



# WOMEN'S OUTDOOR TRACK & FIELD RECORD BOOK

@BigSouthGameDay

## ANNUAL CHAMPIONS

SEASON	TEAM CHAMPION	POINTS	HEAD COACH	MOST CONF. CHAMPIONS (SCHOOL)	SCHOOLS WITH CHAMPIONS
1994.....	Liberty	186.0	Brant Tolsma	7 - Liberty	6
1995.....	Liberty	273.0	Brant Tolsma	12 - Liberty	5
1996.....	Liberty	279.0	Brant Tolsma	10 - Liberty	5
1997.....	Liberty	199.0	Brant Tolsma	10 - Liberty	4
1998.....	Liberty	236.5	Brant Tolsma	8 - Liberty	5
1999.....	Liberty	262.0	Brant Tolsma	9 - Liberty	5
2000.....	Liberty	239.0	Brant Tolsma	10 - Liberty	6
2001.....	Liberty	239.0	Brant Tolsma	9 - Liberty	4
2002.....	Liberty	213.0	Brant Tolsma	9 - Liberty	7
2003.....	Liberty	201.0	Brant Tolsma	7 - Coastal Carolina	5
2004.....	Coastal Carolina	240.0	Alan Connie	9 - Coastal Carolina	7
2005.....	Coastal Carolina	285.5	Alan Connie	7 - Coastal Carolina	6
2006.....	Coastal Carolina	267.5	Alan Connie	9 - Coastal Carolina	6
2007.....	Liberty	245.0	Brant Tolsma	9 - Liberty	4
2008.....	Coastal Carolina	230.0	Alan Connie	8 - Charleston Southern	5
2009.....	Coastal Carolina	228.0	Alan Connie	8 - Coastal Carolina	7
2010.....	Liberty	245.5	Brant Tolsma	9 - Liberty	7
2011.....	Coastal Carolina	228.0	Alan Connie	8 - Liberty	9
2012.....	Coastal Carolina	234.0	Alan Connie	8 - Coastal Carolina, Liberty	6
2013.....	Liberty	210.0	Brant Tolsma	6 - Coastal Carolina	7
2014.....	Coastal Carolina	216.0	Alan Connie	6 - Coastal Carolina	9
2015.....	Liberty	210.5	Brant Tolsma	7 - Liberty	7
2016.....	Liberty	235.5	Brant Tolsma	7 - Liberty	5
2017.....	Liberty	253.0	Brant Tolsma	7 - Campbell, Liberty	6



**LIBERTY - 2017 Champions**

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<b>MOST OUTSTANDING ATHLETE</b>	<b>SCHOOL</b>
1994	Valentine Stumpf.....Coastal Carolina
1995	Ardra Samuel.....Liberty
1996	Angela Murphy.....Coastal Carolina
1997	Tosha Ansley.....Charleston Southern
1998	Liz Pidgeon.....Coastal Carolina
1999	Angie Lanier.....Winthrop
2000	Robin Williams.....Liberty

<b>MOST OUTSTANDING TRACK PERFORMER</b>	<b>SCHOOL</b>
2001	Kara Price.....Radford
2002	Heather Sagan.....Liberty
2003	Octavia Goode.....Winthrop
	Danielle McNaney.....Liberty
2004	Octavia Goode.....Winthrop
2005	Maurika Quarles.....Radford
2006	Nicole Tucker.....Winthrop
2007	Dionne Gibson.....Charleston Southern
2008	Dionne Gibson.....Charleston Southern
2009	Ikeiyah Brown.....Coastal Carolina
2010	Ikeiyah Brown.....Coastal Carolina
2011	Natalie Pearson.....UNC Asheville
2012	Erica Peake.....Coastal Carolina
2013	Jeanne Stroud.....Winthrop
2014	Anna Scott.....Campbell
2015	Teresa Williamson.....Radford
2016	Latesha Simpson.....Coastal Carolina
2017	Janai Scott.....Campbell

<b>MOST OUTSTANDING FIELD PERFORMER</b>	<b>SCHOOL</b>
2001	Amber Campbell.....Coastal Carolina
2002	Andrea Wildrick.....Liberty
2003	Amber Campbell.....Coastal Carolina
2004	Amber Campbell.....Coastal Carolina
2005	Chasity Johnson.....Coastal Carolina
	Tiffany Evans.....Radford
2006	Tiffany Evans.....Radford
2007	Tiffany Evans.....Radford
2008	Shemelia Brandon.....Radford
2009	Marie Williams.....Liberty
2010	Brittany Connor.....Coastal Carolina
2011	Patria Norman.....Charleston Southern
2012	Kierra Gabe.....Coastal Carolina
2013	Mychelle Cumings.....Liberty
2014	Latesha Simpson.....Coastal Carolina
2015	Marthaline Cooper.....Winthrop
2016	Sabina Allen.....Campbell
2017	Sabina Allen.....Campbell

<b>FRESHMAN OF THE YEAR</b>	<b>SCHOOL</b>
2006	Shemeila Brandon.....Radford
2007	Shanta Johnson.....Coastal Carolina
2008	Misha Morris.....Charleston Southern
2009	Aimee Veatch.....Radford
2010	Meghan Burggraf.....Liberty
2011	Mary Grace Lemon.....VMI
2012	Mychelle Cumings.....Liberty
	Mulern Jean.....Charleston Southern
2013	Jessica Gelibert.....Coastal Carolina
2014	Anna Scott.....Campbell
2015	Ednah Kurgat.....Liberty
2016	Kylie Polsgrove.....Liberty
2017	Janai Scott.....Campbell

<b>COACH OF THE YEAR</b>	<b>SCHOOL</b>
1994	Brant Tolsma.....Liberty
1995	Brant Tolsma.....Liberty
1996	Andy Henry.....Charleston Southern
1997	Brant Tolsma.....Liberty
1998	Brant Tolsma.....Liberty
1999	Brant Tolsma.....Liberty
2000	Alan Connie.....Coastal Carolina
2001	Brant Tolsma.....Liberty
	Pat Connolly.....Radford
2002	Brant Tolsma.....Liberty
2003	Alan Connie.....Coastal Carolina
2004	Alan Connie.....Coastal Carolina
2005	Alan Connie.....Coastal Carolina
2006	Alan Connie.....Coastal Carolina
2007	Brant Tolsma.....Liberty
2008	Tasha Ansley.....Charleston Southern
2009	Alan Connie.....Coastal Carolina
2010	Brant Tolsma.....Liberty
2011	Alan Connie.....Coastal Carolina
2012	Alan Connie.....Coastal Carolina
2013	Brant Tolsma.....Liberty
2014	Alan Connie.....Coastal Carolina
2015	Brant Tolsma.....Liberty
2016	Brant Tolsma.....Liberty
	Mike Esposito.....High Point
2017	Brant Tolsma.....Liberty

<b>SCHOLAR-ATHLETE OF THE YEAR</b>	<b>SCHOOL</b>
1995	Becky Vonderhaar.....UNC Asheville
1996	Angela Murphy.....Coastal Carolina
1997	Angela Murphy.....Coastal Carolina
1998	Jolene Williams.....Coastal Carolina
1999	Jolene Williams.....Coastal Carolina
	Cathy Williams.....Liberty
2000	Kathrin Milbury.....Winthrop
	Karen Smart.....Radford
	Amy Sturgill.....Liberty
2001	Heather Sagan.....Liberty
2002	Kara Koppel.....Coastal Carolina
2003	Kara Koppel.....Coastal Carolina
2004	Micki Logue.....UNC Asheville
2005	Danielle McNaney.....Liberty
2006	Arlene Zelinskas.....Liberty
2007	Arlene Zelinskas.....Liberty
2008	Felicita Mensing.....Coastal Carolina
2009	Marcie Veitch.....Coastal Carolina
2010	Rebekah Ricksecker.....Liberty
2011	Carrie Long.....Gardner-Webb
2012	Kelsey Fraser.....High Point
2013	Jeanne Stroud.....Winthrop
2014	Teresa Williamson.....Radford
2015	Teresa Williamson.....Radford
2016	Christine Rickert.....High Point
2017	Kelsey Rea.....Campbell

<b>TEAM SPORTSMANSHIP AWARD</b>	<b>COACH</b>
2006	UNC Asheville.....Dean Duncan
2007	Liberty.....Brant Tolsma
2008	High Point.....Mike Esposito
	Liberty.....Brant Tolsma
2009	High Point.....Mike Esposito
2010	Liberty.....Brant Tolsma
2011	Gardner-Webb.....Brian Baker
2012	Liberty.....Brant Tolsma
2013	Coastal Carolina.....Alan Connie
	Liberty.....Brant Tolsma
2014	Gardner-Webb.....Brian Baker
2015	Liberty.....Brant Tolsma
	Winthrop.....Ben Paxton
2016	Liberty.....Brant Tolsma
2017	Gardner-Webb.....Brian Baker

## 100 METER DASH

1994	Fadhila Samuel	Liberty	12.37
1995	Ardra Samuel	Liberty	12.15
1996	Ardra Samuel	Liberty	12.00
1997	Ardra Samuel	Liberty	11.82
1998	Kareshia Prioleau	Winthrop	12.25
1999	Angela Lanier	Winthrop	11.85
2000	Panthera Seymour	Liberty	11.98
2001	Octavia Goode	Winthrop	11.63
2002	Octavia Goode	Winthrop	11.92
2003	Octavia Goode	Winthrop	12.05
2004	Octavia Goode	Winthrop	11.80
2005	Audrika Gadson	Charleston Southern	12.23
2006	Nicole Tucker	Winthrop	11.86
2007	Dionne Gibson	Charleston Southern	11.89
2008	Misha Morris	Charleston Southern	11.89
2009	Ikeylah Brown	Coastal Carolina	11.61
2010	Gabrielle Houston	Charleston Southern	11.50
2011	Natalie Pearson	UNC Asheville	11.61
2012	Erica Peake	Coastal Carolina	11.75
<b>2013</b>	<b>GABRIELLE HOUSTON</b>	<b>Charleston Southern</b>	<b>11.47</b>
2014	Anna Scott	Campbell	11.90
2015	Abigail Flower	Liberty	11.59
2016	Latesha Simpson	Coastal Carolina	11.71
2017	Janai Scott	Campbell	11.69

## 100 METER HURDLES

1994	Cassandra Thomas	Charleston Southern	15.44
1995	Holly Mays-Deem	Liberty	14.31
1996	Holly Mays-Deem	Liberty	14.54
1997	Tosha Ansley	Charleston Southern	14.12
1998	Holly Mays-Deem	Liberty	14.73
1999	Tosha Ansley	Charleston Southern	14.29
2000	Robin Williams	Liberty	14.17
2001	Latisa Bailey	Radford	13.95
2002	Danielle McNaney	Liberty	14.63
2003	Danielle McNaney	Liberty	14.55
2004	Danielle McNaney	Liberty	14.75
2005	Danielle McNaney	Liberty	14.61
2006	LeAuna Sistrunk	Coastal Carolina	13.85
2007	LeAuna Sistrunk	Coastal Carolina	13.86
2008	LeAuna Sistrunk	Coastal Carolina	13.97
2009	LeAuna Sistrunk	Coastal Carolina	13.78
2010	Rebecca Holmes	Winthrop	13.90
2011	Olivia Charnuski	Liberty	13.93
2012	Mulern Jean	Charleston Southern	13.45
<b>2013</b>	<b>MULERN JEAN</b>	<b>Charleston Southern</b>	<b>13.32</b>
2014	Mulern Jean	Charleston Southern	13.91
<b>2015</b>	<b>LILLA JUHASZ</b>	<b>Campbell</b>	<b>13.32</b>
2016	Lilla Juhasz	Campbell	13.46
2017	Lilla Juhasz	Campbell	13.60

## 200 METER DASH

1994	Fadhila Samuel	Liberty	24.73
1995	Ardra Samuel	Liberty	24.69
1996	Ardra Samuel	Liberty	24.61
1997	Ardra Samuel	Liberty	24.23
1998	Kareshia Prioleau	Winthrop	25.16
1999	Panthera Seymour	Liberty	24.37
2000	Tonya Harling	Winthrop	24.55
2001	Tonya Harling	Winthrop	24.23
2002	Octavia Goode	Winthrop	24.10
2003	Octavia Goode	Winthrop	24.35
2004	Octavia Goode	Winthrop	24.22
2005	Chasity Johnson	Coastal Carolina	24.84
2006	Nicole Tucker	Winthrop	24.13
2007	Dionne Gibson	Charleston Southern	23.68
2008	Dionne Gibson	Charleston Southern	24.42
2009	Ikeylah Brown	Coastal Carolina	23.42
2010	Natalie Pearson	UNC Asheville	23.25
2011	Natalie Pearson	UNC Asheville	23.78
2012	Erica Peake	Coastal Carolina	23.70
<b>2013</b>	<b>GABRIELLE HOUSTON</b>	<b>Charleston Southern</b>	<b>23.45</b>
2014	Anna Scott	Campbell	23.98
2015	Abigail Flower	Liberty	23.81
2016	Latesha Simpson	Coastal Carolina	23.92
2017	Janai Scott	Campbell	23.95

## 400 METER DASH

1994	Fadhila Samuel	Liberty	57.23
1995	Wanda Browning	Liberty	58.70
1996	Regina McFarland	Liberty	57.54
1997	Kay Chandler	Liberty	56.84
1998	Holly Mays-Deem	Liberty	56.80
1999	Jaquay Reid	Liberty	57.84
2000	Khadijah Conda	Radford	56.30
2001	Kodi Pollard	Liberty	56.97
2002	Kia Westbrook	High Point	56.03
2003	Kia Westbrook	High Point	55.60
2004	Tanya Harris	UNC Asheville	55.82
2005	Ebony Brown	Coastal Carolina	56.96
2006	Tanya Harris	UNC Asheville	54.95
2007	Amber White	Coastal Carolina	54.57
2008	Dionne Gibson	Charleston Southern	55.17
2009	Dionne Gibson	Charleston Southern	55.26
<b>2010</b>	<b>JAIME WATSON</b>	<b>Liberty</b>	<b>53.61</b>
2011	Sasha Robinson	Winthrop	55.38
2012	Ivana Hughes	Gardner-Webb	55.81
2013	Lynette Akai	Campbell	54.51
2014	Christal Green	Coastal Carolina	55.48
2015	Lynette Akai	Campbell	54.34
2016	Erin Edmond	Liberty	54.08
2017	Tanner Ealum	Liberty	54.65

## 400 METER HURDLES

1994	Marlene Gardner	UNC Asheville	1:05.06
1995	Holly Mays-Deem	Liberty	1:02.33
1996	Audrey Ebanks	Liberty	1:02.65
1997	Holly Mays-Deem	Liberty	1:02.70
1998	Holly Mays-Deem	Liberty	1:01.40
1999	Robin Williams	Liberty	1:05.74
2000	Robin Williams	Liberty	1:04.21
2001	Robin Williams	Liberty	1:02.38
2002	Marilyn Testa	Coastal Carolina	1:02.15
2003	Danielle McNaney	Liberty	1:01.67
2004	Maurika Quarles	Radford	59.99
2005	Maurika Quarles	Radford	58.72
2006	Ebony Brown	Coastal Carolina	59.53
2007	Arlene Zelinskis	Liberty	1:01.29
2008	Jasmine Jones-Green	High Point	1:00.94
2009	Manika Gamble	High Point	1:00.55
2010	Manika Gamble	High Point	59.62
2011	Manika Gamble	High Point	1:00.52
2012	Manika Gamble	High Point	59.56
<b>2013</b>	<b>JESSICA GELIBERT</b>	<b>Coastal Carolina</b>	<b>57.86</b>
2014	Jessica Gelibert	Coastal Carolina	1:00.04
2015	Jessica Gelibert	Coastal Carolina	58.15
2016	Tatiana Wolfe	Campbell	1:01.51
2017	Alesha Love	Winthrop	59.39

## 800 METER RUN

1994	Valentine Stumpf	Coastal Carolina	2:14.83
1995	J'Aime Cowan	Liberty	2:17.13
1996	Angela Murphy	Coastal Carolina	2:17.02
1997	Angela Murphy	Coastal Carolina	2:13.78
1998	Amy Teer	Liberty	2:14.10
1999	Beth Greene	Winthrop	2:14.53
2000	Heather Sagan	Liberty	2:18.01
2001	Heather Sagan	Liberty	2:11.41
2002	Heather Sagan	Liberty	2:12.32
2003	Stephanie Vangsnæs	Winthrop	2:13.65
2004	Jemissa Hess	High Point	2:13.23
2005	Sumiyya Hunter	High Point	2:15.67
2006	Jaime Watson	Liberty	2:10.69
2007	Jaime Watson	Liberty	2:10.50
2008	Jaime Watson	Liberty	2:12.28
2009	Britney Wittaker	Radford	2:14.66
2010	Meghan Burggraf	Liberty	2:12.78
2011	Meghan Burggraf	Liberty	2:13.03
2012	Sarah Gentry	UNC Asheville	2:11.99
2013	Sarah Gentry	UNC Asheville	2:10.21
2014	Meghan Burggraf	Liberty	2:16.06
2015	Teresa Williamson	Radford	2:12.95
<b>2016</b>	<b>ANSLEY GEBBEN</b>	<b>Liberty</b>	<b>2:08.41</b>
2017	Delaney McDowell	Liberty	2:10.55

## 1,500 METER RUN

1994	Valentine Stumpf	Coastal Carolina	4:38.29
1995	Catherine Conder	Coastal Carolina	4:45.81
1996	Angela Murphy	Coastal Carolina	4:37.82
1997	Angela Murphy	Coastal Carolina	4:41.22
1998	Jolene Williams	Coastal Carolina	4:37.55
1999	Jolene Williams	Coastal Carolina	4:39.82
2000	Heather Sagan	Liberty	4:38.20
2001	Amy Teer	Liberty	4:34.52
2002	Heather Sagan	Liberty	4:32.96
2003	Anne Marie Moutsinga	Coastal Carolina	4:31.47
2004	Jemissa Hess	High Point	4:34.84
2005	Jemissa Hess	High Point	4:41.61
2006	Saskia Janssen	Coastal Carolina	4:38.62
2007	Rebekah Ricksecker	Liberty	4:33.41
2008	Rebekah Ricksecker	Liberty	4:36.00
2009	Shuana Marsh	High Point	4:38.54
2010	Rebekah Ricksecker	Liberty	4:38.93
2011	Jennifer Klugh	Liberty	4:35.08
2012	Jennifer Klugh	Liberty	4:29.87
2013	Sarah Gentry	UNC Asheville	4:32.81
2014	Teresa Williamson	Radford	4:39.28
2015	Teresa Williamson	Radford	4:28.32
<b>2016</b>	<b>COZETTE COLLIN</b>	<b>High Point</b>	<b>4:27.23</b>
2017	Cozette Collin	High Point	4:35.44

## 3,000 METER RUN

1994	Molly Rittwage	Campbell	10:30.10
1995	Tabi Kemerling	Liberty	10:54.10
1996	Jennifer Hodges	Liberty	10:51.64
<b>1997</b>	<b>CATHERINE CONDER</b>	<b>Coastal Carolina</b>	<b>10:07.53</b>
1998	Laurie Occhipinti	Coastal Carolina	10:22.63
1999	Laurie Occhipinti	Coastal Carolina	10:13.20
2000	Carla Jane Costantini	Charleston Southern	10:33.14

## 3,000 METER STEEPLECHASE

2001	Kara Price	Radford	11:10.64
2002	Alicia Walker	Charleston Southern	11:10.01
2003	Lindsey Kozlowski	Coastal Carolina	11:10.36
2004	Daneja Grandovec	Coastal Carolina	10:48.74
2005	Lindsey Kozlowski	Coastal Carolina	11:24.10
2006	Felicitas Mensing	Coastal Carolina	10:39.47
2007	Piper Newby	Liberty	10:54.66
2008	Felicitas Mensing	Coastal Carolina	10:51.90
2009	Zsanett Kis	High Point	10:56.41
2010	Hailey Neal	Liberty	11:01.57
2011	Kelsey Fraser	High Point	10:52.72
2012	Adrienne Cuff	Charleston Southern	11:00.69
2013	Emma Bussard	UNC Asheville	10:38.77
2014	Shelby Nicosia	Coastal Carolina	10:43.22
<b>2015</b>	<b>NATALIA OCASIO</b>	<b>High Point</b>	<b>10:36.91</b>
2016	Natalia Ocasio	High Point	10:53.86
2017	Natalia Ocasio	High Point	10:52.67

## 5,000 METER RUN

1994	Emily Olinger	UNC Asheville	18:30.70
1995	Becky Vonderhaar	UNC Asheville	18:46.03
1996	Vincee Walz	Winthrop	18:16.90
1997	Emily Olinger	UNC Asheville	17:38.09
1998	Becky Vonderhaar	UNC Asheville	18:00.58
1999	Mandy Becker	UNC Asheville	17:20.10
2000	Teresa Wedge	Charleston Southern	18:22.68
2001	Kara Price	Radford	17:32.54
2002	Heather Sagan	Liberty	17:42.49
2003	Anne Marie Moutsinga	Coastal Carolina	17:46.23
2004	Anne Marie Moutsinga	Coastal Carolina	17:38.53
2005	Jemissa Hess	High Point	17:26.45
2006	Carol Jefferson	Liberty	17:45.95
2007	Carol Jefferson	Liberty	17:20.06
2008	Diana Jepchirchir	Coastal Carolina	17:26.77
2009	Zsanett Kis	High Point	17:41.88
2010	Ashley Osborne	Liberty	17:51.93
2011	Dacia Bushman	Liberty	17:29.81
2012	Jennifer Klugh	Liberty	17:25.87
2013	Jeanne Stroud	Winthrop	16:59.40
2014	Jacy Christiansen	Liberty	17:10.89
2015	<b>LETTIA SAAYMAN</b>	<b>Coastal Carolina</b>	<b>16:51.56</b>
2016	Joan Maritim	Campbell	17:13.07
2017	Anna Van Wyk	Liberty	17:42.69

## 10,000 METER RUN

1994	Becky Vonderhaar	UNC Asheville	38:56.91
1995	Becky Vonderhaar	UNC Asheville	38:57.80
1996	Emily Olinger	UNC Asheville	39:46.30
1997	Becky Vonderhaar	UNC Asheville	37:38.31
1998	Becky Vonderhaar	UNC Asheville	37:00.40
1999	Tammi Green	Liberty	38:00.27
2000	Tammi Green	Liberty	38:01.07
2001	Meghan McLaughlin	Radford	36:48.84
2002	Meghan McLaughlin	Radford	37:32.36
2003	Robyn Ritter	Coastal Carolina	38:20.15
2004	Claudia Witte	Coastal Carolina	37:30.46
2005	Anne Marie Moutsinga	Coastal Carolina	37:40.61
2006	Carol Jefferson	Liberty	36:55.10
2007	Carol Jefferson	Liberty	35:08.35
2008	Diana Jepchirchir	Coastal Carolina	35:24.54
2009	Hannah Granger	VMI	36:56.02
2010	Ashley Osborne	Liberty	37:49.76
2011	Dacia Bushman	Liberty	36:55.27
2012	Letitia Saayman	Coastal Carolina	36:30.13
2013	Jeanne Stroud	Winthrop	36:05.51
2014	Letitia Saayman	Coastal Carolina	35:50.14
2015	<b>LETTIA SAAYMAN</b>	<b>Coastal Carolina</b>	<b>34:54.43</b>
2016	Ednah Kurgat	Liberty	37:32.96
2017	Joan Maritim	Campbell	36:37.98

## 4x100 METER RELAY

1994	Liberty	48.22
1995	Liberty	48.77
1996	Liberty	47.67
1997	Liberty	46.98
1998	Winthrop	47.79
1999	Winthrop	46.85
2000	Liberty	46.86
2001	Liberty	46.40
2002	Liberty	47.41
2003	Winthrop	46.77
2004	Winthrop	46.42
2005	Winthrop	47.07
2006	Coastal Carolina	46.18
2007	Liberty	45.95
2008	Charleston Southern	45.42
2009	<b>COASTAL CAROLINA</b>	<b>45.28</b>
2010	Charleston Southern	45.74
2011	Coastal Carolina	45.75
2012	Coastal Carolina	45.63
2013	Coastal Carolina	45.50
2014	Coastal Carolina	45.32
2015	Liberty	45.68
2016	Liberty	45.60
2017	Charleston Southern	46.05

## 4x400 METER RELAY

1994	Liberty	4:03.47
1995	Liberty	3:53.40
1996	Liberty	3:58.20
1997	Liberty	3:53.13
1998	Liberty	3:55.47
1999	Winthrop	3:56.32
2000	Liberty	3:51.34
2001	Liberty	3:52.07
2002	High Point	3:48.21
2003	High Point	3:52.88
2004	Liberty	3:50.54
2005	Radford	3:52.31
2006	Radford	3:49.86
2007	Coastal Carolina	3:45.23
2008	Charleston Southern	3:47.75
2009	Coastal Carolina	3:46.20
2010	Winthrop	3:43.64
2011	Coastal Carolina	3:48.13
2012	Coastal Carolina	3:45.72
2013	Coastal Carolina	3:45.68
2014	Charleston Southern	3:45.40
2015	<b>COASTAL CAROLINA</b>	<b>3:38.66</b>
2016	Liberty	3:41.92
2017	Liberty	3:42.31



## HIGH JUMP

1994	Tammy Stafford	Campbell	1.63m (5-04.25)
1995	Amy Beadle	Towson State	1.60m (5-03.00)
1996	Anna-Kate Jarman	Liberty	1.62m (5-03.75)
1997	Laura Randolph	Liberty	1.63m (5-04.00)
1998	April Cook	Coastal Carolina	1.57m (5-01.75)
1999	Kelli Barber	Charleston Southern	1.62m (5-03.75)
2000	Courtney Samuel	Coastal Carolina	1.63m (5-04.25)
2001	Courtney Samuel	Coastal Carolina	1.73m (5-08.00)
2002	Danielle McNaney	Liberty	1.70m (5-07.00)
2003	Kena Butts	Liberty	1.67m (5-05.75)
2004	Patricia Coughlin	Radford	1.68m (5-06.00)
<b>2005</b>	<b>KENA BUTTS</b>	<b>Liberty</b>	<b>1.78m (5-10.00)</b>
2006	Kena Butts	Liberty	1.72m (5-07.75)
2007	Arlene Zelinskas	Liberty	1.75m (5-08.75)
2008	Mia Aghaji	Liberty	1.62m (5-03.75)
2009	Christina Fenske	High Point	1.70m (5-07.00)
2010	Kandisa Allicock	Coastal Carolina	1.66m (5-05.25)
2011	Christina Fenske	High Point	1.75m (5-08.75)
2012	Kierra Gabe	Coastal Carolina	1.76m (5-09.25)
2013	Latesha Simpson	Coastal Carolina	1.68m (5-06.00)
2014	Kayin Mujahid	Gardner-Webb	1.68m (5-06.00)
2015	Latesha Simpson	Coastal Carolina	1.68m (5-06.00)
2016	Latesha Simpson	Coastal Carolina	1.73m (5-08.00)
2017	Shenelle McKay	Campbell	1.71m (5-07.25)

## LONG JUMP

1994	Shauna Hutchenson	Liberty	4.99m (16-04.50)
1995	Anna-Kate Jarman	Liberty	5.29m (17-04.50)
1996	Drisana McDaniel	Charleston Southern	5.46m (17-11.00)
1997	Tosha Ansley	Charleston Southern	5.70m (18-08.50)
1998	Robin Williams	Liberty	5.57m (18-03.25)
1999	Robin Williams	Liberty	5.51m (18-01.00)
2000	Robin Williams	Liberty	5.66m (18-07.00)
2001	Robin Williams	Liberty	5.70m (18-08.50)
2002	Denise Morgan	High Point	5.98m (19-07.50)
2003	Danielle McNaney	Liberty	5.73m (18-09.75)
	Denise Morgan	High Point	5.73m (18-09.75)
2004	Chasity Johnson	Coastal Carolina	5.97m (19-07.00)
2005	Chasity Johnson	Coastal Carolina	6.02m (19-09.00)
2006	Chasity Johnson	Coastal Carolina	6.13m (20-01.50)
2007	Chasity Johnson	Coastal Carolina	5.89m (19-04.00)
2008	Shemelia Brandon	Radford	5.71m (18-09.00)
2009	Shemelia Brandon	Radford	5.71m (18-09.00)
2010	Patria Norman	Charleston Southern	5.75m (18-10.50)
2011	Patria Norman	Charleston Southern	5.96m (19-06.75)
2012	Erica Peake	Coastal Carolina	5.83m (19-01.50)
2013	Erica Peake	Coastal Carolina	5.89m (19-04.00)
2014	Latesha Simpson	Coastal Carolina	5.67m (18-07.25)
2015	Latesha Simpson	Coastal Carolina	5.96m (19-06.75)
2016	Sabina Allen	Campbell	6.12m (20-01.00)
<b>2017</b>	<b>SABINA ALLEN</b>	<b>Campbell</b>	<b>6.22m (20-05.00)</b>

## TRIPLE JUMP

1994	Anna-Kate Jarman	Liberty	10.83m (35-06.50)
1995	Anna-Kate Jarman	Liberty	10.92m (35-10.00)
1996	Anna-Kate Jarman	Liberty	11.92m (39-01.25)
1997	Anna-Kate Jarman	Liberty	11.80m (38-08.50)
1998	Amy Sturgill	Liberty	11.44m (37-06.50)
1999	Amy Sturgill	Liberty	11.52m (37-09.50)
2000	Courtney Samuel	Coastal Carolina	11.42m (37-05.75)
2001	Courtney Samuel	Coastal Carolina	11.96m (39-03.00)
2002	Courtney Samuel	Coastal Carolina	11.88m (38-11.75)
2003	Denise Morgan	High Point	11.79m (38-08.25)
2004	Chasity Johnson	Coastal Carolina	12.24m (40-02.00)
<b>2005</b>	<b>CHASITY JOHNSON</b>	<b>Coastal Carolina</b>	<b>12.75m (41-10.00)</b>
2006	Shemelia Brandon	Radford	12.61m (41-04.50)
2007	Chasity Johnson	Coastal Carolina	12.73m (41-09.25)
2008	Shemelia Brandon	Radford	12.83m (42-01.25)
2009	LeAuna Sistrunk	Coastal Carolina	12.40m (40-08.24)
2010	Mia Aghaji	Liberty	11.81m (38-09.00)
2011	Mia Aghaji	Liberty	12.60m (41-04.25)
2012	Mia Aghaji	Liberty	12.51m (41-00.50)
2013	Amirah Al-Bayinnah	Coastal Carolina	12.47m (40-11.00)
2014	Janae Jones	Liberty	11.91m (39-01.00)
2015	Janae Jones	Liberty	12.55m (41-02.25)
2016	Sabina Allen	Campbell	12.63m (41-05.25)
2017	Sabina Allen	Campbell	12.51m (41-00.50)

## SHOT PUT

1994	Leila Johns	UMBC	11.72m (38-05.50)
1995	Brenda Montgomery	Charleston Southern	11.33m (37-02.25)
1996	Kelli Buchanan	UNC Asheville	10.46m (34-04.00)
1997	Amy Rodriguez	Liberty	11.97m (39-03.25)
1998	Amy Rodriguez	Liberty	12.79m (41-11.50)
1999	Amy Rodriguez	Liberty	12.50m (41-00.25)
2000	Tish Franklin	UNC Asheville	12.33m (40-05.50)
2001	Amber Campbell	Coastal Carolina	13.42m (44-00.50)
2002	Garette Hunter	UNC Asheville	12.57m (41-03.00)
2003	Amber Campbell	Coastal Carolina	13.53m (44-04.75)
2004	Mildred Cooper	VMI	14.43m (47-04.25)
2005	Tiffany Evans	Radford	14.96m (49-01.00)
2006	Tiffany Evans	Radford	15.10m (49-06.50)
<b>2007</b>	<b>TIFFANY EVANS</b>	<b>Radford</b>	<b>15.56m (51-00.75)</b>
2008	Jocelyn Davis	Charleston Southern	13.76m (45-01.75)
2009	Gwennetta Jones	Gardner-Webb	13.82m (45-04.25)
2010	Brittany Connor	Coastal Carolina	12.93m (42-05.25)
2011	Ashlei Alexander	Gardner-Webb	13.88m (45-06.50)
2012	Mychelle Cumings	Liberty	15.40m (50-06.25)
2013	Mychelle Cumings	Liberty	15.41m (50-06.75)
2014	Renee Reives	VMI	13.40m (43-11.75)
2015	Mychelle Cumings	Liberty	14.73m (48-04.00)
2016	Mychelle Cumings	Liberty	15.09m (49-06.25)
2017	Dasiana Larson	Liberty	13.97m (45-10.25)

## DISCUS

1994	Melanie Williams	Campbell	35.08m (115-01)
1995	Brenda Montgomery	Charleston Southern	32.84m (107-09)
1996	Antoinette Beeks	Charleston Southern	32.28m (105-11)
1997	Dori Biangianni	Coastal Carolina	37.82m (124-01)
1998	Krista Davis	Charleston Southern	37.96m (124-06)
1999	Krista Davis	Charleston Southern	39.32m (129-00)
2000	Amber Campbell	Coastal Carolina	43.44m (142-06)
2001	Amber Campbell	Coastal Carolina	45.06m (147-10)
2002	Katrell Green	Charleston Southern	39.91m (130-11)
2003	Amber Campbell	Coastal Carolina	45.02m (147-08)
2004	Amber Campbell	Coastal Carolina	46.88m (153-10)
2005	Brittany Reid	Coastal Carolina	46.94m (154-00)
2006	Brittany Reid	Coastal Carolina	49.24m (161-06)
2007	Tamara Bryant	Coastal Carolina	48.59m (159-05)
2008	Ashley Howard	Winthrop	49.59m (162-08)
2009	Brittany Connor	Coastal Carolina	42.99m (141-00)
2010	Brittany Connor	Coastal Carolina	47.47m (155-09)
2011	Mary Grace Lemon	VMI	44.02m (144-05)
2012	Mychelle Cumings	Liberty	48.61m (159-06)
<b>2013</b>	<b>MYCHELLE CUMINGS</b>	<b>Liberty</b>	<b>50.89m (166-11)</b>
2014	Jennifer Nicholson	Liberty	45.71m (150-00)
2015	Jennifer Nicholson	Liberty	48.31m (158-06)
2016	Makenzi Holmes-Digiovine	High Point	49.38m (162-00)
2017	Makenzi Holmes-Digiovine	High Point	46.78m (153-06)

## HAMMER THROW

1997	Amy Rodriguez	Liberty	40.58m (133-02)
1998	Liz Pidgen	Coastal Carolina	57.56m (188-10)
1999	Annette Purdy	Coastal Carolina	42.74m (140-03)
2000	Annette Purdy	Coastal Carolina	48.93m (160-06)
2001	Amber Campbell	Coastal Carolina	60.50m (198-06)
2002	Annette Purdy	Coastal Carolina	52.58m (172-06)
2003	Amber Campbell	Coastal Carolina	61.61m (202-01)
<b>2004</b>	<b>AMBER CAMPBELL</b>	<b>Coastal Carolina</b>	<b>65.58m (215-02)</b>
2005	Tiffany Evans	Radford	56.30m (184-08)
2006	Tiffany Evans	Radford	57.17m (187-07)
2007	Tiffany Evans	Radford	57.75m (189-06)
2008	Jocelyn Davis	Charleston Southern	49.67m (162-11)
2009	Aimee Veatch	Radford	55.08m (180-08)
2010	Aimee Veatch	Radford	58.07m (190-06)
2011	Aimee Veatch	Radford	52.78m (173-02)
2012	Melinda Bendik	Liberty	57.79m (189-07)
2013	Jessica Dunston	Campbell	54.87m (180-00)
2014	Marthaline Cooper	Winthrop	53.68m (176-01)
2015	Marthaline Cooper	Winthrop	63.85m (209-05)
2016	Marthaline Cooper	Winthrop	58.55m (192-01)
2017	Natasha Akbarizadeh	Gardner-Webb	60.26m (197-08)

## HEPTATHLON

2001	Courtney Samuel	Coastal Carolina	4,600
2002	Britton Bennett	Liberty	4,444
2003	Danielle McNaney	Liberty	4,531
2004	Danielle McNaney	Liberty	4,620
2005	Lacoya Jones	Charleston Southern	4,112
2006	Jasmine Jones-Green	High Point	4,434
2007	Marie Williams	Liberty	4,551
2008	Elisha Tegeuder	Coastal Carolina	4,151
2009	Marie Williams	Liberty	4,760
2010	Krystle Matthews	Liberty	4,708
2011	Christina Mitchell	Liberty	4,831
2012	Christina Mitchell	Liberty	4,513
2013	Christina Mitchell	Liberty	4,743
2014	Riley Brandon	Liberty	4,692
2015	Erika Jackson	Liberty	4,869
2016	Erika Jackson	Liberty	4,921
<b>2017</b>	<b>KYLIE POLSGROVE</b>	<b>Liberty</b>	<b>5,166</b>

## JAVELIN

1994	Eleanor Humphreys	Campbell	35.42m (116-02)
1995	Mari Kong	Liberty	33.70m (110-07)
1996	Jeanette Sayers	Charleston Southern	34.66m (113-08)
1997	Jeanette Sayers	Charleston Southern	36.26m (118-11)
1998	Liz Pidgen	Coastal Carolina	43.82m (143-09)
1999	Becky Scott	Liberty	33.44m (109-08)
2000	Crystal Goure	UNC Asheville	40.06m (131-05)
2001	Kylene Helman	Liberty	42.76m (140-03)
2002	Kylene Helman	Liberty	39.23m (128-08)
2003	Amy McCarty	Charleston Southern	39.33m (129-00)
2004	Dana Sizemore	Coastal Carolina	45.86m (150-05)
2005	Danielle McNaney	Liberty	39.05m (128-01)
2006	Dana Sizemore	Coastal Carolina	40.92m (134-03)
2007	Amy Marshall	Radford	43.08m (141-04)
2008	Amy Marshall	Radford	41.36m (135-08)
2009	Deborah Mattern	Coastal Carolina	42.49m (139-05)
2010	Deborah Mattern	Coastal Carolina	44.64m (146-05)
2011	Deborah Mattern	Coastal Carolina	43.34m (142-02)
2012	Christina Mitchell	Liberty	44.07m (144-07)
2013	Christina Mitchell	Liberty	46.57m (152-09)
2014	Christine Rickert	High Point	47.22m (154-11)
2015	Christine Rickert	High Point	49.53m (162-06)
<b>2016</b>	<b>CHRISTINE RICKERT</b>	<b>High Point</b>	<b>50.18m (164-07)</b>
2017	Breanna Smith	Liberty	48.33m (158-07)

## POLE VAULT

1999	Liz Robertson	Liberty	3.28m (10-09.00)
2000	Andrea Wildrick	Liberty	3.81m (12-06.00)
2001	Andrea Wildrick	Liberty	3.66m (12-00.00)
2002	Andrea Wildrick	Liberty	4.10m (13-05.25)
2003	Aimee Riley	Liberty	3.34m (10-11.50)
2004	Marilyn Testa	Coastal Carolina	3.96m (12-11.75)
2005	Aimee Riley	Liberty	3.51m (11-06.25)
2006	Claire Young	Coastal Carolina	3.50m (11-05.75)
2007	Marcie Veitch	Coastal Carolina	3.45m (11-03.75)
2008	Claire Young	Coastal Carolina	3.58m (11-09.00)
2009	Kelly Bridges	Gardner-Webb	3.55m (11-07.75)
2010	Mary Lawrence	Coastal Carolina	3.56m (11-08.00)
2011	Shelley Parker	Liberty	3.85m (12-07.50)
2012	Mary Lawrence	Coastal Carolina	3.80m (12-05.50)
2013	Kate Collins	VMI	3.65m (11-11.75)
2014	Jill Marois	High Point	3.57m (11-08.50)
2015	Elise Moffatt	Gardner-Webb	3.85m (12-07.50)
<b>2016</b>	<b>JILL MAROIS</b>	<b>High Point</b>	<b>4.22m (13-10.00)</b>
2017	Elise Moffatt	Gardner-Webb	3.80m (12-05.50)

Official Championship meet record holders in **BOLD ITALICS**

(Per Big South Conference policy, wind-aided and converted performances are not eligible for inclusion -- long jump, triple jump and any race on the track requires that a calibrated wind instrument shall record that any assisting wind does not exceed an average velocity of 2 meters per second)

## 1994-99 ALL-DECADE TEAM

S – Tosha Ansley, Charleston Southern  
 S – Audrey Ebanks, Liberty  
 S – Mari Kong, Liberty  
 S – Angie Lanier, Winthrop  
 S – Holly Mays-Deem, Liberty  
 S – Kareshia Pridleau, Winthrop  
 S – Jaquay Reid, Liberty  
 S – Ardra Samuel, Liberty  
 D – Mandy Becker, UNC Asheville  
 D – Catherine Conder, Coastal Carolina  
 D – Angela Murphy, Coastal Carolina  
 D – Lauri Occhipinti, Coastal Carolina  
 D – Emily Olinger, UNC Asheville  
 D – Amy Teer, Liberty  
 D – Becky Vonderhaar, UNC Asheville  
 D – Jolene Williams, Coastal Carolina  
 J – Tosha Ansley, Charleston Southern  
 J – April Cook, Coastal Carolina  
 J – Anna-Kate Jarman, Liberty  
 J – Amy Sturgill, Liberty  
 T – Antoinette Beeks, Charleston Southern  
 T – Mari Kong, Liberty  
 T – Brenda Montgomery, Charleston Southern  
 T – Amy Rodriguez, Liberty  
 T – Jeanette Sayers, Charleston Southern  
**Coach:** Brant Tolsma, Liberty

## 2000-09 ALL-DECADE TEAM

S – Ebony Brown, Coastal Carolina  
 S – Ikeiyah Brown, Coastal Carolina  
 S – Dionne Gibson, Charleston Southern  
 S – Octavia Goode, Winthrop  
 S – Tonya Harling, Winthrop  
 S – Danielle McNaney, Liberty  
 S – Panthera Seymour, Liberty  
 S – Robin Williams, Liberty  
 D – Carlajane Costantini, Charleston Southern  
 D – Carol Jefferson, Liberty  
 D – Diana Jepchirchir, Coastal Carolina  
 D – Lindsey Kozlowski, Coastal Carolina  
 D – Anne Marie Moutsinga, Coastal Carolina  
 D – Ashley Osborne, Liberty  
 D – Rebekah Ricksecker, Liberty  
 D – Heather Sagan, Liberty  
 J – Kena Butts, Liberty  
 J – Shemelia Brandon, Radford  
 J – Chasity Johnson, Coastal Carolina  
 J – Denise Morgan, High Point  
 J – Courtney Samuel, Coastal Carolina  
 J – Andrea Wildrick, Liberty  
 J – Robin Williams, Liberty  
 J – Claire Young, Coastal Carolina  
 T – Amber Campbell, Coastal Carolina  
 T – Brittany Connor, Coastal Carolina  
 T – Jocelyn Davis, Charleston Southern  
 T – Tiffany Evans, Radford  
 T – Annette Purdy, Coastal Carolina  
 T – Brittany Reid, Coastal Carolina  
 HEP – Danielle McNaney, Liberty  
 HEP – Marie Williams, Liberty  
**Coach:** Alan Connie, Coastal Carolina

As part of the Big South's 30th Anniversary celebration in 2013-14, the conference announced its first-ever All-Decade Teams to recognize the student-athletes and coaches who excelled in their respective sport since the conference's founding in 1983. A committee of Big South Conference administrators served as the official voting panel to determine the All-Decade Teams, with fan voting comprising 20 percent of the overall total. Women's Outdoor Track & Field All-Decade Team candidates were determined based on being at least one of the following: 1) Was a multi-year All-Conference honoree in one or more event; 2) Was named an All-American; 3) Is a member of the Big South Conference Hall of Fame; 4) Student-athletes must be a college graduate or left their respective institution in good academic standing; 5) Won a Conference Championship as a coach and/or was voted Conference Coach of the Year. Candidates that participated in two different decades were placed in a specific decade based on consultation from member institutions. Member institutions also had final determination in regards to inclusion of student-athletes and coaches. The next Women's Outdoor Track & Field All-Decade Team will cover 2010-19 and will be announced following the 2019 season.



## 1994

### April 23 -- Lynchburg, Va.

1. Liberty	186.0
2. UMBC	110.0
3. Campbell	99.0
4. Charleston Southern	86.0
5. UNC Asheville	79.0
6. Towson State	67.0
7. Coastal Carolina	48.0
8. Winthrop	25.0

## 1995

### April 22 -- Towson, Md.

1. Liberty	273.0
2. Towson State	126.0
3. UNC Asheville	78.0
4. Charleston Southern	58.0
5. UMBC	56.0
6. Coastal Carolina	51.0
7. Winthrop	41.0

## 1996

### April 20 -- Lynchburg, Va.

1. Liberty	279.0
2. Charleston Southern	110.0
3. UMBC	102.0
4. UNC Asheville	75.0
5. Coastal Carolina	67.0
6. Winthrop	55.0

## 1997

### April 19 -- Baltimore, Md.

1. Liberty	199.00
2. Coastal Carolina	109.33
3. Winthrop	89.33
4. Charleston Southern	78.33
5. UMBC	57.00
6. UNC Asheville	54.00

## 1998

### April 17-18 -- Lynchburg, Va.

1. Liberty	236.5
2. Coastal Carolina	134.5
3. Winthrop	97.0
4. UNC Asheville	87.0
5. Charleston Southern	77.0
6. UMBC	73.0
7. Radford	23.0

## 1999

### April 16-17 -- Conway, S.C.

1. Liberty	262.0
2. Coastal Carolina	119.0
3. Charleston Southern	83.0
4. Winthrop	82.0
5. UNC Asheville	59.0
6. Radford	13.0

## 2000

### April 21-22 -- Asheville, N.C.

1. Liberty	239.0
2. Coastal Carolina	142.0
3. UNC Asheville	110.0
4. Charleston Southern	95.0
5. Radford	76.0
6. Winthrop	65.0

## 2001

### April 19-21 -- Lynchburg, Va.

1. Liberty	232.5
2. Radford	143.0
3. Coastal Carolina	126.5
4. Charleston Southern	117.0
5. Winthrop	79.0
6. UNC Asheville	67.0
7. High Point	39.0
8. Elon	14.0

## 2002

### April 18-20 -- Lynchburg, Va.

1. Liberty	213.0
2. Coastal Carolina	176.0
3. High Point	111.5
4. Charleston Southern	104.5
5. UNC Asheville	75.0
6. Radford	67.0
7. Winthrop	49.0
8. Elon	19.0

## 2003

### April 17-19 -- Radford, Va.

1. Liberty	201.0
2. Coastal Carolina	194.0
3. High Point	106.5
4. Winthrop	105.0
5. UNC Asheville	91.0
6. Radford	50.5
7. Charleston Southern	45.0
8. Elon	24.0

## 2004

### April 15-17 -- Radford, Va.

1. Coastal Carolina	240.0
2. Liberty	223.0
3. Charleston Southern	86.5
4. Radford	75.5
5. Winthrop	69.0
6. UNC Asheville	50.0
7. High Point	36.0
8. VMI	35.0

## 2005

### April 14-16 -- Lexington, Va.

1. Coastal Carolina	285.5
2. Liberty	230.0
3. Charleston Southern	75.5
4. Radford	67.0
5. Winthrop	48.0
6. High Point	44.
7. VMI	40.0
8. UNC Asheville	23.0

## 2006

### April 20-22 -- Conway, S.C.

1. Coastal Carolina	267.5
2. Liberty	165.0
3. Radford	117.0
4. Charleston Southern	78.5
5. Winthrop	75.0
6. High Point	49.0
7. UNC Asheville	34.0
8. VMI	22.0

## 2007

### April 19-21 -- Lynchburg, Va.

1. Liberty	245.0
2. Coastal Carolina	231.5
3. Charleston Southern	86.5
4. Radford	72.0
5. High Point	63.0
6. Winthrop	62.0
7. VMI	27.0
UNC Asheville	27.0

## 2008

### April 17-19 -- Rock Hill, S.C.

1. Coastal Carolina	230.0
2. Charleston Southern	186.0
3. Liberty	154.0
4. High Point	72.0
5. Winthrop	62.0
6. Radford	60.0
7. VMI	42.0
8. UNC Asheville	7.0

## 2009

### April 16-18 -- Radford, Va.

1. Coastal Carolina	228.0
2. Liberty	128.5
3. High Point	97.0
4. Charleston Southern	92.0
5. Gardner-Webb	82.5
6. Radford	81.5
7. Winthrop	54.5
8. VMI	38.0
9. UNC Asheville	15.0

## 2010

### April 15-17 -- Charleston, S.C.

1. Liberty	245.5
2. Coastal Carolina	191.0
3. Charleston Southern	90.0
4. Winthrop	73.0
5. High Point	69.0
6. Radford	56.5
7. Gardner-Webb	39.0
8. UNC Asheville	37.0
9. VMI	16.0

## 2011

### April 21-23 -- Lexington, Va.

1. Coastal Carolina	228.0
2. Liberty	166.5
3. Charleston Southern	83.0
4. High Point	81.0
5. Gardner-Webb	77.5
6. Winthrop	62.5
7. Radford	47.5
8. UNC Asheville	38.0
9. VMI	33.0

## 2012

### April 19-21 -- Myrtle Beach, S.C.

1.	Coastal Carolina	234.0
2.	Liberty	214.5
3.	Charleston Southern	84.0
4.	Gardner-Webb	66.0
5.	Campbell	48.0
6.	Winthrop	42.0
7.	UNC Asheville	41.0
8.	High Point	38.0
9.	VMI	27.0
10.	Radford	22.5

## 2013

### April 18-20 -- Lynchburg, Va.

1.	Liberty	210.00
2.	Coastal Carolina	203.25
3.	Charleston Southern	89.50
4.	Campbell	74.00
5.	UNC Asheville	51.75
6.	High Point	48.00
7.	Gardner-Webb	42.50
8.	Winthrop	39.00
9.	VMI	38.00
10.	Radford	23.00

## 2014

### April 17-19 & 21 -- Rock Hill, S.C.

1.	Coastal Carolina	216.0
2.	Liberty	176.5
3.	High Point	92.0
4.	Campbell	85.0
5.	Charleston Southern	67.0
6.	Winthrop	52.0
7.	Gardner-Webb	46.0
8.	UNC Asheville	33.0
9.	Radford	29.0
10.	VMI	20.5

## 2015

### May 14-16 -- High Point, N.C.

1.	Liberty	210.5
2.	Coastal Carolina	199.0
3.	Campbell	95.0
4.	High Point	82.0
5.	Radford	59.0
6.	Gardner-Webb	58.5
7.	Winthrop	43.0
8.	Charleston Southern	37.0
9.	UNC Asheville	35.0

## 2016

### May 10-12 -- Lynchburg, Va.

1.	Liberty	235.5
2.	Coastal Carolina	133.0
3.	High Point	120.5
4.	Campbell	108.0
5.	Charleston Southern	53.0
6.	Winthrop	48.5
	Gardner-Webb	48.5
8.	Radford	37.0
9.	UNC Asheville	35.0

## 2017

### May 10-12 -- Charleston, S.C.

1.	Liberty	253.0
2.	Campbell	162.0
3.	High Point	120.0
4.	Charleston Southern	102.0
5.	Gardner-Webb	52.0
6.	Winthrop	48.0
7.	Radford	47.0
8.	UNC Asheville	33.0

# CHAMPIONSHIP TITLES



SCHOOL	CHAMPIONSHIPS	BEST NON-1ST PLACE FINISH
<b>LIBERTY</b>	<b>16 (1994-95-96-97-98-99-00-01-02-03-07-10-13-15-16-17)</b>	--
Coastal Carolina	8 (2004-05-06-08-09-11-12-14)	--
UMBC	--	2nd (1994)
Towson State	--	2nd (1995)
<b>CHARLESTON SOUTHERN</b>	--	<b>2nd (1996-08)</b>
<b>RADFORD</b>	--	<b>2nd (2001)</b>
<b>CAMPBELL</b>	--	<b>2nd (2017)</b>
<b>UNC ASHEVILLE</b>	--	<b>3rd (1995-00)</b>
<b>WINTHROP</b>	--	<b>3rd (1997-98)</b>
<b>HIGH POINT</b>	--	<b>3rd (2002-03-09-16-17)</b>
<b>GARDNER-WEBB</b>	--	<b>5th (2009-17)</b>
VMI	--	7th (2005-07)
Elon	--	8th (2001-02-03)

SCHOOL	TOTAL EVENT CHAMPIONS	MOST CHAMPIONS
<b>LIBERTY</b>	<b>169</b>	<b>12 (1995)</b>
Coastal Carolina	121	9 (2004-06)
<b>CHARLESTON SOUTHERN</b>	<b>42</b>	<b>8 (2008)</b>
<b>HIGH POINT</b>	<b>35</b>	<b>5 (2009-16)</b>
<b>WINTHROP</b>	<b>32</b>	<b>4 (2003)</b>
<b>RADFORD</b>	<b>30</b>	<b>4 (2001-05-06)</b>
<b>UNC ASHEVILLE</b>	<b>24</b>	<b>3 (1994-13)</b>
<b>CAMPBELL</b>	<b>22</b>	<b>7 (2017)</b>
<b>GARDNER-WEBB</b>	<b>8</b>	<b>2 (2009-17)</b>
VMI	5	1 (five times)
UMBC	1	1 (1994)
Towson State	1	1 (1995)

current Big South women's outdoor track & field programs in **BOLD CAPS**

MOST BIG SOUTH CHAMPIONSHIPS, COACH	MOST BIG SOUTH COACH OF THE YEAR AWARDS	MOST NCAA INDIVIDUAL QUALIFIERS, COACH
<ol style="list-style-type: none"> <li><b>16 BRANT TOLSMA, Liberty</b></li> <li><b>8 Alan Connie, Coastal Carolina</b></li> </ol>	<ol style="list-style-type: none"> <li><b>13 BRANT TOLSMA, Liberty</b></li> <li><b>9 Alan Connie, Coastal Carolina</b></li> <li><b>1 Andy Henry, Charleston Southern</b></li> <li><b>1 Pat Connolly, Radford</b></li> <li><b>1 Tosha Ansley, Charleston Southern</b></li> <li><b>1 MIKE ESPOSITO, High Point</b></li> </ol>	<ol style="list-style-type: none"> <li><b>14 Alan Connie, Coastal Carolina</b></li> <li><b>13 BRANT TOLSMA, Liberty</b></li> <li><b>7 Tosha Ashley, Charleston Southern</b></li> <li><b>3 BEN PAXTON, Winthrop</b></li> <li><b>2 JESSE NORMAN, UNC Asheville</b></li> <li><b>1 Pat Connolly, Radford</b></li> <li><b>1 BRIAN BAKER, Gardner-Webb</b></li> <li><b>1 MIKE ESPOSITO, High Point</b></li> </ol>

## 2006

3-8	Ebony Brown	Coastal Carolina
3-22	Jamie Watson	Liberty
3-29	Ebony Brown	Coastal Carolina
4-5	Tanique Carter	Radford
4-12	Felicitas Mensing	Coastal Carolina
4-19	Chasity Johnson	Coastal Carolina
5-4	Ebony Brown	Coastal Carolina
5-12	Kena Butts	Liberty
5-18	Anne Marie Moutsinga	Coastal Carolina

## 2007

3-21	Arlene Zelinskias	Liberty
3-28	Shemelia Brandon	Radford
4-4	LeAuna Sistrunk	Coastal Carolina
4-11	Tamara Bryant	Coastal Carolina
4-17	Amy Marshall	Radford
5-2	Carol Jefferson	Liberty
5-9	Rebekah Ricksecker	Liberty
5-16	LeAuna Sistrunk	Coastal Carolina

## 2008

3-26	LeAuna Sistrunk	Coastal Carolina
4-2	Dionne Gibson	Charleston Southern
4-9	Felicitas Mensing	Coastal Carolina
4-16	Shemelia Brandon	Radford
4-30	Felicitas Mensing	Coastal Carolina
5-7	Jamie Watson	Liberty
5-14	Dionne Gibson	Charleston Southern
5-21	Rebekah Ricksecker	Liberty

## 2009

3-25	Manikia Gamble	High Point
4-1	Manika Gamble	High Point
4-8	Andrea Beckles	Liberty
4-29	4x400 Relay Team	Coastal Carolina (V. Humphries, I. Brown, S. Jamison, A. White)
5-7	Manika Gamble	High Point
5-14	Misha Morris	Charleston Southern
5-21	4x100 Relay Team	Charleston Southern (D. Gibson, G. Houston, M. Morris, J. Thomas)

## 2010

3-25	Manika Gamble	High Point
3-31	Ashley Howard	Winthrop
4-7	Natalie Pearson	UNC Asheville
4-14	Jaime Watson	Liberty
4-28	Jaime Watson	Liberty
5-5	Ashley Osborne	Liberty
5-12	Ashley Howard	Winthrop
5-19	Christina Fenske	High Point

## 2011

3-18	Natalie Pearson	UNC Asheville
3-23	Natalie Pearson	UNC Asheville
3-30	Dacia Bushman	Liberty
4-7	Sasha Robinson	Winthrop
4-14	Manika Gamble	High Point
5-5	Dacia Bushman	Liberty
5-11	Manika Gamble	High Point
5-18	Manika Gamble	High Point
	4x100 Relay Team	Coastal Carolina (Ashley Davis, Darriale Henley, Erica Peake, Melekia Simpson)
6-3	Natalie Pearson	UNC Asheville

## 2012

3-21	Letitia Saayman	Coastal Carolina
3-28	Manika Gamble	High Point
4-4	Jennifer Klugh	Liberty
4-11	Erica Peake	Coastal Carolina
4-18	Jessica Whitmire	Winthrop
5-3	Lynnetet Akai	Campbell
5-10	Ashley Davis	Coastal Carolina

## 2013

3-21	Sarah Gentry	UNC Asheville
3-28	Lynette Akai	Campbell
4-4	Erica Peake	Coastal Carolina
4-10	Jessica Gelibert	Coastal Carolina
4-18	Jessica Gelibert	Coastal Carolina
5-1	4x400 Relay Team	Coastal Carolina (J. Gelibert, Q. Thompson, L. Simpson, E. Peake)
5-8	Samantha Robbins	Campbell
5-15	4x100 Relay Team	Coastal Carolina (E. Peake, S. Thompson, L. Simpson, Q. Thompson)

## 2014

3-20	Christal Green	Coastal Carolina
3-27	Jessica Gelibert	Coastal Carolina
4-3	Teresa Williamson	Radford
4-9	Jessica Gelibert	Coastal Carolina
4-16	Anna Scott	Campbell
5-1	Jessica Gelibert	Coastal Carolina
5-8	Anna Scott	Campbell
5-16	Anna Scott	Campbell
5-23	Lynette Akai	Campbell

## 2015

3-17	Christina Davis	Coastal Carolina
3-25	Abigail Flower	Liberty
4-1	Letitia Saayman	Coastal Carolina
4-8	Lilla Juhasz	Campbell
4-16	Jessica Gelibert	Coastal Carolina
4-22	Teresa Williamson	Radford
4-29	Jessica Gelibert	Coastal Carolina
5-5	Lilla Juhasz	Campbell
5-12	Natalia Ocasio	High Point

## 2016

3-24	Danielle Burnett	Charleston Southern
3-30	Aynslee Van Graan	Coastal Carolina
4-7	Tatiana Wolfe	Campbell
4-20	Ednah Kurgat	Liberty
4-28	Natalia Ocasio	High Point
	Delaney McDowell	Liberty
5-5	Karissa Lunn	Coastal Carolina

## 2017

3-23	Alesha Love	Winthrop
3-29	Joan Maritim	Campbell
4-6	Alesha Love	Winthrop
4-13	Janai Scott	Campbell
4-19	Janai Scott	Campbell
4-26	Alesha Love	Winthrop
5-4	4x400 Relay Team	Liberty (Olivia Behymer, Tanner Ealum, Nicole Leonzo, Mary Witmer)

## 2011

3-18	Nikki Roseberry	Radford
3-23	Deborah Mattern	Coastal Carolina
3-30	Mia Aghaji	Liberty
4-7	Deborah Mattern	Coastal Carolina
4-14	Christina Mitchell	Liberty
5-5	Jocelyn Williams	Liberty
5-11	Mia Aghaji	Liberty
5-18	Kierra Gabe	Coastal Carolina
6-3	Kierra Gabe	Coastal Carolina

## 2012

3-21	Kierra Gabe	Coastal Carolina
3-28	Jennifer Sing	VMI
4-4	Jessica Dunston	Campbell
4-11	Mychelle Cumings	Liberty
4-18	Brittany Conner	Coastal Carolina
5-3	Melinda Bendik	Liberty
5-10	Christina Mitchell	Liberty

## 2013

3-21	Christina Mitchell	Liberty
3-28	Christine Rickert	High Point
4-4	Jocelyn Williams	Liberty
4-10	Christine Rickert	High Point
4-18	Renee Reives	VMI
5-8	Jenn Nicholson	Liberty
5-15	Mychelle Cumings	Liberty

## 2014

3-20	Jazlyn Jenkins	Campbell
3-27	Marthaline Cooper	Winthrop
4-3	Jenn Nicholson	Liberty
4-9	Chrissy Rickert	High Point
4-16	Kayin Mujahi	Gardner-Webb
5-1	Amirah Al-Bayyinah	Coastal Carolina
5-8	Janae Jones	Liberty
5-16	Oasis Hernandez	Liberty
5-23	Riley Brandon	Liberty

## 2015

3-17	Mychelle Cumings	Liberty
3-25	Christine Rickert	High Point
4-1	Krista Chauvin	Gardner-Webb
4-8	Amirah Al-Bayyinah	Coastal Carolina
4-16	Marthaline Cooper	Winthrop
4-22	Marthaline Cooper	Winthrop
4-29	Jessie Glynn	Liberty
5-5	Jocelyn Williams	Liberty
5-12	Jaszlyn Jenkins	Campbell

## 2016

3-24	Christine Rickert	High Point
3-30	Marthaline Cooper	Winthrop
4-7	Christine Rickert	High Point
	Marthaline Cooper	Winthrop
4-20	Sabina Allen	Campbell
4-28	Jill Marois	High Point
5-5	Christine Rickert	High Point
	Natasha Akbarizadeh	Gardner-Webb

## 2017

3-23	Jessie Glynn	Liberty
3-29	Taryn DeLeon	Winthrop
4-6	Dasiana Lasron	Liberty
4-13	Sabina Allen	Campbell
4-19	Brenna Smith	Liberty
4-26	Kylie Polsgrove	Liberty
5-4	Janae Jones	Liberty

*Field Athletes of the Week began in 2011*



**2000**  
 Melissa Davidson Charleston Southern  
 Annette Purdy Coastal Carolina  
 Mindy Cox High Point  
 Amy Sturgill Liberty  
 Karen Smart Radford  
 Zola Davis UNC Asheville  
 Kathrin Milbury Winthrop

**2001**  
 not available

**2002**  
 Jen Gratton Charleston Southern  
 Kara Koppel Coastal Carolina  
 Jessica Burgeson Elon  
 Melissa Henderson High Point  
 Heather Sagan Liberty  
 Natasha Tyler Radford  
 Micki Logue UNC Asheville  
 Stephanie Vangsnes Winthrop

**2003**  
 Jen Gratton Charleston Southern  
 Kara Koppel Coastal Carolina  
 Jessica Burgeson Elon  
 Jennifer DeTrolio High Point  
 Melissa Blackstone Liberty  
 LaToya Noel Radford  
 Micki Logue UNC Asheville  
 Stephanie Vangsnes Winthrop

**2004**  
 Cheryl Ewing Charleston Southern  
 Marilyn Testa Coastal Carolina  
 Jamie Vetten High Point  
 Danielle McNaney Liberty  
 Tricia Coughlin Radford  
 Micki Logue UNC Asheville  
 Nadia Wendlandt VMI  
 Cecilia Wolf Winthrop

**2005**  
 LaCoya Jones Charleston Southern  
 Chasity Johnson Coastal Carolina  
 Jemissa Hess High Point  
 Danielle McNaney Liberty  
 Lauren Diggs Radford  
 LaTonya Harris UNC Asheville  
 Gabriela Arraiz VMI  
 Allison Kenny Winthrop

**2006**  
 Chasity Johnson Coastal Carolina  
 Kate Atkinson High Point  
 Arlene Zelinskas Liberty  
 Rachel Trapani Radford  
 LaTanya Harris UNC Asheville  
 Kathleen Resetar VMI  
 Carrie Selmer Winthrop

**2007**  
 Dionne Gibson Charleston Southern  
 Chasity Johnson Coastal Carolina  
 Kate Atkinson High Point  
 Arlene Zelinskas Liberty  
 Shanna Harris Radford  
 Emily Mase UNC Asheville  
 Hatley Clifford VMI  
 Amami Antia-Obong Winthrop

**2008**  
 Marie Doan Charleston Southern  
 Felicitas Mensing Coastal Carolina  
 Jasmine Jones-Green High Point  
 Rebekah Ricksecker Liberty  
 Brittany Christian Radford  
 Ingrid Allstaedt UNC Asheville  
 Rebecca Holmes Winthrop

**2009**  
 Brittany Owens Charleston Southern  
 Marcie Veitch Coastal Carolina  
 Kelly Bridges Gardner-Webb  
 Zsannett Kis High Point  
 Andrea Beckles Liberty  
 Ashlyn Sinclair Radford  
 Natalie Pearson UNC Asheville  
 Zipporah McCann VMI  
 Carly Moss Winthrop

**2010**  
 Tia Habersham Charleston Southern  
 Mikaela Terry Coastal Carolina  
 Carrie Long Gardner-Webb  
 Christina Fenske High Point  
 Rebekah Ricksecker Liberty  
 Brittany Christian Radford  
 Natalie Pearson UNC Asheville  
 Hannah Granger VMI  
 Amami Anita-Obong Winthrop

**2011**  
 Adrienne Cuff Charleston Southern  
 Sierrah Oates Coastal Carolina  
 Carrie Long Gardner-Webb  
 Christina Fenske High Point  
 Olivia Charnuski Liberty  
 Aimee Veatch Radford  
 Natalie Pearson UNC Asheville  
 Jennifer Sing VMI  
 Latasha Watson Winthrop

**2012**  
 Rudi Fate Campbell  
 Adrienne Cuff Charleston Southern  
 Emily Marchini Coastal Carolina  
 Ivana Hughes Gardner-Webb  
 Kelsey Fraser High Point  
 Olivia Charnuski Liberty  
 Aimee Veatch Radford  
 Corey McClintock UNC Asheville  
 Jennifer Sing VMI  
 Tara Bowman Winthrop

**2013**  
 Brianna Kincade Campbell  
 Heidi Dean Charleston Southern  
 Emily Marchini Coastal Carolina  
 Ivana Hughes Gardner-Webb  
 Kelsey Hunt High Point  
 Meredith Mistretta Liberty  
 Teresa Williamson Radford  
 Emma Bussard UNC Asheville  
 Jenna Moye VMI  
 Jeanne Stroud Winthrop

**2014**  
 Chelsey Bush Campbell  
 Laquestis Scott Charleston Southern  
 Emily Marchini Coastal Carolina  
 Meredith Byl Gardner-Webb  
 Christine Rickert High Point  
 Jacy Christiansen Liberty  
 Teresa Williamson Radford  
 Corey McClintock UNC Asheville  
 Hannah Dickinson VMI  
 Jeanne Stroud Winthrop

**2015**  
 Lynette Akai Campbell  
 LaQuestis Scott Charleston Southern  
 Kyla van Graan Coastal Carolina  
 Kristen Hurley Gardner-Webb  
 Christine Rickert High Point  
 Jacy Christiansen Liberty  
 Teresa Williamson Radford  
 Kasey Briggs UNC Asheville  
 Shalace Rose Winthrop

**2016**  
 Kelsey Rea Campbell  
 LaQuestis Scott Charleston Southern  
 Kyla van Graan Coastal Carolina  
 Natasha Akbarizadeh Gardner-Webb  
 Christine Rickert High Point  
 Hannah Scherlacher Liberty  
 Jessica Shelton Radford  
 Kayli Nichols UNC Asheville  
 Tristan Langley Winthrop

**2017**  
 Kelsey Rea Campbell  
 Danielle Burnett Charleston Southern  
 Elise Moffatt Gardner-Webb  
 Jamie Schnuck High Point  
 Kat Bouton Liberty  
 Courtney Rice Radford  
 Kayli Nichols UNC Asheville  
 Taryn DeLeon Winthrop

**100-METER DASH***Big South Conference Record*

11.45.....Gabrielle Houston, Charleston Southern (5-24-12)

*Championship Meet Record*

11.47.....Gabrielle Houston, Charleston Southern (4-20-13)

**100-METER HURDLES***Big South Conference Record*

13.25.....Mulern Jean, Charleston Southern (5-23-13)

*Championship Meet Record*

13.32.....Mulern Jean, Charleston Southern (4-20-13)

13.32.....Lilla Juhasz, Campbell (5-16-15)

**200-METER DASH***Big South Conference Record*

23.35.....Erica Peake, Coastal Carolina (3-30-13)

*Championship Meet Record*

23.45.....Gabrielle Houston, Charleston Southern (4-20-13)

**400-METER DASH***Big South Conference Record*

52.46.....Khadijah Conda, Radford (5-6-00)

*Championship Meet Record*

53.61.....Jaime Watson, Liberty (4-15-10)

**400-METER HURDLES***Big South Conference Record*

56.87.....Jessica Gelibert, Coastal Carolina (5-29-14)

*Championship Meet Record*

57.86.....Jessica Gelibert, Coastal Carolina (4-20-13)

**800-METER RUN***Big South Conference Record*

2:06.09.....Jaime Watson, Liberty (5-1-10)

*Championship Meet Record*

2:08.41.....Ansley Gebben, Liberty (5-12-16)

**1,500-METER RUN***Big South Conference Record*

4:14.71.....Heather Sagan, Liberty (6-1-02)

*Championship Meet Record*

4:27.23.....Cozette Collin, High Point (5-12-16)

**3,000-METER STEEPLECHASE***Big South Conference Record*

10:24.24.....Felicita Mensing, Coastal Carolina (5-12-06)

*Championship Meet Record*

10:36.91.....Natalia Ocasio, High Point (5-15-15)

**5,000-METER RUN***Big South Conference Record*

15:48.63.....Ednah Kurgat, Liberty (4-15-16)

*Championship Meet Record*

16:51.56.....Letitia Saayman, Coastal Carolina (5-16-15)

**10,000-METER RUN***Big South Conference Record*

34:00.60.....Ashley Osborne, Liberty (5-1-10)

*Championship Meet Record*

34:54.43.....Letitia Saayman, Coastal Carolina (5-14-15)

**LONG JUMP***Big South Conference Record*

6.22m / 20-05.00.....Sabina Allen, Campbell (5-10-17)

*Championship Meet Record*

6.22m / 20-05.00.....Sabina Allen, Campbell (5-10-17)

**HIGH JUMP***Big South Conference Record*

1.78m / 5-10.00.....Kena Butts, Liberty (4-16-05)

1.78m / 5-10.00.....Christina Fenske, High Point (5-16-10)

*Championship Meet Record*

1.78m / 5-10.00.....Kena Butts, Liberty (4-16-05)

**TRIPLE JUMP***Big South Conference Record*

13.33m / 43-09.00.....Chasity Johnson, Coastal Carolina (5-28-05)

*Championship Meet Record*

12.75m / 41-10.00.....Chasity Johnson, Coastal Carolina (4-16-05)

**SHOT PUT***Big South Conference Record*

15.61m / 51-02.75.....Mychelle Cumings, Liberty (5-13-12)

*Championship Meet Record*

15.56m / 51-00.75.....Tiffany Evans, Radford (4-20-07)

**HAMMER THROW***Big South Conference Record*

67.25m / 220-7.....Amber Campbell, Coastal Carolina (5-28-04)

*Championship Meet Record*

65.58m / 215-2.....Amber Campbell, Coastal Carolina (4-17-04)

**DISCUS***Big South Conference Record*

51.35m / 168-5.....Ashley Howard, Winthrop (3-25-10)

*Championship Meet Record*

50.89m / 166-11.....Mychelle Cumings, Liberty (4-19-13)

**JAVELIN***Big South Conference Record*

52.47m / 172-2.....Christine Rickert, High Point (4-1-16)

*Championship Meet Record*

50.18m / 164-7.....Christine Rickert, High Point (5-10-16)

**POLE VAULT***Big South Conference Record*

4.35m / 14-03.25.....Andrea Wildrick, Liberty (6-9-02)

*Championship Meet Record*

4.22m / 13-10.00.....Jill Marois, High Point (5-11-16)

**4x100-METER RELAY***Big South Conference Record*

44.35.....Charleston Southern (6-10-09)

(Dionne Gibson, Gabrielle Houston, Misha Morris, Jessica Thomas)

*Championship Meet Record*

45.28.....Coastal Carolina (4-18-09)

(L. Sistrunk, I. Brown, A. White, D. Henley)

**4x400-METER RELAY***Big South Conference Record*

3:34.09.....Coastal Carolina (5-23-13)

(Jessica Gelibert, Qwontajah Thompson, Teka Simpson, Erika Peake)

*Championship Meet Record*

3:38.66.....Coastal Carolina (5-16-15)

(Christal Green, Camille Hurley, Latesha Simpson, Jessica Gelibert)

**HEPTATHLON***Big South Conference Record*

5,504.....Danielle McNaney, Liberty (4-27-05)

*Championship Meet Record*

5,166.....Kylie Polsgrove, Liberty (5-11-17)

## 100-METER DASH

- 11.45 Gabrielle Houston, Charleston So. (at NCAA East Preliminary, 5-24-12)
- 11.48 Ikeiyah Brown, Coastal Carolina (at Big South Championship, 4-16-10)
- 11.53 Anna Scott, Campbell (at FSU Twilight, 5-9-14)
- 11.55 Octavia Goode, Winthrop (at NCAA East Regional, 5-28-04)
- 11.58 Erica Peake, Coastal Carolina (at North Florida Invitational, 3-30-13)
- 11.59 Abigail Flower, Liberty (at Big South Championship, 5-16-15)
- 11.61 Natalie Pearson, UNC Asheville (at Big South Championship, 4-23-11)
- 11.68 Panthera Seymour, Liberty (at Liberty, 5-11-00)
- 11.69 Janai Scott, Campbell (at Big South Championship, 5-12-17)
- 11.71 Latesha Simpson, Coastal Caro. (at Big South Championship, 5-12-16)

## 200-METER DASH

- 23.35 Erica Peake, Coastal Caro. (at North Florida Invitational, 3-30-13)
- 23.42 Gabrielle Houston, Charleston So. (at NCAA Preliminaries, 5-24-12)
- 23.42 Anna Scott, Campbell (at Liberty Twilight, 5-1-14)
- 23.47 Natalie Pearson, UNC Asheville (at NCAA Regionals, 5-17-10)
- 23.54 Dionne Gibson, Charleston So. (at Georgia Tech Invitational, 5-17-08)
- 23.60 Ikeiyah Brown, Coastal Carolina (at Big South Championship, 4-17-09)
- 23.61 Octavia Goode, Winthrop (at NCAA East Regional, 5-28-04)
- 23.71 Abigail Flower, Liberty (at Big South Championship, 5-14-15)
- 23.91 Panthera Seymour, Liberty (at GMU, 5-6-00)
- 23.92 Latesha Simpson, Coastal Caro. (at Big South Championship, 5-10-16)

## 400-METER DASH

- 52.46 Khadijah Conda, Radford (5-6-00)
- 53.23 Erica Peake, Coastal Caro. (at Georgia Tech Invitational, 5-10-13)
- 53.61 Jaime Watson, Liberty (at Big South Championship, 4-17-10)
- 53.73 Lynette Akai, Campbell (at Georgia Tech Invitational, 5-16-14)
- 54.08 Erin Edmond, Liberty (at Big South Championship, 5-12-16)
- 54.33 Tanner Ealum, Liberty (at Virginia, 4-21-17)
- 54.39 Dionne Gibson, Charleston Southern (5-17-08)
- 54.40 Camille Hurley, Coastal Caro. (at Big South Championship, 5-14-15)
- 54.43 Vondeesha Humphries, Coastal Carolina (2008)
- 54.52 Jessica Gelibert, Coastal Caro. (at Campbell Invitational, 4-18-15)

## 800-METER RUN

- 2:06.09 Jaime Watson, LU (at Stanford Payton Jordan Cardinal Invitational, 5-1-10)
- 2:07.09 Meghan Burggraf, Liberty (at Stanford, 4-5-14)
- 2:08.00 Heather Sagan, Liberty (at LC, 4-13-02)
- 2:08.41 Ansley Gebben, Liberty (at Big South Championship, 5-12-16)
- 2:08.59 Delaney McDowell, Liberty (at Virginia Challenge, 4-22-16)
- 2:08.65 Jemissa Hess, High Point (2005)
- 2:08.66 Keaton Case, High Point (at Duke, 4-21-17)
- 2:08.72 Teresa Williamson, Radford (at UT Challenge, 5-2-15)
- 2:08.80 Amy Teer, Liberty (at Vancouver, 6-23-98)
- 2:08.96 Sarah Gentry, UNC Asheville (at Raleigh Relays, 3-29-13)

## 1,500-METER RUN

- 4:14.71 Heather Sagan, Liberty (at NCAA Championship, 6-1-02)
- 4:19.57 Aynslee Van Graan, Coastal Caro. (at NCAA East Preliminary, 5-26-16)
- 4:20.79 Jemissa Hess, High Point (at Duke, 4-09-05)
- 4:22.27 Angela Murphy, Coastal Carolina (1997)
- 4:24.16 Jennifer Klugh, Liberty (at Duke Twilight Meet, 5-6-12)
- 4:24.78 Rebekah Ricksecker, Liberty (at Duke Twilight, 5-9-10)
- 4:25.86 Jolene Williams, Coastal Carolina (1998)
- 4:27.23 Cozette Collin, High Point (at Big South Championship, 5-10-16)
- 4:28.08 Joan Maritim, Campbell (at Big South Championship, 5-10-16)
- 4:28.32 Teresa Williamson, Radford (at Big South Championship, 5-14-15)

## 3,000-METER RUN

- 9:22.54 Angela Murphy, Coastal Carolina (4-24-97)
- 9:26.37 Jolene Williams, Coastal Carolina (1998)
- 9:34.54 Heather Sagan, Liberty (at Charlotte, 3-16-02)
- 9:34.77 Catherine Conder, Coastal Carolina (1996)
- 9:41.33 Jennifer Klugh, Liberty (at Princeton/ECAC, 5-13-12)
- 9:52.08 Micki Logue, UNC Asheville (at Tennessee, 4-9-04)
- 9:55.40 Kara Koppel, Coastal Carolina (2002)
- 9:56.55 Mandy Becker, UNC Asheville (at Penn, 4-22-99)
- 10:00.84 Kim Nemergut, Coastal Carolina (2002)
- 10:01.80 Lital Azulay, Coastal Carolina (2004)

## 3,000-METER STEEPLECHASE

- 10:24.24 Felicitas Mensing, Coastal Carolina (5-12-06)
- 10:29.27 Natalia Ocasio, High Point (at Virginia Challenge, 4-22-16)
- 10:34.54 Shelby Nicosia, Coastal Carolina (at Georgia Tech Invitational, 5-16-14)
- 10:35.19 Piper Newby, Liberty (at NCAA Regionals, 5-26-07)
- 10:35.45 Carlajane Constantini, Charleston Southern (3-29-02)
- 10:37.85 Emma Bussard, UNC Asheville (at Duke Twilight, 5-5-13)
- 10:45.37 Daneja Grandovec, Coastal Carolina (2004)
- 10:46.46 Carrie Selmer, Winthrop (2006)
- 10:49.96 Lindsey Kozlowski, Coastal Carolina (2004)
- 10:50.03 Ashley Matthews, Campbell (at Florida Relays, 4-3-14)

## 5,000-METER RUN

- 15:48.63 Ednah Kurgat, Liberty (at Mt. SAC Relays, 4-15-16)
- 16:26.99 Catherine Conder, Coastal Carolina (4-20-96)
- 16:31.00 Ashley Osborne, Liberty (at Princeton/ECAC, 5-14-10)
- 16:40.95 Joan Maritim, Campbell (at Duke Invitational, 4-22-16)
- 16:42.87 Kyla van Graan, Coastal Carolina (at Raleigh Relays, 3-25-16)
- 16:44.28 Anne Marie Moutsinga, Coastal Carolina (2004)
- 16:45.99 Jacy Christiansen, Liberty (at Stanford, 4-4-14)
- 16:50.86 Carol Jefferson, Liberty (at NCAA Regionals, 5-25-07)
- 16:51.56 Letitia Saayman, Coastal Carolina (at Big South Championship, 5-14-15)
- 16:54.18 Diana Jepchirchir, Coastal Carolina (2008)

## 10,000-METER RUN

- 34:00.60 Ashley Osborne, LU (at Stanford Payton Jordan Cardinal Invite, 5-1-10)
- 34:33.85 Letitia Saayman, Coastal Carolina (at Raleigh Relays, 3-27-15)
- 34:35.83 Joan Maritim, Campbell (at Raleigh Relays, 3-24-17)
- 34:37.27 Carol Jefferson, Liberty (at Penn Relays, 4-26-07)
- 34:38.75 Ednah Kurgat, Liberty (at Raleigh Relays, 3-27-15)
- 34:41.79 Anne Marie Moutsinga, Coastal Caro. (at Stanford Invite, 3-25-05)
- 35:10.44 Jeanne Stroud, Winthrop (at Raleigh Relays, 3-29-13)
- 35:15.84 Dacia Bushman, Liberty (at Raleigh Relays, 3-25-11)
- 35:21.97 Khristina Kanagy, Liberty (at Raleigh Relays, 3-29-13)
- 35:24.54 Diana Jepchirchir, Coastal Carolina (2008)

## 100-METER HURDLES

- 13.25 Mulerh Jean, Charleston Southern (at NCAA East Preliminaries, 5-23-13)
- 13.32 Lilla Juhasz, Campbell (at Big South Championship, 5-16-15)
- 13.39 Jessica Gelibert, Coastal Carolina (at Big South Championship, 5-14-15)
- 13.67 LeAuna Sistrunk, Coastal Caro. (at Georgia Tech Invitational, 5-12-07)
- 13.69 Camille Hurley, Coastal Caro. (at Big South Championship, 5-14-15)
- 13.76 Christina Davis, Coastal Caro. (at Bill Carson Invitational, 4-10-15)
- 13.77 Olivia Charnuski, Liberty (ECAC, 5-15-10)
- 13.77 Ashley Davis, Coastal Carolina (at Chanticleer Classic, 4-13-13)
- 13.80 Arlene Zelinskis, Liberty (ECAC, 5-11-07)
- 13.81 Tatiana Wolfe, Campbell (at Big South Championship, 5-14-15)

## 400-METER HURDLES

- 56.87 Jessica Gelibert, Coastal Caro. (at NCAA East Preliminaries, 5-29-14)
- 58.00 Alesha Love, Winthrop (at Duke, 4-21-17)
- 58.56 Manika Gamble, High Point (at Florida Relays, 4-2-10)
- 58.62 Maurika Quarles, Radford (at Penn Relays, 4-21-05)
- 58.67 Ebony Brown, Coastal Carolina (2006)
- 59.01 Christina Davis, Coastal Carolina (at Big South Championship, 5-14-15)
- 59.43 Tatiana Wolfe, Campbell (at Campbell Invitational, 4-15-16)
- 59.52 Dotrine' Jacobs, Charleston Southern (at Florida Relays, 4-3-14)
- 59.84 Mary Witmer, Liberty (at Big South Championship, 5-12-17)
- 60.29 Olivia Coopwood, Coastal Caro. (at Big South Championship, 5-14-15)

## 4x100-METER RELAY

- 44.35 Charleston Southern (at NCAA Championship, 6-10-09)  
(Dionne Gibson, Gabrielle Houston, Misha Morris, Jessica Thomas)
- 44.48 Coastal Carolina (at NCAA East Preliminaries, 5-23-13)  
(Erica Peake, Symphony Thompson, Teka Simpson, Qwontajah Thompson)
- 44.83 Coastal Carolina (at UNF Osprey Invitational, 5-13-11)  
(A. Davis, D. Henley, E. Peake, M. Simpson)
- 45.28 Coastal Carolina (at Big South Championship, 4-18-09)  
(L. Sistrunk, I. Brown, A. White, D. Henley)
- 45.32 Coastal Carolina (at Big South Championship, 4-17-14)  
(Ruby Durham, Kelila Naules, Latesha Simpson, Symphony Thompson)
- 45.42 Charleston Southern (at Big South Championship, 4-19-08)  
(Dionne Gibson, Canchettar Delamar, Misha Morris, Jessica Thomas)
- 45.52 Coastal Carolina (at Bill Carson Invitational, 4-11-15)  
(Ruby Durham, Kelila Naules, Teka Simpson, Symphony Thompson)
- 45.60 Liberty (at Big South Championship, 5-12-16)  
(Nicole Leonzo, Kate Flower, Dana Mercer, Erin Edmond)
- 45.63 Coastal Carolina (at Big South Championship, 4-21-12)  
(Gabrielle Lee, Erica Peake, Ashley Davis, Qwontajah Thompson)
- 45.64 Campbell (at Big South Championship, 4-17-14)  
(Asia Olds, Anna Scott, Lilla Juhasz, Lynette Akai)

## 4x200-METER RELAY

- 1:36.24 Charleston Southern (4-5-08)  
(Dionne Gibson, Ebony Muller, Canchettar Delamar, Misha Morris)
- 1:37.33 Liberty (at Coastal Carolina, 3-18-16)  
(Dana Mercer, Erin Edmond, Nicole Leonzo, Kate Flower)
- 1:37.76 Coastal Carolina (at Alan Connie Shamrock Invitational, 3-20-15)  
(Christal Green, Symphony Thompson, Camille Hurley, Teka Simpson)
- 1:37.86 Coastal Carolina (2007)  
(I. Brown, S. Johnson, A. White, C. Johnson)
- 1:37.99 Liberty (at Penn Relays, 4-25-08)  
(Andrea Beckles, Charlene Hibbert, Chenoa Freeman, Jaime Watson)
- 1:38.58 Liberty (at Texas Relays, 3-29-14)  
(Oasis Hernandez, Abigail Flower, Corinn Bedell, Janae Jones)
- 1:38.60 Liberty (at Penn Relays, 4-25-14)  
(Oasis Hernandez, Abigail Flower, Corinn Bedell, Kate Flower)
- 1:38.72 Liberty (at Texas Relays, 3-28-15)  
(Abigail Flower, Dana Mercer, Ansley Gebben, Kate Flower)
- 1:38.91 Coastal Carolina (2011)  
(E. Peake, S. Jamison, D. Henley, V. Humphries)
- 1:38.94 Liberty (at Penn Relays, 4-29-00)  
(Janelle Shiffer, Kodi Pollard, Christina Schlesinger, Panthera Seymour)

## 4x400-METER RELAY

- 3:34.09 Coastal Carolina (at NCAA East Preliminaries, 5-23-13)  
(Jessica Gelibert, Qwontajah Thompson, Teka Simpson, Erika Peake)
- 3:35.73 Coastal Carolina (at Penn Relays, 4-24-14)  
(Jessica Gelibert, Camille Hurley, Christal Green, Teka Simpson)
- 3:40.32 Liberty (at Penn Relays, 4-29-17)  
(Tanner Ealum, Mary Witmer, Nicole Leonzo, Olivia Behymer)
- 3:40.67 Coastal Carolina (4-25-09)  
(V. Humphries, A. White, S. Jamison, I. Brown)
- 3:41.00 Liberty (at Princeton/ECAC, 5-13-07)  
(Marie Williams, Tra' Screen, Charlene Hibbert, Chenoa Freeman)
- 3:41.65 Liberty (at Aggie Last Chance, 5-15-16)  
(Nicole Leonzo, Ansley Gebben, Olivia Behymer, Erin Edmond)
- 3:41.92 Liberty (at Big South Championship, 5-12-16)  
(Corinn Bedell, Ansley Gebben, Olivia Behymer, Erin Edmond)
- 3:42.25 Coastal Carolina (at Georgia Tech Invitational, 5-11-12)  
(Qwontajah Thompson, Erica Peake, Santresa Jamison, Sharmaine Barnes)
- 3:42.25 Liberty (at South Carolina, 4-15-17)  
(Tanner Ealum, Delaney McDowell, Nicole Leonzo, Olivia Behymer)
- 3:42.36 Charleston Southern (at Florida Relays, 4-1-16)  
(LaQuestis Scott, Danielle Burnett, Jasmine Pilgrim, Kolisha Coleman)

## 4x800-METER RELAY

- 8:56.96 Liberty (at Texas Relays, 4-2-16)  
(Ansley Gebben, Torree Scull, Alexis Taylor, Delaney McDowell)
- 8:59.79 Liberty (at Penn Relays, 4-24-10)  
(Jaime Watson, Meghan Burggraf, Hailey Neal, Rebekah Ricksecker)
- 9:05.67 Liberty (at Penn Relays, 4-26-08)  
(Jaime Watson, Kati Albright, Sarah Roberts, Rebekah Ricksecker)
- 9:06.67 Liberty (at Princeton/ECAC, 5-15-05)  
(Sarah Roberts, Carol Jefferson, Chelsey Swanson, Melissa Blackstone)
- 9:07.71 Liberty (at Penn Relays, 4-30-06)  
(Rebekah Ricksecker, Sarah Roberts, Chelsey Swanson, Jaime Watson)
- 9:11.33 Liberty (at Penn Relays, 4-28-12)  
(Jennifer Klugh, Amanda Wimbush, Meghan Burggraf, Jacy Christiansen)
- 9:12.16 Coastal Carolina (at Alan Connie Shamrock Invitational, 3-20-15)  
(Jessica Gelibert, Imani Boatwright, Kyla van Graan, Aynslee van Graan)
- 9:12.56 Liberty (at Liberty, 5-10-01)  
(Amy Teer, Heather Sagan, Katie Butler, Sarah Pettit)
- 9:12.58 Charleston Southern (4-27-02)  
(Walker, Ewing, Constantini, Favinger)
- 9:15.11 Liberty (at Coastal Carolina, 3-18-11)  
(Jennifer Klugh, Rod'Esther Castor, Amanda Wimbush, Megan Burggraf)

## SPRINT MEDLEY RELAY

- 3:53.34 Liberty (at Texas Relays, 3-28-14)  
(Oasis Hernandez, Abigail Flower, Ansley Gebben, Meghan Burggraf)
- 3:55.86 Liberty (at Penn Relays, 4-28-17)  
(Tanner Ealum, Dana Mercer, Olivia Behymer, Delaney McDowell)
- 3:56.49 High Point (at Penn Relays, 2008)  
(Sumiyaa Hunter, Jasmine Jones-Green, Jilissa Thompson, Kandi Givner)
- 3:57.43 Liberty (at Disney Relays, 3-17-01)  
(Panthera Seymour, Christina Schlesinger, Kodi Pollard, Heather Sagan)
- 3:58.62 Liberty (at Raleigh Relays, 3-25-11)  
(Alyssa Pegues, Olivia Charnuski, Kiara Bridges, Meghan Burggraf)
- 3:59.09 Liberty (at Florida State, 3-22-97)  
(Mari Kong, Ardra Samuel, Regina McFarland, Amy Teer)
- 4:01.11 Liberty (at Florida State, 3-15-00)  
(Janelle Schiffer, Panthera Seymour, Kodi Pollard, Heather Sagan)
- 4:01.02 Liberty (at Texas Relays, 4-8-11)  
(Alyssa Pegues, Olivia Charnuski, Mia Aghaji, Meghan Burggraf)
- 4:02.15 Liberty (at Penn Relays, 4-27-07)  
(Arlene Zelinskas, Charlene Hibbert, Chenoa Freeman, Jaime Watson)
- 4:02.78 Liberty (at FSU Relays, 3-17-05)  
(Erica Gaesser, Charlene Hibbert, Jenni Santino, Melissa Blackstone)



## DISTANCE MEDLEY RELAY

11:30.56	Liberty (at Penn Relays, 4-24-08) (Rebekah Ricksecker, Chenoa Freeman, Jaime Watson, Katie Albright)
11:32.55	Liberty (at Penn Relays, 4-22-10) (Jennifer Klugh, Chenoa Freeman, Jaime Watson, Rebekah Ricksecker)
11:37.64	Liberty (at Penn Relays, 4-27-17) (Brooke Turner, Tanner Ealum, Delaney McDowell, Anna Van Wyk)
11:45.48	Liberty (at Penn Relays, 4-26-01) (Amy Teer, Robin Williams, Katie Butler, Heather Sagan)
11:46.00	Liberty (at Penn Relays, 4-27-06) (Sarah Roberts, Kena Butts, Jaime Watson, Rebekah Ricksecker)
11:49.20	Liberty (at Coastal Carolina, 3-21-08) (Rebekah Ricksecker, Charlene Hibbert, Sarah Roberts, Kati Albright)
11:53.24	Liberty (at Florida State, 3-15-00) (Rebecca Parsons, Jaquay Reid, Amy Teer, Heather Sagan)
11:56.54	Liberty (at Penn Relays, 4-24-14) (Hannah Scherlacher, Janae Jones, Meghan Burggraf, Jacy Christiansen)
12:00.86	Liberty (at Penn Relays, 4-22-04) (Melissa Blackstone, Erica Gaesser, Andrea Andrews, Rebecca Parsons)
12:01.51	High Point (2009) (Shauna Marsh, Manika Gamble, Geneva Winterink, Joya Canfield)

## SHUTTLE HURDLE RELAY

58.09	Coastal Carolina (at Penn Relays, 4-24-15) (Camille Hurley, Olivia Coopwood, Christina Davis, Jessica Gelibert)
58.77	Liberty (at Coastal Carolina, 3-11-11) (O. Charnuski, K. Matthews, R. Houseknecht, C. Mitchell)
59.01	Coastal Carolina (2006) (E. Brown, Jacobs, Tegeder, Sistrunk)
59.10	Coastal Carolina (2008) (Sistrunk, Arango, Oates, Houston)
59.10	Liberty (at Penn Relays, 4-24-09) (Marie Williams, Olivia Charnuski, Krystle Matthews, Rachel Houseknecht)
1:01.20	Liberty (at Penn Relays, 4-26-04) (Danielle McNaney, Tessa Sturgill, Anna Goudeau, Arlene Zelinskas)
1:02.11	Coastal Carolina (2008) (Allcock, Arango, Oates, Sita)
1:03.38	Liberty (at Florida State, 3-16-96) (Arlette Springer, Holly Deem, Lora Randolph, Audrey Ebanks)

## LONG JUMP

6.22m / 20-05.00	Sabina Allen, Campbell (at Big South Championship, 5-10-17)
6.08m / 19-11.50	Chasity Johnson, CCU (at Bagwell-Settle Invitational, 4-15-06)
6.04m / 19-09.75	Nicole Tucker, Winthrop (at Big South Championship, 4-22-06)
5.98m / 19-07.50	Denise Morgan, HPU (at Big South Championship, 4-18-02)
5.98m / 19-07.50	Shemelia Brandon, RU (at Big South Championship, 4-22-06)
5.96m / 19-06.75	Patria Norman, CSU (at Big South Championship, 4-22-11)
5.96m / 19-06.25	Latesha Simpson, CCU (at Big South Championship, 5-14-15)
5.95m / 19-06.25	Danielle McNaney, Liberty (at Princeton/ECAC, 5-19-02)
5.95m / 19-06.25	Charlene Hibbert, LU (at Big South Championship, 4-20-06)
5.93m / 19-05.25	Kena Butts, Liberty (at Big South Championship, 4-15-05)

## TRIPLE JUMP

13.33m / 43-09.00	Chasity Johnson, CCU (NCAA East Regional, 5-28-05)
13.11m / 43-00.25	Sabina Allen, Campbell (at NCAA East Preliminary, 5-26-16)
12.76m / 41-10.50	Amirah Al-Bayannah, CCU (at Tiger Track Classic, 4-3-15)
12.74m / 41-09.75	Janae Jones, Liberty (at Penn Relays, 4-28-17)
12.61m / 41-04.50	Shemelia Brandon, RU (at Big South Championship, 4-22-06)
12.60m / 41-04.25	Mia Aghaji, Liberty (at Big South Championship, 4-23-11)
12.51m / 41.00-50	Oasis Hernandez, Liberty (at Roanoke, 5-8-14)
12.50m / 41-00.25	Kierra Gabe, Coastal Caro. (at Shamrock Invitational, 3-15-12)
12.40m / 40-08.25	LeAuna Sistrunk, CCU (at Big South Championship, 4-18-09)
12.39m / 40-07.75	Audrika Gadson, CSU (at Big South Championship, 4-16-05)

## HIGH JUMP

1.77m / 5-10.00	Kena Butts, Liberty (at Big South Championship, 4-16-05)
1.77m / 5-10.00	Christina Fenske, High Point (at NCAA Regionals, 5-16-10)
1.77m / 5-09.75	Kierra Gabe, Coastal Caro. (at NCAA Preliminaries, 5-24-12)
1.76m / 5-09.25	Mia Aghaji, Liberty (at Big South Championship, 4-20-12)
1.75m / 5-08.75	Arlene Zelinskas, Liberty (at Big South Championship, 4-21-07)
1.75m / 5-08.75	Nikki Roseberry, RU (at Coastal Carolina Invitational, 3-12-11)
1.75m / 5-08.75	Kaylin Mujahid, Gardner-Webb (at Carolinas Cup, 4-10-14)
1.75m / 5-08.75	Erin Zappia, Liberty (at Liberty Twilight, 5-3-17)
1.74m / 5-08.50	Shenelle McKay, Campbell (at Duke Invitational, 4-22-16)
1.73m / 5-08.00	Courtney Samuel, Coastal Carolina (2001)
1.73m / 5-08.00	Chasity Johnson, Coastal Carolina (2005)
1.73m / 5-08.00	Latesha Simpson, CCU (at Big South Championship, 5-10-16)
1.73m / 5-08.00	Kylie Polsgrove, Liberty (at Virginia, 4-21-17)

## POLE VAULT

4.35m / 14-03.25	Andrea Wildrick, LU (at USA Track & Field Championships, 6-9-02)
4.22m / 13-10.00	Jill Marois, HPU (at Big South Championship, 5-10-16)
4.05m / 13-03.50	Jennifer Sing, VMI (at VMI/Washington & Lee Carnival, 3-23-12)
4.01m / 13-01.75	Jessica Glynn, Liberty (at Highlander Invitational, 4-24-15)
4.00m / 13-01.50	Alyssa Palenchar, HPU (at Mountaineer Outdoor Open Meet, 4-30-16)
3.96m / 12-11.75	Marilyn Testa, Coastal Carolina (2004)
3.95m / 12-11.50	Emma Kroger, Coastal Caro. (at Big South Championship, 5-10-16)
3.85m / 12-07.50	Shelley Parker, Liberty (at Big South Championship, 4-22-11)
3.85m / 12-07.50	Elise Moffat, GWU (at Big South Championship, 5-14-15)
3.85m / 12-07.50	Mary Lawrence, CCU (at Auburn Tiger Track Classic, 4-6-12)

## SHOT PUT

15.61m / 51-02.75	Mychelle Cumings, Liberty (at Princeton/ECAC, 5-13-12)
15.56m / 51-00.75	Tiffany Evans, Radford (at Big South Championship, 4-20-07)
14.57m / 47-09.75	Mildred Copper, VMI (at Big South Championship, 4-15-05)
14.43m / 47-04.25	Brittany Reid, Coastal Carolina (2006)
14.42m / 47-03.75	Amber Campbell, Coastal Carolina (2004)
14.41m / 47-03.50	Ashlei Alexander, GWU (at Big South Championship, 4-20-12)
14.37m / 47-01.75	Jocelyn Davis, Charleston Southern (5-17-08)
14.34m / 47-00.75	Joshlyn Noga, CSU (at Big South Championship, 4-19-12)
14.26m / 46-09.50	Renee Reives, VMI (at VCU Ram Invite, 3-22-14)
14.13m / 46-04.25	Sara Lewis, Winthrop (2006)

## DISCUS

51.35m / 168-06	Ashley Howard, Winthrop (at Georgia Invitational, 5-8-10)
51.08m / 167-07	Makenzi Holmes-Digiovine, HPU (at Liberty Twilight, 5-4-16)
50.91m / 167-00	Mychelle Cumings, LU (at Liberty Collegiate Invitational, 4-7-12)
50.56m / 165-10	Amber Campbell, Coastal Carolina (2001)
50.26m / 164-11	Jennifer Nicholson, Liberty (at Texas Relays, 3-29-14)
50.21m / 164-08	Tamara Bryant, Coastal Carolina (2005)
49.95m / 163-10	Jocelyn Williams, LU (at Clyde Littlefield Texas Relays, 3-30-13)
49.75m / 163-02	Brittany Reid, Coastal Carolina (2005)
48.11m / 157-10	Daisy Whitaker, CSU (at Georgia Tech Invitational, 5-10-13)
47.65m / 156-04	Holly Arey, Liberty (at VertKlasse Meeting, 4-1-17)

## JAVELIN

52.47m / 172-02	Christine Rickert, HPU (at High Point VertKlasse Meeting, 4-1-16)
48.98m / 160-08	Crystal Goure, UNC Asheville (at Charlotte, 3-20-04)
48.33m / 158-07	Brenna Smith, Liberty (at Big South Championship, 5-10-17)
47.22m / 154-11	Chloe White, CCU (at Big South Championship, 5-14-15)
46.57m / 152-09	Christina Mitchell, LU (at Big South Championship, 4-19-13)
46.02m / 151-00	Deborah Mattern, CCU (at FSU Seminole Invitational, 4-8-11)
45.84m / 150-05	Dana Sizemore, CCU (at Big South Championship, 4-17-04)
45.08m / 147-11	Amy Marshall, Radford (at Radford Invitational, 4-14-07)
44.02m / 144-05	Yana Babbitt, Liberty (at Penn Relays, 4-24-15)
43.81m / 143-09	Liz Pidgeon, Coastal Carolina (1998)



## HAMMER THROW

- 67.25m / 220-07 Amber Campbell, CCU (at Big South Championship, 4-14-04)
- 65.21m / 213-11 Marthaline Cooper, WU (at NCAA Championship, 6-10-16)
- 61.76m / 202-07 Melinda Bendik, Liberty (at NCAA Preliminaries, 5-26-12)
- 61.21m / 200-10 Jocelyn Williams, LU (at Big South Championship, 5-16-15)
- 60.26m / 197-08 Natasha Akbarizadeh, GWU (at Big South Championship, 5-11-17)
- 59.82m / 196-03 Dasiana Larson, Liberty (at Duke, 4-21-17)
- 59.43m / 195-00 Jamie Schnuck, HPU (at Big South Championship, 5-11-17)
- 59.23m / 194-04 Krista Chauvin, GWU (at Big South Championship, 5-16-15)
- 58.44m / 191-09 Petra Jakeljic, Gardner-Webb (at Charlotte, 4-14-17)
- 58.28m / 191-02 Liz Pidgeon, Coastal Carolina (1999)

## HEPTATHLON

- 5,504 Danielle McNaney, Liberty (at Penn Relays, 4-27-05)
- 5,242 Arlene Zelinskas, Liberty (at Princeton/ECAC, 5-12-07)
- 5,184 Kylie Polsgrove, Liberty (at Virginia, 4-22-17)
- 5,056 Erika Jackson, Liberty (at Mt. SAC Relays, 4-14-16)
- 4,985 Marie Williams, Liberty (at Princeton/ECAC, 5-16-09)
- 4,968 Christina Mitchell, Liberty (at Texas Relays, 4-7-11)
- 4,926 Riley Brandon, Liberty (at Princeton/ECAC, 5-17-14)
- 4,922 Robin Williams, Liberty (at Liberty, 5-5-01)
- 4,877 Taryn DeLeon, Winthrop (at Big South Championship, 5-11-17)
- 4,751 Krystle Matthews, Liberty (at Liberty, 4-3-10)

*Individuals listed once based on best time/distance competing as a Big South student-athlete. Relay teams from the same school listed only if not all four runners are the same.*

*Per Big South Conference policy, wind-aided and converted performances are not eligible for inclusion (long jump, triple jump and any race on the track requires that a calibrated wind instrument shall record that any assisting wind does not exceed an average velocity of 2 meters per second).*

<b>1995 - COASTAL CAROLINA NTS</b>	10,000m	Catherine Conder	36:20.28	14th (finals)
<b>1996 - COASTAL CAROLINA NTS</b>	5,000m	Catherine Conder	16:46.01	(prelims)
<b>1997 - COASTAL CAROLINA NTS</b>	5,000m	Catherine Conder	16:48.78	12th (finals)
	3,000m	Angela Murphy	10:03.71	-- (prelims)
<b>1998 - COASTAL CAROLINA (3 PTS)</b>	3,000m	Jolene Williams	9:26.37	7th (finals)
	Hammer	Liz Pidgeon	9:30.03	5th (prelims)
			57.04	13th (finals)
<b>2000 - LIBERTY NTS</b>	Pole Vault	Andrea Wildrick	4.00m	T-9th (finals)
<b>RADFORD NTS</b>	400m	Khadijah Conda	53.58	14th (prelims)
<b>2001 - COASTAL CAROLINA T-60th (2 PTS)</b>	Hammer	Amber Campbell	60.80m	7th (finals)
<b>LIBERTY NTS</b>	Pole Vault	Andrea Wildrick	3.90m	10th (finals)
<b>2002 - LIBERTY T-15th (16 PTS)</b>	1,500m	Heather Sagan	4:15.71	2nd (finals)
			4:24.81	11th (semifinals)
	Pole Vault	Andrea Wildrick	4.10m	2nd (finals)
	Heptathlon	Danielle McNaney	4,960	15th (finals)
<b>2003 - COASTAL CAROLINA T-43rd (5 PTS)</b>	Hammer	Amber Campbell	64.58m	4th (finals)
			63.39m	4th (prelims)
<b>2004 - LIBERTY NTS</b>	Heptathlon	Danielle McNaney	5,038	20th (finals)
<b>COASTAL CAROLINA NTS</b>	Hammer	Amber Campbell	ND	-- (prelims)
<b>2005 - LIBERTY NTS</b>	Heptathlon	Danielle McNaney	5,419	11th (finals)
	High Jump	Kena Butts	1.74m	T-24th (prelims)
<b>2007 - LIBERTY NTS</b>	10,000m	Carol Jefferson	35:37.03	25th (finals)
<b>2008 - CHARLESTON SOUTHERN NTS</b>	200m	Dionne Gibson	23.78	15th (finals)

<b>2009 - CHARLESTON SOUTHERN T-70th (1 PT)</b>	4x100m	Thomas, Gibson, Morris, Houston	44.69	8th (finals)
	200m	Dionne Gibson	44.35	9th (semifinals)
			24.18m	24th (prelims)
<b>COASTAL CAROLINA NTS</b>	200m	Ikeiyah Brown	24.19	25th (prelims)
<b>2010 - UNC ASHEVILLE NTS</b>	200m	Natalie Pearson	24.07	20th (prelims)
<b>WINTHROP NTS</b>	Discus	Ashley Howard	46.28m	17th (finals)
<b>2011 - UNC ASHEVILLE NTS</b>	200m	Natalie Pearson	23.99	24th (prelims)
<b>2012 - CHARLESTON SOUTHERN NTS</b>	200m	Gabrielle Houston	23.60	18th (prelims)
<b>LIBERTY NTS</b>	Hammer	Melinda Bendik	58.71m	16th (finals)
<b>2013 - CHARLESTON SOUTHERN NTS</b>	100mH	Mulern Jean	13.29	17th (prelims)
<b>COASTAL CAROLINA NTS</b>	4x400m	Gelibert, Thompson, Simpson, Peake	3:38.92	22nd (prelims)
<b>LIBERTY NTS</b>	Discus	Mychelle Cumings	47.41m	20th (finals)
<b>2015 - WINTHROP NTS</b>	Hammer	Marthaline Cooper	60.23m	10th (finals)
<b>LIBERTY NTS</b>	Hammer	Joceyln Williams	58.04m	16th (finals)
<b>GARDNER-WEBB NTS</b>	Hammer	Krista Chauvin	57.85m	19th (finals)
<b>2016 - WINTHROP T-42nd (6 PTS)</b>	Hammer	Marthaline Cooper	65.21m	3rd (finals)
<b>LIBERTY T-46th (5 PTS)</b>	5000m	Ednah Kurgat	16:02.91	4th (finals)
<b>HIGH POINT NTS</b>	Javelin	Christine Rickert	50.16m	12th (finals)

SCHOOL	APPEARANCES	YEARS	TOTAL QUALIFIERS	MOST QUALIFIERS (YEARS)	BEST TEAM FINISH
Liberty	10	2000-01-02-04-05-07-12-13-15-16	13	3 (2002)	T-15th (16 points - 2002)
Coastal Carolina	9	1995-96-97-98-01-03-04-09-13	14	4 * (2013)	T-43rd (5 points - 2003)
Charleston Southern	4	2008-09-12-13	7	4 * (2009)	T-70th (1 point - 2009)
Winthrop	3	2010-15-16	3	1 (2010, 2015, 2016)	T-42nd (6 points - 2016)
UNC Asheville	2	2010-11	2	1 (2010, 2011)	--
Radford	1	2000	1	1 (2000)	--
Gardner-Webb	1	2015	1	1 (2015)	--
High Point	1	2016	1	1 (2016)	--
<b>BIG SOUTH TOTAL</b>			<b>42</b>	<b>6 * (2013)</b>	<b>T-15th (Liberty - 2002)</b>

current Big South women's track & field programs in **bold**

\* - includes relay team members

## ALL-AMERICA

1998	Jolene Williams, Coastal Carolina.....	3000m
2000	Andrea Wildrick, Liberty.....	Pole Vault
2001	Amber Campbell, Coastal Carolina.....	Hammer
2002	Heather Sagan, Liberty.....	1,500m
	Andrea Wildrick, Liberty.....	Pole Vault
2003	Amber Campbell, Coastal Carolina.....	Hammer
2008	Dionne Gibson, Charleston Southern.....	200m
2009	Dionne Gibson, Charleston Southern.....	4x100m
	Jessica Thomas, Charleston Southern.....	4x100m
	Misha Morris, Charleston Southern.....	4x100m
	Gabrielle Houston, Charleston Southern.....	4x100m
2010	Ashley Howard, Winthrop.....	Discus
2011	Natalie Pearson, UNC Asheville.....	200m
2012	Melinda Bendick, Liberty.....	Hammer
2013	Gabrielle Houston, Charleston Southern.....	200m
2015	Marthaline Cooper, Winthrop.....	Hammer
	Jocelyn Williams, Liberty.....	Hammer
	Krista Chauvin, Gardner-Webb.....	Hammer
2016	Ednah Kurgat, Liberty.....	5000m
	Marthaline Cooper, Winthrop.....	Hammer
	Christine Rickert, High Point.....	Javelin

## USA JUNIOR OUTDOOR TRACK & FIELD ALL-AMERICAN

2006	Ashley Howard, Winthrop.....	Discus
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## USTFCCCA ALL-EAST REGION

2006	Kena Butts, Liberty.....	High Jump
	Tiffany Evans, Radford.....	Shot Put
2007	Dionne Gibson, Charleston Southern.....	200-meters
	Tiffany Evans, Radford.....	Shot Put

## CoSIDA ACADEMIC ALL-AMERICA

1997	Angela Murphy, Coastal Carolina.....	1st Team
1998	Holly Mays-Deem, Liberty.....	3rd Team
	Cathy Williams, Liberty.....	3rd Team
1999	Jolene Williams, Coastal Carolina.....	3rd Team
2002	Heather Sagan, Liberty.....	1st Team
	Kara Koppel, Coastal Carolina.....	2nd Team
2003	Kara Koppel, Coastal Carolina.....	1st Team
2004	Danielle McNaney, Liberty.....	2nd Team
	Micki Logue, UNC Asheville.....	3rd Team
2005	Danielle McNaney, Liberty.....	1st Team
2007	Arlene Zelinskas, Liberty.....	2nd Team
2008	Felicitas Mensing, Coastal Carolina.....	2nd Team
	Marcie Veitch, Coastal Carolina.....	3rd Team
2009	Marcie Veitch, Coastal Carolina.....	3rd Team
2012	Caroline Wortham, VMI.....	3rd Team
2014	Teresa Williamson, Radford.....	3rd Team
2015	Teresa Williamson, Radford.....	3rd Team
2016	Christine Rickert, High Point.....	3rd Team
2017	Kat Bouton, Liberty.....	2nd Team
	Kelsey Rea, Campbell.....	2nd Team

## CoSIDA ACADEMIC ALL-DISTRICT

1997	Angela Murphy, Coastal Carolina.....	1st Team
1998	Holly Mays-Deem, Liberty.....	1st Team
	Cathy Williams, Liberty.....	1st Team
1999	Jolene Williams, Coastal Carolina.....	1st Team
2002	Heather Sagan, Liberty.....	1st Team
	Kara Koppel, Coastal Carolina.....	1st Team
2003	Kara Koppel, Coastal Carolina.....	1st Team
2004	Danielle McNaney, Liberty.....	1st Team
	Micki Logue, UNC Asheville.....	1st Team
2005	Danielle McNaney, Liberty.....	1st Team
2006	Carrie Selmer, Winthrop.....	1st Team
2007	Arlene Zelinskas, Liberty.....	1st Team
2008	Felicitas Mensing, Coastal Carolina.....	1st Team
	Marcie Veitch, Coastal Carolina.....	1st Team
	Rebekah Ricksecker, Liberty.....	2nd Team
	Elisha Tedeger, Coastal Carolina.....	2nd Team

## CoSIDA ACADEMIC ALL-DISTRICT (cont.)

2009	Rebekah Ricksecker, Liberty.....	1st Team
	Marcie Veitch, Coastal Carolina.....	1st Team
2010	Brittany Christian, Radford.....	1st Team
	Mikaela Terry, Coastal Carolina.....	1st Team
	Rebekah Ricksecker, Liberty.....	2nd Team
	Christina Fenske, High Point.....	2nd Team
2011	Christina Fenske, High Point.....	1st Team
2012	Caroline Wortham, VMI.....	1st Team
2013	Jennifer Klugh, Liberty.....	1st Team
2014	Teresa Williamson, Radford.....	1st Team
2015	Jacy Christiansen, Liberty.....	1st Team
	Kelsey Rea, Campbell.....	1st Team
	Christine Rickert, High Point.....	1st Team
	Teresa Williamson, Radford.....	1st Team
2016	Christine Rickert, High Point.....	1st Team
2017	Kat Bouton, Liberty.....	1st Team
	Kelsey Rea, Campbell.....	1st Team

## USTFCCCA ALL-ACADEMIC HONORS

2005	Chasity Johnson, Coastal Carolina
	Lindsey Kozlowski, Coastal Carolina
	Dana Sizemore, Coastal Carolina
	Jemissa Hess, High Point
	Danielle McNaney, Liberty
2006	Felicitas Mensing, Coastal Carolina
	Dana Sizemore, Coastal Carolina
	Arlene Zelinskas, Liberty
	Carrie Selmer, Winthrop
2007	Chasity Johnson, Coastal Carolina
	Amber White, Coastal Carolina
	Piper Newby, Liberty
	Ashley Osborne, Liberty
	Arlene Zelinskas, Liberty
2009	Dionne Gibson, Charleston Southern
	Amber White, Coastal Carolina
	Christina Fenske, High Point
	Manika Gamble, High Point
	Zsanett Kis, High Point
	Shauna Marsh, High Point
	Andrea Beckles, Liberty
2010	Christina Fenske, High Point
	Olivia Charnuski, Liberty
	Jennifer Klugh, Liberty
2011	Christina Fenske, High Point
	Dacia Bushman, Liberty
	Jennifer Klugh, Liberty
	Natalie Pearson, UNC Asheville
2012	Danielle England, Coastal Carolina
	Mary Lawrence, Coastal Carolina
	Manika Gamble, High Point
	Mychelle Cumings, Liberty
	Jennifer Klugh, Liberty
	Aimee Veatch, Radford
2013	Symphony Thompson, Coastal Carolina
	Christine Rickert, High Point
	Mychelle Cumings, Liberty
2014	Christine Rickert, High Point
	Meghan Burggraf, Liberty
2015	Letitia Saayman, Coastal Carolina
	Krista Chauvin, Gardner-Webb
	Christine Rickert, High Point
	Riley Brandon, Liberty
	Janae Jones, Liberty
	Ashlen Veatch, Radford

### USTFCCCA ALL-ACADEMIC HONORS (cont.)

- 2016 Aynslee Van Graan, Coastal Carolina  
Natasha Akbarizadeh, Gardner-Webb  
Alyssa Palenchar, High Point  
Makenzi Holmes-DiGiovine, High Point  
Christine Rickert, High Point
- 2017 Jamie Schnuck, High Point  
Alesha Love, Winthrop

### NCAA POSTGRADUATE SCHOLARSHIPS

- 2003 Kara Koppel, Coastal Carolina
- 2011 Sierrah Oates, Coastal Carolina

### ARTHUR ASHE JR. SPORTS SCHOLARS

- 2006 Stephanie Walker, Liberty.....1st Team  
LaTanya Harris, UNC Asheville.....3rd Team
- 2007 Amami Antia-Obong, Winthrop.....Honorable Mention

### VaSID ACADEMIC ALL-STATE (VIRGINIA)

- 2006 Arlene Zelinskas, Liberty.....2nd Team
- 2007 Arlene Zelinskas, Liberty
- 2010 Brittany Christian, Radford  
Hannah Granger, VMI  
Rebekah Ricksecker, Liberty
- 2011 Jennifer Klugh, Liberty
- 2012 Carrie Wortham, VMI  
Jenna Moye, VMI
- 2013 Jenna Moye, VMI
- 2014 Teresa Williamson, Radford  
Hannah Dickinson, VMI  
Renee Reives, VMI
- 2015 Teresa Williamson, Radford
- 2016 Cara Myrtle, Radford
- 2017 Jessie Proehl, Liberty  
Audrey Rabe, Liberty

### USTFCCCA ALL-ACADEMIC TEAM

- 2003 Coastal Carolina  
Winthrop
- 2005 Coastal Carolina  
Liberty  
Winthrop
- 2006 Winthrop
- 2007 Coastal Carolina  
Liberty
- 2008 Coastal Carolina  
Gardner-Webb  
High Point  
Liberty
- 2009 Coastal Carolina  
Gardner-Webb  
High Point
- 2010 Coastal Carolina  
Gardner-Webb  
High Point
- 2011 Coastal Carolina  
Gardner-Webb  
High Point  
Liberty  
Radford  
UNC Asheville
- 2012 Coastal Carolina  
Gardner-Webb  
High Point  
Liberty  
Radford  
Winthrop
- 2013 Gardner-Webb  
High Point  
Liberty

### USTFCCCA ALL-ACADEMIC TEAM (cont.)

- 2014 Coastal Carolina  
Gardner-Webb  
High Point  
Liberty  
Winthrop
- 2015 Coastal Carolina  
Gardner-Webb  
High Point  
Liberty  
Radford  
Winthrop
- 2016 Coastal Carolina  
Gardner-Webb  
High Point  
Radford  
Winthrop
- 2017 Gardner-Webb  
High Point  
Radford  
Winthrop

### NCAA PUBLIC RECOGNITION AWARD FOR HIGH ACADEMIC ACHIEVEMENT

- 2010 Gardner-Webb
- 2015 High Point  
UNC Asheville
- 2016 High Point
- 2017 High Point

## 2014

Team (first-place votes)	Points
1. Coastal Carolina (10)	100
2. Liberty	90
3. Campbell	75
4. Charleston Southern	73
5. High Point	57
6. Radford	49
7. Gardner-Webb	40
8. Winthrop	31
9. UNC Asheville	19
10. VMI	17

## 2015

Team (first-place votes)	Points
1. Coastal Carolina (8)	80
2. Liberty (1)	73
3. High Point	55
T-4. Campbell	52
T-4. Radford	52
6. Charleston Southern	30
7. Gardner-Webb	27
8. Winthrop	23
9. UNC Asheville	13

## 2016

Team (first-place votes)	Points
1. Liberty (9)	81
2. Coastal Carolina	69
3. Campbell	66
4. Charleston Southern	46
5. High Point	45
6. Winthrop	37
7. Gardner-Webb	26
8. Radford	24
9. UNC Asheville	11

## 2017

Team (first-place votes)	Points
1. Liberty (8)	64
2. Campbell	56
3. High Point	46
4. Charleston Southern	39
5. Winthrop	31
6. Radford	23
7. Gardner-Webb	21
8. UNC Asheville	8

*The Women's Outdoor Track & Field preseason poll began in 2014*