



Year-by-Year Summary

Year	Date	Site	Host	Champion	Score	Runner-up	Score	Most Valuable Performer
2012	2/17-18	Johnson City, Tenn.	ETSU	Jacksonville	164	Kennesaw State	143	Brianna Frazier, North Florida
2011	2/18-19	Johnson City, Tenn.	ETSU	Jacksonville	219	North Florida	154	Charlene Charles, Jacksonville
2010	2/26-27	Johnson City, Tenn.	ETSU	Jacksonville	211	Kennesaw State	154	Charlene Charles, Jacksonville
2009	2/20-21	Johnson City, Tenn.	ETSU	Jacksonville	171	Kennesaw State	109	Natasha Harvey, Jacksonville
2008	2/29-3/1	Johnson City, Tenn.	ETSU	Jacksonville	157	Belmont	83	E. Tangwar, Upst (Track) / N. Harvey, JU (Field)
2007	2/16-17	Johnson City, Tenn.	ETSU	Jacksonville	150	Belmont / ETSU	81	A. Valtin, Cam (Track) / J. Ocana, JU (Field)
2006	2/17-18	Johnson City, Tenn.	ETSU	Jacksonville	133	Florida Atlantic	119	J. Ocana, JU (Track) / S. McClinton, JU (Field)

TEAM CHAMPIONSHIP TOTALS: Jacksonville (7)

Year-by-Year Results

Year	Champion	Score
2012 (Johnson City, Tenn.)	1. Jacksonville	164
	2. Kennesaw State	143
	3. North Florida	136
	4. ETSU	107
	5. USC Upstate	51
	6. Lipscomb	40
	7. Belmont	20
2011 (Johnson City, Tenn.)	1. Jacksonville	219
	2. North Florida	154
	3. Kennesaw State	99
	4. ETSU	72
	5. Lipscomb	53
	6. Campbell	41
	7. USC Upstate	15
	8. Belmont	10
2010 (Johnson City, Tenn.)	1. Jacksonville	211
	2. Kennesaw State	154
	3. North Florida	98
	4. Campbell	62.5
	5. ETSU	45
	6. USC Upstate	39.5
	7. Belmont	34
	8. Lipscomb	18
2009 (Johnson City, Tenn.)	1. Jacksonville	171
	2. Kennesaw State	109
	3. ETSU	84
	4. Belmont	48
	5. North Florida	43
	6. Campbell	39
	7. USC Upstate	28
	8. Lipscomb	4
2008 (Johnson City, Tenn.)	1. Jacksonville	157
	2. Belmont	83
	3. North Florida	59
	4. GWU	56
	5. ETSU	52
	6. Kennesaw State	47
	7. Campbell	38
	8. USC Upstate	30
	9. Lipscomb	4
2007 (Johnson City, Tenn.)	1. Jacksonville	150
	2. Belmont	81
	3. ETSU	81
	4. Gardner-Webb	60
	5. North Florida	59.5
	5. Campbell	59.5
	7. Kennesaw State	20
	8. Lipscomb	13

Year	Champion	Score
2006 (Johnson City, Tenn.)	1. Jacksonville	133
	2. Florida Atlantic	119
	3. Gardner-Webb	63.33
	4. Kennesaw State	60.67
	5. Campbell	48
	6. ETSU	37
	7. Belmont	33
	8. Lipscomb	16
	North Florida	16

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

Event	Year	Champion	Score
60-Meter Dash	2007	JU Janita Ocana	7.53
	2006	JU Janita Ocana	7.53
	2012	JU Courtney Walker	7.54
	2009	JU Natasha Harvey	7.54
	2006	JU Janita Ocana	7.54H
	2010	JU Louise Kiernan	7.55
	2012	UNF Brianna Frazier	7.56H
	2009	ETSU Judy Johnson	7.57
	2008	ETSU Judy Johnson	7.58H
	2011	JU Louise Kiernan	7.59
200-Meter Dash	2008	Bel Lynette Rives	23.97
	2012	UNF Brianna Frazier	24.12
	2011	UNF Brianna Frazier	24.13
	2009	ETSU Judy Johnson	24.13
	2010	JU Louise Kiernan	24.16
	2011	JU Louise Kiernan	24.19
	2007	JU Janita Ocana	24.21
	2008	ETSU Judy Johnson	24.30
	2007	Bel Lynette Rives	24.38
	2012	JU Courtney Walker	24.41
400-Meter Dash	2012	UNF Brianna Frazier	53.79
	2011	UNF Brianna Frazier	54.26
	2011	JU Unique Singleton	55.09
	2011	JU Danielle Davenport	55.43
	2007	JU Janel Grooms	55.69
	2010	JU Danielle Davenport	55.73
	2008	JU Unique Singleton	55.73
	2009	JU Unique Singleton	55.91
	2011	ETSU Jasmine Ingram	55.99
	2006	Bel Lynette Rives	56.21
800-Meter Run	2006	FAU Raynell Hagberg	2:11.61
	2012	JU Bienna Freeman	2:14.36
	2010	JU Joane Pierre	2:14.66
	2011	JU Joane Pierre	2:15.24
	2012	ETSU Anja Clausnitzer	2:15.29
	2011	JU Bienna Freeman	2:15.70
	2010	UNF Kayla Conrad	2:15.86
	2010	JU Alison Ritter	2:16.02
	2012	JU Joane Pierre	2:16.53
	2011	Lip Dani Walker	2:16.93
Mile Run	2009	ETSU Heidi Dahl	4:39.39
	2012	JU Joane Pierre	4:56.43
	2006	FAU Raynell Hagberg	4:56.63
	2012	Lip Kendra Lobley	4:57.31
	2009	JU Alyssa Deal	4:59.75
	2012	Lip Dani Walker	5:01.31
	2011	JU Joane Pierre	5:02.17
	2006	Cam Tara Dressler	5:02.46
	2012	UNF Erin Nixon	5:03.27
	2010	JU Joane Pierre	5:03.63

Event	Year	Champion	Score
3,000-Meter Run	2012	UNF Erin Nixon	9:51.29
	2006	Cam Tara Dressler	9:51.97
	2006	KSU Patrina Hayes	9:52.44
	2007	Bel Lauren Williams	9:52.64
	2007	Cam Alicia Valtin	9:53.87
	2011	KSU Mackenzie Howe	9:53.94
	2012	Upst Jemeli Sang	9:54.12
	2011	UNF Shelby Kittrell	9:55.35
	2012	UNF Carolyne Chelulei	9:55.73
	2011	UNF Erin Nixon	9:56.81
5,000-Meter Run	2011	KSU Mackenzie Howe	16:54.97
	2011	UNF Shelby Kittrell	16:56.48
	2006	KSU Patrina Hayes	17:14.19
	2010	UNF Shelby Kittrell	17:15.09
	2012	Upst Joan Tangwar	17:18.40
	2012	Upst Jemeli Sang	17:19.19
	2012	Upst Carolyne Chelulei	17:26.74
	2010	Upst Carolyne Chelulei	17:26.83
	2010	KSU Mackenzie Howe	17:27.62
	2009	Upst Emily Tangwar	17:32.95
60-Meter Hurdles	2012	ETSU Demeteria Edgecombe	8.53
	2012	JU Stacey Young	8.54
	2009	JU Natasha Harvey	8.55
	2009	JU Natasha Harvey	8.55H
	2012	ETSU Demeteria Edgecombe	8.59H
	2006	FAU Yanique Booth	8.60
	2012	JU Shanique Walker	8.61H
	2006	FAU Yanique Booth	8.63H
	2012	JU Stacey Young	8.67H
	2012	JU Shanique Walker	8.68
Shot Put	10	JU Hillary Crook	46-10.25 14.28
	11	JU Hillary Crook	46-04.00 14.12
	09	JU Ronnisha Hall	45-10.75 13.99
	11	JU Ronnisha Hall	45-01.00 13.74
	08	JU Hillary Crook	44-09.75 13.66
	12	KSU Gwennetta Jones	44-02.50 13.47
	12	JU Akeela Bravo	43-06.00 13.26
	12	ETSU Jasmine Foster	43-04.50 13.22
	11	ETSU Jasmine Foster	43-02.50 13.17
	11	JU Akeela Bravo	43-00.50 13.12
Weight Throw	11	JU Ronnisha Hall	62-02.50 18.96
	09	JU Ronnisha Hall	59-11.00 18.26
	12	KSU Suzee Mills	59-03.50 18.07
	11	Cam Jessica Dunston	58-09.25 17.91
	09	KSU Jessica Lumpkin	57-09.75 17.62
	10	ETSU Zachlynn Blackburn	56-02.50 17.13
	12	KSU Gwennetta Jones	55-00.75 16.78
	11	KSU Suzee Mills	54-08.75 16.68
	11	KSU Chiquita Hawthorne	53-11.75 16.45
	12	KSU Shannon Hooper	53-07.00 16.33
	KSU Jessica Lumpkin	53-07.00 16.33	



Championship Meet Records

Pole Vault		Yr	ft-inch	meters	
1.	Michelle Quimby	KSU	12	12-02.00	3.71
	Christina King	UNF	12	12-02.00	3.71
3.	Christina King	UNF	11	12-01.50	3.70
4.	Christa Coppin	Bel	08	11-11.75	3.65
5.	Michelle Quimby	KSU	11	11-07.75	3.55
	Christina King	UNF	10	11-07.75	3.55
7.	Caleigh Boyington	UNF	12	11-05.75	3.50
	Kelly Bridges	GWU	08	11-05.75	3.50
	Carrie Long	GWU	08	11-05.75	3.50
10.	Caleigh Boyington	UNF	11	11-01.75	3.40
	Michelle Quimby	KSU	10	11-01.75	3.40

Long Jump		Yr	ft-inch	meters	
1.	Natasha Harvey	JU	09	21-08.00	6.60
2.	Natasha Harvey	JU	08	21-05.25	6.53
3.	Shaquania Lundy	JU	08	21-04.75	6.52
4.	Charlene Charles	JU	10	19-08.00	5.99
5.	Janita Ocana	JU	07	19-06.75	5.96
6.	Natasha Harvey	JU	07	19-05.50	5.93
	Lynette Rives	Bel	08	19-05.50	5.93
8.	Suzzette Van-Lare	KSU	10	19-05.25	5.92
9.	Jasmine Jackson	UNF	11	19-04.00	5.89
	Silvienne Krosendijik	Cam	08	19-04.00	5.89

Triple Jump		Yr	ft-inch	meters	
1.	Natasha Harvey	JU	08	40-03.25	12.27
2.	Natasha Harvey	JU	09	40-00.50	12.20
3.	Lexie Burley	ETSU	12	40-00.00	12.19
4.	Nadia Natt	Cam	11	39-09.25	12.12
5.	Nadia Natt	Cam	10	39-08.75	12.11
6.	Shanique Walker	JU	12	39-08.00	12.09
7.	Shaquania Lundy	JU	08	39-05.00	12.01
8.	Kelly Montealeone	ETSU	12	39-03.25	11.97
9.	Brianna Frazier	UNF	12	38-11.75	11.88
	Jill Arthur	KSU	09	38-11.75	11.88

High Jump		Yr	ft-inch	meters	
1.	Jakia Ragland	KSU	09	5-08.00	1.73
	Amy Stroder	UNF	08	5-08.00	1.73
3.	Anna Ricciardi	ETSU	06	5-07.75	1.72
4.	Christie Leverette	KSU	12	5-07.00	1.70
	Michelle Quimby	KSU	12	5-07.00	1.70
6.	Elise Trexler	UNF	10	5-06.00	1.68
	Jakia Ragland	KSU	10	5-06.00	1.68
	Michelle Quimby	KSU	10	5-06.00	1.68
	Elizabeth Mize	Cam	10	5-06.00	1.68
	Jocelya Webb	Cam	09	5-06.00	1.68
	Elizabeth Mize	Cam	09	5-06.00	1.68
	Elise Trexler	UNF	09	5-06.00	1.68
	Elise Trexler	UNF	08	5-06.00	1.68

4 x 400 Meter Relay		Yr	Time
1.	Jacksonville	2011	3:45.14
	Davenport, Freeman, Vogler, Singleton		
2.	ETSU	2009	3:46.38
	Johnson, Ingram, Dahl, Audia		
3.	UNF	2012	3:46.67
	Calcote, Rivera, Supal, Frazier		
4.	Jacksonville	2012	3:46.92
	S. Walker, Campbell, Payne, C. Walker		
5.	Jacksonville	2009	3:47.22
	Brown, Rolle, Singleton, Davenport		
6.	Belmont	2008	3:47.34
	Pollock, Turner, Fortune, Rives		
7.	Belmont	2007	3:49.44
	Pollock, Turner, Rives, Giles		
8.	Campbell	2009	3:49.83
	John, Kinlaw, Anderson, Duncan		
9.	Kennesaw State	2012	3:50.68
	Daniels, Robinson, Boswell, Davis		
10.	UNF	2011	3:51.20
	Calcote, Supal, Rivera, Frazier		

Distance Medley Relay		Yr	Time
1.	Jacksonville	2012	11:47.90
	Freeman, Payne, Vogler, Pierre		
2.	Lipscomb	2011	11:52.93
	Twigg, Stephens, Bunker, Walker		
3.	Jacksonville	2011	11:52.94
	Freeman, Singleton, Vogler, Pierre		
4.	UNF	2012	11:57.77
	Valdes, Calcote, Brandt, Baker		
5.	Lipscomb	2012	12:03.59
	Lobley, Thompson, Bunker, Walker		
6.	Jacksonville	2009	12:03.73
	Ritter, Brown, Vogler, Deal		
7.	FAU	2006	12:07.78
	Dutko, Glover, Saridakis, Hagbertg		
8.	Jacksonville	2010	12:14.57
	Klungtveit, Singleton, Vogler, Pierre		
9.	UNF	2010	12:15.95
	Baumann, James, Conrad, Ragland		
10.	Belmont	2009	12:18.12
	Muldowney, Turner, Sephel, Roy		

Pentathlon		Yr	Score	
1.	Naomi Mack	KSU	2012	3871
2.	Katerina Vodova	ETSU	2012	3707
3.	Charlene Charles	JU	2011	3670
4.	Stacey Young	JU	2010	3490
5.	Christie Leverette	KSU	2010	3458
6.	Christie Leverette	KSU	2012	3449
7.	Tiffany Bromfield	JU	2009	3437
8.	Taylor Story	ETSU	2012	3436
9.	Charlene Charles	JU	2010	3431
10.	Victoria Argus	GWU	2008	3415

Pentathlon Superlatives		Yr	Score	
60-Meter Hurdles				
	Charlene Charles	JU	2010	8.61
High Jump				
	Charlene Charles	JU	2011	1.72m
Shot Put				
	Tiffany Bromfield	JU	2010	12.52m
Long Jump				
	Charlene Charles	JU	2010	6.01m
800-Meter Run				
	Naomi Mack	KSU	2012	2:21.85

Annual Event Winners

60-Meter Dash		Yr	Time
2006	Janita Ocana	Jacksonville	7.53
2007	Janita Ocana	Jacksonville	7.53
2008	Judy Johnson	ETSU	7.65
2009	Natasha Harvey	Jacksonville	7.54
2010	Louise Kiernan	Jacksonville	7.55
2011	Louise Kiernan	Jacksonville	7.59
2012	Courtney Walker	Jacksonville	7.54

60-Meter Hurdles		Yr	Time
2006	Yanique Booth	FAU	8.60
2007	Natasha Harvey	Jacksonville	8.76
2008	Natasha Harvey	Jacksonville	8.68
2009	Natasha Harvey	Jacksonville	8.55
2010	Stacey Young	Jacksonville	8.69
2011	Stacey Young	Jacksonville	8.70
2012	Demeteria Edgecombe	ETSU	8.53

200-Meter Dash		Yr	Time
2006	Janita Ocana	Jacksonville	24.60
2007	Janita Ocana	Jacksonville	24.21
2008	Lynette Rives	Belmont	23.97
2009	Judy Johnson	ETSU	24.14
2010	Louise Kiernan	Jacksonville	24.16
2011	Brianna Frazier	UNF	24.13
2012	Brianna Frazier	UNF	24.12

400-Meter Run		Yr	Time
2006	Lynette Rives	Belmont	56.21
2007	Janel Grooms	Jacksonville	55.69
2008	Unique Singleton	Jacksonville	55.73
2009	Unique Singleton	Jacksonville	55.91
2010	Danielle Davenport	Jacksonville	55.73
2011	Brianna Frazier	UNF	54.26
2012	Brianna Frazier	UNF	53.79

800-Meter Run		Yr	Time
2006	Raynell Hagberg	FAU	2:11.61
2007	Katherine Warden	Garnder-Webb	2:17.55
2008	Anastasia Fokina	Jacksonville	2:21.23
2009	Amalia Vogler	Jacksonville	2:17.21
2010	Joane Pierre	Jacksonville	2:14.66
2011	Joane Pierre	Jacksonville	2:15.24
2012	Bienna Freeman	Jacksonville	2:14.36

1-Mile Run		Yr	Time
2006	Raynell Hagberg	FAU	4:56.63
2007	Alicia Valtin	Campbell	5:06.30
2008	Emily Tangwar	USC Upstate	5:16.60
2009	Heidi Dahl	ETSU	4:39.39
2010	Joane Pierre	Jacksonville	5:03.63
2011	Joane Pierre	Jacksonville	5:02.17
2012	Joane Pierre	Jacksonville	4:56.43

3,000-Meter Run		Yr	Time
2006	Tara Dressler	Campbell	9:51.97
2007	Lauren Williams	Belmont	9:52.64
2008	Emily Tangwar	USC Upstate	10:10.30
2009	Mackenzie Howe	Kennesaw State	10:10.47
2010	Carolyne Chelulei	USC Upstate	10:03.02
2011	Mackenzie Howe	Kennesaw State	9:53.94
2012	Erin Nixon	UNF	9:51.29

5,000-Meter Run		Yr	Time
2006	Patrina Hayes	Kennesaw State	17:14.19
2007	Alicia Valtin	Campbell	17:50.92
2008	Emily Tangwar	USC Upstate	17:43.38
2009	Emily Tangwar	USC Upstate	17:32.95
2010	Shelby Kittrell	UNF	17:15.09
2011	Mackenzie Howe	Kennesaw State	16:54.97
2012	Joan Tangwar	USC Upstate	17:18.40

4x400-Meter Relay		Yr	Time
2006	Jacksonville		3:53.86
	Clark, Grooms, Ocana, Williams		
2007	Belmont		3:49.44
	Pollock, Turner, Rives, Giles		
2008	Belmont		3:47.34
	Pollock, Turner, Fortune, Rives		
2009	ETSU		3:46.38
	Johnson, Ingram, Dahl, Audia		
2010	UNF		3:51.61



Annual Event Winners (Continued)

2011	Calcote, Conrad, Anderson, James Jacksonville	3:45.14
2012	Davenport, Freeman, Vogler, Singleton UNF Calcote, Rivera, Supal, Frazier	3:46.67

Distance Medley Relay

2006	FAU Dutko, Clark, Saridakis, Hagberg Jacksonville	12:07.78
2007	Ritter, Ocana, Saxton, Deal Belmont	12:19.52
2008	Thune, Green, Schlarman, Weaver Jacksonville	12:21.75
2009	Ritter, Brown, Vogler, Deal Jacksonville	12:03.73
2010	Klungtveit, Singleton, Vogler, Pierre Lipscomb	12:14.57
2011	Twigg, Stephens, Bunker, Walker Jacksonville	11:52.93
2012	Freeman, Payne, Vogler, Pierre	11:47.90

Shot Put

2006	Krystena Castro Elizabeth Maxwell	FAU Gardner-Webb	12.97 13.00
2008	Hillary Crook	Jacksonville	13.66
2009	Ronnisha Hall	Jacksonville	13.99
2010	Hillary Crook	Jacksonville	14.28
2011	Hillary Crook	Jacksonville	14.12
2012	Gwennetta Jones	Kennesaw State	13.47

Weight Throw

2006	Shunisha McClinton	Jacksonville	15.70
2007	Mecole Finch	Campbell	15.35
2008	Zachlynn Blackburn	ETSU	16.32
2009	Ronnisha Hall	Jacksonville	18.26
2010	Zachlynn Blackburn	ETSU	17.13
2011	Ronnisha Hall	Jacksonville	18.96
2012	Suzee Mills	Kennesaw State	18.07

Pole Vault

2006	Kelly Bridges	Gardner-Webb	3.20
2007	Kelly Bridges	Gardner-Webb	3.35
2008	Christa Coppin	Belmont	3.65
2009	Anne DelBovo	UNF	3.05
2010	Christina King	UNF	3.55
2011	Christina King	UNF	3.70
2012	Michelle Quimby	Kennesaw State	3.71

High Jump

2006	Anna Ricciardi	ETSU	1.72
2007	Anna Ricciardi	ETSU	1.67
2008	Amy Stroder	UNF	1.73
2009	Jakia Ragland	Kennesaw State	1.73
2010	Elise Trexler	UNF	1.68
2011	Charlene Charles	Jacksonville	1.65
2012	Christie Leverette	Kennesaw State	1.70

Long Jump

2006	Janita Ocana	Jacksonville	5.82
2007	Janita Ocana	Jacksonville	5.96
2008	Natasha Harvey	Jacksonville	6.53
2009	Natasha Harvey	Jacksonville	6.60
2010	Charlene Charles	Jacksonville	5.99
2011	Jasmine Jackson	UNF	5.89
2012	Charlene Charles	Jacksonville	5.81

Triple Jump

2006	Shantela Davis	Kennesaw State	11.13
2007	Shaquania Lundy	Jacksonville	11.52
2008	Natasha Harvey	Jacksonville	12.27
2009	Natasha Harvey	Jacksonville	12.20
2010	Nadia Natt	Campbell	12.11
2011	Nadia Natt	Campbell	12.12
2012	Lexie Burley	ETSU	12.19

Pentathlon

2006	Natasha Harvey	Jacksonville	3200
2007	Simone Clark	Jacksonville	3171
2008	Victoria Argus	Gardner-Webb	3415
2009	Tiffany Bromfield	Jacksonville	3437
2010	Stacey Young	Jacksonville	3490
2011	Charlene Charles	Jacksonville	3670
2012	Naomi Mack	Kennesaw State	3871

Multiple Winners (Event/Meet)

SUPERLATIVES**Four-Time Event Winners (0)****Three-Time Event Winners (4)**

Natasha Harvey, Jacksonville	60H 2007-09
Hillary Crook, Jacksonville	SP 2008, 2010-11
Amalia Vogler, Jacksonville	DMR 2009-10, 2012
Joane Pierre, Jacksonville	Mile 2010-12

Two-Time Event Winners (23)

Janita Ocana, Jacksonville	60m 2006-07
	200m 2006-07
	LJ 2006-07
Unique Singleton, Jacksonville	400m 2008-09
Emily Tangwar, USC Upstate	5000m 2008-09
Elizabeth Pollock, Belmont	4x400 2007-08
Khalia Turner, Belmont	4x400 2007-08
Lynette Rives, Belmont	4x400 2007-08
Allison Ritter, Jacksonville	DMR 2006, 2008
Allysa Deal, Jacksonville	DMR 2006, 2008
Kelly Bridges, Gardner-Webb	PV 2006-07
Anna Ricciardi, ETSU	HJ 2006-07
Natasha Harvey, Jacksonville	LJ 2008-09
	TJ 2008-09
Zachlynn Blackburn, ETSU	WT 2008, 2010
Mackenzie Howe, Kennesaw State	3000m 2009, 2011
Ronnisha Hall, Jacksonville	WT 2009, 2011
Louise Kiernan, Jacksonville	60m 2010-11
Stacey Young, Jacksonville	60H 2010-11
Joane Pierre, Jacksonville	800m 2010-11
	DMR 2010, 2012
Christina King, UNF	PV 2010-11
Nadia Natt, Campbell	TJ 2010-11
Jaybria Calcote, UNF	4x400 2010, 2012
Charlene Charles, JU	Long Jump 2010, 2012
Brianna Frazier, UNF	200m 2011-12
	400m 2011-12

Most Events Won by Single Individual at Meet

4 3 times	
2006 (1)	
Janita Ocana, Jacksonville	60m,; 200m; 4x400; LJ
2007 (1)	
Janita Ocana, Jacksonville	60m; 200m; DMR; LJ
2009 (1)	
Natasha Harvey, Jacksonville	60m; 60H; LJ; TJ

NCAA Championship

Appearances

2006	None		
2007	Natasha Harvey	Jacksonville	LJ
2008	Natasha Harvey	Jacksonville	LJ
	Shaquania Lundy	Jacksonville	LJ
2009	Heidi Dahl	ETSU	Mile
	Natasha Harvey	Jacksonville	LJ
2010	None		
2011	None		
2012	None		

Top Finish

Long Jump			
Natasha Harvey	Jacksonville		3rd

Mile Run			
Heidi Dahl	ETSU		11th (Prelim)

Records

Long Jump			
1. Natasha Harvey	Jacksonville	2008	6.60
2. Natasha Harvey	Jacksonville	2007	6.37
3. Natasha Harvey	Jacksonville	2009	6.34
4. Shaquania Lundy	Jacksonville	2008	6.01

Mile Run

1. Heidi Dahl	ETSU	2009	4:42.83
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All-Americans (USTFCCA)

2006	None		
2007	Natasha Harvey, Jacksonville		LJ
2008	Natasha Harvey, Jacksonville		LJ
2009	Heidi Dahl, ETSU		Mile
	Natasha Harvey, Jacksonville		LJ
2010	None		
2011	None		



All-Conference Selections

2012

First Team		
Courtney Walker	JU	60m
Brianna Frazier	UNF	200m
Brianna Frazier	UNF	400m
Bienna Freeman	JU	800m
Joane Pierre	JU	1 Mile
Erin Nixon	UNF	3000m
Joan Tangwar	Upst	5000m
Demeteria Edgcombe	ETSU	60H
Jaybria Calcote	UNF	4x400
Ava Rivera	UNF	4x400
Sharniece Supal	UNF	4x400
Brianna Frazier	UNF	4x400
Bienna Freeman	JU	DMR
Latonya Payne	JU	DMR
Amalia Vogler	JU	DMR
Joane Pierre	JU	DMR
Christie Leverette	KSU	High Jump
Michelle Quimby	KSU	Pole Vault
Charlene Charles	JU	Long Jump
Lexie Burley	ETSU	Triple Jump
Gwennetta Jones	KSU	Shot Put
Suzee Mills	KSU	Weight Throw
Naomi Mack	KSU	Pentathlon

Second Team

Emani Harrison	ETSU	60m
Courtney Walker	JU	200m
Kentrell White	KSU	400m
Anja Claussnitzer	ETSU	800m
Kendra Lobley	Lip	1 Mile
Jemeli Sang	Upst	3000m
Jemeli Sang	Upst	5000m
Stacey Young	JU	60H
Shanique Walker	JU	4x400
Shadaey Campbell	JU	4x400
Latonya Payne	JU	4x400
Courtney Walker	JU	4x400
Alessandra Valdes	UNF	DMR
Jaybria Calcote	UNF	DMR
Alyssa Brandt	UNF	DMR
Elle Baker	UNF	DMR
Michelle Quimby	KSU	High Jump
Christina King	UNF	Pole Vault
Courtney Walker	JU	Long Jump
Shanique Walker	JU	Triple Jump
Akeela Bravo	JU	Shot Put
Gwennetta Jones	KSU	Weight Throw
Katerina Vodova	ETSU	Pentathlon

Third Team

Alicia Whittle	KSU	60m
Kentrell White	KSU	200m
Jaybria Calcote	UNF	400m
Joane Pierre	JU	800m
Dani Walker	Lip	1 Mile
Carolynne Chelulei	Upst	3000m
Carolynne Chelulei	Upst	5000m
Shanique Walker	JU	60H
LaTia Daniels	KSU	4x400
Brittany Robinson	KSU	4x400
DeCoshia Boswell	KSU	4x400
Cynthia Davis	KSU	4x400
Kendra Lobley	Lip	DMR
Brenna Thompson	Lip	DMR
Katie Bunker	Lip	DMR
Dani Walker	Lip	DMR
Charlene Charles	JU	High Jump
Caleigh Boyington	UNF	Pole Vault
Katerina Vodova	ETSU	Long Jump
Kelly Monteleone	ETSU	Triple Jump
Jasmine Foster	ETSU	Shot Put
Shannon Hooper	KSU	Weight Throw
Christie Leverette	KSU	Pentathlon

2011

First Team		
Louise Kiernan	JU	60m
Brianna Frazier	UNF	200m
Brianna Frazier	UNF	400m
Joane Pierre	JU	800m
Joane Pierre	JU	1 Mile
Mackenzie Howe	KSU	3000m
Mackenzie Howe	KSU	5000m
Stacey Young	JU	60H
Danielle Davenport	JU	4x400
Bienna Freeman	JU	4x400
Amalia Vogler	JU	4x400
Unique Singleton	JU	4x400
Amanda Twigg	Lip	DMR
Sara Stephens	Lip	DMR
Katie Bunker	Lip	DMR
Dan Walker	Lip	DMR
Charlene Charles	JU	High Jump
Christina King	UNF	Pole Vault
Jasmine Jackson	UNF	Long Jump
Nadia Natt	Cam	Triple Jump
Hillary Crook	JU	Shot Put
Ronnisha Hall	JU	Weight Throw
Charlene Charles	JU	Pentathlon

Second Team

Emani Harrison	ETSU	60m
Louise Kiernan	JU	200m
Unique Singleton	JU	400m
Bienna Freeman	JU	800m
Erin Nixon	UNF	1 Mile
Shelby Kittrell	UNF	3000m
Shelby Kittrell	UNF	5000m
Charlene Charles	JU	60H
Jaybria Calcote	UNF	4x400
Sharniece Supal	UNF	4x400
Ava Rivera	UNF	4x400
Brianna Frazier	UNF	4x400
Bienna Freeman	JU	DMR
Unique Singleton	JU	DMR
Amalia Vogler	JU	DMR
Joane Pierre	JU	DMR
Caleigh Boyington	UNF	High Jump
Michelle Quimby	KSU	Pole Vault
Charlene Charles	JU	Long Jump
Lexie Burley	ETSU	Triple Jump
Ronnisha Hall	JU	Shot Put
Jessica Dunston	Cam	Weight Throw
Naomi Mack	KSU	Pentathlon

Third Team

Charlene Charles	JU	60m
Jasmine Ingram	ETSU	200m
Danielle Davenport	JU	400m
Dani Walker	Lip	800m
Dani Walker	Lip	1 Mile
Erin Nixon	UNF	3000m
Joan Tangwar	Upst	5000m
J'Zotta Rolle	JU	60H
Hannah Bowers	ETSU	4x400
Emma Bowers	ETSU	4x400
Ashton Bishop	ETSU	4x400
Jasmine Ingram	ETSU	4x400
Brooke Baumann	UNF	DMR
Sharniece Supal	UNF	DMR
Kayla Conrad	UNF	DMR
Erin Nixon	UNF	DMR
Sophia Abenchuchan	UNF	High Jump
Caleigh Boyington	UNF	Pole Vault
Courtney Kinlaw	Cam	Long Jump
Bethany Lender	ETSU	Triple Jump
Jasmine Foster	ETSU	Shot Put
Suzee Mills	KSU	Weight Throw
Alana Walker	JU	Pentathlon

2010

First Team		
Louise Kiernan	JU	60m
Louise Kiernan	JU	200m
Danielle Davenport	JU	400m
Joane Pierre	JU	800m
Joane Pierre	JU	1 Mile
Carolynne Chelulei	Upst	3000m
Shelby Kittrell	UNF	5000m
Stacey Young	JU	60H
Jaybria Calcote	UNF	4x400
Kayla Conrad	UNF	4x400
Charisma Anderson	UNF	4x400
SaLydia James	UNF	4x400
Susanne Klungtveit	JU	DMR
Unique Singleton	JU	DMR
Amalia Vogler	JU	DMR
Joane Pierre	JU	DMR
Elise Trexler	UNF	High Jump
Christian King	UNF	Pole Vault
Charlene Charles	JU	Long Jump
Nadia Natt	Cam	Triple Jump
Hillary Crook	JU	Shot Put
Zachlynn Blackburn	ETSU	Weight Throw
Stacey Young	JU	Pentathlon

Second Team

Charlene Charles	JU	60m
Unique Singleton	JU	200m
Jasmine Ingram	ETSU	400m
Kayla Conrad	UNF	800m
Alyssa Deal	JU	1 Mile
Mackenzie Howe	KSU	3000m
Carolynne Chelulei	Upst	5000m
Tiffany Bromfield	JU	60H
LaKeshia Stinson	KSU	4x400
Victoria Jackson	KSU	4x400
Shelby Hines	KSU	4x400
DeCoshia Boswell	KSU	4x400
Brooke Baumann	UNF	DMR
SaLydia James	UNF	DMR
Kayla Conrad	UNF	DMR
Laura Ragland	UNF	DMR
Jakia Ragland	KSU	High Jump
Michelle Quimby	KSU	Pole Vault
Suzzette Van-Lare	KSU	Long Jump
Jill Arthur	KSU	Triple Jump
Jessica Dunston	Cam	Shot Put
Jessica Lumpkin	KSU	Weight Throw
Christie Leverette	KSU	Pentathlon

Third Team

Courtney Kinlaw	Cam	60m
Danielle Davenport	JU	200m
Unique Singleton	JU	400m
Alison Ritter	JU	800m
Anastasia Fokina	JU	1 Mile
Brittany Thune	Bel	3000m
Mackenzie Howe	KSU	5000m
J'Zotta Rolle	JU	60H
Jasmine Ingram	ETSU	4x400
Rachel Bowers	ETSU	4x400
Hannah Audia	ETSU	4x400
Ashton Bishop	ETSU	4x400
Priya Pappu	Lip	DMR
Emily Longden	Lip	DMR
Sara Stephens	Lip	DMR
Amanda Twigg	Lip	DMR
Michelle Quimby	KSU	High Jump
Elizabeth Mize	Cam	High Jump
Teresa Smith	KSU	Pole Vault
Anne DelBovo	UNF	Pole Vault
Jill Arthur	KSU	Long Jump
Suzzette Van-Lare	KSU	Triple Jump
Chiquita Hawthorne	KSU	Shot Put
Jessica Dunston	Cam	Weight Throw
Charlene Charles	JU	Pentathlon



All-Conference (continued)

2009

First Team		
Natasha Harvey	JU	60m
Judy Johnson	ETSU	200m
Unique Singleton	JU	400m
Amalia Vogler	JU	800m
Heidi Dahl	ETSU	1 Mile
Mackenzie Howe	KSU	3000m
Emily Tangwar	Upst	5000m
Natasha Harvey	JU	60H
Judy Johnson	ETSU	4x400
Jasmine Ingram	ETSU	4x400
Heidi Dahl	ETSU	4x400
Hannah Audia	ETSU	4x400
Alison Ritter	JU	DMR
Stephanie Brown	JU	DMR
Amalia Vogler	JU	DMR
Alyssa Deal	JU	DMR
Jakia Ragland	KSU	High Jump
Anne DelBovo	UNF	Pole Vault
Natasha Harvey	JU	Long Jump
Natasha Harvey	JU	Triple Jump
Ronnisha Hall	JU	Shot Put
Ronnisha Hall	JU	Weight Throw
Tiffany Bromfield	JU	Pentathlon

Second Team

Judy Johnson	ETSU	60m
Lynette Rives	Bel	200m
Jasmine Ingram	ETSU	400m
Kayla Conrad	UNF	800m
Alyssa Deal	JU	1 Mile
Emily Tangwar	Upst	3000m
Mackenzie Howe	KSU	5000m
Elizabeth Pollock	Bel	60H
Stephanie Brown	JU	4x400
J'Zotta Rolle	JU	4x400
Unique Singleton	JU	4x400
Danielle Davenport	JU	4x400
Nicole Muldowney	Bel	DMR
Khalia Turner	Bel	DMR
Kara Sephel	Bel	DMR
Dominique Roy	Bel	DMR
Jocelya Webb	Cam	High Jump
Kacey Hightower	KSU	Pole Vault
Suzette Van-Lare	Cam	Long Jump
Jill Arthur	KSU	Triple Jump
Zachlynn Blackburn	ETSU	Shot Put
Jessica Lumpkin	KSU	Weight Throw
Stacey Young	JU	Pentathlon

Third Team

Louise Kiernan	JU	60m
Louise Kiernan	JU	200m
Elizabeth Pollock	Bel	400m
Dominique Roy	Bel	800m
Dominique Roy	Bel	1 Mile
Erin Sutton	KSU	3000m
Erin Sutton	KSU	5000m
Stacey Young	JU	60H
Desiree John	Cam	4x400
Courtney Kinlaw	Cam	4x400
Jen Anderson	Cam	4x400
Karlyn Duncan	Cam	4x400
Kristen Gibson	KSU	DMR
Soibhan Wolcott	KSU	DMR
Caitlin German	KSU	DMR
Brittany Robinson	KSU	DMR
Elizabeth Mize	Cam	High Jump
Morgan McCorkle	UNF	Pole Vault
Jill Arthur	KSU	Long Jump
Suzette Van-Lare	KSU	Triple Jump
Tiffany Bromfield	JU	Shot Put
Zachlynn Blackburn	ETSU	Weight Throw
Jessica Wilcox	KSU	Pentathlon

2008

First Team		
Judy Johnson	ETSU	60m
Lynette Rives	Bel	200m
Unique Singleton	JU	400m
Anastasia Fokina	JU	800m
Emily Tangwar	Upst	1 Mile
Emily Tangwar	Upst	3000m
Emily Tangwar	Upst	5000m
Natasha Harvey	JU	60H
Elizabeth Pollock	Bel	4x400
Khalia Turner	Bel	4x400
Quina Fortune	Bel	4x400
Lynette Rives	Bel	4x400
Brittany Thune	Bel	DMR
Britney Green	Bel	DMR
Mollie Schlarman	Bel	DMR
Lauren Weaver	Bel	DMR
Amy Stroder	UNF	High Jump
Christa Coppin	Bel	Pole Vault
Natasha Harvey	JU	Long Jump
Natasha Harvey	JU	Triple Jump
Hillary Crook	JU	Shot Put
Zachlynn Blackburn	ETSU	Weight Throw
Victoria Argus	GWU	Pentathlon

Second Team

Shaquania Lundy	JU	60m
Judy Johnson	ETSU	200m
Shantela Davis	KSU	400m
Evelyn Moore	UNF	800m
Brittany Thune	Bel	1 Mile
Amanda Davey	UNF	3000m
Amanda Davey	UNF	5000m
Simone Clark	JU	60H
Allison Salas	JU	4x400
Unique Singleton	JU	4x400
J'Zotta Rolle	JU	4x400
Danielle Davenport	JU	4x400
Anastasia Fokina	JU	DMR
Unique Singleton	JU	DMR
Alyssa Deal	JU	DMR
Alison Ritter	JU	DMR
Elise Trexler	UNF	High Jump
Kelly Bridges	GWU	Pole Vault
Shaquania Lundy	JU	Long Jump
Shaquania Lundy	JU	Triple Jump
Elizabeth Maxwell	GWU	Shot Put
Mecole Finch	Cam	Weight Throw
Simone Clark	JU	Pentathlon

Third Team

Natasha Harvey	JU	60m
Cagney Bailey	ETSU	200m
Khalia Turner	Bel	400m
Alison Ritter	JU	800m
Mollie Schlarman	Bel	1 Mile
Mackenzie Howe	KSU	3000m
Mackenzie Howe	KSU	5000m
Tiffany Bromfield	JU	60H
Desiree John	Cam	4x400
Shelly McLean	Cam	4x400
Jen Anderson	Cam	4x400
Karlyn Duncan	Cam	4x400
Caitlin German	KSU	DMR
Shantela Davis	KSU	DMR
Soibhan Wolcott	KSU	DMR
Kristen Gibson	KSU	DMR
Jocelya Webb	Cam	High Jump
Carrie Long	GWU	Pole Vault
Lynette Rives	Bel	Long Jump
Jill Arthur	KSU	Triple Jump
Caryn Daane	GWU	Shot Put
Elizabeth Maxwell	GWU	Weight Throw
Kayla Morgan	GWU	Pentathlon

2007

First Team		
Janita Ocana	JU	60m
Janita Ocana	JU	200m
Janel Grooms	JU	400m
Katherine Warden	GWU	800m
Alicia Valtin	Cam	1 Mile
Lauren Williams	Bel	3000m
Alicia Valtin	Cam	5000m
Natasha Harvey	JU	60H
Elizabeth Pollock	Bel	4x400
Khalia Turner	Bel	4x400
Lynette Rives	Bel	4x400
Jessica Giles	Bel	4x400
Alison Ritter	JU	DMR
Janita Ocana	JU	DMR
Tiffany Saxson	JU	DMR
Alyssa Deal	JU	DMR
Anna Marie Ricciardi	ETSU	High Jump
Kelly Bridges	GWU	Pole Vault
Janita Ocana	JU	Long Jump
Shaquania Lundy	JU	Triple Jump
Elizabeth Maxwell	GWU	Shot Put
Mecole Finch	Cam	Weight Throw
Simone Clark	JU	Pentathlon

Second Team

Lynette Rives	Bel	60m
Lynette Rives	Bel	200m
Shantela Davis	KSU	400m
Victoria Currie	ETSU	800m
Lauren Williams	Bel	1 Mile
Alicia Valtin	Cam	3000m
Susan Worden	Lip	5000m
Simone Clark	JU	60H
Jenny Knox	ETSU	4x400
Octavia Burgess	ETSU	4x400
Christin Zink	ETSU	4x400
Cagney Bailey	ETSU	4x400
Brittany Thune	Bel	DMR
Britney Green	Bel	DMR
Mollie Schlarman	Bel	DMR
Megan Saunders	Bel	DMR
Elise Trexler	UNF	High Jump
Christa Coppin	Bel	Pole Vault
Natasha Harvey	JU	Long Jump
Natasha Harvey	JU	Triple Jump
Brooke Berarducci	ETSU	Shot Put
Dedra Jones	ETSU	Weight Throw
Tiffany Bromfield	JU	Pentathlon

Third Team

Octavia Burgess	ETSU	60m
Jenny Knox	ETSU	200m
Elizabeth Pollock	ETSU	400m
Alyssa Deal	JU	800m
Alyssa Deal	JU	1 Mile
Amanda Davey	UNF	3000m
Amanda Davey	UNF	5000m
Elizabeth Pollock	Bel	60H
Lindsay Tafs	UNF	4x400
Golden Creavy	UNF	4x400
Emily Kohler	UNF	4x400
Amy Stroder	UNF	4x400
Hillary Adams	UNF	DMR
Lindsay Tafs	UNF	DMR
Golden Creavy	UNF	DMR
Amanda Davey	UNF	DMR
Elizabeth Mize	Cam	High Jump
Victoria Argus	GWU	Pole Vault
Silvienne Krosendijk	Cam	Long Jump
Kayla Morgan	GWU	Triple Jump
Hillary Crook	JU	Shot Put
Zachlynn Blackburn	ETSU	Weight Throw
Emelie Arvidsson	JU	Pentathlon



All-Conference (continued)

2006

First Team		
Janita Ocana	JU	60m
Janita Ocana	JU	200m
Lynette Rives	Bel	400m
Raynell Hagberg	FAU	800m
Raynell Hagberg	FAU	Mile
Tara Dressler	Cam	3000m
Patrina Hayes	KSU	5000m
Yanique Booth	FAU	60H
Simone Clark	JU	4x400
Janel Grooms	JU	4x400
Janita Ocana	JU	4x400
Ashley Williams	JU	4x400
Christina Dutko	FAU	DMR
Lindsay Glover	FAU	DMR
Artemis Saridakis	FAU	DMR
Raynell Hagberg	FAU	DMR
Anna Marie Ricciardi	ETSU	High Jump
Kelly Bridges	GWU	Pole Vault
Janita Ocana	JU	Long Jump
Shantela Davis	KSU	Triple Jump
Krystena Castro	FAU	Shot Put
Shunisha McClinton	JU	Weight Throw
Natasha Harvey	JU	Pentathlon

Second Team

Yanique Booth	FAU	60m
Lynette Rives	Bel	200m
Malika Clary	FAU	400m
Carlene McLean	GWU	800m
Tara Dressler	Cam	Mile
Patrina Hayes	KSU	3000m
Tara Dressler	Cam	5000m
Simone Clark	JU	60H
Brandi Prather	FAU	4x400
Lindsay Glover	FAU	4x400
Marilyn Stephens	FAU	4x400
Malika Clary	FAU	4x400
Lindsey Moffenbier	JU	DMR
Janel Grooms	JU	DMR
Keiona Frenche	JU	DMR
Fallon Heffernan	JU	DMR
Jian Jones	FAU	High Jump
Merissa Hawkins	GWU	Pole Vault
Natasha Harvey	JU	Long Jump
Victoria Argus	GWU	Triple Jump
Shunisha McClinton	JU	Shot Put
Mecole Finch	Cam	Weight Throw
Simone Clark	JU	Pentathlon

Third Team

Tissilli Rogers	JU	60m
Marilyn Stephens	FAU	200m
Marilyn Stephens	FAU	400m
Ruth Mick	Lip	800m
Magdalena Polko	KSU	Mile
Erin Sutton	KSU	3000m
Jill Stapleton	Cam	5000m
Natasha Harvey	JU	60H
Jessica Giles	Bel	4x400
Kia White	Bel	4x400
Elizabeth Pollock	Bel	4x400
Lynette Rives	Bel	4x400
Erin Sutton	KSU	DMR
Shantela Davis	KSU	DMR
Magdalena Polko	KSU	DMR
Patrina Hayes	KSU	DMR
Emily Kohler	UNF	High Jump
Victoria Argus	GWU	Pole Vault
Kia White	Bel	Long Jump
Danielle Graham	Lip	Triple Jump
Elizabeth Maxwell	GWU	Shot Put
Lindsey Sutherland	GWU	Weight Throw
Lani Hammond	KSU	Pentathlon



Award Winners

Most Valuable Performer

2012	Brianna Frazier	UNF
2011	Charlene Charles	JU
2010	Charlene Charles	JU
2009	Natasha Harvey	JU

Most Outstanding Track Performer

2012	Brianna Frazier	UNF
2011	Joane Pierre	JU
2010	Joane Pierre	JU
2009	Natasha Harvey	JU
2008	Emily Tangwar	Upst
2007	Alicia Valtin	Cam
2006	Janita Ocana	JU

Most Outstanding Field Performer

2012	Michelle Quimby	KSU
2011	Charlene Charles	JU
2010	Charlene Charles	JU
2009	Natasha Harvey	JU
2008	Natasha Harvey	JU
2007	Janita Ocana	JU
2006	Shunisha McClinton	JU

Most Outstanding Freshman Performer

2012	Courtney Walker	JU
2011	Brianna Frazier	UNF
2010	Charlene Charles	JU
2009	Stacey Young	JU
2008	Emily Tangwar	Upst
2007	Alyssa Deal	JU
2006	Natasha Harvey	JU

Coach-of-the-Year

2012	Andy Eggerth	KSU
	Ron Grigg	JU
2011	Ron Grigg	JU
2010	Ron Grigg	JU
2009	Ron Grigg	JU
2008	Ron Grigg	JU
2007	Ron Grigg	JU
2006	Ron Grigg	JU

Athlete-of-the-Week

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

2012		
Track		
12/7	Carolyne Chelulei	Upst
1/18	Brianna Frazier	UNF
1/25	Erin Nixon	UNF
2/1	Jemeli Sang	Upst
2/8	Bienna Freeman	JU
2/15	Joan Tangwar	Upst
Field		
12/7	Kelly Monteleone	ETSU
1/18	Lexie Burley	ETSU
1/25	Katerina Vodova	ETSU
2/1	Christina King	UNF
2/8	Charlene Charles	JU
2/15	April Terry	Lip
2011		
Track		
12/8	Jasmine Ingram	ETSU
1/12	Brittany Robinson	KSU
1/26	Caitlin Standifer	Bel
2/2	Mackenzie Howe	KSU
2/9	Jasmine Ingram	ETSU
2/16	Shelby Kittrell	UNF
Field		
12/8	Elizabeth Codrington	Bel
1/12	Jill Arthur	KSU
1/26	Lexie Burley	ETSU
2/2	Charlene Charles	JU
2/9	Jessica Dunston	Cam
2/16	Jessica Dunston	Cam

2010

Track		
12/5	Jasmine Ingram	ETSU
1/13	Jasmine Ingram	ETSU
1/27	Jasmine Ingram	ETSU
2/3	Victoria Jackson	KSU
2/10	Joane Pierre	JU
2/17	Mackenzie Howe	KSU
Field		
12/5	Michelle Quimby	KSU
1/13	Bethany Lender	ETSU
1/27	Zachlynn Blackburn	ETSU
2/3	Charlene Charles	JU
2/10	Gabrielle Walker	Upst
2/17	Suzzette Van-Lare	KSU

2009

1/14	Heidi Dahl	ETSU
1/21	Heidi Dahl	ETSU
1/28	Natasha Harvey	JU
2/4	Heidi Dahl	ETSU
2/11	Natasha Harvey	JU
2/18	Heidi Dahl	ETSU

2008

1/16	Erin Sutton	KSU
1/23	Lynette Rives	Bel
1/30	Natasha Harvey	JU
2/6	Mackenzie Howe	KSU
2/13	Zachlynn Blackburn	ETSU
2/20	Amy Stroder	UNF
2/27	Judy Johnson	ETSU

2007

1/10	Elizabeth Codrington	Bel
	Lynette Rives	Bel
1/17	Natasha Harvey	JU
1/24	Lynette Rives	Bel
1/31	Alicia Valtin	Cam
2/7	Anna Marie Ricciardi	ETSU
	Lauren Williams	Bel
2/14	Kelly Bridges	GWU

2006

12/14	Carlene McLean	GWU
1/11	Lynette Rives	Bel
1/18	Natasha Harvey	JU
1/25	Anna Marie Ricciardi	ETSU
2/1	Tara Dressler	Cam
2/8	Jenny Knox	ETSU

By Individual:

Natasha Harvey	JU	5
Jasmine Ingram	ETSU	5
Heidi Dahl	ETSU	4
Lynette Rives	Bel	4
Charlene Charles	JU	3
Mackenzie Howe	KSU	3
Zachlynn Blackburn	ETSU	2
Lexie Burley	ETSU	2
Elizabeth Codrington	Bel	2
Jessica Dunston	Cam	2
Anna Marie Ricciardi	ETSU	2
Jill Arthur	KSU	1
Kelly Bridges	GWU	1
Carolyne Chelulei	Upst	1
Tara Dressler	Cam	1
Brianna Frazier	UNF	1
Bienna Freeman	JU	1
Judy Johnson	ETSU	1
Christina King	UNF	1
Shelby Kittrell	UNF	1
Jenny Knox	ETSU	1
Victoria Jackson	KSU	1
Bethany Lender	ETSU	1
Carlene McLean	GWU	1
Kelly Monteleone	ETSU	1
Erin Nixon	UNF	1

Joane Pierre	JU	1
Michelle Quimby	KSU	1
Brittany Robinson	KSU	1
Jemeli Sang	Upst	1
Caitlin Standifer	Bel	1
Amy Stroder	UNF	1
Erin Sutton	KSU	1
Joan Tangwar	Upst	1
April Terry	Lip	1
Alicia Valtin	Cam	1
Suzzette Van-Lare	KSU	1
Katerina Vodova	ETSU	1
Gabrielle Walker	Upst	1
Lauren Williams	Bel	1

By Team (Current Members):

ETSU	20
Jacksonville	10
Kennesaw State	9
North Florida	5
USC Upstate	4
Lipscomb	1

By Team (Former Members):

Belmont	8
Campbell	4
Gardner-Webb	2