



## Big South Conference History

### Men's Track & Field

#### Big South Team Championships

**Indoor (20):** 1998, 1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016 & 2017

**Outdoor (22):** 1994, 1995, 1996, 1997, 1998, 1999, 2000, 2001, 2002, 2004, 2005, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016 & 2017

#### Big South Individual Event Champions

##### Listed By Meet

1994 Outdoor	400	Mike Reed	
	110 Hurdles	Sean Keys	
	400 Hurdles	Mike Reed	
	Long Jump	Kevin Coley	
	High Jump	Mike Connell	
	Pole Vault	Todd Pettyjohn	
	Shot Put	Bob Williams	
	Discus	Mike Lucas	
	Javelin	Mike Lucas	
	1995 Outdoor	400 Hurdles	Mike Reed
Steeplechase		Chris McGregor	
Long Jump		Kevin Coley	
Triple Jump		John Marriott	
High Jump		Mike Connell	
Pole Vault		Ryan Werner	
Javelin		Ryan Werner	
1996 Outdoor	100	Pete McFadden	
	200	Pete McFadden	
	400	Hosein Burch	
	800	Chuck Lyngaas	
	1,500	Chris McGregor	
	Steeplechase	Daniel Bentley	
	Long Jump	Kevin Coley	
	High Jump	Kevin Coley	
	Pole Vault	Michael Prettyman	
	Discus	Mike Lucas	
	Javelin	Ryan Werner	
	1997 Outdoor	100	Carlton McDuffie
		400	Hosein Burch
800		Chuck Lyngaas	
1,500		Josh Cox	
10K		Stephen Githuka	
400 Hurdles		Marlon Tanner	
Steeplechase		Daniel Bentley	
Pole Vault		Michael Prettyman	
Discus		Micah Gaudio	
Javelin		Michael Prettyman	
Hammer		Pete Brown	

1998 Indoor	55	Pete McFadden	
	200	Pete McFadden	
	400	Marlon Tanner	
	Mile	Chris McGregor	
	3K	Stephen Githuka	
	5K	Josh Cox	
	55 Hurdles	Marlon Tanner	
	High Jump	James Johnson	
	1998 Outdoor	200	Pete McFadden
		400	Cedric Pollard
1,500		Stephen Githuka	
110 Hurdles		Marlon Tanner	
400 Hurdles		Marlon Tanner	
Steeplechase		Brian Kiprono	
Pole Vault		Greg Benhase	
Discus		James Johnson	
Javelin		Brian Harrell	
1999 Indoor		60	Jeremy Wagner
	200	Michael Decker	
	400	Michael Decker	
	800	Chris Poluikis	
	3K	Stephen Githuka	
	5K	Stephen Githuka	
	60 Hurdles	Ken Howell	
	High Jump	James Johnson	
	Pole Vault	Greg Benhase	
	1999 Outdoor	200	Michael Decker
400		Michael Decker	
800		Stephen Githuka	
1,500		Stephen Githuka	
10K		Bruce Kite	
110 Hurdles		Ken Howell	
400 Hurdles		Marlon Tanner	
Steeplechase		Brian Kiprono	
Pole Vault		Greg Benhase	
Discus		James Johnson	
2000 Indoor	60	Jeremy Wagner	
	200	Michael Decker	
	400	Michael Decker	
	800	Chris Poluikis	
	3K	Bruce Kite	
	60 Hurdles	Brian Ballard	
	Long Jump	Nick Anderson	
	Triple Jump	Jeremy Howe	
	High Jump	James Johnson	
	Pole Vault	Ken Howell	
2000 Outdoor	100	Jeremy Wagner	
	200	Michael Decker	
	400	Michael Decker	
	110 Hurdles	Ken Howell	
	400 Hurdles	Samuel Brunt	
	Triple Jump	Jeremy Howe	
	High Jump	Nick Anderson	
	Pole Vault	Ken Howell	
	Shot Put	Nathan Young	
	Discus	James Johnson	
Javelin	Ken Howell		

2001 Indoor	200	Michael Decker
	400	Michael Decker
	5K	Josh Zealand
	60 Hurdles	Jeremy Brewer
	Long Jump	Chad Wilson
	Pole Vault	Adam Williams
	2001 Outdoor	100
200		Michael Decker
400		Michael Decker
Long Jump		Nick Anderson
Triple Jump		Chad Wilson
High Jump		Nick Anderson
Pole Vault		Ramsey Moore
2002 Indoor	Javelin	Clint Gore
	Decathlon	Eric Beck
	60	Guifaly Christolin
	3K	Dan Rabe
	60 Hurdles	Jeremy Graves
	Long Jump	Kevin Octave
	High Jump	Nick Anderson
2002 Outdoor	Pole Vault	Adam Williams
	100	Guifaly Christolin
	200	Guifaly Christolin
	400	Chad Wilson
	110 Hurdles	Micah Brinkley
	Long Jump	Nick Anderson
	Triple Jump	Chad Wilson
2003 Indoor	Pole Vault	Adam Williams
	Decathlon	Jordan Crawford
	200	Jeremy Wagner
	400	Jon DeBogory
	3K	Josiah Melly
	60 Hurdles	Lauren Williams
	Long Jump	Kevin Octave
2003 Outdoor	Triple Jump	Lauren Williams
	Pole Vault	Lamech Marsh
	110 Hurdles	Micah Brinkley
2004 Indoor	Long Jump	Kevin Octave
	5K	Evan Falat
	Long Jump	Chad Wilson
2004 Outdoor	Triple Jump	Chad Wilson
	Weight	Tyler Biggins
	110 Hurdles	Micah Brinkley
	Long Jump	Chad Wilson
	Triple Jump	Chad Wilson
	High Jump	Jordan Crawford
	Shot Put	Andy Musser
2005 Indoor	Decathlon	Jordan Crawford
	800	Chris Lyons
	Mile	Dan Rabe
	3K	Josh McDougal
	5K	Evan Falat
Triple Jump	Larry Evans	

2005 Outdoor	800	Chris Lyons
	5K	Josh McDougal
	10K	Josh McDougal
	400 Hurdles	Brandon Hoskins
	Long Jump	Kevin Octave
	Shot Put	Dan Royal
	Discus	Dan Royal
2006 Indoor	Mile	Josh McDougal
	3K	Josh McDougal
	5K	Jordan McDougal
	Pole Vault	Brandon Hoskins
2006 Outdoor	Heptathlon	Clarence Murray
	1,500	Josh McDougal
	5K	Jordan McDougal
	10K	Jordan McDougal
2007 Indoor	Decathlon	Clarence Murray
	800	Travis Campbell
	Mile	Josh McDougal
	3K	Josh McDougal
	5K	Jordan McDougal
2007 Outdoor	Shot Put	Jon Hart
	Heptathlon	Clarence Murray
	1,500	Josh McDougal
	5K	Josh McDougal
	10K	Josh McDougal
	400 Hurdles	Tim O'Donnell
	Shot Put	Jon Hart
2008 Indoor	Discus	Clendon Henderson
	Hammer	Jon Hart
	Decathlon	Brandon Hoskins
	Mile	Josh McDougal
	3K	Josh McDougal
	5K	Jordan McDougal
	Long Jump	Matt Parker
	Triple Jump	Clarence Powell
	High Jump	Matt Parker
	Pole Vault	Kolby Shepherd
	Shot Put	Clendon Henderson
2008 Outdoor	Weight	Jon Hart
	Heptathlon	Brandon Hoskins
	5K	Evans Kigen
	Steeplechase	Evans Kigen
	Triple Jump	Clarence Powell
	Pole Vault	Kolby Shepherd
	Shot Put	Jon Hart
	Discus	Clendon Henderson
	Hammer	Jon Hart
	Decathlon	Daniel Newell
2009 Indoor	60 Hurdles	Matt Parker
	Mile	Sam Chelanga
	High Jump	Matt Parker
	Pole Vault	Kolby Shepherd
	Shot Put	Andrew Bartels
	Heptathlon	Geren Woodbridge

2009 Outdoor	1,500	Sam Chelanga
	5K	Sam Chelanga
	400 Hurdles	Tim O'Donnell
	Long Jump	Anthony Bryant
	Triple Jump	Anthony Bryant
	High Jump	Anthony Bryant
	Discus	John Talbert
	Javelin	Ryan Bell
	Decathlon	Daniel Newell
	2010 Indoor	Mile
3K		Sam Chelanga
Triple Jump		Clarence Powell
High Jump		Clarence Powell
Pole Vault		Kolby Shepherd
Shot Put		Ryan Smith
Heptathlon		Geren Woodbridge
2010 Outdoor	5K	Evans Kigen
	Steeplechase	Evans Kigen
	Long Jump	Clarence Powell
	Pole Vault	Cody Fridgen
	Shot Put	Ryan Smith
	Discus	Elliot Galeone
2011 Indoor	400	Taylor Courtney
	Mile	Sam Chelanga
	3K	Evans Kigen
	5K	Josh Edmonds
	Triple Jump	Clarence Powell
	Shot Put	Ryan Smith
2011 Outdoor	Heptathlon	Geren Woodbridge
	5K	Evans Kigen
	Steeplechase	Evans Kigen
	Triple Jump	Chris Johnson
	Pole Vault	Kolby Shepherd
	Shot Put	Ryan Smith
	Discus	Elliot Galeone
	Javelin	Elliot Galeone
2012 Indoor	Decathlon	Geren Woodbridge
	400	Leonard Robbins
	High Jump	Kyle Wheeler
	Pole Vault	Kolby Shepherd
	Shot Put	Ryan Smith
2012 Outdoor	Weight Throw	Ryan Smith
	400	Leonard Robbins
	10K	Ngetich Kipchirchir
	High Jump	Kyle Wheeler
	Pole Vault	Kolby Shepherd
	Shot Put	Ryan Smith
2013 Indoor	Discus	Ryan Smith
	Decathlon	Jacob DeValve
	3K	Caleb Edmonds
	5K	Josh MacDonald
	High Jump	Kyle Wheeler
	Pole Vault	Cody Bingham
Shot Put	Ryan Smith	

2013 Outdoor	800	Isaac Wendland
	1,500	Isaac Wendland
	5K	Caleb Edmonds
	10K	David Ricksecker
	400 Hurdles	Andre Washington
	Triple Jump	Chris Johnson
	Pole Vault	Cody Bingham
	Shot Put	Ryan Smith
	High Jump	Kyle Wheeler
2014 Indoor	Shot Put	Fred Fulton
2014 Outdoor	100	ConRoy Smith
	1,500	Caleb Edmonds
	400 Hurdles	Ryan Davis
	Steeplechase	Josh MacDonald
	Shot Put	Jacob DeValve
2015 Indoor	Discus	David Scouten
	200	Stephen Racanelli
	400	Stephen Racanelli
	Long Jump	Aklesso Agama
	Triple Jump	Aklesso Agama
	Weight Throw	David Scouten
2015 Outdoor	400	Stephen Racanelli
	400 Hurdles	Ryan Davis
	Long Jump	Kyle Wheeler
	Triple Jump	Aklesso Agama
	Pole Vault	Ken Ritchey
	Shot Put	Fred Fulton
	Discus	Fred Fulton
	Javelin	Steve Feister
	Decathlon	Tevan McIntire
2016 Indoor	200	Stephen Racanelli
	400	Stephen Racanelli
	800	Michael Todd
	60 Hurdles	Ryan Davis
	Triple Jump	Darrel Jones
	Shot Put	Fred Fulton
	Weight Throw	Fred Fulton
	Heptathlon	Zach Gilroy
2016 Outdoor	400	Stephen Racanelli
	800	Bradley Prentice
	Discus	Fred Fulton
	Javelin	Steve Feister
2017 Indoor	Decathlon	Zach Davis
	200	Stephen Racanelli
	400	Jahquez Durham
	60 Hurdles	Jovaine Atkinson
2017 Outdoor	Pole Vault	Carson Waters
	200	Stephen Racanelli
	400	Stephen Racanelli
	110 Hurdles	Jovaine Atkinson
	400 Hurdles	Ryan Davis
	Triple Jump	Darrel Jones
	Pole Vault	Carson Waters
	Javelin	Denzel Pratt
Decathlon	Zach Davis	

**Most Big South Men's Individual Event Titles (By Meet)**

11 – 1996 Outdoor, 1997 Outdoor, 2000 Outdoor

10 – 1999 Outdoor, 2000 Indoor, 2008 Indoor

**Listed By Athlete**

Aklesso Agama	2015 Indoor Long Jump 2015 Indoor Triple Jump 2015 Outdoor Triple Jump
Nick Anderson	2000 Indoor Long Jump 2000 Outdoor High Jump 2001 Outdoor Long Jump 2001 Outdoor High Jump 2002 Indoor High Jump 2002 Outdoor Long Jump
Jovaine Atkinson	2017 Indoor 60 Hurdles 2017 Outdoor 110 Hurdles
Brian Ballard	2000 Indoor 60 Hurdles
Andrew Bartels	2009 Indoor Shot Put
Eric Beck	2001 Outdoor Decathlon
Ryan Bell	2009 Outdoor Javelin
Greg Benhase	1998 Outdoor Pole Vault 1999 Indoor Pole Vault 1999 Outdoor Pole Vault
Daniel Bentley	1996 Outdoor Steeplechase 1997 Outdoor Steeplechase
Tyler Biggins	2004 Indoor Weight
Cody Bingham	2013 Indoor Pole Vault 2013 Outdoor Pole Vault
Jeremy Brewer	2001 Indoor 60 Hurdles
Micah Brinkley	2002 Outdoor 110 Hurdles 2003 Outdoor 110 Hurdles 2004 Outdoor 110 Hurdles
Pete Brown	1997 Outdoor Hammer
Samuel Brunt	2000 Outdoor 400 Hurdles
Anthony Bryant	2009 Outdoor Long Jump 2009 Outdoor Triple Jump 2009 Outdoor High Jump
Hosein Burch	1996 Outdoor 400 1997 Outdoor 400
Travis Campbell	2007 Indoor 800
Sam Chelanga	2009 Indoor Mile 2009 Outdoor 1,500 2009 Outdoor 5K 2010 Indoor Mile 2010 Indoor 3K 2011 Indoor Mile
Guifaly Christolin	2002 Indoor 60 2002 Outdoor 100 2002 Outdoor 200
Kevin Coley	1994 Outdoor Long Jump 1995 Outdoor Long Jump 1996 Outdoor Long Jump 1996 Outdoor High Jump
Mike Connell	1994 Outdoor High Jump 1995 Outdoor High Jump
Taylor Courtney	2011 Indoor 400
Josh Cox	1997 Outdoor 1,500 1998 Indoor 5K
Jordan Crawford	2002 Outdoor Decathlon 2004 Outdoor High Jump 2004 Outdoor Decathlon

Ryan Davis	2014 Outdoor 400 Hurdles
	2015 Outdoor 400 Hurdles
	2016 Indoor 60 Hurdles
	2017 Outdoor 400 Hurdles
Zach Davis	2016 Outdoor Decathlon
	2017 Outdoor Decathlon
Jon DeBogory	2003 Indoor 400
Michael Decker	1999 Indoor 200
	1999 Indoor 400
	1999 Outdoor 200
	1999 Outdoor 400
	2000 Indoor 200
	2000 Indoor 400
	2000 Outdoor 200
	2000 Outdoor 400
	2001 Indoor 200
	2001 Indoor 400
	2001 Outdoor 200
	2001 Outdoor 400
Jacob DeValve	2012 Outdoor Decathlon
	2014 Outdoor Shot Put
Jahquez Durham	2017 Indoor 400
Caleb Edmonds	2013 Indoor 3K
	2013 Outdoor 5K
	2014 Outdoor 1,500
Josh Edmonds	2011 Indoor 5K
Larry Evans	2005 Indoor Triple Jump
Evan Falat	2004 Indoor 5K
	2005 Indoor 5K
Steve Feister	2015 Outdoor Javelin
	2016 Outdoor Javelin
Cody Fridgen	2010 Outdoor Pole Vault
Fred Fulton	2014 Indoor Shot Put
	2015 Outdoor Shot Put
	2015 Outdoor Discus
	2016 Indoor Shot Put
	2016 Indoor Weight Throw
	2016 Outdoor Discus
Elliot Galeone	2010 Outdoor Discus
	2011 Outdoor Discus
	2011 Outdoor Javelin
Micah Gaudio	1997 Outdoor Discus
Zach Gilroy	2016 Indoor Heptathlon
Stephen Githuka	1997 Outdoor 10K
	1998 Indoor 3K
	1998 Outdoor 1,500
	1999 Indoor 3K
	1999 Indoor 5K
	1999 Outdoor 800
	1999 Outdoor 1,500
Clint Gore	2001 Outdoor Javelin
Jeremy Graves	2002 Indoor 60 Hurdles
Brian Harrell	1998 Outdoor Javelin
Jon Hart	2007 Indoor Shot Put
	2007 Outdoor Shot Put
	2007 Outdoor Hammer
	2008 Indoor Weight
	2008 Outdoor Shot Put
	2008 Outdoor Hammer



Clendon Henderson	2007 Outdoor Discus 2008 Indoor Shot Put 2008 Outdoor Discus
Brandon Hoskins	2005 Outdoor 400 Hurdles 2006 Indoor Pole Vault 2007 Outdoor Decathlon 2008 Indoor Heptathlon
Jeremy Howe	2000 Indoor Triple Jump 2000 Outdoor Triple Jump
Ken Howell	1999 Indoor 60 Hurdles 1999 Outdoor 110 Hurdles 2000 Indoor Pole Vault 2000 Outdoor 110 Hurdles 2000 Outdoor Pole Vault 2000 Outdoor Javelin
Chris Johnson	2011 Outdoor Triple Jump 2013 Outdoor Triple Jump
James Johnson	1998 Indoor High Jump 1998 Outdoor Discus 1999 Indoor High Jump 1999 Outdoor Discus 2000 Indoor High Jump 2000 Outdoor Discus
Darrel Jones	2016 Indoor Triple Jump 2017 Outdoor Triple Jump
Sean Keys	1994 Outdoor 110 Hurdles
Evans Kigen	2008 Outdoor 5K 2008 Outdoor Steeplechase 2010 Outdoor 5K 2010 Outdoor Steeplechase 2011 Indoor 3K 2011 Outdoor 5K 2011 Outdoor Steeplechase
Ngetich Kipchirchir	2012 Outdoor 10K
Brian Kiprono	1998 Outdoor Steeplechase 1999 Outdoor Steeplechase
Bruce Kite	1999 Outdoor 10K 2000 Indoor 3K
Mike Lucas	1994 Outdoor Discus 1994 Outdoor Javelin 1996 Outdoor Discus
Chuck Lyngaas	1996 Outdoor 800 1997 Outdoor 800
Chris Lyons	2005 Indoor 800 2005 Outdoor 800
Josh MacDonald	2013 Indoor 5K 2014 Outdoor Steeplechase
John Marriott	1995 Outdoor Triple Jump
Lamech Marsh	2003 Indoor Pole Vault
Jordan McDougal	2006 Indoor 5K 2006 Outdoor 5K 2006 Outdoor 10K 2007 Indoor 5K 2008 Indoor 5K

Josh McDougal	2005 Indoor 3K 2005 Outdoor 5K 2005 Outdoor 10K 2006 Indoor Mile 2006 Indoor 3K 2006 Outdoor 1,500 2007 Indoor Mile 2007 Indoor 3K 2007 Outdoor 1,500 2007 Outdoor 5K 2007 Outdoor 10K 2008 Indoor Mile 2008 Indoor 3K
Carlton McDuffie	1997 Outdoor 100
Pete McFadden	1996 Outdoor 100 1996 Outdoor 200 1998 Indoor 55 1998 Indoor 200 1998 Outdoor 200
Chris McGregor	1995 Outdoor Steeplechase 1996 Outdoor 1,500 1998 Indoor Mile
Tevan McIntire	2015 Outdoor Decathlon
Josiah Melly	2003 Indoor 3K
Ramsey Moore	2001 Outdoor Pole Vault
Clarence Murray	2006 Indoor Heptathlon 2006 Outdoor Decathlon 2007 Indoor Heptathlon
Andy Musser	2004 Outdoor Shot Put
Daniel Newell	2008 Outdoor Decathlon 2009 Outdoor Decathlon
Kevin Octave	2002 Indoor Long Jump 2003 Indoor Long Jump 2003 Outdoor Long Jump 2005 Outdoor Long Jump
Tim O'Donnell	2007 Outdoor 400 Hurdles 2009 Outdoor 400 Hurdles
Matt Parker	2008 Indoor Long Jump 2008 Indoor High Jump 2009 Indoor 60 Hurdles 2009 Indoor High Jump
Todd Pettyjohn	1994 Outdoor Pole Vault
Cedric Pollard	1998 Outdoor 400
Chris Poluikis	1999 Indoor 800 2000 Indoor 800
Clarence Powell	2008 Indoor Triple Jump 2008 Outdoor Triple Jump 2010 Indoor Triple Jump 2010 Indoor High Jump 2010 Outdoor Long Jump 2011 Indoor Triple Jump
Denzel Pratt	2017 Outdoor Javelin
Bradley Prentice	2016 Outdoor 800
Michael Prettyman	1996 Outdoor Pole Vault 1997 Outdoor Pole Vault 1997 Outdoor Javelin
Dan Rabe	2002 Indoor 3K 2005 Indoor Mile

Stephen Racanelli	2015 Indoor 200
	2015 Indoor 400
	2015 Outdoor 400
	2016 Indoor 200
	2016 Indoor 400
	2016 Outdoor 400
	2017 Indoor 200
	2017 Outdoor 200
	2017 Outdoor 400
	2017 Outdoor 400
Mike Reed	1994 Outdoor 400
	1994 Outdoor 400 Hurdles
	1995 Outdoor 400 Hurdles
David Ricksecker	2013 Outdoor 10K
Ken Ritchey	2015 Outdoor Pole Vault
Leonard Robbins	2012 Indoor 400
	2012 Outdoor 400
Dan Royal	2005 Outdoor Shot Put
	2005 Outdoor Discus
David Scouten	2014 Outdoor Discus
	2015 Indoor Weight Throw
Kolby Shepherd	2008 Indoor Pole Vault
	2008 Outdoor Pole Vault
	2009 Indoor Pole Vault
	2010 Indoor Pole Vault
	2011 Outdoor Pole Vault
	2012 Indoor Pole Vault
	2012 Outdoor Pole Vault
	2014 Outdoor 100
ConRoy Smith Ryan Smith	2010 Indoor Shot Put
	2010 Outdoor Shot Put
	2011 Indoor Shot Put
	2011 Outdoor Shot Put
	2012 Indoor Shot Put
	2012 Indoor Weight Throw
	2012 Outdoor Shot Put
	2012 Outdoor Discus
	2013 Indoor Shot Put
	2013 Outdoor Shot Put
John Talbert	2009 Outdoor Discus
	2009 Outdoor Discus
Marlon Tanner	1997 Outdoor 400 Hurdles
	1998 Indoor 400
	1998 Indoor 55 Hurdles
	1998 Outdoor 110 Hurdles
	1998 Outdoor 400 Hurdles
	1999 Outdoor 400 Hurdles
	1999 Outdoor 400 Hurdles
Michael Todd	2016 Indoor 800
	2016 Indoor 800
Jeremy Wagner	1999 Indoor 60
	2000 Indoor 60
	2000 Outdoor 100
	2001 Outdoor 100
	2003 Indoor 200
Andre Washington	2013 Outdoor 400 Hurdles
	2013 Outdoor 400 Hurdles
Carson Waters	2017 Indoor Pole Vault
	2017 Outdoor Pole Vault
Isaac Wendland	2013 Outdoor 800
	2013 Outdoor 1,500
Ryan Werner	1995 Outdoor Pole Vault
	1995 Outdoor Javelin
	1996 Outdoor Javelin

Kyle Wheeler	2012 Indoor High Jump 2012 Outdoor High Jump 2013 Indoor High Jump 2014 Indoor High Jump 2015 Outdoor Long Jump
Adam Williams	2001 Indoor Pole Vault 2002 Indoor Pole Vault 2002 Outdoor Pole Vault
Bob Williams	1994 Outdoor Shot Put
Lauren Williams	2003 Indoor 60 Hurdles 2003 Indoor Triple Jump
Chad Wilson	2001 Indoor Long Jump 2001 Outdoor Triple Jump 2002 Outdoor 400 2002 Outdoor Triple Jump 2004 Indoor Long Jump 2004 Indoor Triple Jump 2004 Outdoor Long Jump 2004 Outdoor Triple Jump
Geren Woodbridge	2009 Indoor Heptathlon 2010 Indoor Heptathlon 2011 Indoor Heptathlon 2011 Outdoor Decathlon
Nathan Young	2000 Outdoor Shot Put
Josh Zealand	2001 Indoor 5K

### **Most Big South Men's Individual Event Titles (By Athlete)**

13 – Josh McDougal  
 12 – Mike Decker  
 10 – Ryan Smith  
 9 – Stephen Racanelli  
 8 – Chad Wilson  
 7 – Stephen Githuka, Evans Kigen, Kolby Shepherd

**Listed By Event**

Indoor 55/60	1998 – Pete McFadden (55) 1999 – Jeremy Wagner 2000 – Jeremy Wagner
Outdoor 100	2002 – Guifaly Christolin 1996 – Pete McFadden 1997 – Carlton McDuffie 2000 – Jeremy Wagner 2001 – Jeremy Wagner 2002 – Guifaly Christolin
Indoor 200	2014 – ConRoy Smith 1998 – Pete McFadden 1999 – Michael Decker 2000 – Michael Decker 2001 – Michael Decker 2003 – Jeremy Wagner 2015 – Stephen Racanelli 2016 – Stephen Racanelli 2017 – Stephen Racanelli
Outdoor 200	1996 – Pete McFadden 1998 – Pete McFadden 1999 – Michael Decker 2000 – Michael Decker 2001 – Michael Decker 2002 – Guifaly Christolin 2017 – Stephen Racanelli
Indoor 400	1998 – Marlon Tanner 1999 – Michael Decker 2000 – Michael Decker 2001 – Michael Decker 2003 – Jon DeBogory 2011 – Taylor Courtney 2012 – Leonard Robbins 2015 – Stephen Racanelli 2016 – Stephen Racanelli 2017 – Jahquez Durham
Outdoor 400	1994 – Mike Reed 1996 – Hosein Burch 1997 – Hosein Burch 1998 – Cedric Pollard 1999 – Michael Decker 2000 – Michael Decker 2001 – Michael Decker 2002 – Chad Wilson 2012 – Leonard Robbins 2015 – Stephen Racanelli 2016 – Stephen Racanelli 2017 – Stephen Racanelli
Indoor 800	1999 – Chris Poluikis 2000 – Chris Poluikis 2005 – Chris Lyons 2007 – Travis Campbell 2016 – Michael Todd
Outdoor 800	1996 – Chuck Lyngaas 1997 – Chuck Lyngaas 1999 – Stephen Githuka 2005 – Chris Lyons 2013 – Isaac Wendland 2016 – Bradley Prentice

Indoor Mile	1998 – Chris McGregor
	2005 – Dan Rabe
	2006 – Josh McDougal
	2007 – Josh McDougal
	2008 – Josh McDougal
	2009 – Sam Chelanga
	2010 – Sam Chelanga
	2011 – Sam Chelanga
Outdoor 1,500	1996 – Chris McGregor
	1997 – Josh Cox
	1998 – Stephen Githuka
	1999 – Stephen Githuka
	2006 – Josh McDougal
	2007 – Josh McDougal
	2009 – Sam Chelanga
	2013 – Isaac Wendland
Indoor 3K	2014 – Caleb Edmonds
	1998 – Stephen Githuka
	1999 – Stephen Githuka
	2000 – Bruce Kite
	2002 – Dan Rabe
	2003 – Josiah Melly
	2005 – Josh McDougal
	2006 – Josh McDougal
	2007 – Josh McDougal
	2008 – Josh McDougal
	2010 – Sam Chelanga
2011 – Evans Kigen	
Indoor 5K	2013 – Caleb Edmonds
	1998 – Josh Cox
	1999 – Stephen Githuka
	2001 – Josh Zealand
	2004 – Evan Falat
	2005 – Evan Falat
	2006 – Jordan McDougal
	2007 – Jordan McDougal
	2008 – Jordan McDougal
	2011 – Josh Edmonds
	2013 – Josh MacDonald
Outdoor 5K	2005 – Josh McDougal
	2006 – Jordan McDougal
	2007 – Josh McDougal
	2008 – Evans Kigen
	2009 – Sam Chelanga
	2010 – Evans Kigen
	2011 – Evans Kigen
	2013 – Caleb Edmonds
Outdoor 10K	1997 – Stephen Githuka
	1999 – Bruce Kite
	2005 – Josh McDougal
	2006 – Jordan McDougal
	2007 – Josh McDougal
	2012 – Ngetich Kipchirchir
	2013 – David Ricksecker

Indoor 55/60 Hurdles	1998 – Marlon Tanner
	1999 – Ken Howell
	2000 – Brian Ballard
	2001 – Jeremy Brewer
	2002 – Jeremy Graves
	2003 – Lauren Williams
	2009 – Matt Parker
	2016 – Ryan Davis
Outdoor 110 Hurdles	2017 – Jovaine Atkinson
	1994 – Sean Keys
	1998 – Marlon Tanner
	1999 – Ken Howell
	2000 – Ken Howell
	2002 – Micah Brinkley
Outdoor 400 Hurdles	2003 – Micah Brinkley
	2004 – Micah Brinkley
	2017 – Jovaine Atkinson
	1994 – Mike Reed
	1995 – Mike Reed
	1997 – Marlon Tanner
	1998 – Marlon Tanner
	1999 – Marlon Tanner
	2000 – Samuel Brunt
	2005 – Brandon Hoskins
Outdoor Steeplechase	2007 – Tim O'Donnell
	2009 – Tim O'Donnell
	2013 – Andre Washington
	2014 – Ryan Davis
	2015 – Ryan Davis
	2017 – Ryan Davis
	1995 – Chris McGregor
	1996 – Daniel Bentley
	1997 – Daniel Bentley
	1998 – Brian Kiprono
1999 – Brian Kiprono	
Indoor Long Jump	2008 – Evans Kigen
	2010 – Evans Kigen
	2011 – Evans Kigen
	2014 – Josh MacDonald
	2000 – Nick Anderson
	2001 – Chad Wilson
	2002 – Kevin Octave
	2003 – Kevin Octave
Outdoor Long Jump	2004 – Chad Wilson
	2008 – Matt Parker
	2015 – Aklesso Agama
	1994 – Kevin Coley
	1995 – Kevin Coley
	1996 – Kevin Coley
	2001 – Nick Anderson
	2002 – Nick Anderson
	2003 – Kevin Octave
	2004 – Chad Wilson
2005 – Kevin Octave	
2009 – Anthony Bryant	
2010 – Clarence Powell	
2015 – Kyle Wheeler	

Indoor Triple Jump	2000 – Jeremy Howe
	2003 – Lauren Williams
	2004 – Chad Wilson
	2005 – Larry Evans
	2008 – Clarence Powell
	2010 – Clarence Powell
	2011 – Clarence Powell
	2015 – Aklesso Agama
	2016 – Darrel Jones
Outdoor Triple Jump	1995 – John Marriott
	2000 – Jeremy Howe
	2001 – Chad Wilson
	2002 – Chad Wilson
	2004 – Chad Wilson
	2008 – Clarence Powell
	2009 – Anthony Bryant
	2011 – Chris Johnson
	2013 – Chris Johnson
Indoor High Jump	2015 – Aklesso Agama
	2017 – Darrel Jones
	1998 – James Johnson
	1999 – James Johnson
	2000 – James Johnson
	2002 – Nick Anderson
	2008 – Matt Parker
	2009 – Matt Parker
	2010 – Clarence Powell
Outdoor High Jump	2012 – Kyle Wheeler
	2013 – Kyle Wheeler
	2014 – Kyle Wheeler
	1994 – Mike Connell
	1995 – Mike Connell
	1996 – Kevin Coley
	2000 – Nick Anderson
	2001 – Nick Anderson
	2004 – Jordan Crawford
Indoor Pole Vault	2009 – Anthony Bryant
	2012 – Kyle Wheeler
	1999 – Greg Benhase
	2000 – Ken Howell
	2001 – Adam Williams
	2002 – Adam Williams
	2003 – Lamech Marsh
	2006 – Brandon Hoskins
	2008 – Kolby Shepherd
2009 – Kolby Shepherd	
2010 – Kolby Shepherd	
2012 – Kolby Shepherd	
2013 – Cody Bingham	
2017 – Carson Waters	



Outdoor Pole Vault	1994 – Todd Pettyjohn
	1995 – Ryan Werner
	1996 – Michael Prettyman
	1997 – Michael Prettyman
	1998 – Greg Benhase
	1999 – Greg Benhase
	2000 – Ken Howell
	2001 – Ramsey Moore
	2002 – Adam Williams
	2008 – Kolby Shepherd
	2010 – Cody Fridgen
	2011 – Kolby Shepherd
	2012 – Kolby Shepherd
	2013 – Cody Bingham
	2015 – Ken Ritchey
2017 – Carson Waters	
Indoor Shot Put	2007 – Jon Hart
	2008 – Clendon Henderson
	2009 – Andrew Bartels
	2010 – Ryan Smith
	2011 – Ryan Smith
	2012 – Ryan Smith
	2013 – Ryan Smith
	2014 – Fred Fulton
Outdoor Shot Put	2016 – Fred Fulton
	1994 – Bob Williams
	2000 – Nathan Young
	2004 – Andy Musser
	2005 – Dan Royal
	2007 – Jon Hart
	2008 – Jon Hart
	2010 – Ryan Smith
	2011 – Ryan Smith
	2012 – Ryan Smith
Outdoor Discus	2013 – Ryan Smith
	2014 – Jacob DeValve
	2015 – Fred Fulton
	1994 – Mike Lucas
	1996 – Mike Lucas
	1997 – Micah Gaudio
	1998 – James Johnson
	1999 – James Johnson
	2000 – James Johnson
	2005 – Dan Royal
	2007 – Clendon Henderson
	2008 – Clendon Henderson
	2009 – John Talbert
	2010 – Elliot Galeone
2011 – Elliot Galeone	
2012 – Ryan Smith	
2014 – David Scouten	
2015 – Fred Fulton	
2016 – Fred Fulton	

Outdoor Javelin	1994 – Mike Lucas 1995 – Ryan Werner 1996 – Ryan Werner 1997 – Michael Prettyman 1998 – Brian Harrell 2000 – Ken Howell 2001 – Clint Gore 2009 – Ryan Bell 2011 – Elliot Galeone 2015 – Steve Feister 2016 – Steve Feister 2017 – Denzel Pratt
Indoor Weight	2004 – Tyler Biggins 2008 – Jon Hart 2012 – Ryan Smith 2015 – David Scouten 2016 – Fred Fulton
Outdoor Hammer	1997 – Pete Brown 2007 – Jon Hart 2008 – Jon Hart
Indoor Heptathlon	2006 – Clarence Murray 2007 – Clarence Murray 2008 – Brandon Hoskins 2009 – Geren Woodbridge 2010 – Geren Woodbridge 2011 – Geren Woodbridge 2016 – Zach Gilroy
Outdoor Decathlon	2001 – Eric Beck 2002 – Jordan Crawford 2004 – Jordan Crawford 2006 – Clarence Murray 2007 – Brandon Hoskins 2008 – Daniel Newell 2009 – Daniel Newell 2011 – Geren Woodbridge 2012 – Jacob DeValve 2015 – Tevan McIntire 2016 – Zach Davis 2017 – Zach Davis

**Most Big South Men's Individual Event Titles (By Event)**

16 – Outdoor Discus, Outdoor Pole Vault

13 – Outdoor 400 Hurdles

12 – Indoor 3K, Indoor Pole Vault, Outdoor 400, Outdoor Shot Put, Outdoor Javelin, Outdoor Decathlon

## **Award Winners**

### **Big South Hall of Fame**

Ryan Werner – Class of 2007

### **Howard Bagwell Male Student-Athlete of the Year (All Sports)**

Sam Chelanga – 2009, 2010 & 2011

Josh McDougal – 2006, 2007 & 2008

### **Big South Scholar-Athlete of the Year (All Sports)**

Bruce Kite – 2001

### **Christenberry Award (All Sports)**

Jeremy Graves – 2004

### **Big South Men's Track & Field Athlete of the Year (Overall)**

Greg Benhase – 1998

Sam Chelanga – 2009, 2010 & 2011

Michael Decker – 1999, 2000 & 2001

Josh McDougal – 2005, 2006, 2007 & 2008

Kolby Shepherd – 2012

### **Big South Most Outstanding Athlete**

Greg Benhase – 1998 Outdoor

Kevin Coley – 1996 Outdoor

Michael Decker – 1999 Outdoor, 2000 Indoor

Ken Howell – 2000 Outdoor

Mike Reed – 1994 Outdoor

### **Big South Most Outstanding Track Performer**

Guifaly Christolin – 2002 Outdoor

Michael Decker – 2001 Outdoor

Evans Kigen – 2010 Outdoor

Josh MacDonald – 2014 Outdoor

Josh McDougal – 2005 Outdoor, 2006 Indoor, 2007 Indoor & 2008 Indoor

Stephen Racanelli – 2016 Indoor, 2017 Outdoor

### **Big South Most Outstanding Field Performer**

Aklesso Agama – 2015 Indoor

Nick Anderson – 2001 Outdoor, 2002 Indoor

Anthony Bryant – 2009 Outdoor

Fred Fulton – 2015 Outdoor

Elliot Galeone – 2011 Outdoor

Jon Hart – 2007 Indoor, 2007 Outdoor & 2008 Outdoor

Matt Parker – 2008 Indoor

Clarence Powell – 2010 Indoor, 2010 Outdoor

Denzel Pratt – 2017 Outdoor

Ryan Smith – 2011 Indoor, 2012 Outdoor & 2013 Outdoor

Carson Waters – 2017 Indoor

Chad Wilson – 2001 Indoor, 2004 Outdoor

### **Big South Freshman of the Year**

Josh Edmonds – 2007 Indoor

Clarence Powell – 2008 Indoor, 2008 Outdoor

Kevin Reddington – 2010 Indoor

Leonard Robbins – 2012 Indoor

John Talbert – 2009 Outdoor

Michael Todd – 2016 Indoor

Kyle Wheeler – 2012 Indoor, 2012 Outdoor

### **Big South Scholar-Athlete of the Year**

Clendon Henderson – 2008 Indoor, 2008 Outdoor

Jeremy Howe – 1999 Indoor, 2000 Indoor & 2000 Outdoor

Ken Howell – 1999 Outdoor

Bruce Kite – 2001 Indoor, 2001 Outdoor

Phil Leineweber – 2009 Outdoor

Chris McGregor – 1998 Indoor

Daniel Newell – 2009 Indoor

David Scouten – 2015 Outdoor

Ryan Werner – 1995 Outdoor, 1996 Outdoor

Adam Williams – 2003 Indoor

### **Big South Coach of the Year**

Brant Tolsma – 1994 Outdoor, 1995 Outdoor, 1996 Outdoor, 1998 Outdoor, 1999 Indoor, 2000 Indoor, 2002 Outdoor, 2003 Indoor, 2003 Outdoor, 2004 Indoor, 2005 Indoor, 2005 Outdoor, 2007 Outdoor, 2008 Indoor, 2008 Outdoor, 2009 Outdoor, 2010 Outdoor, 2011 Outdoor, 2012 Indoor, 2012 Outdoor, 2013 Outdoor, 2014 Outdoor, 2015 Indoor, 2015 Outdoor, 2016 Indoor, 2016 Outdoor, 2017 Indoor & 2017 Outdoor

## Women's Track & Field

### Team Championships

**Indoor (12):** 1998, 1999, 2000, 2001, 2002, 2003, 2005, 2010, 2011, 2012, 2016 & 2017

**Outdoor (16):** 1994, 1995, 1996, 1997, 1998, 1999, 2000, 2001, 2002, 2003, 2007, 2010, 2013, 2015, 2016 & 2017

### Big South Individual Event Champions

#### Listed by Meet

1994 Outdoor	100	Fadhila Samuel
	200	Fadhila Samuel
	400	Fadhila Samuel
	Long Jump	Shauna Hutchenson
	Triple Jump	Anna-Kate Jarman
1995 Outdoor	100	Ardra Samuel
	200	Ardra Samuel
	400	Wanda Browning
	800	J'Aime Cowan
	3K	Tabitha Kemerling
	100 Hurdles	Holly Mays-Deem
	400 Hurdles	Holly Mays-Deem
	Long Jump	Anna-Kate Jarman
	Triple Jump	Anna-Kate Jarman
1996 Outdoor	Javelin	Mari Kong
	100	Ardra Samuel
	200	Ardra Samuel
	400	Regina McFarland
	3K	Jennifer Hodges
	100 Hurdles	Holly Mays-Deem
	400 Hurdles	Audrey Ebanks
	Triple Jump	Anna-Kate Jarman
	High Jump	Anna-Kate Jarman
1997 Outdoor	100	Ardra Samuel
	200	Ardra Samuel
	400	Kay Chandler
	400 Hurdles	Holly Mays-Deem
	Triple Jump	Anna-Kate Jarman
	High Jump	Lora Randolph
	Shot Put	Amy Rodriguez
	Hammer	Amy Rodriguez
1998 Indoor	Triple Jump	Amy Sturgill
	High Jump	Wendy Heath
	Pole Vault	Elisabeth Robertson
1998 Outdoor	400	Holly Mays-Deem
	800	Amy Teer
	100 Hurdles	Holly Mays-Deem
	400 Hurdles	Holly Mays-Deem
	Long Jump	Robin Williams
	Triple Jump	Amy Sturgill
1999 Indoor	Shot Put	Amy Rodriguez
	800	Amy Teer
	Pole Vault	Elisabeth Robertson

1999 Outdoor	200	Panthera Seymour
	400	Jaquay Reid
	10K	Tammi Green
	400 Hurdles	Robin Williams
	Long Jump	Robin Williams
	Triple Jump	Amy Sturgill
	Pole Vault	Elisabeth Robertson
	Shot Put	Amy Rodriguez
	Javelin	Becky Scott
2000 Indoor	400	Kodi Pollard
	800	Heather Sagan
	Mile	Heather Sagan
	60 Hurdles	Robin Williams
	Long Jump	Robin Williams
2000 Outdoor	Pole Vault	Elisabeth Robertson
	100	Panthera Seymour
	800	Heather Sagan
	1,500	Heather Sagan
	10K	Tammi Green
	100 Hurdles	Robin Williams
	400 Hurdles	Robin Williams
	Long Jump	Robin Williams
	Pole Vault	Andrea Wildrick
2001 Indoor	200	Panthera Seymour
	400	Kodi Pollard
	800	Heather Sagan
	Mile	Heather Sagan
	Pole Vault	Andrea Wildrick
2001 Outdoor	400	Kodi Pollard
	800	Heather Sagan
	1,500	Amy Teer
	400 Hurdles	Robin Williams
	Long Jump	Robin Williams
	Pole Vault	Andrea Wildrick
2002 Indoor	Javelin	Kylene Helman
	800	Heather Sagan
	1,500	Heather Sagan
	5K	Samantha Pelletier
	60 Hurdles	Marianne Mulkey
	Long Jump	Danielle McNaney
2002 Outdoor	Pole Vault	Andrea Wildrick
	800	Heather Sagan
	1,500	Heather Sagan
	5K	Heather Sagan
	100 Hurdles	Danielle McNaney
	High Jump	Danielle McNaney
	Pole Vault	Andrea Wildrick
	Javelin	Kylene Helman
	Heptathlon	Britton Bennett
2003 Indoor	60 Hurdles	Marianne Mulkey
	Triple Jump	Jonisha Saunders
	High Jump	Kena Butts
2003 Outdoor	100 Hurdles	Danielle McNaney
	400 Hurdles	Danielle McNaney
	Long Jump	Danielle McNaney
	High Jump	Kena Butts
	Pole Vault	Aimee Riley
	Heptathlon	Danielle McNaney

2004 Indoor	60 Hurdles	Danielle McNaney
	Long Jump	Kena Butts
	High Jump	Kena Butts
2004 Outdoor	100 Hurdles	Danielle McNaney
	Heptathlon	Danielle McNaney
2005 Indoor	60 Hurdles	Danielle McNaney
	High Jump	Kena Butts
	Pole Vault	Aimee Riley
2005 Outdoor	100 Hurdles	Danielle McNaney
	High Jump	Kena Butts
	Pole Vault	Aimee Riley
	Javelin	Danielle McNaney
2006 Indoor	5K	Carol Jefferson
	60 Hurdles	Arlene Zelinskas
	High Jump	Kena Butts & Arlene Zelinskas
	Pentathlon	Arlene Zelinskas
2006 Outdoor	800	Jaime Watson
	High Jump	Kena Butts
	5K	Carol Jefferson
	10K	Carol Jefferson
2007 Indoor	5K	Carol Jefferson
	60 Hurdles	Arlene Zelinskas
	High Jump	Arlene Zelinskas
	Pentathlon	Marie Williams
2007 Outdoor	800	Jaime Watson
	1,500	Rebekah Ricksecker
	5K	Carol Jefferson
	10K	Carol Jefferson
	400 Hurdles	Arlene Zelinskas
	Steeplechase	Piper Newby
	High Jump	Arlene Zelinskas
	Heptathlon	Marie Williams
2008 Indoor	800	Jaime Watson
	High Jump	Mia Aghaji
	Pentathlon	Krystle Matthews
2008 Outdoor	800	Jaime Watson
	1,500	Rebekah Ricksecker
	High Jump	Mia Aghaji
2009 Indoor	800	Jaime Watson
	Mile	Katie Albright
	3K	Ashley Osborne
	5K	Ashley Osborne
	High Jump	Christina Mitchell
	Pentathlon	Marie Williams
2009 Outdoor	Heptathlon	Marie Williams
2010 Indoor	400	Jaime Watson
	800	Jaime Watson
	Mile	Rebekah Ricksecker
	3K	Rebekah Ricksecker
2010 Outdoor	400	Jaime Watson
	800	Meghan Burggraf
	1,500	Rebekah Ricksecker
	5K	Ashley Osborne
	10K	Ashley Osborne
	Steeplechase	Hailey Neal
	Triple Jump	Mia Aghaji
	Heptathlon	Krystle Matthews

2011 Indoor	800	Meghan Burggraf
	Mile	Jennifer Klugh
	3K	Jennifer Klugh
	5K	Dacia Bushman
	Long Jump	Alyssa Pegues
	Triple Jump	Mia Aghaji
	Pole Vault	Shelley Parker
	Pentathlon	Christina Mitchell
	2011 Outdoor	800
1,500		Jennifer Klugh
5K		Dacia Bushman
10K		Dacia Bushman
100 Hurdles		Olivia Charnuski
Triple Jump		Mia Aghaji
2012 Indoor	Pole Vault	Shelley Parker
	Heptathlon	Christina Mitchell
	Mile	Jennifer Klugh
	3K	Jennifer Klugh
	5K	Khristina Kanagy
2012 Outdoor	Shot Put	Mychelle Cumings
	1,500	Jennifer Klugh
	5K	Jennifer Klugh
	Triple Jump	Mia Aghaji
	Shot Put	Mychelle Cumings
	Discus	Mychelle Cumings
	Javelin	Christina Mitchell
	Hammer	Melinda Bendik
2013 Indoor	Heptathlon	Christina Mitchell
	3K	Jacy Christiansen
	High Jump	Kristen Willeford
2013 Outdoor	Shot Put	Mychelle Cumings
	Shot Put	Mychelle Cumings
	Discus	Mychelle Cumings
	Javelin	Christina Mitchell
2014 Indoor	Heptathlon	Christina Mitchell
	60	Oasis Hernandez
	800	Meghan Burggraf
	Shot Put	Mychelle Cumings
	Weight Throw	Jocelyn Williams
2014 Outdoor	Pentathlon	Riley Brandon
	800	Meghan Burggraf
	5K	Jacy Christiansen
	Triple Jump	Janae Jones
2015 Indoor	Discus	Jennifer Nicholson
	Heptathlon	Riley Brandon
	60	Abigail Flower
	200	Abigail Flower
2015 Outdoor	3K	Ednah Kurgat
	Pentathlon	Riley Brandon
	100	Abigail Flower
	200	Abigail Flower
	Triple Jump	Janae Jones
	Shot Put	Mychelle Cumings
2015 Outdoor	Discus	Jennifer Smith
	Heptathlon	Erika Jackson



2016 Indoor	400	Erin Edmond
	800	Delaney McDowell
	Mile	Ednah Kurgat
	3K	Ednah Kurgat
	Shot Put	Mychelle Cumings
2016 Outdoor	Pentathlon	Erika Jackson
	400	Erin Edmond
	800	Ansley Gebben
	10K	Ednah Kurgat
	Shot Put	Mychelle Cumings
2017 Indoor	Heptathlon	Erika Jackson
	400	Tanner Ealum
	800	Delaney McDowell
	Triple Jump	Janae Jones
	High Jump	Erin Zappia
2017 Outdoor	Pole Vault	Jessie Glynn
	Shot Put	Dasiana Larson
	Pentathlon	Kylie Polsgrove
	400	Tanner Ealum
	800	Delaney McDowell
	5K	Anna Van Wyk
	Shot Put	Dasiana Larson
	Javelin	Brenna Smith
	Heptathlon	Kylie Polsgrove

### **Most Big South Women's Individual Event Titles (By Meet)**

10 – 1995 Outdoor

9 – 1999 Outdoor

8 – 1996 Outdoor, 1997 Outdoor, 2000 Outdoor, 2002 Outdoor, 2007 Outdoor, 2010 Outdoor, 2011 Indoor, 2011 Outdoor, 2012 Outdoor

**Listed by Athlete**

Mia Aghaji	2008 Indoor High Jump
	2008 Outdoor High Jump
	2010 Outdoor Triple Jump
	2011 Indoor Triple Jump
	2011 Outdoor Triple Jump
	2012 Outdoor Triple Jump
Katie Albright	2009 Indoor Mile
Melinda Bendik	2012 Outdoor Hammer
Britton Bennett	2002 Outdoor Heptathlon
Riley Brandon	2014 Indoor Pentathlon
	2014 Outdoor Heptathlon
	2015 Indoor Pentathlon
Wanda Browning	1995 Outdoor 400
Meghan Burggraf	2010 Outdoor 800
	2011 Indoor 800
	2011 Outdoor 800
	2014 Indoor 800
	2014 Outdoor 800
Dacia Bushman	2011 Indoor 5K
	2011 Outdoor 5K
	2011 Outdoor 10K
Kena Butts	2003 Indoor High Jump
	2003 Outdoor High Jump
	2004 Indoor Long Jump
	2004 Indoor High Jump
	2005 Indoor High Jump
	2005 Outdoor High Jump
	2006 Indoor High Jump
	2006 Outdoor High Jump
Kay Chandler	1997 Outdoor 400
Olivia Charnuski	2011 Outdoor 100 Hurdles
Jacy Christiansen	2013 Indoor 3K
	2014 Outdoor 5K
J'Aime Cowan	1995 Outdoor 800
Mychelle Cumings	2012 Indoor Shot Put
	2012 Outdoor Shot Put
	2012 Outdoor Discus
	2013 Indoor Shot Put
	2013 Outdoor Shot Put
	2013 Outdoor Discus
	2014 Indoor Shot Put
	2015 Outdoor Shot Put
	2016 Indoor Shot Put
	2016 Outdoor Shot Put
Holly Mays-Deem	1995 Outdoor 100 Hurdles
	1995 Outdoor 400 Hurdles
	1996 Outdoor 100 Hurdles
	1997 Outdoor 400 Hurdles
	1998 Outdoor 400
	1998 Outdoor 100 Hurdles
	1998 Outdoor 400 Hurdles
Tanner Ealum	2017 Indoor 400
	2017 Outdoor 400
Audrey Ebanks	1996 Outdoor 400 Hurdles
Erin Edmond	2016 Indoor 400
	2016 Outdoor 400

Abigail Flower	2015 Indoor 60 2015 Indoor 200 2015 Outdoor 100 2015 Outdoor 200
Ansley Gebben	2016 Outdoor 800
Jessie Glynn	2017 Indoor Pole Vault
Tammi Green	1999 Outdoor 10K 2000 Outdoor 10K
Wendy Heath	1998 Indoor High Jump
Kylene Helman	2001 Outdoor Javelin 2002 Outdoor Javelin
Oasis Hernandez	2014 Indoor 60
Jennifer Hodges	1996 Outdoor 3K
Shauna Hutchenson	1994 Outdoor Long Jump
Erika Jackson	2015 Outdoor Heptathlon 2016 Indoor Pentathlon 2016 Outdoor Heptathlon
Anna-Kate Jarman	1994 Outdoor Triple Jump 1995 Outdoor Long Jump 1995 Outdoor Triple Jump 1996 Outdoor Triple Jump 1996 Outdoor High Jump 1997 Outdoor Triple Jump
Carol Jefferson	2006 Indoor 5K 2006 Outdoor 5K 2006 Outdoor 10K 2007 Indoor 5K 2007 Outdoor 5K 2007 Outdoor 10K
Janae Jones	2014 Outdoor Triple Jump 2015 Outdoor Triple Jump 2017 Indoor Triple Jump
Khristina Kanagy	2012 Indoor 5K
Tabitha Kemerling	1995 Outdoor 3K
Jennifer Klugh	2011 Indoor Mile 2011 Indoor 3K 2011 Outdoor 1,500 2012 Indoor Mile 2012 Indoor 3K 2012 Outdoor 1,500 2012 Outdoor 5K
Mari Kong	1995 Outdoor Javelin
Ednah Kurgat	2015 Indoor 3K 2016 Indoor Mile 2016 Indoor 3K 2016 Outdoor 10K
Dasiana Larson	2017 Indoor Shot Put 2017 Outdoor Shot Put
Krystle Matthews	2008 Indoor Pentathlon 2010 Outdoor Heptathlon
Delaney McDowell	2016 Indoor 800 2017 Indoor 800 2017 Outdoor 800
Regina McFarland	1996 Outdoor 400

Danielle McNaney	2002 Indoor Long Jump
	2002 Outdoor 100 Hurdles
	2002 Outdoor High Jump
	2003 Outdoor 100 Hurdles
	2003 Outdoor 400 Hurdles
	2003 Outdoor Long Jump
	2003 Outdoor Heptathlon
	2004 Indoor 60 Hurdles
	2004 Outdoor 100 Hurdles
	2004 Outdoor Heptathlon
	2005 Indoor 60 Hurdles
	2005 Outdoor 100 Hurdles
	2005 Outdoor Javelin
Christina Mitchell	2009 Indoor High Jump
	2011 Indoor Pentathlon
	2011 Outdoor Heptathlon
	2012 Outdoor Javelin
	2012 Outdoor Heptathlon
	2013 Outdoor Javelin
	2013 Outdoor Heptathlon
Marianne Mulkey	2002 Indoor 60 Hurdles
	2003 Indoor 60 Hurdles
Hailey Neal	2010 Outdoor Steeplechase
Piper Newby	2007 Outdoor Steeplechase
Ashley Osborne	2009 Indoor 3K
	2009 Indoor 5K
	2010 Outdoor 5K
	2010 Outdoor 10K
Shelley Parker	2011 Indoor Pole Vault
	2011 Outdoor Pole Vault
Alyssa Pegues	2011 Indoor Long Jump
Samantha Pelletier	2002 Indoor 5K
Kodi Pollard	2000 Indoor 400
	2001 Indoor 400
	2001 Outdoor 400
Kylie Polsgrove	2017 Indoor Pentathlon
	2017 Outdoor Heptathlon
Lora Randolph	1997 Outdoor High Jump
Jaquay Reid	1999 Outdoor 400
Rebekah Ricksecker	2007 Outdoor 1,500
	2008 Outdoor 1,500
	2010 Indoor Mile
	2010 Indoor 3K
	2010 Outdoor 1,500
Aimee Riley	2003 Outdoor Pole Vault
	2005 Indoor Pole Vault
	2005 Outdoor Pole Vault
Elisabeth Robertson	1998 Indoor Pole Vault
	1999 Indoor Pole Vault
	1999 Outdoor Pole Vault
	2000 Indoor Pole Vault
Amy Rodriguez	1997 Outdoor Shot Put
	1997 Outdoor Hammer
	1998 Outdoor Shot Put
	1999 Outdoor Shot Put

Heather Sagan	2000 Indoor 800
	2000 Indoor Mile
	2000 Outdoor 800
	2000 Outdoor 1,500
	2001 Indoor 800
	2001 Indoor Mile
	2001 Outdoor 800
	2002 Indoor 800
	2002 Indoor Mile
	2002 Outdoor 800
	2002 Outdoor 1,500
	2002 Outdoor 5K
Ardra Samuel	1995 Outdoor 100
	1995 Outdoor 200
	1996 Outdoor 100
	1996 Outdoor 200
	1997 Outdoor 100
	1997 Outdoor 200
Fadhila Samuel	1994 Outdoor 100
	1994 Outdoor 200
	1994 Outdoor 400
Jonisha Saunders	2003 Indoor Triple Jump
Becky Scott	1999 Outdoor Javelin
Panthera Seymour	1999 Outdoor 200
	2000 Outdoor 100
	2001 Indoor 200
Brenna Smith	2017 Outdoor Javelin
Jennifer (Nicholson) Smith	2014 Outdoor Discus
	2015 Outdoor Discus
Amy Sturgill	1998 Indoor Triple Jump
	1998 Outdoor Triple Jump
	1999 Outdoor Triple Jump
Amy Teer	1998 Outdoor 800
	1999 Indoor 800
	2001 Outdoor 1,500
Anna Van Wyk	2017 Outdoor 5K
Jaime Watson	2006 Outdoor 800
	2007 Outdoor 800
	2008 Indoor 800
	2008 Outdoor 800
	2009 Indoor 800
	2010 Indoor 400
	2010 Indoor 800
	2010 Outdoor 400
Andrea Wildrick	2000 Outdoor Pole Vault
	2001 Indoor Pole Vault
	2001 Outdoor Pole Vault
	2002 Indoor Pole Vault
	2002 Outdoor Pole Vault
Kristen Willeford	2013 Indoor High Jump
Jocelyn Williams	2014 Indoor Weight Throw
Marie Williams	2007 Indoor Pentathlon
	2007 Outdoor Heptathlon
	2009 Indoor Pentathlon
	2009 Outdoor Heptathlon

Robin Williams	1998 Outdoor Long Jump
	1999 Outdoor 400 Hurdles
	1999 Outdoor Long Jump
	2000 Indoor 60 Hurdles
	2000 Indoor Long Jump
	2000 Outdoor 100 Hurdles
	2000 Outdoor 400 Hurdles
	2000 Outdoor Long Jump
	2001 Outdoor 400 Hurdles
	2001 Outdoor Long Jump
Erin Zappia	2017 Indoor High Jump
Arlene Zelinskas	2006 Indoor 60 Hurdles
	2006 Indoor High Jump
	2006 Indoor Pentathlon
	2007 Indoor 60 Hurdles
	2007 Indoor High Jump
	2007 Outdoor 400 Hurdles
	2007 Outdoor High Jump

**Most Big South Women's Individual Event Titles (By Athlete)**

13 – Danielle McNaney

12 – Heather Sagan

10 – Mychelle Cumings, Robin Williams

8 – Kena Butts, Jaime Watson

**Listed by Event**

Indoor 60	2014 – Oasis Hernandez 2015 – Abigail Flower
Outdoor 100	1994 – Fadhila Samuel 1995 – Ardra Samuel 1996 – Ardra Samuel 1997 – Ardra Samuel 2000 – Panthera Seymour 2015 – Abigail Flower
Indoor 200	2001 – Panthera Seymour 2015 – Abigail Flower
Outdoor 200	1994 – Fadhila Samuel 1995 – Ardra Samuel 1996 – Ardra Samuel 1997 – Ardra Samuel 1999 – Panthera Seymour 2015 – Abigail Flower
Indoor 400	2000 – Kodi Pollard 2001 – Kodi Pollard 2010 – Jaime Watson 2016 – Erin Edmond 2017 – Tanner Ealum
Outdoor 400	1994 – Fadhila Samuel 1995 – Wanda Browning 1996 – Regina McFarland 1997 – Kay Chandler 1998 – Holly Mays-Deem 1999 – Jaquay Reid 2001 – Kodi Pollard 2010 – Jaime Watson 2016 – Erin Edmond 2017 – Tanner Ealum
Indoor 800	1999 – Amy Teer 2000 – Heather Sagan 2001 – Heather Sagan 2002 – Heather Sagan 2008 – Jaime Watson 2009 – Jaime Watson 2010 – Jaime Watson 2011 – Meghan Burggraf 2014 – Meghan Burggraf 2016 – Delaney McDowell 2017 – Delaney McDowell
Outdoor 800	1995 – J'Aime Cowan 1998 – Amy Teer 2000 – Heather Sagan 2001 – Heather Sagan 2002 – Heather Sagan 2006 – Jaime Watson 2007 – Jaime Watson 2008 – Jaime Watson 2010 – Meghan Burggraf 2011 – Meghan Burggraf 2014 – Meghan Burggraf 2016 – Ansley Gebben 2017 – Delaney McDowell

Indoor Mile	2000 – Heather Sagan
	2001 – Heather Sagan
	2002 – Heather Sagan
	2009 – Katie Albright
	2010 – Rebekah Ricksecker
	2011 – Jennifer Klugh
	2012 – Jennifer Klugh
Outdoor 1,500	2016 – Ednah Kurgat
	2000 – Heather Sagan
	2001 – Amy Teer
	2002 – Heather Sagan
	2007 – Rebekah Ricksecker
	2008 – Rebekah Ricksecker
	2010 – Rebekah Ricksecker
Indoor 3K	2011 – Jennifer Klugh
	2012 – Jennifer Klugh
	2009 – Ashley Osborne
	2010 – Rebekah Ricksecker
	2011 – Jennifer Klugh
	2012 – Jennifer Klugh
	2013 – Jacy Christiansen
Outdoor 3K	2015 – Ednah Kurgat
	2016 – Ednah Kurgat
	1995 – Tabitha Kemerling
	1996 – Jennifer Hodges
Indoor 5K	2002 – Samantha Pelletier
	2006 – Carol Jefferson
	2007 – Carol Jefferson
	2009 – Ashley Osborne
	2011 – Dacia Bushman
Outdoor 5K	2012 – Khristina Kanagy
	2002 – Heather Sagan
	2006 – Carol Jefferson
	2007 – Carol Jefferson
	2010 – Ashley Osborne
	2011 – Dacia Bushman
	2012 – Jennifer Klugh
Outdoor 10K	2014 – Jacy Christiansen
	2017 – Anna Van Wyk
	1999 – Tammi Green
	2000 – Tammi Green
	2006 – Carol Jefferson
	2007 – Carol Jefferson
	2010 – Ashley Osborne
Indoor 60 Hurdles	2011 – Dacia Bushman
	2016 – Ednah Kurgat
	2000 – Robin Williams
	2002 – Marianne Mulkey
	2003 – Marianne Mulkey
	2004 – Danielle McNaney
	2005 – Danielle McNaney
2006 – Arlene Zelinskas	
2007 – Arlene Zelinskas	



Outdoor 100 Hurdles	1995 – Holly Mays-Deem 1996 – Holly Mays-Deem 1998 – Holly Mays-Deem 2000 – Robin Williams 2002 – Danielle McNaney 2003 – Danielle McNaney 2004 – Danielle McNaney 2005 – Danielle McNaney 2011 – Olivia Charnuski
Outdoor 400 Hurdles	1995 – Holly Mays-Deem 1996 – Audrey Ebanks 1997 – Holly Mays-Deem 1998 – Holly Mays-Deem 1999 – Robin Williams 2000 – Robin Williams 2001 – Robin Williams 2003 – Danielle McNaney 2007 – Arlene Zelinskas
Outdoor Steeplechase	2007 – Piper Newby 2010 – Hailey Neal
Indoor Long Jump	2000 – Robin Williams 2002 – Danielle McNaney 2004 – Kena Butts 2011 – Alyssa Pegues
Outdoor Long Jump	1994 – Shauna Hutchenson 1995 – Anna-Kate Jarman 1998 – Robin Williams 1999 – Robin Williams 2000 – Robin Williams 2001 – Robin Williams 2003 – Danielle McNaney
Indoor Triple Jump	1998 – Amy Sturgill 2003 – Jonisha Saunders 2011 – Mia Aghaji 2017 – Janae Jones
Outdoor Triple Jump	1994 – Anna-Kate Jarman 1995 – Anna-Kate Jarman 1996 – Anna-Kate Jarman 1997 – Anna-Kate Jarman 1998 – Amy Sturgill 1999 – Amy Sturgill 2010 – Mia Aghaji 2011 – Mia Aghaji 2012 – Mia Aghaji 2014 – Janae Jones 2015 – Janae Jones
Indoor High Jump	1998 – Wendy Heath 2003 – Kena Butts 2004 – Kena Butts 2005 – Kena Butts 2006 – Kena Butts & Arlene Zelinskas 2007 – Arlene Zelinskas 2008 – Mia Aghaji 2009 – Christina Mitchell 2013 – Kristen Willeford 2017 – Erin Zappia

Outdoor High Jump	1996 – Anna-Kate Jarman 1997 – Lora Randolph 2002 – Danielle McNaney 2003 – Kena Butts 2005 – Kena Butts 2006 – Kena Butts 2007 – Arlene Zelinskas 2008 – Mia Aghaji
Indoor Pole Vault	1998 – Elisabeth Robertson 1999 – Elisabeth Robertson 2000 – Elisabeth Robertson 2001 – Andrea Wildrick 2002 – Andrea Wildrick 2005 – Aimee Riley 2011 – Shelley Parker 2017 – Jessie Glynn
Outdoor Pole Vault	1999 – Elisabeth Robertson 2000 – Andrea Wildrick 2001 – Andrea Wildrick 2002 – Andrea Wildrick 2003 – Aimee Riley 2005 – Aimee Riley 2011 – Shelley Parker
Indoor Shot Put	2012 – Mychelle Cumings 2013 – Mychelle Cumings 2014 – Mychelle Cumings 2016 – Mychelle Cumings 2017 – Dasiana Larson
Outdoor Shot Put	1997 – Amy Rodriguez 1998 – Amy Rodriguez 1999 – Amy Rodriguez 2012 – Mychelle Cumings 2013 – Mychelle Cumings 2015 – Mychelle Cumings 2016 – Mychelle Cumings 2017 – Dasiana Larson
Outdoor Discus	2012 – Mychelle Cumings 2013 – Mychelle Cumings 2014 – Jennifer Nicholson 2015 – Jennifer (Nicholson) Smith
Outdoor Javelin	1995 – Mari Kong 1999 – Becky Scott 2001 – Kylene Helman 2002 – Kylene Helman 2005 – Danielle McNaney 2012 – Christina Mitchell 2013 – Christina Mitchell 2017 – Brenna Smith
Indoor Weight Throw	2014 – Jocelyn Williams
Outdoor Hammer	1997 – Amy Rodriguez 2012 – Melinda Bendik

Indoor Pentathlon	2006 – Arlene Zelinskas
	2007 – Marie Williams
	2008 – Krystle Matthews
	2009 – Marie Williams
	2011 – Christina Mitchell
	2014 – Riley Brandon
	2015 – Riley Brandon
	2016 – Erika Jackson
	2017 – Kylie Polsgrove
Outdoor Heptathlon	2002 – Britton Bennett
	2003 – Danielle McNaney
	2004 – Danielle McNaney
	2007 – Marie Williams
	2009 – Marie Williams
	2010 – Krystle Matthews
	2011 – Christina Mitchell
	2012 – Christina Mitchell
	2013 – Christina Mitchell
	2014 – Riley Brandon
	2015 – Erika Jackson
2016 – Erika Jackson	
2017 – Kylie Polsgrove	

**Most Big South Women's Individual Event Titles (By Event)**

13 – Outdoor 800, Outdoor Heptathlon

11 – Indoor 800, Outdoor Triple Jump

10 – Indoor High Jump, Outdoor 400

9 – Indoor Pentathlon, Outdoor 100 Hurdles, Outdoor 400 Hurdles

## **Award Winners**

### **Female Student-Athlete of the Year (All Sports)**

Ednah Kurgat – 2016  
Heather Sagan – 2002

### **Big South Scholar-Athlete of the Year (All Sports)**

Danielle McNaney – 2005

### **Christenberry Award (All Sports)**

Holly Deem – 1998  
Danielle McNaney – 2005  
Jessie Proehl – 2017  
Audrey Rabe – 2017  
Lora Randolph – 1997  
Cathy Williams – 1999

### **Big South Women's Track & Field Athlete of the Year (Overall)**

Heather Sagan – 2002

### **Big South Women's Runner of the Year (Overall)**

Ednah Kurgat – 2016

### **Big South Most Outstanding Athlete**

Aadra Samuel – 1995 Outdoor  
Robin Williams – 2000 Outdoor

### **Big South Most Outstanding Track Performer**

Jennifer Klugh – 2011 Indoor, 2012 Indoor  
Danielle McNaney – 2003 Outdoor  
Ashley Osborne – 2009 Indoor  
Heather Sagan – 2001 Indoor, 2002 Outdoor  
Jaime Watson – 2010 Indoor  
Arlene Zelinskas – 2006 Indoor, 2007 Indoor

### **Big South Most Outstanding Field Performer**

Mychelle Cumings – 2013 Indoor, 2013 Outdoor, 2014 Indoor  
Andrea Wildrick – 2002 Outdoor  
Marie Williams – 2009 Outdoor

### **Big South Freshman of the Year**

Meghan Burggraf – 2010 Outdoor  
Mychelle Cumings – 2012 Outdoor  
Tanner Ealum – 2017 Indoor  
Ednah Kurgat – 2015 Indoor, 2015 Outdoor  
Delaney McDowell – 2016 Indoor  
Kylie Polsgrove – 2016 Outdoor

### **Big South Scholar-Athlete of the Year**

Danielle McNaney – 2005 Indoor, 2005 Outdoor  
Audrey Rabe – 2017 Indoor  
Rebekah Ricksecker – 2010 Indoor, 2010 Outdoor  
Heather Sagan – 2001 Indoor, 2001 Outdoor  
Amy Sturgill – 2000 Outdoor  
Cathy Williams – 1999 Outdoor  
Arlene Zelinskas – 2006 Outdoor, 2007 Outdoor

**Big South Coach of the Year**

Brant Tolsma – 1994 Outdoor, 1995 Outdoor, 1997 Outdoor, 1998 Outdoor, 1999 Outdoor, 2001 Indoor, 2001 Outdoor, 2002 Indoor, 2002 Outdoor, 2003 Indoor, 2005 Indoor, 2007 Outdoor, 2010 Outdoor, 2012 Indoor, 2013 Outdoor, 2015 Outdoor, 2016 Outdoor, 2017 Indoor & 2017 Outdoor