m	Michelle Quimby	KSU	Pole Vault	Anne DelBovo	UNF	Pole Vault	Elizabeth Maxwell	GWU	Discus
Bienna Freeman	JU	4x400m	Charlene Charles	JU	Long Jump	Natasha Harvey	JU	Long Jump	Zachlynn Blackburn	ETSU	Hammer
J'Zotta Rolle	JU	4x400m	Jill Arthur	KSU	Triple Jump	Natasha Harvey	JU	Triple Jump	Emily Kohler	UNF	Javelin
Danielle Davenport	JU	4x400m	Hillary Crook	JU	Shot Put	Hillary Crook	JU	Shot Put	Natasha Harvey	JU	Heptathlon
Unique Singleton	JU	4x400m	Suzee Mills	KSU	Discus	Chiquita Hawthorne	KSU	Discus	Second Team		
Oniesha Smith	Lip	High Jump	Zachlynn Blackburn	ETSU	Hammer	Jessica Irizarry	KSU	Hammer	Jenny Knox	ETSU	100m
Christina King	UNF	Pole Vault	Naomi Mack	KSU	Heptathlon	Jessica Irizarry	KSU	Javelin	Cagney Bailey	ETSU	200m
Jennifer Smyth	UNF	Long Jump	Second Team			Tiffany Bromfield	JU	Heptathlon	Danielle Davenport	JU	400m
Stacey Young	JU	Triple Jump	Charlene Charles	JU	100m	Second Team			Siobhan Wolcott	KSU	800m
Ronnisha Hall	JU	Shot Put	Charlene Charles	JU	200m	Louise Kiernan	JU	100m	Dominique Roy	Bel	1500m
Akeela Bravo	JU	Discus	Danielle Davenport	JU	400m	Natasha Harvey	JU	200m	Lauren Weaver	Bel	5000m
Ronnisha Hall	JU	Hammer	Amalia Vogler	JU	800m	Danielle Davenport	JU	400m	Amanda Davey	UNF	10000m
Suzee Mills	KSU	Javelin	Anastasia Fokina	JU	1500m	Amalia Vogler	JU	800m	Simone Clark	JU	100H
Naomi Mack	KSU	Heptathlon	Erin Sutton	KSU	5000m	Laura Ragland	UNF	1500m	J'Zotta Rolle	JU	400H
Second Team			Erin Sutton	KSU	10000m	Brittany Thune	Bel	5000m	Elizabeth Smother	Bel	3000m SC
Emani Harrison	ETSU	100m	J'Zotta Rolle	JU	100H	Jemeli Sang	Upst	10000m	Fortune/Pollock/Turner/Rives	Bel	4x100m
Danielle Davenport	JU	200m	Stacey Young	JU	400H	Stacey Young	JU	100H	McClellan/John/Anderson/Duncan	Cam	4x400m
Danielle Davenport	JU	400m	Hillary Adams	UNF	3000m SC	Stacey Young	JU	400H	Elizabeth Mize	Cam	High Jump
Joane Pierre	JU	800m	DelBovo/Anderson/Jackson/James	UNF	4x100m	Catherine Beals	Lip	3000m SC	Kelly Briges	GWU	Pole Vault
Dani Walker	Lip	1500m	Calcote/Conrad/Anderson/Rivera	UNF	4x400m	DelBovo, James, Stephens, Anderson	UNF	4x100m	Shaquania Lundy	JU	Long Jump
Shelby Kittrell	UNF	5000m	Jakia Ragland	KSU	High Jump	Mack/Hines/Robinson/Davis	KSU	4x400m	Natasha Harvey	JU	Triple Jump
Shelby Kittrell	UNF	10,000m	Camille Masanotti	Upst	Pole Vault	Elise Trexler	UNF	High Jump	Elizabeth Maxwell	GWU	Shot Put
Jasmine Jackson	UNF	100H	Jill Arthur	KSU	Long Jump	Rosemary McCollum	KSU	Pole Vault	Hannah Joiner	Lip	Discus
J'Zotta Rolle	JU	400H	Nadia Natt	Cam	Triple Jump	Jill Arthur	KSU	Long Jump	Elizabeth Maxwell	GWU	Hammer
Ecaterina Gheorghiu	UNF	3000m SC	Jessica Lumpkin	KSU	Shot Put	Jill Arthur	KSU	Triple Jump	Sarah Wyszyski	GWU	Javelin
Emani Harrison	ETSU	4x100m	Laura Phillips	JU	Discus	Kayla Mobley	UNF	Shot Put	Amy Stroder	UNF	Heptathlon
Emma Bowers	ETSU	4x100m	Laura Phillips	JU	Hammer	Laura Phillips	JU	Discus	Third Team		
Hannah Bowers	ETSU	4x100m	Chelsey Denesha	KSU	Javelin	Laura Phillips	JU	Shot Put	Judy Johnson	ETSU	100m
Jasmine Ingram	ETSU	4x100m	Tiffany Bromfield	JU	Heptathlon	Laura Phillips	JU	Discus	Judy Johnson	ETSU	200m
Jaybria Calcote	UNF	4x400m	Third Team			Shantela Davis	KSU	400m	Stephanie Brown	JU	400m
Kayla Conrad	UNF	4x400m	Charisma Anderson	UNF	100m	Kayla Conrad	UNF	800m	Kaitlyn Granger	UNF	800m
Alicen Livingston	UNF	4x400m	Charisma Anderson	UNF	200m	Joan Tangwar	Upst	1500m	Allison Ritter	JU	1500m
Ava Rivera	UNF	4x400m	Khalia Turner	Bel	400m	Erin Sutton	KSU	5000m	Amanda Davey	UNF	5000m
Jilian Linklater	Bel	High Jump	Brittany Robinson	KSU	800m	Erin Sutton	KSU	10000m	Britany Reilly	KSU	10000m
Michelle Quimby	KSU	Pole Vault	Joane Pierre	JU	1500m	J'Zotta Rolle	JU	100H	Elizabeth Pollock	Bel	100H
Stacey Young	JU	Long Jump	Brittany Reilly	KSU	5000m	Rachel Stanley	UNF	400H	Jen Anderson	Cam	400H
Bethany Lender	ETSU	Triple Jump	Jemeli Sang	Upst	10000m	Erin Heasley	UNF	3000m SC	Caitlin Anderson	Lip	3000m SC
Jessica Dunston	Cam	Shot Put	Lakeshia Stinson	KSU	100H	Burgess/Bailey/Bishop/Johnson	ETSU	4x100m	Davenport/Lundy/Clark/Harvey	JU	4x100m
Ronnisha Hall	JU	Discus	Jen Anderson	Cam	400H	John/Kinlaw/McClellan/Duncan	Cam	4x400m	James/Sams/Tafs/Creavy	UNF	4x400m
Lili Allison	ETSU	Hammer	Caitlin Anderson	Bel	3000m SC	Jakia Ragland	KSU	High Jump	Elise Trexler	UNF	High Jump
Ester Mellado	Bel	Javelin	Stinson/Jackson/Davis/Hines	KSU	4x100m	Courtney Rayor	Cam	Pole Vault	Christa Coppin	Bel	Pole Vault
Rayanna Johnson	JU	Heptathlon	Boswell/Robinson/Jackson/Hines	KSU	4x400m	Suzette Van-Lare	KSU	Long Jump	Lynette Rives	Bel	Long Jump
Third Team			Elizabeth Mize	Cam	High Jump	Suzette Van-Lare	KSU	Triple Jump	Elizabeth Codrington	Bel	Triple Jump
Cynthia Davis	KSU	100m	Anne DelVovo	UNF	Pole Vault	Chiquita Hawthorne	KSU	Shot Put	Laura Phillips	JU	Shot Put
Louise Kiernan	JU	200m	Jasmine Jackson	UNF	Long Jump	Sierra Spadaccini	Cam	Discus	Tabitha Hamilton	GWU	Discus
Unique Singleton	JU	400m	Jennifer Smyth	UNF	Triple Jump	Laura Phillips	JU	Hammer	Jessica Lumpkin	KSU	Hammer
Dani Walker	Lip	800m	Laura Phillips	JU	Shot Put	Kristin Ratzlaff	Lip	Javelin	Amy Stroder	UNF	Javelin
Amanda Twigg	Lip	1500m	Kayla Mobley	JU	Shot Put	Shelly Mclean	Cam	Heptathlon	Tiffany Bromfield	JU	Heptathlon
Jemeli Sang	Upst	5000m	Jessica Dunston	Cam	Hammer	--2008--			First Team		
Jemeli Sang	Upst	10,000m	Brittany Duerk	Lip	Javelin	Lynette Rives	Bel	100m	Lynette Rives	Bel	200m
J'Zotta Rolle	JU	100H	Alana Walker	JU	Heptathlon	Unique Singleton	JU	400m	John Grooms	JU	400m
Alana Walker	JU	400H				Janel Grooms	JU	800m	Soibhan Wolcott	KSU	800m
Svenja Meyer	JU	3000m SC							Alison Ritter	JU	1500m
Raneisha Lamar	UNF	4x100m							Alicia Valtin	Cam	3000m SC
Brianna Frazier	UNF	4x100m							Alicia Valtin	Cam	5000m
Jasmine Jackson	UNF	4x100m							Amanda Davey	UNF	10,000m
Sharniece Supal	UNF	4x100m							Natasha Harvey	JU	100H
Brittany Robinson	KSU	4x400m							Janel Grooms	JU	400H
Morgan Williams	KSU	4x400m									
Tai Dorsett	KSU	4x400m									
Victoria Jackson	KSU	4x400m									
Charlene Charles	JU	High Jump									
Teresa Smith	KSU	Pole Vault									
Jasmine Jackson	UNF	Long Jump									
Lexie Burley	ETSU	Triple Jump									



All-Conference Selections (continued)

Amy Stroder	UNF	High Jump	Emily Kohler	UNF	High Jump	Betsy Lewis	GSU	Triple Jump	Lindsey Sutherland	GWU	Shot Put
Christa Coppin	Bel	Pole Vault	Merissa Hawkins	GWU	Pole Vault	Tara Stephenson	GWU	Shot Put	Michelle Olandese	UCF	Discus
Natasha Harvey	JU	Long Jump	Janita Ocana	JU	Long Jump	Stephanie Jeffers	JU	Discus	Ashley Stough	FAU	Hammer
Janita Ocana	JU	Triple Jump	Janita Ocana	JU	Triple Jump	Katrina Lewis	Troy	Hammer	Marie Rosengren	JSU	Javelin
Elizabeth Maxwell	GWU	Shot Put	Lindsey Sutherland	GWU	Shot Put	Katrina Lewis	Troy	Javelin	<i>Second Team</i>		
Zachlynn Blackburn	ETSU	Discus	Shunisha McClinton	JU	Discus	--2004--			Akeisha Flegler	Cam	100m
Zachlynn Blackburn	ETSU	Hammer	Zoe Murray	Cam	Hammer	<i>First Team</i>			Akeisha Flegler	Cam	200m
Emily Kohler	UNF	Javelin	Sarah Wyszynski	GWU	Javelin	Daquia McCoy	FAU	100m	Kate Clarke	JU	400m
Victoria Argus	GWU	Heptathlon	<i>Third Team</i>			Daquia McCoy	FAU	200m	Sylvia Chelimo	GWU	800m
<i>Second Team</i>			Wafaa Taissir	Cam	100m	Zanta Marble	GSU	400m	Heather Lee	Cam	1500m
Lynette Rives	Bel	100m	Jenny Knox	ETSU	200m	Karen Kozub	UCF	800m	Andrea Smith	GSU	3000m SC
Janita Ocana	JU	200m	Marilyn Stephens	FAU	400m	Alicia Valtin	Cam	1500m	Nigisti Negussie	GSU	5000m
Janita Ocana	JU	400m	Elizabeth Schall	Lip	800m	Jenn Feenstra	GSU	3000m SC	Lindsey Moffenbier	JU	10000m
Golden Creavy	UNF	800m	Katherine Warden	GWU	1500m	Heather Lee	Cam	5000m	Tarjatta Rose	GSU	100H
Brittany Thune	Bel	1500m	Sarah Coghlan	UNF	3000m SC	Jenn Feenstra	GSU	10000m	Tamara Stephenson	GWU	400H
Liz Pollock	Bel	3000m SC	Erin Sutton	KSU	5000m	Safiya Davy	JU	100H	Ann Larson	UCF	High Jump
Amanda Davey	UNF	5000m	Amanda Davey	UNF	10000m	Tamara Stephenson	GWU	400H	Becky Walter	GWU	Pole Vault
Erin Sutton	KSU	10,000m	Simone Clark	JU	100H	Kristen Pace	GSU	High Jump	Kelly Roloff	UCF	Long Jump
Liz Pollock	Bel	100H	Elizabeth Pollock	Bel	400H	Katie Fowke	UCF	Pole Vault	Natilee Dawkins	GWU	Triple Jump
Liz Pollock	Bel	400H	Jian Jones	FAU	High Jump	Margo Robinson	GWU	Long Jump	Elese Wilcox	UCF	Shot Put
Anna Marie Riccardi	ETSU	High Jump	Rebecca Cole	ETSU	Pole Vault	Sherion Taylor	Troy	Triple Jump	Ashley Stough	FAU	Discus
Kelly Bridges	GWU	Pole Vault	Lynette Rives	Bel	Long Jump	Stephanie Jeffers	JU	Shot Put	Elese Wilcox	UCF	Hammer
Janita Ocana	JU	Long Jump	Natasha Harvey	JU	Triple Jump	Ashley Stough	FAU	Discus	Tara Stephenson	GWU	Javelin
Shaquania Lundy	JU	Triple Jump	Lindsay George	JU	Shot Put	Tiffany Roebuck	UCF	Hammer	<i>Third Team</i>		
Caryn Daane	GWU	Shot Put	Lindsey Sutherland	GWU	Discus	Andrea Pressley	JU	Javelin	Erica Garcia	UCF	100m
Brooke Berarducci	ETSU	Discus	Lindsey Sutherland	GWU	Hammer	<i>Second Team</i>			Malika Clary	FAU	200m
Elizabeth Maxwell	GWU	Hammer	Elizabeth Maxwell	GWU	Javelin	Tiffany Wright	JU	100m	Soyini Thompson	GWU	400m
Sarah Wyszynski	GWU	Javelin	--2005--			Zanta Marble	GSU	200m	Astrid Classens	UCF	800m
Tiffany Bromfield	JU	Heptathlon	<i>First Team</i>			Princess Thomas	GSU	400m	Sylvia Chelimo	GWU	1500m
<i>Third Team</i>			Tawanna Meadows	Troy	100m	Raynell Hagberg	FAU	800m	Sylvia Chelimo	GWU	10000m
Cagney Bailey	ETSU	100m	Malika Clary	FAU	200m	Heather Lee	Cam	1500	Natilee Dawkins	GWU	100H
Jenny Knox	ETSU	200m	Carrie Wallace	Troy	400m	Andrea Morrow	UCF	3000m SC	Helener Wilson	FAU	400H
Karlynn Duncan	Cam	400m	Keiona Frenche	JU	800m	Christy Csorna	Bel	5000m	Kelly Roloff	UCF	High Jump
Alison Ritter	JU	800m	Alicia Valtin	Cam	1500m	Sara Dillman	UCF	10000m	Michelle Thompson	Troy	Pole Vault
Alyssa Deal	JU	1500m	Fallon Heffernan	JU	3000m SC	Diana Chin	UCF	100H	Alicia Smith	GSU	Long Jump
Bree Tharpe	GWU	3000m SC	Lauren Williams	Bel	5000m	Helenor Wilson	FAU	400H	April Howell	Sam	Triple Jump
Erin Sutton	KSU	5000m	Jenn Feenstra	GSU	10000m	Ann Larson	UCF	High Jump	Andrea Pressley	JU	Shot Put
Whitney Thurman	Bel	10,000m	Diana Chin	UCF	100H	Michelle Thompson	Troy	Pole Vault	Ioanna Dafermou	Troy	Discus
Simone Clark	JU	100H	Tamara Stephenson	GWU	400H	LaTricia Firby	UCF	Long Jump	Liz Jovanvski	UCF	Hammer
Natasha Harvey	JU	400H	Ann L. Larsen	UCF	High Jump	Latricia Firby	UCF	Triple Jump	Nina Panebianco	FAU	Javelin
Elizabeth Mize	Cam	High Jump	Katie Fowke	UCF	Pole Vault	Andrea Pressley	JU	Shot Put	--2002--		
Merissa Hawkins	GWU	Pole Vault	Janita Ocana	JU	Long Jump	Stephanie Jeffers	JU	Discus	<i>First Team</i>		
Silvienne Krosendijk	Cam	Long Jump	Mildred Harris	Troy	Triple Jump	Rian Thomas	UCF	Hammer	Akeisha Flegler	Cam	100m
Natasha Harvey	JU	Triple Jump	Tiffany Roebuck	UCF	Shot Put	Monica Blake	Lip	Javelin	Zanta Marble	GSU	200m
Brooke Berarducci	ETSU	Shot Put	Tiffany Roebuck	UCF	Discus	<i>Third Team</i>			Valerie Beaubrun	UCF	400m
Lindsay George	JU	Discus	Tiffany Roebuck	UCF	Hammer	Latoya Lewis	Troy	100m	Valerie Beaubrun	UCF	800m
Mecole Finch	Cam	Hammer	Andrea Clark	JU	Javelin	Ashley Taylor	GSU	200m	Sam Flewellyn	Sam	1500m
Elizabeth Maxwell	GWU	Javelin	<i>Second Team</i>			Lakisha Brooks	JU	400m	Keely Weaver	Bel	3000m
Stacie Anthony	KSU	Heptathlon	Malika Clary	FAU	100m	Keiona Frenche	JU	800m	Allison Mills	Bel	5000m
--2006--			Daquia McCoy	FAU	200m	Claudia Beitel	FAU	1500m	Keely Weaver	Bel	10000m
<i>First Team</i>			Marilyn Stephens	FAU	400m	Lisa Crampton	Bel	3000m SC	Diana Chin	UCF	100H
Janita Ocana	JU	100m	Alicia Valtin	Cam	800m	Nigisti Negussie	GSU	5000m	Tarjatta Rose	GSU	400H
Janita Ocana	JU	200m	Belinda Bargmann	Troy	1500m	Belinda Bargman	Troy	10000m	Tiffany Roebuck	UCF	Shot Put
Lynette Rives	Bel	400m	Tara Dressler	Cam	3000m SC	Tamara Stephenson	GWU	100H	Tiffany Gerloff	Bel	Discus
Ruth Mick	Lip	800m	Jenn Feenstra	GSU	5000m	Lindsey Glover	FAU	400H	Amanda Mason	Troy	Javelin
Tara Dressler	Cam	1500m	Lisa Crampton	Bel	10000m	Kidada Dawkins	GWU	High Jump	Katie Curtis	Bel	Pole Vault
Fallon Heffernan	JU	3000m SC	Sheriee Willis	GSU	100H	Catherine Tueton	UCF	Pole Vault	LaTricia Firby	UCF	Long Jump
Patrina Hayes	KSU	5000m	Lindsay Glover	FAU	400H	Diana Chin	UCF	Long Jump	Sherion Taylor	Troy	Triple Jump
Patrina Hayes	KSU	10000m	Kidada Dawkins	GWU	High Jump	Cara Saunders	GWU	Triple Jump	Ann Larson	UCF	High Jump
Natasha Harvey	JU	100H	Catherine Tueton	UCF	Pole Vault	Stephanie Jeffers	JU	Shot Put	Takia Shoats	Troy	Hammer
Natasha Harvey	JU	400H	Diana Chin	UCF	Long Jump	Katrina Lewis	Troy	Discus	<i>Second Team</i>		
Anna Marie Riccardi	ETSU	High Jump	Cara Saunders	GWU	Triple Jump	Nina Panebianco	FAU	Hammer	Vicki Briggs	FAU	100m
Kelly Bridges	GWU	Pole Vault	Stephanie Jeffers	JU	Shot Put	Katrina Lewis	Troy	Javelin	Eboni Matthews	JSU	200m
Natasha Harvey	JU	Long Jump	Katrina Lewis	Troy	Discus	--2003--			Eboni Matthews	JSU	400m
Shantela Davis	KSU	Triple Jump	Rian Thomas	UCF	Hammer	<i>First Team</i>			Leah Reed	Sam	800m
Shunisha McClinton	JU	Shot Put	Kate Hyslop	Troy	Javelin	Monique Tubbs	JU	100m	Natalie Lewis	Cam	1500m
Krysten Castro	FAU	Discus	<i>Third Team</i>			Monique Tubbs	JU	200m	Margaret Elliott	Bel	3000m
Mecole Finch	Cam	Hammer	Daquia McCoy	FAU	100m	Zanta Marble	GSU	400m	Margaret Elliott	Bel	5000m
Emily Kohler	UNF	Javelin	Tawanna Meadows	Troy	200m	Raynell Hagberg	FAU	800m	Sonja Shedden	UCF	10000m
<i>Second Team</i>			Ashley Taylor	GSU	400m	Alicia Valtin	Cam	1500m	LaRissa Dunn	UCF	100H
Jenny Knox	ETSU	100m	Ruth Mick	Lip	800m	Andrea Morrow	UCF	3000m SC	Helener Wilson	FAU	400H
Malika Clary	FAU	200m	Tara Dressler	Cam	1500m	Heather Lee	Cam	5000m	Takia Shoats	Troy	Shot Put
Ashley Williams	JU	400m	Alicia Valtin	Cam	3000m SC	Sonja Shedden	UCF	10000m	Nina Panebianco	FAU	Discus
Golden Creavy	UNF	800m	Belinda Bargman	Troy	5000m	Safiya Davy	JU	100H	Jamie Pew	UCF	Jacelin
Jill Stapleton	Cam	1500m	Lindsey Waldrop	Troy	10000m	Tarjatta Rose	GSU	400H	Tiffany Gerloff	Bel	Pole Vault
Tara Dressler	Cam	3000m SC	Yanique Booth	FAU	100H	Kristen Pace	GSU	High Jump	Diana Chin	UCF	Long Jump
Amanda Davey	UNF	5000m	Victoria Chin	UCF	400H	Katrina Lindsey	FAU	Pole Vault	LaTricia Firby	UCF	Triple Jump
Erin Sutton	KSU	10000m	Ashley Wicks	JU	High Jump	Margo Robinson	GWU	Long Jump	Kelly Roloff	UCF	High Jump
Yanique Booth	FAU	100H	Kelsey Bealert	UCF	Pole Vault	Sherion Taylor	Troy	Triple Jump			
Lindsay Glover	FAU	400H	Lynnsey Hicks	UCF	Long Jump						



All-Conference Selections (continued)

Tiffany Roebuck	UCF	Hammer	--2000--			<i>Second Team</i>			Shannon Heninger	FIU	800m
<i>Third Team</i>			<i>First Team</i>			<i>First Team</i>			Ingrid Odermott	FIU	1500m
Erica Garcia	UCF	100m	Monique Tubbs	JU	100m	LaShaun Lewis	Sam	100m	Margaret Powell	Sam	3000m
Daquia McCoy	FAU	200m	Monique Tubbs	JU	200m	LaKicia Cooke	Troy	200m	Kelly Heinzman	Troy	5000m
Zanta Marble	FAU	400m	Kay Morris	Cam	400m	Kay Fuller	Cam	400m	Megan Rodell	UCF	10000m
Valery Martinez	UCF	800m	Shana Ely	Sam	800m	Tara Woodard	Troy	800m	Chisa Perry	FIU	100H
Amy Giles	UCF	1500m	Tara Bourque	Sam	1500m	Natalie Lewis	Cam	1500m	Michele Boike	UCF	400H
Nigisti Negussie	GSU	3000m	Sarah Howard	GSU	3000m	Tiffany Quinn	Cam	3000m	Ashley Golden	Sam	High Jump
Nigisti Negussie	GSU	5000m	Sarah Howard	GSU	5000m	Brittanie Hughes	GSU	5000m	Melissa Dailley	Troy	Long Jump
GeAna Rivera	UCF	10000m	Susie Welty	Cam	10000m	Jennifer Hanley	JU	10000m	Melissa Dailley	Troy	Triple Jump
Tarjatta Rose	GSU	100H	Safiya Davy	JU	100H	Leigh Kennedy	Troy	100H	Amber Twyner	UCF	Shot Put
Emily Pugh	UCF	400H	Kay Morris	Cam	400H	Keesha Sanders	Troy	400H	Tiffany Winston	Cam	Discus
Jamie Pew	UCF	Shot Put	Alisha Denson	Troy	High Jump	Suzanne Nelson	Cam	High Jump	Katara Beard	UCF	Hammer
Tiffany Roebuck	UCF	Discus	Sara Robertson	JU	Pole Vault	Ingrid Rackebrandt	JU	Pole Vault	Katara Beard	UCF	Javelin
Portia Proffitt	Troy	Javelin	Randi Chapman	UCF	Long Jump	Corliss Cade	UCF	Long Jump	--1997--		
Ginger Dulaney	Cam	Pole Vault	Latricia Firby	UCF	Triple Jump	LaKicia Cooke	Troy	Triple Jump	<i>First Team</i>		
Danuta Ivanochko	JU	Long Jump	Katara Beard	UCF	Shot Put	Barbara Brown	Troy	Shot Put	Tayna Lawrence	FIU	100m
Diana Chin	UCF	Triple Jump	Takia Shoats	Troy	Discus	Katara Beard	UCF	Discus	Shonda Swift	FIU	200m
Jamie Pew	UCF	High Jump	Katara Beard	UCF	Hammer	Katara Beard	UCF	Hammer	Daphne Gilles	FIU	400m
Elise Wilcox	UCF	Hammer	Amanda Mason	Troy	Javelin	Shereese Jones	JU	Javelin	Ingrid Odermatt	FIU	800m
--2001--			<i>Second Team</i>			<i>Third Team</i>			<i>First Team</i>		
<i>First Team</i>			Akeisha Flegler	Cam	100m	Katie Funderbunk	Sam	100m	Tayna Lawrence	FIU	100m
Monique Tubbs	JU	100m	Akeisha Flegler	Cam	200m	Natasha Garner	UCF	200m	Shonda Swift	FIU	200m
Toya Lewis	Troy	200m	Allison Eckroth	Cam	400m	Shana Ely	Sam	400m	Daphne Gilles	FIU	400m
Zanta Marble	GSU	400m	Leah Reed	Sam	800m	Edna Caraballo	Troy	800m	Ingrid Odermatt	FIU	800m
Shana Ely	Sam	800m	Natalie Lewis	Cam	1500m	Jessica Blundell	JU	1500m	Michelle Mullis	Sam	1500m
Tara Bourque	Sam	1500m	Adriana Campos	JU	3000m	Sonja Shedden	UCF	3000m	Sarah Howard	GSU	3000m
Jenn Feenstra	GSU	3000m	Adriana Campos	JU	5000m	Adriana Campos	JU	5000m	Sarah Fletcher	Sam	5000m
Jenn Feenstra	GSU	5000m	Aimee Salzer	JU	10000m	Melissa Dailey	Troy	10000m	Gabriella Dahlgreen	SLU	10000m
Sonja Shedden	UCF	10000m	Corliss Cade	UCF	100H	Kay Fuller	Cam	400H	Nadia Lamb	SLU	100H
Safiya Davy	JU	100H	Stephanie Flarity	Sam	400H	Lysa Lee	JU	High Jump	Tayna Lawrence	FIU	400H
Kellie Marzetta	UCF	400H	Melissa Dailey	Troy	High Jump	Amber Martin	Sam	Pole Vault	Kelly Kobia	UCF	Shot Put
Kelly Roloff	UCF	High Jump	Julie Preuitt	Sam	Pole Vault	Natasha Garner	UCF	Long Jump	Kelly Kobia	UCF	Discus
Shannon Ryan	UCF	Pole Vault	Lysa Lee	JU	Long Jump	Natasha Garner	UCF	Triple Jump	Amber Twyner	UCF	Javelin
Danuto Ivanochko	JU	Long Jump	Corliss Cade	UCF	Triple Jump	Amber Twyner	UCF	Shot Put	Amber Twyner	UCF	Javelin
LaTricia Firby	UCF	Triple Jump	Andrea Pressely	JU	Shot Put	Ambert Twyner	UCF	Discus	Anita Gilland	FIU	High Jump
Katara Beard	UCF	Shot Put	Katara Beard	UCF	Discus	Amber Twyner	UCF	Hammer	Shonda Swift	FIU	Triple Jump
Takia Shoats	Troy	Discus	Ashley Golden	Sam	Hammer	Amanda Mason	Troy	Javelin	Shonda Swift	FIU	Long Jump
Takia Shoats	Troy	Hammer	Amber Twyner	UCF	Javelin	--1998--			<i>Second Team</i>		
Jamie Pew	UCF	Javelin	<i>Third Team</i>			<i>First Team</i>			<i>Second Team</i>		
<i>Second Team</i>			Safiya Davy	JU	100m	Tayna Lawrence	FIU	100m	Shonda Swift	FIU	100m
Toya Lewis	Troy	100m	Sharmeka Barnes	Troy	200m	Tayna Lawrence	FIU	200m	Nikole Jeffery	Sam	200m
Zanta Marble	GSU	200m	Natausha Samuels	UCF	400m	Tammy King	FIU	400m	Amber Bland	UCF	400m
Andrea Pressley	JU	400m	Natalie Lewis	Cam	800m	Dawn Spann	FIU	800m	Michelle Mullis	Sam	800m
Tara Bourque	Sam	800m	Heather Lee	Cam	1500m	Karen Moya	FIU	1500m	Ingrid Odermatt	FIU	1500m
Heather Lee	Cam	1500m	Susie Welty	Cam	3000m	Sarah Howard	GSU	3000m	Gabriella Dahlgreen	SLU	3000m
Susie Welty	Cam	3000m	Brittanie Hughes	GSU	5000m	Sarah Howard	UCF	5000m	Megan Rodell	UCF	5000m
Adrianna Campos	JU	5000m	Melissa Norris	UCF	10000m	Anne Panaggio	UCF	5000m	Monique Salter	Sam	100H
Susie Welty	Cam	10000m	Melissa Dailey	Troy	100H	Kari Britton	Troy	10000m	Michele Boike	UCF	400H
Kellie Marzetta	UCF	100H	Laura Winn	JU	400H	Michele Boike	UCF	100H	Shonda Swift	FIU	Shot Put
Kay Norris	Cam	400H	Jaimie Perez	UCF	High Jump	Keesha Sanders	Troy	400H	Tiffany Winston	Cam	Discus
Jamie Pew	UCF	High Jump	Kristen Newsome	UCF	Pole Vault	Katara Beard	UCF	Shot Put	Kelly Kobia	UCF	Javelin
Kristen Newsome	UCF	Pole Vault	Melissa Dailey	Troy	Long Jump	Corliss Cade	UCF	Long Jump	Michele Boike	UCF	High Jump
Heidi Sauers	Sam	Long Jump	Lysa Lee	JU	Triple Jump	Lakicia Cooke	Troy	Triple Jump	Claire Lenox	Sam	Triple Jump
Sherion Taylor	Troy	Triple Jump	Takia Shoats	Troy	Shot Put	Jennifer Herron	UCF	Discus	Michele Boike	UCF	Long Jump
Takia Shoats	Troy	Shot Put	Amber Twyner	UCF	Discus	Michele Boike	UCF	High Jump	<i>Third Team</i>		
Katara Beard	UCF	Discus	Amanda Mason	Troy	Hammer	Tiffany Winston	Cam	Hammer	Heidi Sauders	Sam	200m
Elise Wilcox	UCF	Hammer	Andrea Pressely	JU	Javelin	Amber Twyner	UCF	Javelin	Lorri-Anne Burke	SLU	400m
Katara Beard	UCF	Javelin	--1999--			<i>Second Team</i>			Karen Moya	FIU	800m
<i>Third Team</i>			<i>First Team</i>			<i>First Team</i>			Christina Miller	UCF	1500m
Akeisha Flegler	Cam	100m	Sharmeka Barnes	Troy	100m	Tiffany Cook	FIU	100m	Christina Miller	UCF	3000m SC
Monique Tubbs	JU	200m	Sharmeka Barnes	Troy	200m	Sharmeka Barnes	Troy	200m	Susan Hartley	UCF	5000m
Ursula Lumpkin	Troy	400m	LaKicia Cooke	Troy	400m	Tayna Lawrence	FIU	400m	Leslie Gardner	JSU	10000m
Sara Kureshi	UCF	800m	LaTanya Sumlin	Troy	800m	Tara Woodward	Troy	800m	Shonda Swift	FIU	100H
Katie Flewellyn	Sam	1500m	LaTanya Sumlin	Troy	1500m	Sadie Wells	FIU	1500m	Claire Lenox	Sam	400H
Sonja Shedden	UCF	3000m	Sarah Howard	GSU	3000m	Kelly Heinzman	Troy	3000m	Amber Twyner	UCF	Shot Put
Sonja Shedden	UCF	5000m	Sarah Howard	GSU	5000m	Sarah Fletcher	Sam	5000m	Amber Twyner	UCF	Discus
Erin Giesa	Sam	10000m	Sarah Howard	UCF	10000m	Stephanie Cameron	UCF	10000m	Shonda Swift	FIU	Javelin
Andrea Pressley	JU	100H	Sonja Shedden	UCF	10000m	Nikola Jeffery	Sam	100H	Kelly Putnam	UCF	High Jump
Safiya Davy	JU	400H	Corliss Cade	UCF	100H	Nikeisha Skyers	UCF	400H	Chantrell Antoine	SLU	Triple Jump
Emily Walquist	Cam	High Jump	Tamsin Antsey	JU	400H	Anita Gilland	FIU	High Jump	Nadia Lamb	SLU	Long Jump
Ginger Dulaney	Cam	Pole Vault	Whitney Nelson	Sam	High Jump	Chisa Perry	FIU	Long Jump	--1996--		
Kelly Roloff	UCF	Long Jump	Sara Robertson	JU	Pole Vault	Keli Welsh	UCF	Triple Jump	<i>First Team</i>		
Stephanie Flarity	Sam	Triple Jump	Lysa Lee	JU	Long Jump	Barbara Brown	Troy	Shot Put	Felisa Howard	SLU	100m
Andrea Pressley	JU	Shot Put	Corliss Cade	UCF	Triple Jump	Katara Beard	UCF	Discus	Felisa Howard	SLU	200m
Sarah Clement	Sam	Discus	Katara Beard	UCF	Shot Put	Jennifer Herron	UCF	Hammer	Shanique Stringer	FIU	400m
Katara Beard	UCF	Hammer	Tiffany Winston	Cam	Discus	Amber Mason	Troy	Javelin	Christie Masson	FIU	800m
Heidi Sauers	Sam	Javelin	Amber Twyner	UCF	Javelin	<i>Third Team</i>			Christie Masson	FIU	1500m
									Vibebe Nilsen	FIU	3000m
									Brenda Alfaro	FIU	5000m
									Lee Ann Chisholm	Cam	10000m
									Tserins Grant	FIU	110H
									Melanie Vaughan	Cam	400H
									Shonda Swift	FIU	Shot Put



All-Conference Selections (continued)

Kelly Kobia	UCF	Discus
Kelly Kobia	UCF	Javelin
Shonda Swift	FIU	Long Jump
Shonda Swift	FIU	Triple Jump
Tamara Stafford	Cam	High Jump
<i>Second Team</i>		
Shonda Swift	FIU	100m
Shonda Swift	FIU	200m
Tammy King	UCF	400m
Michelle Mullis	Sam	800m
Shar Crader	FIU	1500m
Christy Miller	UCF	3000m
Gabriella Dahlgren	SLU	5000m
Gabriella Dahlgren	SLU	10000m
Tamara Stafford	Cam	110H
Claire Lennox	Sam	400H
Kelly Kobia	UCF	Shot Put
Katrina Letman	SLU	Discus
Amy Gattis	Sam	Javelin
Felisa Howard	SLU	Long Jump
Kelli Welsh	UCF	Triple Jump
Michele Boike	UCF	High Jump
<i>Third Team</i>		
Dirshar Baker	FIU	100m
Tammy King	FIU	200m
Amber Bland	UCF	400m
Rachael Sturgeon	FIU	800m
Didi Hernandez	FIU	1500m
Didi Hernandez	FIU	3000m
Lee Ann Chisholm	Cam	5000m
Stacy Wallen	FIU	10000m
Nikeisha Skyers	UCF	110H
Tserins Grant	FIU	400H
Sanatera Johnson	UCF	Shot Put
Sanatera Johnson	UCF	Discus
Tamara Martin	Sam	Javelin
Yolanda Stevenson	SLU	Long Jump
Chantrell Antoine	SLU	Triple Jump
Amber Bland	UCF	High Jump