Year-by-Year Summary

Year	Date	Site	Host	Champion	Score	Runner-up	Score	Most Valuable Performer	
2012	2/17-18	Johnson City, Tenn.	ETSU	Kennesaw State	177	ETSU	172	Jadon Short	ETSU
2011	2/18-19	Johnson City, Tenn.	ETSU	ETSU	152	Kennesaw State	137	Diego Lawrence	Campbell
2010	2/25-26	Johnson City, Tenn.	ETSU	Kennesaw State	187	ETSU	183	Duronal Monal	ETSU
2009	2/20-21	Johnson City, Tenn.	ETSU	ETSU	172	Kennesaw State	151.50	Harold Sims	Campbell
2008	3/1/2008	Johnson City, Tenn	ETSU	Kennesaw State	128	ETSU	112	H. Sims (Track) / S. Tilly (Field)	
2007	2/16-17	Johnson City, Tenn.	ETSU	ETSU	127	Bel/GWU	114	H. Cheruiyot (co-Track) / M. Wright (co-Track) / J. Didion (Field)	
2006	2/17-18	Johnson City, Tenn.	ETSU	ETSU	153	Campbell	116	J. Rainer (Track) / L. Gordon (Field)	

TEAM CHAMPIONSHIP TOTALS: ETSU (4), Kennesaw State (3)

Year-by-Year Results

2012 (Johnson City, Tenn.)

1.	Kennesaw State	177
2.	ETSU	172
3.	USC Upstate	95
4.	UNF	91
5.	Lipscomb	85
6.	Belmont	37

2011 (Johnson City, Tenn.)

1.	ETSU	152
2.	Kennesaw State	137
3.	Campbell	111
4.	USC Upstate	90
5.	UNF	81
6.	Belmont	50
7.	Lipscomb	38

2010 (Johnson City, Tenn.)

1.	Kennesaw State	187
2.	ETSU	183
3.	Campbell	100
4.	Belmont	52
5.	Lipscomb	49
6.	USC Upstate	45
7.	UNF	43

2009 (Johnson City, Tenn.)

1.	ETSU	172
2.	Kennesaw State	151.50
3.	Campbell	85
4.	USC Upstate	47.50
5.	Belmont	40
6.	Lipscomb	18
7.	UNF	8

2008 (Johnson City, Tenn.)

1.	Kennesaw State	128
2.	ETSU	112
3.	Gardner-Webb	97
4.	Campbell	93
5.	Belmont	76
6.	USC Upstate	16
7.	Lipscomb	3
8.	UNF	2

2007 (Johnson City, Tenn.)

1.	ETSU	127
2.	Belmont	114
	Gardner-Webb	114
4.	Campbell	95
5.	Kennesaw State	60
6.	UNF	10
7.	Lipscomb	2

2006 (Johnson City, Tenn.)

1.	ETSU	153
2.	Campbell	116
3.	Gardner-Webb	110
4.	Kennesaw State	106
5.	Belmont	37
6.	UNF	3

Note: The following methods have been used to score the Championships:
2006-09: 10-8-6-4-2-1
2010- : 10-8-6-5-4-3-2-1

Championship Meet Records

60-Meter Dash (H - indicates prelims)

1.	Duronal Monal	ETSU	2010	6.71H
2.	Duronal Monal	ETSU	2010	6.73
3.	James Rainer	ETSU	2006	6.74H
4.	James Rainer	ETSU	2006	6.75
5.	Ifrish Alberg	ETSU	2012	6.79
6.	Ifrish Alberg	ETSU	2012	6.82H
	Diego Lawrence	Cam	2011	6.82H
8.	Quentin Greenlee	ETSU	2010	6.83H
	Quentin Greenlee	ETSU	2009	6.83H
10.	Jadon Short	ETSU	2012	6.85H
	Rashad Campbell	Cam	2011	6.85
	Quentin Greenlee	ETSU	2010	6.85
	Greg Dunston	Cam	2008	6.85

200-Meter Dash

1.	Duronal Monal	ETSU	2010	21.22
2.	Tucker Peabody	Lip	2012	21.30
3.	James Rainer	ETSU	2006	21.61
	Quentin Greenlee	ETSU	2009	21.61
5.	Rashad Campbell	Cam	2011	21.69
	Quentin Greenlee	ETSU	2010	21.69
7.	Deigo Lawrence	Cam	2011	21.70
8.	Cameron White	Cam	2011	21.81
	Travis Benton	KSU	2010	21.81
10.	Rashad Campbell	Cam	2010	21.83

400-Meter Dash

1.	Tim O'Dell	ETSU	2012	48.30
2.	Harold Sims	Cam	2009	48.84
3.	Harold Sims	Cam	2008	48.89
4.	Harold Sims	Cam	2010	48.91
5.	Matt Johnson	Upst	2012	48.97
6.	Colin Dempster	Lip	2012	49.04
7.	Joshua James	KSU	2009	49.26
8.	Ethan Kasson	KSU	2010	49.30
9.	James Verdi	KSU	2010	49.33
10.	Quentin Greenlee	ETSU	2009	49.40

800-Meter Run

1.	Gianni Catalano	KSU	2010	1:53.43
2.	Gianni Catalano	KSU	2009	1:53.60
3.	James Post	UNF	2010	1:53.61
4.	Hillary Cheruiyot	Bel	2009	1:53.76
5.	Cameron Dickerson	UNF	2012	1:54.21
6.	Daniel Grass	KSU	2009	1:54.86
7.	Desmond Pierce	ETSU	2011	1:54.89
8.	Gianni Catalano	KSU	2011	1:54.91
9.	Cameron Thomas	Upst	2012	1:55.00
10.	Cole Jackob	KSU	2012	1:55.02
	Daniel Grass	KSU	2010	1:55.02

Mile Run

1.	James Post	UNF	2012	4:10.62
2.	Scott Burley	KSU	2009	4:11.03
3.	Cameron Dickerson	UNF	2011	4:13.37
4.	Hillary Cheruiyot	Bel	2009	4:13.49
5.	Davey Dennison	Upst	2012	4:13.80
6.	James Post	UNF	2011	4:13.89
7.	Filip Jalovy	ETSU	2012	4:14.16
8.	Will Pearce	UNF	2009	4:14.39
9.	Jaakko Nieminen	KSU	2011	4:15.83
10.	Piotr Witczak	KSU	2009	4:16.69

3,000-Meter Run

1.	Gilbert Kemboi	Upst	2010	8:23.37
2.	Will Pearce	UNF	2011	8:24.01
3.	Benjamin Ronoh	ETSU	2009	8:24.55
4.	Kenneth Rotich	ETSU	2009	8:25.47
5.	Gilbert Kemboi	Upst	2012	8:25.63
6.	Gilbert Kemboi	Upst	2011	8:26.31
7.	Scott Burley	KSU	2009	8:26.57
8.	Erick Kigen	Bel	2011	8:28.28
9.	Kenneth Rotich	ETSU	2010	8:28.92
10.	Jaakko Nieminen	KSU	2011	8:30.70

5,000-Meter Run

1.	Gilbert Kemboi	Upst	2012	14:41.56
2.	Gilbert Kemboi	Upst	2011	14:43.81
3.	Kenneth Rotich	ETSU	2008	14:44.15
4.	Benjamin Ronoh	ETSU	2009	14:48.84
5.	Kenneth Rotich	ETSU	2009	14:50.48
6.	Gilbert Kemboi	Upst	2010	14:51.37
7.	Jordan Anderson	Bel	2009	14:52.28
8.	John Brigham	Bel	2008	14:54.57
9.	Jaakko Nieminen	KSU	2011	14:56.22
10.	John Brigham	Bel	2007	14:56.62

60-Meter Hurdles

1.	Michael James	ETSU	2011	8.02
2.	Kendall Parks	KSU	2012	8.05
3.	Adoniss Jones	Cam	2009	8.06H
4.	Dobson Collins	GWU	2008	8.09H
5.	Kendall Parks	KSU	2011	8.12
6.	Adoniss Jones	Cam	2009	8.13
7.	Harold Sims	Cam	2008	8.14
8.	Adoniss Jones	Cam	2010	8.16
9.	Kendall Parks	KSU	2012	8.19H
10.	Harold Sims	Cam	2009	8.21
	Dobson Collins	GWU	2008	8.21

Shot Put			***Yr***	***ft-inch***	***meters***
1.	Jarrod Burton	ETSU	11	57-03.75	17.47
2.	Kenneth Sugishita	Upst	11	55-11.25	17.05
3.	Jarrod Burton	ETSU	09	55-05.00	16.89
4.	Joshua McNair	KSU	10	54-02.50	16.52
5.	Joshua McNair	KSU	08	54-00.50	16.47
6.	Joshua McNair	KSU	09	53-05.50	16.29
7.	Joe Frye	Bel	10	52-10.75	16.12
8.	Kenneth Sugishita	Upst	12	52-00.50	15.86
9.	Matt Knippen	GWU	07	51-09.75	15.79
10.	Jarrod Burton	ETSU	08	51-09.00	15.77

Championship Meet Records

Weight Throw			*Yr*	*ft-inch*	*meters*
1.	Joe Frye	Bel	11	63-11.75	19.50
2.	Jarrod Burton	ETSU	11	63-10.25	19.46
3.	Jarrod Burton	ETSU	09	61-00.75	18.61
4.	Joshua McNair	KSU	09	60-07.25	18.47
5.	Joe Frye	Bel	10	59-02.00	18.03
6.	Jarrod Burton	ETSU	07	57-10.25	17.63
7.	Joshua McNair	KSU	10	57-09.75	17.62
8.	Joshua McNair	KSU	08	56-09.50	17.31
9.	Kenneth Sugishita	Upst	12	56-02.00	17.12
10.	Aymerick Kolokilagi	KSU	09	55-10.25	17.02

Pole Vault			*Yr*	*ft-inch*	*meters*
1.	Elliott Haynie	GWU	08	17-00.75	5.20
2.	Jeremy Longshore	GWU	06	16-00.75	4.90
3.	David Shepherd	UNF	11	15-07.00	4.75
	David Bernabei	Cam	06	15-07.00	4.75
	Elliott Haynie	GWU	07	15-07.00	4.75
	Jeremy Longshore	GWU	07	15-07.00	4.75
7.	David Shepherd	UNF	12	15-05.00	4.70
8.	Adam Reed	KSU	11	15-01.00	4.60
	Noah Thompson	UNF	11	15-01.00	4.60
	Stephond Allmond	ETSU	11	15-01.00	4.60
	Matt Baum	ETSU	10	15-01.00	4.60
	Jordan Briggs	ETSU	10	15-01.00	4.60
	David Bernabei	Cam	07	15-01.00	4.60
	Kyle Lingafelt	Cam	07	15-01.00	4.60
	Drew Beamer	ETSU	07	15-01.00	4.60

Long Jump			*Yr*	*ft-inch*	*meters*
1.	Diego Lawrence	Cam	11	25-03.50	7.71
2.	Sam Tilly	Cam	08	25-00.50	7.63
3.	Jake Didion	GWU	08	24-07.00	7.49
4.	Sam Tilly	Cam	07	24-05.00	7.44
5.	Robert Brunson	Cam	11	24-04.50	7.43
6.	Josh Cloyd	ETSU	09	23-03.75	7.41
7.	Reggie Lewis	KSU	12	24-01.25	7.36
8.	Lincoln Gordon	Cam	06	23-11.00	7.29
	Josh Cloyd	ETSU	08	23-11.00	7.29
10.	Jadon Short	ETSU	12	23-10.25	7.27

Triple Jump			*Yr*	*ft-inch*	*meters*
1.	Anjoun Armaly	KSU	11	49-07.00	15.11
2.	Ryan Beaver	ETSU	11	49-01.00	14.96
3.	Jason Johnson	ETSU	12	48-11.00	14.91
4.	Diego Lawrence	Cam	11	48-08.00	14.83
	Sam Tilly	Cam	08	48-08.00	14.83
6.	Jake Didion	GWU	08	48-04.50	14.74
7.	Anjoun Armaly	KSU	12	48-02.75	14.70
8.	Tyler Riberdy	KSU	12	47-05.75	14.47
9.	Robert Brunson	Cam	10	47-04.50	14.44
10.	Logan Ray	Lip	12	47-04.25	14.43

High Jump			*Yr*	*ft-inch*	*meters*
1.	Cameron Zeman	KSU	11	7-00.25	2.14
2.	Jerome McKinzie	KSU	10	6-10.25	2.09
3.	Marek Navratil	ETSU	12	6-08.75	2.05
4.	Perrish Goggins	Upst	11	6-08.25	2.04
	Cameron Zeman	KSU	10	6-08.25	2.04
	Jerome McKinzie	KSU	08	6-08.25	2.04
7.	Andre Dorsey	KSU	12	6-06.75	2.00
	Stephen Krupa	UNF	12	6-06.75	2.00
	K'Vonte Scott	ETSU	12	6-06.75	2.00
10.	Jerome McKinzie	KSU	09	6-06.25	1.99

4 x 400 Meter Relay

1. Kennesaw State 2010 3:15.67
   Tansey, Grass, Martinez, Kasson
2. ETSU 2010 3:15.69
   O'Dell, James, Purcell, Monal
3. UNF 2012 3:18.41
   Squillace, Tillman, Mims, Menen
4. ETSU 2008 3:18.42
   James, Cloud, Jaynes, Titman
5. Kennesaw State 2008 3:18.49
   Logan, Catalano, James, Verdi
6. Kennesaw State 2011 3:19.15
   James, Tansey, Martinez, Verdi
7. Lipscomb 2012 3:19.28
   Whitley, Smith, Bassett, Depmster
8. Campbell 2009 3:19.52
   Jones, Gordon, White, Sims
9. Kennesaw State 2009 3:19.78
   Tansey, Grass, James, Verdi
10. Kennesaw State 2012 3:19.94
   Tansey, Riberdy, Rooks, Diallo

Distance Medley Relay

1. UNF 2012 10:02.42
   Post, Tillman, White, Dickerson
2. Lipscomb 2010 10:05.55
   Greer, Bassett, Jones, Chastain
3. USC Upstate 2012 10:06.88
   Thomas, Ma. Johnson, Mi. Johnson, Dennison
4. UNF 2011 10:07.41
   Dickerson, Tillman, Post, Pearce
5. Kennesaw State 2010 10:13.10
   Grass, Tansey, Catalano, Witczak
6. Kennesaw State 2009 10:16.04
   Grass, James, Catalano, Witczak
7. ETSU 2010 10:16.43
   Ronoh, Berry, Gonzalez, Rotich
8. ETSU 2009 10:17.49
   Maxwell, Crane, Gonzalez, Penny
9. Belmont 2011 10:17.67
   Helton, Gray, Kigen, Bridger-Wilkinson
10. Belmont 2009 10:18.67
   Parr, McGlothlin, Peters, Cheruiyot

Heptathlon

1.	Brian Graham	KSU	2012	4954
2.	K'Vonte Scott	ETSU	2012	4953
3.	Matt Deery	Lip	2012	4889
4.	Nic Chernikow	ETSU	2009	4820
5.	Nic Chernikow	ETSU	2010	4794
6.	Hendrik Themas	KSU	2012	4767
7.	Jesse Aliaga-Jacob	ETSU	2011	4750
8.	Jordan Briggs	ETSU	2010	4696
9.	Evaristo Valls	ETSU	2012	4687
10.	Brian Graham	KSU	2011	4685

Heptathlon Superlatives

60-Meter Dash			
Nic Chernikow	ETSU	2010	7.15
Long Jump			
Perrish Goggins	Upst	2008	6.94m
Shot Put			
Casey Strickland	KSU	2009	15.10m
High Jump			
Perrish Goggins	Upst	2008	2.04m
60-Meter Hurdles			
Brian Graham	KSU	2012	8.25
Pole Vault			
Elliott Haynie	GWU	2008	5.30m
1000-Meter Run			
Evan Brusich	GWU	2008	2:45.53

Annual Event Winners

60-Meter Dash

2006	James Rainer	ETSU	6.75
2007	Channing Twyner	Belmont	6.90
2008	Greg Dunston	Campbell	6.85
2009	Duronal Monal	ETSU	6.87
2010	Duronal Monal	ETSU	6.73
2011	Rashad Campbell	Campbell	6.85
2012	Ifrish Alberg	ETSU	6.79

60-Meter Hurdles

2006	Devin Jones	Kennesaw State	8.47
2007	Dobson Collins	Gardner-Webb	8.31
2008	Harold Sims	Campbell	8.14
2009	Adoniss Jones	Campbell	8.13
2010	Adoniss Jones	Campbell	8.16
2011	Michael James	ETSU	8.02
2012	Kendall Parks	KSU	8.05

200-Meter Dash

2006	James Rainer	ETSU	21.61
2007	Sam Tilly	Campbell	22.34
2008	Zachary Titman	ETSU	22.06
2009	Quentin Greenlee	ETSU	21.61
2010	Duronal Monal	ETSU	21.22
2011	Rashad Campbell	Campbell	21.69
2012	Tucker Peabody	Lipscomb	21.30

400-Meter Run

2006	Stephen Register	Belmont	51.74
2007	Chris Harrison	ETSU	50.28
2008	Harold Sims	Campbell	48.89
2009	Harold Sims	Campbell	48.84
2010	Harold Sims	Campbell	48.91
2011	Mike Meissner	USC Upstate	49.44
2012	Tim O'Dell	ETSU	48.30

800-Meter Run

2006	Joshua Hicks	ETSU	1:57.11
2007	Erin Goodrum	Gardner-Webb	1:57.75
2008	Gianni Catalano	Kennesaw State	1:55.19
2009	Gianni Catalano	Kennesaw State	1:53.60
2010	Gianni Catalano	Kennesaw State	1:53.43
2011	Desmond Pierce	ETSU	1:54.89
2012	Cameron Dickerson	UNF	1:54.21

Mile Run

2006	Tim Israel	Gardner-Webb	4:23.43
2007	Hillary Cheruiyot	Belmont	4:20.70
2008	Scott Burley	Kennesaw State	4:18.72
2009	Scott Burley	Kennesaw State	4:11.03
2010	Ryan Chastain	Lipscomb	4:19.68
2011	Cameron Dickerson	UNF	4:13.37
2012	James Post	UNF	4:10.62

3,000-Meter Run

2006	Jeff Crane	ETSU	8:43.69
2007	Colin Magut	Belmont	8:35.60
2008	John Brigham	Belmont	8:30.82
2009	Benjamin Ronoh	ETSU	8:24.55
2010	Gilbert Kemboi	USC Upstate	8:23.37
2011	Will Pearce	UNF	8:24.01
2012	Gilbert Kemboi	USC Upstate	8:25.63

5,000-Meter Run

2006	Jason Waters	Kennesaw State	15:10.71
2007	John Brigham	Belmont	14:56.62
2008	Kenneth Rotich	ETSU	14:44.15
2009	Benjamin Ronoh	ETSU	14:48.84
2010	Gilbert Kemboi	USC Upstate	14:51.37
2011	Gilbert Kemboi	USC Upstate	14:43.81
2012	Gilbert Kemboi	USC Upstate	14:41.56

4 x 400 Meter Relay

2006	Kennesaw State	3:24.26
	(Emejulu, Gray, Shields, Deroux)	
2007	Belmont	3:24.70
	(Hamm, Hart, Register, Bergfield)	
2008	ETSU	3:18.42

Annual Event Winners (Continued)

	(James, Cloud, Jaynes, Titman)		
2009	Campbell		3:19.52
	(Jones, Gordon, White, Sims)		
2010	Kennesaw State		3:15.67
	(Tansey, Grass, Martinez, Kasson)		
2011	Kennesaw State		3:19.15
	(James, Tansey, Martinez, Verdi)		
2012	UNF		3:18.41
	(Squillace, Tillman, Mims, Menen)		

Distance Medley Relay

2006	ETSU		10:25.21
	(Hicks, Rock, McDaniel, Crane)		
2007	Belmont		10:21.17
	(McGlothlin, Hamm, Cheruiyot, Buckman)		
2008	Belmont		10:19.67
	(Thebeau, Register, Jones, Cheruiyot)		
2009	Kennesaw State		10:1.04
	(Grass, James, Catalano, Witczak)		
2010	Lipscomb		10:05.55
	(Greer, Bassett, Jones, Chastain)		
2011	UNF		10:07.41
	(Dickerson, Tillman, Post, Pearce)		
2012	UNF		10:02.42
	(Post, Tillman, White, Dickerson)		

Shot Put

2006	Matt Knippen	Gardner-Webb	15.05
2007	Matt Knippen	Gardner-Webb	15.79
2008	Joshua McNair	Kennesaw State	16.47
2009	Jarrod Burton	ETSU	16.89
2010	Joshua McNair	Kennesaw State	16.52
2011	Jarrod Burton	ETSU	17.47
2012	Kenneth Sugishita	USC Upstate	15.86

Weight Throw

2006	Matt Knippen	Gardner-Webb	14.69
2007	Jarrod Burton	ETSU	17.63
2008	Joshua McNair	Kennesaw State	17.31
2009	Jarrod Burton	ETSU	18.61
2010	Joe Frye	Belmont	18.03
2011	Joe Frye	Belmont	19.50
2012	Kenneth Sugishita	USC Upstate	17.12

Pole Vault

2006	Jeremy Longshore	Gardner-Webb	4.90
2007	Elliott Haynie	Gardner-Webb	4.75
2008	Elliott Haynie	Gardner-Webb	5.20
2009	Justin Crawford	USC Upstate	4.45
2010	Matt Baum	ETSU	4.60
2011	David Shepherd	UNF	4.75
2012	David Shepherd	UNF	4.70

High Jump

2006	Michael Estes	ETSU	1.97
2007	Jerome McKinzie	Kennesaw State	1.98
2008	Jerome McKinzie	Kennesaw State	2.04
2009	Jerome McKinzie	Kennesaw State	1.99
2010	Jerome McKinzie	Kennesaw State	2.09
2011	Cameron Zeman	Kennesaw State	2.14
2012	Marek Navratil	ETSU	2.05

Long Jump

2006	Lincoln Gordon	Campbell	7.29
2007	Sam Tilly	Campbell	7.44
2008	Sam Tilly	Campbell	7.63
2009	Josh Cloyd	ETSU	7.41
2010	Robert Brunson	Campbell	7.07
2011	Diego Lawrence	Campbell	7.71
2012	Reggie Lewis	Kennesaw State	7.36

Triple Jump

2006	Lincoln Gordon	Campbell	13.94
2007	Jake Didion	Gardner-Webb	14.29
2008	Sam Tilly	Campbell	14.83
2009	Josh Cloyd	ETSU	14.38
2010	Robert Brunson	Campbell	14.44
2011	Anjoun Armaly	Kennesaw State	15.11
2012	Jason Johnson	ETSU	14.91

Heptathlon

2006	Michael Wright	ETSU	4455
2007	Michael Wright	ETSU	4578
2008	Elliott Haynie	Gardner-Webb	4645
2009	Nic Chernikow	ETSU	4820
2010	Nic Chernikow	ETSU	4794
2011	Jesse Aliaga-Jacob	ETSU	4750
2012	Brain Graham	Kennesaw State	4954

Multiple Winners (Event/Meet)

SUPERLATIVES

Four-Time Event Winners (1)
Jerome McKinzie, Kennesaw State (HJ // 2007-10)

Three-Time Event Winners (3)
Gilbert Kemboi, Upst (5000m // 2010-12)
Harold Sims, Campbell (400m // 2008-10)
Gianni Catalano, Kennesaw State (800m // 2008-10)

Two-Time Event Winners (15)
David Shepherd, UNF (PV // 2011-12
Jarrod Burton, ETSU (SP // 2009, 2011)
Joe Frye, Belmont (WT // 2010-11)
Gilbert Kemboi, Upst (3000m // 2010, 12)
David Tansey, KSU (4x400m // 2010-11)
Jemir Martinez, KSU (4x400m // 2010-11)
Duronal Monal, ETSU (60m // 2009-10)
Adoniss Jones, Campbell (60H // 2009-10)
Scott Burley, Kennesaw State (Mile // 2008-09)
Hillary Cheruiyot, Belmont (DMR // 2007-08)
Matt Knippen, Gardner-Webb (SP // 2006-07)
Joshua McNair, Kennesaw State (SP // 2008, 2010)
Jarrod Burton, ETSU (WT // 2007, 2009)
Elliott Haynie, Gardner-Webb (PV // 2007-08)
Sam Tilly, Campbell (LJ // 2007-08)
Michael Wright, ETSU (Hep // 2006-07)
Nic Chernikow, ETSU (Hep // 2009-10)

Most Events Won by Single Individual at Meet (2) 30 times

2006 (5)	
James Rainer, ETSU	60m; 200m
Joshua Hicks, ETSU	800m; DMR
Jeff Crane, ETSU	3000m; DMR
Matt Knippen, Gardner-Webb	SP; WT
Lincoln Gordon, Campbell	LJ; TJ
2007 (3)	
Sam Tilly, Campbell	200m; LJ
Hillary Cheruiyot, Belmont	Mile; DMR
Clint Hamm, Belmont	4x400; DMR
2008 (5)	
Harold Sims, Campbell	60H; 400m
Zachary Titman, ETSU	200m; 4x400
Joshua McNair, Kennesaw State	SP; WT
Sam Tilly, Campbell	LJ; TJ
Elliott Haynie, Gardner-Webb	PV; Hep
2009 (6)	
Adoniss Jones, Campbell	60H; 4x400
Harold Sims, Campbell	400m; 4x400
Gianni Catalano, Kennesaw State	800m; DMR
Benjamin Ronah, ETSU	3000m; 5000m
Jarrod Burton, ETSU	SP; WT
Josh Cloyd, ETSU	LJ; TJ
2010 (4)	
Duronal Monal, ETSU	60m; 200m
Ryan Chastain, Lipscomb	Mile; DMR
Gilbert Kemboi, USC Upstate	3000m; 5000m
Robert Brunson, Campbell	LJ; TJ
2011 (3)	
Rashad Campbell, Campbell	60m; 200m
Cameron Dickerson, UNF	Mile; DMR
Will Pearce	3000m; DMR
2012 (4)	
Gilbert Kemboi, USC Upstate	3000m; 5000m
Cameron Dickerson, UNF	800m; DMR
James Post, UNF	Mile; DMR
Kenneth Sugishita, USC Upstate	SP; WT

All-Conference Selections

2012

First Team

Ifrish Alberg	ETSU	60m
Tucker Peabody	Lip	200m
Tim O'Dell	ETSU	400m
Cameron Dickerson	UNF	800m
James Post	UNF	Mile
Gilbert Kemboi	Upst	3000m
Gilbert Kemboi	Upst	5000m
Kendall Parks	KSU	60H
Nick Squillace	UNF	4x400
Aaron Tillman	UNF	4x400
Justin Mims	UNF	4x400
Jake Menen	UNF	4x400
James Post	UNF	DMR
Aaron Tillman	UNF	DMR
Sean White	UNF	DMR
Cameron Dickerson	UNF	DMR
Marek Navratil	ETSU	High Jump
David Shepherd	UNF	Pole Vault
Reggie Lewis	KSU	Long Jump
Jason Johnson	ETSU	Triple Jump
Kenneth Sugishita	Upst	Shot Put
Kenneth Sugishita	Upst	Weight Throw
Brian Graham	KSU	Heptathlon

Second Team

Jadon Short	ETSU	60m
Sadio Diallo	KSU	200m
Matt Johnson	Upst	400m
Cameron Thomas	Upst	800m
Davey Dennison	Upst	Mile
Erick Kigen	Bel	3000m
Nabil Hamid	KSU	5000m
Brian Graham	KSU	60H
Ryan Whitley	Lip	4x400
Kenny Smith	Lip	4x400
Bobby Bassett	Lip	4x400
Colin Dempster	Lip	4x400
Cameron Thomas	Upst	DMR
Matt Johnson	Upst	DMR
Michael Johnson	Upst	DMR
Davey Dennison	Upst	DMR
Andre Dorsey	KSU	High Jump
Matt Deery	Lip	Pole Vault
Jadon Short	ETSU	Long Jump
Anjoun Armaly	KSU	Triple Jump
Casey Reynolds	KSU	Shot Put
Casey Reynolds	KSU	Weight Throw
K'Vonte Scott	ETSU	Heptathlon

Third Team

Tucker Peabody	Lip	60m
Jadon Short	ETSU	200m
Colin Dempster	Lip	400m
Cole Jackob	KSU	800m
Filip Jalovy	ETSU	Mile
Nabil Hamid	KSU	3000m
Isaiah Greer	Lip	5000m
Brandon Curry	Upst	60H
David Tansey	KSU	4x400
Tyler Riberdy	KSU	4x400
Rasmus Rooks	KSU	4x400
Sadio Diallo	KSU	4x400
Adam Chase	ETSU	DMR
Trey Johnson	ETSU	DMR
Ryan Jones	ETSU	DMR
Filip Jalovy	ETSU	DMR
Stephen Krupa	UNF	High Jump
Noah Thompson	UNF	Pole Vault
Rasmus Rooks	KSU	Long Jump
Tyler Riberdy	KSU	Triple Jump
Houston Ward	Lip	Shot Put
Cornell Sneed	ETSU	Weight Throw
Matt Deery	Lip	Heptathlon

2011

First Team

Rashad Campbell	Cam	60m
Rashad Campbell	Cam	200m
Mike Meissner	Upst	400m
Desmond Pierce	ETSU	800m
Cameron Dickerson	UNF	Mile
Will Pearce	UNF	3000m
Gilbert Kemboi	Upst	5000m
Michael James	ETSU	60H
Joshua James	KSU	4x400m
David Tansey	KSU	4x400m
Jemir Martinez	KSU	4x400m
James Verdi	KSU	4x400m
Cameron Dickerson	UNF	DMR
Aaron Tillman	UNF	DMR
James Post	UNF	DMR
Will Pearce	UNF	DMR
Cameron Zeman	KSU	High Jump
David Shepherd	UNF	Pole Vault
Diego Lawrence	Cam	Long Jump
Anjoun Armaly	KSU	Triple Jump
Jarrod Burton	ETSU	Shot Put
Joe Frye	Bel	Weight Throw
Jesse Aliaga-Jacob	ETSU	Heptathlon

Second Team

Diego Lawrence	Cam	60m
Diego Lawrence	Cam	200m
Robert Purcell	ETSU	400m
Gianni Catalano	KSU	800m
James Post	UNF	Mile
Gilbert Kemboi	Upst	3000m
Jaakko Nieminen	KSU	5000m
Kendall Parks	KSU	60H
Cameron Thomas	Upst	4x400m
Michael Johnson	Upst	4x400m
Matt Johnson	Upst	4x400m
Mike Meissner	Upst	4x400m
Josh Helton	Bel	DMR
Zach Gray	Bel	DMR
Erick Kigen	Bel	DMR
Marcus Bridger-Wilkinson	Bel	DMR
Perrish Goggins	Upst	High Jump
Adam Reed	KSU	Pole Vault
Robert Brunson	Cam	Long Jump
Ryan Beaver	ETSU	Triple Jump
Kenneth Sugishita	Upst	Shot Put
Jarrod Burton	ETSU	Weight Throw
Brian Graham	KSU	Heptathlon

Third Team

Cameron White	Cam	60m
Cameron White	Cam	200m
Tim O'Dell	ETSU	400m
James Post	UNF	800m
Jaakko Nieminen	KSU	Mile
Erick Kigen	Bel	3000m
Benjamin Ronoh	ETSU	5000m
Ben Wheeler	Upst	60H
Tim O'Dell	ETSU	4x400m
Ryan Jones	ETSU	4x400m
Desmond Pierce	ETSU	4x400m
Robert Purcell	ETSU	4x400m
Zach Berry	ETSU	DMR
Ryan Jones	ETSU	DMR
Desmond Pierce	ETSU	DMR
Landon Milhorn	ETSU	DMR
Adam Austin	Lip	High Jump
Noah Thompson	UNF	Pole Vault
Michael Lockhart	ETSU	Long Jump
Diego Lawrence	Cam	Triple Jump
Joe Frye	Bel	Shot Put
Kenneth Sugishita	Upst	Weight Throw
Adam Reed	KSU	Heptathlon

2010

First Team

Duronal Monal	ETSU	60m
Duronal Monal	ETSU	200m
Harold Sims	Cam	400m
Gianni Catalano	KSU	800m
Ryan Chastain	Lip	Mile
Gilbert Kemboi	Upst	3000m
Gilbert Kemboi	Upst	5000m
Adoniss Jones	Cam	60H
David Tansey	KSU	4x400m
Daniel Grass	KSU	4x400m
Jemir Martinez	KSU	4x400m
Ethan Kasson	KSU	4x400m
Isaiah Greer	Lip	DMR
Bobby Bassett	Lip	DMR
Andrew Jones	Lip	DMR
Ryan Chastain	Lip	DMR
Jerome McKinzie	KSU	High Jump
Matt Baum	ETSU	Pole Vault
Robert Brunson	Cam	Long Jump
Robert Brunson	Cam	Triple Jump
Joshua McNair	KSU	Shot Put
Joe Frye	Bel	Weight Throw
Nic Chernikow	ETSU	Heptathlon

Second Team

Quentin Greenlee	ETSU	60m
Quentin Greenlee	ETSU	200m
Ethan Kasson	KSU	400m
James Post	UNF	800m
Verelle Wyatt	Cam	Mile
Kenneth Rotich	ETSU	3000m
Kenneth Rotich	ETSU	5000m
Harold Sims	Cam	60H
Tim O'Dell	ETSU	4x400m
Michael James	ETSU	4x400m
Robert Purcell	ETSU	4x400m
Duronal Monal	ETSU	4x400m
Daniel Grass	KSU	DMR
David Tansey	KSU	DMR
Gianni Catalano	KSU	DMR
Piotr Witczak	KSU	DMR
Cameron Zeman	KSU	High Jump
Jordan Briggs	ETSU	Pole Vault
Diego Lawrence	Cam	Long Jump
Ryan Beaver	ETSU	Triple Jump
Joe Frye	Bel	Shot Put
Joshua McNair	KSU	Weight Throw
Jordan Briggs	ETSU	Heptathlon

Third Team

Travis Benton	KSU	60m
Travis Benton	KSU	200m
James Verdi	KSU	400m
Daniel Grass	KSU	800m
Will Pearce	UNF	Mile
Johnathan Esteban	UNF	3000m
Ryan Chastain	Lip	5000m
Kendall Parks	KSU	60H
Adoniss Jones	Cam	4x400m
Harold Sims	Cam	4x400m
Kelvonto Cooper	Cam	4x400m
Jeff Kiaves	Cam	4x400m
Benjamin Ronoh	ETSU	DMR
Zach Berry	ETSU	DMR
Manny Gonzales	ETSU	DMR
Kenneth Rotich	ETSU	DMR
Michael James	ETSU	High Jump
Aaron Chamblee	KSU	Pole Vault
Ryan Beaver	ETSU	Long Jump
Kendall Parks	KSU	Triple Jump
Casey Reynolds	KSU	Shot Put
Matt Allison	ETSU	Weight Throw
Matt Fiedler	Bel	Hepathlon

All-Conference Selections (Continued)

2009

First Team

Duronal Monal	ETSU	60m
Quentin Greenlee	ETSU	200m
Harold Sims	Cam	400m
Gianni Catalano	KSU	800m
Scott Burley	KSU	Mile
Benjamin Ronoh	ETSU	3000m
Benjamin Ronoh	ETSU	5000m
Adoniss Jones	Cam	60H
Adoniss Jones	Cam	4x400m
Marvin Gordon	Cam	4x400m
Orane White	Cam	4x400m
Harold Sims	Cam	4x400m
Daniel Grass	KSU	DMR
Joshua James	KSU	DMR
Gianni Catalano	KSU	DMR
Piotr Witczak	KSU	DMR
Jerome McKinzie	KSU	High Jump
Justin Crawford	Upst	Pole Vault
Josh Cloyd	ETSU	Long Jump
Josh Cloyd	ETSU	Triple Jump
Jarrod Burton	ETSU	Shot Put
Jarrod Burton	ETSU	Weight Throw
Nic Chernikow	ETSU	Heptathlon

Second Team

Greg Dunston	Cam	60m
Duronal Monal	ETSU	200m
Joshua James	KSU	400m
Hillary Cheruiyot	Bel	800m
Hillary Cheruiyot	Bel	Mile
Kenneth Rotich	ETSU	3000m
Kenneth Rotich	ETSU	5000m
Michael James	ETSU	60H
David Tansey	KSU	4x400m
Daniel Grass	KSU	4x400m
Joshua James	KSU	4x400m
James Verdi	KSU	4x400m
Terrence Maxwell	ETSU	DMR
Jeff Crane	ETSU	DMR
Manny Gonzalez	ETSU	DMR
J Penny	ETSU	DMR
Perrish Goggins	Upst	High Jump
Jordan Briggs	ETSU	Pole Vault
Harold Sims	Cam	Long Jump
Perrish Goggins	Upst	Triple Jump
Joshua McNair	KSU	Shot Put
Joshua McNair	KSU	Weight Throw
Casey Strickland	KSU	Heptathlon

Third Team

Kendall Parks	KSU	60m
Greg Dunston	Cam	200m
Quentin Greenlee	ETSU	400m
Daniel Grass	KSU	800m
Will Pearce	UNF	Mile
Scott Burley	KSU	3000m
Jordan Anderson	Bel	5000m
Kendall Parks	KSU	60H
Michael Knox	Lip	4x400m
Dustin Little	Lip	4x400m
Brock Lutes	Lip	4x400m
Chad Roberts	Lip	4x400m
Sam Parr	Bel	DMR
Ben MCGlothlin	Bel	DMR
Will Peters	Bel	DMR
Hillary Cheruiyot	Bel	DMR
Erik Ingle	KSU	High Jump
Drew Beamer	ETSU	Pole Vault
Robert Brunson	Cam	Long Jump
Kendall Parks	KSU	Triple Jump
Aymerick Kolokilagi	KSU	Shot Put
Aymerick Kolokilagi	KSU	Weight Throw
Jordan Briggs	ETSU	Heptathlon

2008

First Team

Greg Dunston	Cam	60m
Zachary Titman	ETSU	200m
Harold Sims	Cam	400m
Gianni Catalano	KSU	800m
Scott Burley	KSU	Mile
John Brigham	Bel	3000m
Kenneth Rotich	ETSU	5000m
Harold Sims	Cam	60H
Michael James	ETSU	4x400m
Josh Cloyd	ETSU	4x400m
Joshua Jaynes	ETSU	4x400m
James Verdi	ETSU	4x400m
Josh Thebeau	Bel	DMR
Stephen Register	Bel	DMR
Daniel Jones	Bel	DMR
Hllary Cheruiyot	Bel	DMR
Jerome McKinzie	KSU	High Jump
Elliott Haynie	GWU	Pole Vault
Sam Tilly	Cam	Long Jump
Sam Tilly	Cam	Triple Jump
Joshua McNair	KSU	Shot Put
Joshua McNair	KSU	Weight Throw
Elliott Haynie	GWU	Heptathlon

Second Team

Dobson Collins	GWU	60m
Antonio Logan	KSU	200m
Joshua James	KSU	400m
Colin Magut	Bel	800m
Colin Magut	Bel	Mile
Scott Burley	KSU	3000m
John Brigham	Bel	5000m
Dobson Collins	GWU	60H
Antonio Logan	KSU	4x400m
Gianni Catalano	KSU	4x400m
Joshua James	KSU	4x400m
James Verdi	KSU	4x400m
Piotr Witczak	KSU	DMR
James Verdi	KSU	DMR
Gianni Catalano	KSU	DMR
Nathan Hoskins	KSU	DMR
Jonathon Rucker	GWU	High Jump
Drew Beamer	ETSU	Pole Vault
Jake Didion	GWU	Long Jump
Jake Didion	GWU	Triple Jump
Jarrod Burton	ETSU	Shot Put
Jarrod Burton	ETSU	Weight Throw
Perrish Goggins	Upst	Heptathlon

Third Team

Sam Tilly	Cam	60m
Greg Dunston	Cam	200m
Josh Cloyd	ETSU	400m
Hillary Cheruiyot	Bel	800m
Timothy Israel	GWU	Mile
Peikko Solla	KSU	3000m
Jeff Crane	ETSU	5000m
Adoniss Jones	Cam	60H
Harold Sims	Cam	4x400m
Trevor Rogers	Cam	4x400m
Roger Newton	Cam	4x400m
Sam Tilly	Cam	4x400m
Kenneth Rotich	ETSU	DMR
Yordin Robinson	ETSU	DMR
Joshua Jaynes	ETSU	DMR
Jeff Crane	ETSU	DMR
Perrish Goggins	Upst	High Jump
Jeremy Longshore	GWU	Pole Vault
Josh Cloyd	ETSU	Long Jump
Josh Cloyd	ETSU	Triple Jump
Bryan Ames	Cam	Shot Put
Tyler Howell	Bel	Weight Throw
Casey Strickland	KSU	Heptathlon

2007

First Team

Channing Twyner	Bel	60m
Sam Tilly	Cam	200m
Chris Harrison	ETSU	400m
Erin Goodrum	GWU	800m
Hillary Cheruiyot	Bel	Mile
Colin Magut	Bel	3000m
John Brigham	Bel	5000m
Dobson Collins	GWU	60H
Clint Hamm	Bel	4x400m
Taylor Hart	Bel	4x400m
Stephen Register	Bel	4x400m
David Bergfeld	Bel	4x400m
Ben McGlothlin	Bel	DMR
Clint Hamm	Bel	DMR
Hillary Cheruiyot	Bel	DMR
Jacob Buckman	Bel	DMR
Jerome McKinzie	KSU	High Jump
Elliott Haynie	GWU	Pole Vault
Sam Tilly	Cam	Long Jump
Jake Didion	GWU	Triple Jump
Matt Knippen	GWU	Shot Put
Jarrod Burton	ETSU	Weight Throw
Michael Wright	ETSU	Heptathlon

Second Team

Johnny Tucker	ETSU	60m
Clint Hamm	Bel	200m
Harold Sims	Cam	400m
Hillary Cheruiyot	Bel	800m
Colin Magut	Bel	Mile
Peikko Solla	KSU	3000m
Verelle Taylor	Cam	5000m
Harold Sims	Cam	60H
Harold Sims	Cam	4x400m
Trevor Rogers	Cam	4x400m
Jeff Klaves	Cam	4x400m
Sam Tilly	Cam	4x400m
Joshua Hicks	ETSU	DMR
Joshua Rock	ETSU	DMR
David McDaniel	ETSU	DMR
Jeff Crane	ETSU	DMR
Michael Wright	ETSU	High Jump
Jeremy Longshore	GWU	Pole Vault
Jake Didion	GWU	Long Jump
Sam Tilly	Cam	Triple Jump
Dakota Cagle	ETSU	Shot Put
Cody MacArthor	GWU	Weight Throw
Elliott Haynie	GWU	Heptathlon

Third Team

Derek Carey	ETSU	60m
Johnny Tucker	ETSU	200m
Clint Hamm	Bel	400m
Matthew Auers	KSU	800m
Jacob Buckman	Bel	Mile
Fredrik Johansson	UNF	3000m
Michael Deren	ETSU	5000m
Devin Jones	KSU	60H
Tyler Woodruff	ETSU	4x400m
Nic Chernikow	ETSU	4x400m
Joshua Rock	ETSU	4x400m
Joshua Hicks	ETSU	4x400m
Geoff Lesch-Wragge	GWU	DMR
Paul Steinke	GWU	DMR
Erin Goodrum	GWU	DMR
Charlie Steinke	GWU	DMR
Logan Brelsford	Cam	High Jump
David Bernabei	Cam	Pole Vault
Harold Sims	Cam	Long Jump
Nate Stgrckland	ETSU	Triple Jump
Jarrod Burton	ETSU	Shot Put
Joshua McNair	KSU	Weight Throw
Nicholas Chernikow	ETSU	Heptathlon

All-Conference Selections (Continued)

2006

First Team

James Rainer	ETSU	60m
James Rainer	ETSU	200m
Stephen Register	Bel	400m
Joshua Hicks	ETSU	800m
Tim Israel	GWU	Mile
Jeff Crane	ETSU	3000m
Jason Waters	KSU	5000m
Devin Jones	KSU	60H
Uchenna Emejulu	KSU	4x400m
Ben Gray	KSU	4x400m
David Shields	KSU	4x400m
Mark Deroux	KSU	4x400m
Joshua Hicks	ETSU	DMR
Joshua Rock	ETSU	DMR
David McDaniel	ETSU	DMR
Jeff Crane	ETSU	DMR
Michael Estes	ETSU	High Jump
Jeremy Longshore	GWU	Pole Valut
Lincoln Gordon	Cam	Long Jump
Lincoln Gordon	Cam	Triple Jump
Matt Knippen	GWU	Shot Put
Matt Knippen	GWU	Weight Throw
Michael Wright	ETSU	Heptathlon

Second Team

Greg Dunston	Cam	60m
Lincoln Gordon	Cam	200m
Joshua Rock	ETSU	400m
Scott Phillips	KSU	800m
Joseph Mutai	KSU	Mile
Jason Waters	KSU	3000m
Jeff Crane	ETSU	5000m
Michael Wright	ETSU	60H
Tyler Woodruff	ETSU	4x400m
Joshua Rock	ETSU	4x400m
David McDaniel	ETSU	4x400m
Joshua Hicks	ETSU	4x400m
Joseph Mutai	KSU	DMR
Devin Jones	KSU	DMR
Matthew Coy	KSU	DMR
Lukasz Skryzypiec	KSU	DMR
Michael Wright	ETSU	High Jump
David Bernabei	Cam	Pole Vault
Sam Tilly	Cam	Long Jump
Sam Tilly	Cam	Triple Jump
Michael Buckshaw	GWU	Shot Put
Guy Hornsby	ETSU	Weight Throw
David Shields	KSU	Heptathlon

Thrid Team

Kevin Prime	GWU	60m
Kevin Prime	GWU	200m
Clint Hamm	Bel	400m
Geoff Lesch-Wragge	GWU	800m
Lukasz Skrzypiec	KSU	Mile
Caleb Swartz	Bel	3000m
Daniel Gromley	KSU	5000m
Dobson Collins	GWU	60H
Sam Tilly	Cam	4x400m
Brant Murry	Cam	4x400m
Chris Dutery	Cam	4x400m
Lincoln Gordon	Cam	4x400m
Geoff Lesch-Wragge	GWU	DMR
Dekorda Jackson	GWU	DMR
Erin Goodrum	GWU	DMR
Alex Nimmo	GWU	DMR
Logan Brelsford	Cam	High Jump
Elliott Haynie	GWU	Pole Vault
Michael Wright	ETSU	Long Jump
Logan Brelsford	Cam	Triple Jump
Ra Don Bain	Cam	Shot Put
Cody MacArthur	GWU	Weight Throw
David Bernabei	Cam	
Heptathlon		

Award Winners

Most Valuable Performer

2012	Jadon Short	ETSU
2011	Diego Lawrence	Cam
2010	Duronal Monal	ETSU
2009	Harold Sims	Cam

Most Outstanding Track Performer

2012	Gilbert Kemboi	Upst
2011	Rashad Campbell	Cam
2010	Duronal Monal	ETSU
2009	Benjamin Ronoh	ETSU
2008	Harold Sims	Cam
2007	Hillary Cheruiyot	Bel
	Michael Wright	ETSU
2006	James Rainer	ETSU

Most Outstanding Field Performer

2012	Kenneth Sugishita	Upst
2011	Jarrod Burton	ETSU
2010	Robert Brunson	Cam
2009	Perrish Goggins	Upst
2008	Sam Tilly	Cam
2007	Jake Didion	GWU
2006	Lincoln Gordon	Cam

Most Outstanding Freshman Performer

2012	Jadon Short	ETSU
2011	Erick Kigen	Bel
2010	Gilbert Kemboi	Upst
2009	Kendall Parks	KSU
2008	Perrish Goggins	Upst
2007	Hillary Cheruiyot	Bel
2006	David Bernabei	Cam

Scholar-Athlete of the Year

2012	Gilbert Kemboi	Upst

Coach-of-the-Year

2012	Andy Eggerth	KSU
2011	Dave Walker	ETSU
2010	Don McGarey	KSU
2009	Dave Walker	ETSU
2008	Don McGarey	KSU
2007	Dave Walker	ETSU
2006	Dave Walker	ETSU

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

--2012--

Track		
12/7	Reginald Lewis	KSU
1/18	Tucker Peabody	Lip
1/25	James Post	UNF
2/1	Gilbert Kemboi	Upst
2/8	Davey Dennison	Upst
2/15	Tucker Peabody	Lip
Field		
12/7	Kenneth Sugishita	Upst
1/18	Jadon Short	ETSU
1/25	K'vonte Scott	ETSU
2/1	David Shepherd	UNF
2/8	Perrish Goggins	Upst
2/15	Kenneth Sugishita	Upst

--2011--

Track		
12/8	Mike James	ETSU
1/12	Jaakko Nieminen	KSU
1/26	Ifrish Alberg	ETSU
2/2	James Post	UNF
2/9	Gilbert Kemboi	Upst
2/16	Tucker Peabody	Lip
Field		
12/8	Joe Frye	Bel
1/12	Anjoun Armaly	KSU
1/26	Jarrod Burton	ETSU
2/2	Ryan Beaver	ETSU
2/9	Jarrod Burton	ETSU
2/16	Joe Frye	Bel

--2010--

Track		
12/5	Mike James	ETSU
1/13	Duronal Monal	ETSU
1/27	Gilbert Kemboi	Upst
2/3	Kenneth Rotich	ETSU
2/10	Ryan Chastain	Lip
2/17	Tremaine Grant	KSU
2/24	Duronal Monal	ETSU
Field		
12/5	Joe Frye	Bel
1/13	Ryan Beaver	ETSU
1/27	Joshua McNair	KSU
2/3	Jerome McKinzie	KSU
2/10	Eric Chapman	Upst
2/17	Joe Frye	Bel
2/24	Joe Frye	Bel

--2009--

1/14	Jerome McKinzie	KSU
1/21	Quentin Greenlee	ETSU
1/28	Greg Dunston	Cam
2/4	Gianni Catalano	KSU
2/11	Josh Cloyd	ETSU
2/18	Gianni Catalano	KSU

--2008--

1/16	Elliott Haynie	GWU
1/23	Elliott Haynie	GWU
1/30	Jerome McKinzie	KSU
2/6	Jarrod Burton	ETSU
2/13	Dobson Gollins	GWU
2/20	Kenneth Rotich	ETSU
2/27	Joe Frye	Bel

--2007--

1/10	Will Peters	Bel
1/17	Sam Tilly	Cam
1/24	Channing Twyner	Bel
1/31	Jarrod Burton	ETSU
2/7	Jarrod Burton	ETSU
2/14	Bryan Ames	Cam

--2007--

12/14	Jeremy Longshore	GWU
1/11	Seth Jones	Bel
1/18	Lincoln Gordon	Cam
1/25	James Rainer	ETSU
2/1	Lincoln Gordon	Cam
2/8	Lincoln Gordon	Cam

By Individual:

Joe Frye	Bel	6
Jarrod Burton	ETSU	5
Lincoln Gordon	Cam	3
Jerome McKinzie	KSU	3
Tucker Peabody	Lip	3
Ryan Beaver	ETSU	2
Gianni Catalano	KSU	2
Elliot Haynie	GWU	2
Mike James	ETSU	2
Gilbert Kemboi	Upst	2
Duronal Monal	ETSU	2
James Post	UNF	2
Kenneth Rotich	ETSU	2
Kenneth Sugishita	Upst	2
Ifrish Alberg	ETSU	1
Bryan Ames	Cam	1
Anjoun Armaly	KSU	1
Eric Chapman	Upst	1
Ryan Chastain	Lip	1
Josh Cloyd	ETSU	1
Davey Dennison	Upst	1
Greg Dunston	Cam	1
Dobson Gollins	GWU	1
Perrish Goggins	Upst	1
Tremaine Grant	KSU	1
Quentin Greenlee	ETSU	1
Seth Jones	Bel	1
Gilbert Kemboi	Upst	1
Reginald Lewis	KSU	1
Jeremy Longshore	GWU	1
Joshua McNair	KSU	1
Jaakko Nieminen	KSU	1
Will Peters	Bel	1
James Rainer	ETSU	1
K'vonte Scott	ETSU	1
David Shepherd	UNF	1
Jadon Short	ETSU	1
Sam Tilly	Cam	1
Channing Twyner	Bel	1

By Team (Current Members):

ETSU	19
Kennesaw State	10
USC Upstate	8
Lipscomb	4
North Florida	3

By Team (Former Members):

Belmont	9
Campbell	6
Gardner-Webb	4

NCAA Championship

Appearances

2006	None	
2007	None	
2008	Elliott Hayne, Gardner-Webb	PV
2009	None	
2010	Jerome McKinzie, Kennesaw State	HJ
2011	None	
2012	None	

Top Finish

Pole Vault

Elliott Haynie	Gardner-Webb	2008	10th

High Jump

Jerome McKinzie	Kennesaw State	2010	17th

Records

Pole Vault

1.	Elliott Haynie	Gardner-Webb	2008	5.20

High Jump

1.	Jerome McKinzie	Kennesaw State	2010	2.09

Academic All-Conference

--2012--

Tyler Newkirk	Belmont
Justin Burton	ETSU
Cornell Sneed	ETSU
Ryan Burruss	Kennesaw State
Brian Graham	Kennesaw State
Cole Jackob	Kennesaw State
Isaiah Greer	Lipscomb
Geoff Musick	Lipscomb
Tucker Peabody	Lipscomb
Logan Ray	Lipscomb
Sean White	North Florida
Gilbert Kemboi	USC Upstate
Ross Oden	USC Upstate