



## Big South Conference History

### Men's Track & Field

#### Big South Team Championships

**Indoor (21):** 1998, 1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017 & 2018

**Outdoor (23):** 1994, 1995, 1996, 1997, 1998, 1999, 2000, 2001, 2002, 2004, 2005, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017 & 2018

#### 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	Jeremy Wagner
	200	Michael Decker
	400	Michael Decker
	Long Jump	Nick Anderson
	Triple Jump	Chad Wilson
	High Jump	Nick Anderson
2002 Indoor	Pole Vault	Ramsey Moore
	Javelin	Clint Gore
	Decathlon	Eric Beck
	60	Guifaly Christolin
	3K	Dan Rabe
	60 Hurdles	Jeremy Graves
2002 Outdoor	Long Jump	Kevin Octave
	High Jump	Nick Anderson
	Pole Vault	Adam Williams
	100	Guifaly Christolin
	200	Guifaly Christolin
	400	Chad Wilson
2003 Indoor	110 Hurdles	Micah Brinkley
	Long Jump	Nick Anderson
	Triple Jump	Chad Wilson
	Pole Vault	Adam Williams
	Decathlon	Jordan Crawford
	200	Jeremy Wagner
2003 Outdoor	400	Jon DeBogory
	3K	Josiah Melly
	60 Hurdles	Lauren Williams
	Long Jump	Kevin Octave
	Triple Jump	Lauren Williams
	Pole Vault	Lamech Marsh
2004 Indoor	110 Hurdles	Micah Brinkley
	Long Jump	Kevin Octave
2004 Outdoor	5K	Evan Falat
	Long Jump	Chad Wilson
	Triple Jump	Chad Wilson
	Weight	Tyler Biggins
	110 Hurdles	Micah Brinkley
	Long Jump	Chad Wilson
2005 Indoor	Triple Jump	Chad Wilson
	High Jump	Jordan Crawford
	Shot Put	Andy Musser
	Decathlon	Jordan Crawford
	800	Chris Lyons
	Mile	Dan Rabe
2005 Outdoor	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	
	2014 Indoor	High Jump	Kyle Wheeler
		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	
2015 Outdoor	Weight Throw	David Scouten	
	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	
2016 Outdoor	Heptathlon	Zach Gilroy	
	400	Stephen Racanelli	
	800	Bradley Prentice	
	Discus	Fred Fulton	
2017 Indoor	Javelin	Steve Feister	
	Decathlon	Zach Davis	
	200	Stephen Racanelli	
	400	Jahquez Durham	
2017 Outdoor	60 Hurdles	Jovaine Atkinson	
	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		

2018 Indoor	60	Jovaine Atkinson
	200	Alejandro Perlaza Zapata
	400	Alejandro Perlaza Zapata
	60 Hurdles	Jovaine Atkinson
	Triple Jump	Darrel Jones
2018 Outdoor	Pole Vault	Carson Waters
	200	Alejandro Perlaza Zapata
	400	Alejandro Perlaza Zapata
	400 Hurdles	Branson Rolle
	Triple Jump	Darrel Jones
	Pole Vault	Carson Waters
	Shot Put	William Partridge
	Javelin	Denzel Pratt

**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 2018 Indoor 60 2018 Indoor 60 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 2018 Indoor Triple Jump 2018 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
William Partridge	2018 Outdoor Shot Put
A. Perlaza Zapata	2018 Indoor 200 2018 Indoor 400 2018 Outdoor 200 2018 Outdoor 400
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 2018 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
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
Branson Rolle	2018 Outdoor 400 Hurdles
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
ConRoy Smith	2014 Outdoor 100
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
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
Michael Todd	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

Carson Waters	2017 Indoor Pole Vault 2017 Outdoor Pole Vault 2018 Indoor Pole Vault 2018 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 2002 – Guifaly Christolin 2018 – Jovaine Atkinson
Outdoor 100	1996 – Pete McFadden 1997 – Carlton McDuffie 2000 – Jeremy Wagner 2001 – Jeremy Wagner 2002 – Guifaly Christolin 2014 – ConRoy Smith
Indoor 200	1998 – Pete McFadden 1999 – Michael Decker 2000 – Michael Decker 2001 – Michael Decker 2003 – Jeremy Wagner 2015 – Stephen Racanelli 2016 – Stephen Racanelli 2017 – Stephen Racanelli 2018 – Alejandro Perlaza Zapata
Outdoor 200	1996 – Pete McFadden 1998 – Pete McFadden 1999 – Michael Decker 2000 – Michael Decker 2001 – Michael Decker 2002 – Guifaly Christolin 2017 – Stephen Racanelli 2018 – Alejandro Perlaza Zapata
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 2018 – Alejandro Perlaza Zapata
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 2018 – Alejandro Perlaza Zapata
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 2014 – Caleb Edmonds
Indoor 3K	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 2013 – Caleb Edmonds
Indoor 5K	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 2017 – Jovaine Atkinson 2018 – Jovaine Atkinson
Outdoor 110 Hurdles	1994 – Sean Keys 1998 – Marlon Tanner 1999 – Ken Howell 2000 – Ken Howell 2002 – Micah Brinkley 2003 – Micah Brinkley 2004 – Micah Brinkley 2017 – Jovaine Atkinson
Outdoor 400 Hurdles	1994 – Mike Reed 1995 – Mike Reed 1997 – Marlon Tanner 1998 – Marlon Tanner 1999 – Marlon Tanner 2000 – Samuel Brunt 2005 – Brandon Hoskins 2007 – Tim O'Donnell 2009 – Tim O'Donnell 2013 – Andre Washington 2014 – Ryan Davis 2015 – Ryan Davis 2017 – Ryan Davis 2018 – Branson Rolle
Outdoor Steeplechase	1995 – Chris McGregor 1996 – Daniel Bentley 1997 – Daniel Bentley 1998 – Brian Kiprono 1999 – Brian Kiprono 2008 – Evans Kigen 2010 – Evans Kigen 2011 – Evans Kigen 2014 – Josh MacDonald
Indoor Long Jump	2000 – Nick Anderson 2001 – Chad Wilson 2002 – Kevin Octave 2003 – Kevin Octave 2004 – Chad Wilson 2008 – Matt Parker 2015 – Aklesso Agama



Outdoor Long Jump	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 2018 – 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 2015 – Aklesso Agama 2017 – Darrel Jones 2018 – Darrel Jones
Indoor High Jump	1998 – James Johnson 1999 – James Johnson 2000 – James Johnson 2002 – Nick Anderson 2008 – Matt Parker 2009 – Matt Parker 2010 – Clarence Powell 2012 – Kyle Wheeler 2013 – Kyle Wheeler 2014 – Kyle Wheeler
Outdoor High Jump	1994 – Mike Connell 1995 – Mike Connell 1996 – Kevin Coley 2000 – Nick Anderson 2001 – Nick Anderson 2004 – Jordan Crawford 2009 – Anthony Bryant 2012 – Kyle Wheeler

Indoor Pole Vault	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 2018 – 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 2018 – 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 2016 – Fred Fulton
Outdoor Shot Put	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 2013 – Ryan Smith 2014 – Jacob DeValve 2015 – Fred Fulton 2018 – William Partridge

Outdoor Discus	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	
2018 – 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
Outdoor Decathlon	2016 – Zach Gilroy
	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)**

17 – Outdoor Pole Vault

16 – Outdoor Discus

14 – Outdoor 400 Hurdles

13 – Indoor Pole Vault, Outdoor 400, Outdoor Shot Put, Outdoor Javelin

12 – Indoor 3K, Outdoor Triple Jump, Outdoor Decathlon

## **Big South Relay Champions**

Outdoor 4 x 100	1994 – Mike Reed, Jacob Swinton, Randy Bishop, James McKnight 1996 – Pete McFadden, Kevin Coley, Carlton McDuffie, Cedric Pollard 1998 – Grover Gaddy, Pete McFadden, Cedric Pollard, Marlon Tanner 1999 – Brian Sale, Michael Decker, Marlon Tanner, Jeremy Wagner 2000 – Grover Gaddy, Michael Decker, Brannan Duncan, Jeremy Wagner 2001 – Grover Gaddy, Michael Decker, Guifaly Christolin, Jeremy Wagner 2005 – Don Wood, Ravanno Ferguson, Kevin Octave, Alonzo Phillips 2018 – Travis Henderson, A. Perlaza Zapata, Greg Edwards, Jahquez Durham
Outdoor 4 x 400	1994 – Mark Jarvis, Mike Reed, Dennis Johnson, Jacob Swinton 1995 – Mike Reed, Dennis Johnson, Ryan Werner, Hosein Burch 1996 – Dennis Johnson, Marlon Tanner, Cedric Pollard, Hosein Burch 1997 – Drew Ellenburg, Andrew Prantner, Cedric Pollard, Hosein Burch 1998 – Drew Ellenburg, Chris Poluikis, Marlon Tanner, Cedric Pollard 1999 – Marlon Tanner, Brian Sale, Jeremy Wagner, Michael Decker 2001 – Brannon Duncan, Chad Wilson, Jeremy Wagner, Michael Decker 2017 – Michael Todd, Jahquez Durham, Bradley Prentice, Stephen Racanelli 2018 – A. Perlaza Zapata, Michael Todd, Jeff Jacobs, Jahquez Durham
Indoor 4 x 400	1998 – Dennis Johnson, Josh Jones, Cedric Pollard, Marlon Tanner 1999 – Ken Howell, Josh Jones, Chris Poluikis, Michael Decker 2000 – Chad Wilson, Jon DeBogory, Jeremy Wagner, Michael Decker 2001 – Brandon Duncan, Jeremy Pritchard, Chad Wilson, Michael Decker 2002 – Jon DeBogory, Stephen Meier, Chad Wilson, Guifaly Christolin 2003 – Jon DeBogory, Guifaly Christolin, Erick Beck, Jeremy Wagner 2009 – Daniel Newell, Chris Best, Matt Parker, Phil Leineweber 2012 – Kyle Gill, Andre Washington, Leonard Robbins, Taylor Courtney 2013 – Andre Washington, Tyler Weigandt, Kyle Gill, Paul Arslain 2015 – Ryan Davis, Jeff Jacobs, John Sherret, Ryan Versen 2016 – Ryan Davis, Michael Todd, Jeff Jacobs, Stephen Racanelli 2017 – Jahquez Durham, Michael Todd, Jeff Jacobs, Stephen Racanelli 2018 – Jahquez Durham, Michael Todd, Jeff Jacobs, Alejandro Perlaza Zapata
Indoor DMR	1998 – Stephen Githuka, Shawn Davis, Chuck Lyngaas, Chris McGregor 1999 – Dan Orr, Josh Jones, Mike Kabat, Stephen Githuka 2000 – Josh Zealand, Jeremy Pritchard, Jon DeBogory, Bruce Kite 2003 – Chris Lyons, Eric Beck, Travis Campbell, Jason Brown 2005 – Jason Brown, Richard Arkell, Kevin Correa, Drew Ponder 2008 – Mark Hopely, Tim O'Donnell, Kevon Correa, Jordan McDougal 2010 – Will Reeves, Chris Herbst, Paul Arslain, Sam Chelanga

## **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

Graham Hansel – 2018

### **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 Men's Field Athlete of the Year (Overall)**

Markus Ballengee – 2018

Carson Waters – 2017

### **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**

Jovaine Atkinson – 2018 Indoor

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

Alejandro Perlaza Zapata – 2018 Outdoor

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**

Jovaine Atkinson – 2018 Indoor  
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, 2018 Indoor & 2018 Outdoor

### **1997-99 Big South Indoor Track & Field All-Decade Team**

Sprints/Hurdles – Greg Benhase, Ken Howell, Josh Jones, Pete McFadden, Marlon Tanner  
Mid-Distance/Distance – Josh Cox, Stephen Githuka, Brian Kiprono, Chris Poluikis  
Jumps – Greg Benhase, Bryan Cook, Jeremy Howe, Ken Howell, James Johnson  
Throws – James Highsmith, James Johnson  
Head Coach – Brant Tolsma

### **2000-09 Big South Indoor Track & Field All-Decade Team**

Sprints/Hurdles – Jon Debogory, Matt Parker, Jeremy Wagner, Chad Wilson  
Mid-Distance/Distance – Evan Falat, Josh McDougal, Dan Rabe  
Jumps – Nick Anderson, Anthony Bryant, Matt Parker, Adam Williams, Chad Wilson  
Throws - Jon Hart, Clendon Henderson  
Heptathlon – Brandon Hoskins, Clarence Murray  
Head Coach – Brant Tolsma

### **2010-19 Big South Indoor Track & Field All-Decade Team**

Sprints/Hurdles – Ryan Davis, Jeff Jacobs, Stephen Racanelli  
Mid-Distance/Distance – Sam Chelanga, Caleb Edmonds  
Jumps – Darrel Jones, Clarence Powell, Kolby Shepherd, Kyle Wheeler  
Throws – Ryan Smith  
Heptathlon – Geren Woodbridge  
Head Coach – Brant Tolsma

### **1994-99 Big South Outdoor Track & Field All-Decade Team**

Sprints/Hurdles – Ken Howell, Pete McFadden, Mike Reed, Marlon Tanner  
Mid-Distance/Distance – Dan Bentley, Stephen Githuka, Brian Kiprono, Chuck Lyngaas  
Jumps – Greg Benhase, Kevin Coley, Mike Connell  
Throws – Pete Brown, James Johnson, Mike Lucas, Ryan Werner  
Decathlon – Ryan Werner  
Head Coach – Brant Tolsma

**2000-09 Big South Outdoor Track & Field All-Decade Team**

Sprints/Hurdles – Micah Brinkley, Jeremy Wagner

Mid-Distance/Distance – Josh McDougal

Jumps – Nick Anderson, Anthony Bryant, Kevin Octave, Chad Wilson

Throws – Jon Hart, Clendon Henderson

Decathlon – Josh Jones, Daniel Newell

Head Coach – Brant Tolsma

**2010-19 Big South Outdoor Track & Field All-Decade Team**

Sprints/Hurdles – Ryan Davis, Stephen Racanelli

Mid-Distance/Distance – Sam Chelanga, Evans Kigen, Josh MacDonald

Jumps – Clarence Powell, Kolby Shepherd

Throws – Fred Fulton, Elliot Galeone, David Scouten, Ryan Smith

Decathlon – Zach Davis

Head Coach – Brant Tolsma



## Women's Track & Field

### Team Championships

**Indoor (13):** 1998, 1999, 2000, 2001, 2002, 2003, 2005, 2010, 2011, 2012, 2016, 2017 & 2018

**Outdoor (17):** 1994, 1995, 1996, 1997, 1998, 1999, 2000, 2001, 2002, 2003, 2007, 2010, 2013, 2015, 2016, 2017 & 2018

### 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
2002 Outdoor	Long Jump	Danielle McNaney
	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
2003 Indoor	Heptathlon	Britton Bennett
	60 Hurdles	Marianne Mulkey
	Triple Jump	Jonisha Saunders
2003 Outdoor	High Jump	Kena Butts
	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
	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
2018 Indoor	5K	Anna Van Wyk
	Shot Put	Dasiana Larson
	Javelin	Brenna Smith
	Heptathlon	Kylie Polsgrove
	200	Kimone Green
2018 Outdoor	400	Kimone Green
	800	Delaney McDowell
	High Jump	Kylie Polsgrove
	Shot Put	Naomi Mojica
	Weight Throw	Dasiana Larson
2018 Outdoor	Pentathlon	Kylie Polsgrove
	100	Ty'Asia Dansbury
	200	Ty'Asia Dansbury
	400	Cortney Dowling
	800	Tanner Ealum
	100 Hurdles	Kylie Polsgrove
	400 Hurdles	Kimone Green
	High Jump	Erin Zappia
	Pole Vault	Jessie Glynn
	Shot Put	Naomi Mojica
	Discus	Patria Vaimaona
	Hammer	Dasiana Larson
	Javelin	Brenna Smith
Heptathlon	Kylie Polsgrove	

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

13 – 2018 Outdoor

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
Ty'Asia Dansbury	2018 Outdoor 100 2018 Outdoor 200
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
Cortney Dowling	2018 Outdoor 400
Tanner Ealum	2017 Indoor 400 2017 Outdoor 400 2018 Outdoor 800
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
	2018 Outdoor Pole Vault
Kimone Green	2018 Indoor 200
	2018 Indoor 400
	2018 Outdoor 400 Hurdles
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
	2018 Indoor Weight Throw
	2018 Outdoor Hammer
Krystle Matthews	2008 Indoor Pentathlon
	2010 Outdoor Heptathlon

Delaney McDowell	2016 Indoor 800 2017 Indoor 800 2017 Outdoor 800 2018 Indoor 800
Regina McFarland Danielle McNaney	1996 Outdoor 400 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
Naomi Mojica	2018 Indoor Shot Put 2018 Outdoor Shot Put
Marianne Mulkey	2002 Indoor 60 Hurdles 2003 Indoor 60 Hurdles
Hailey Neal Piper Newby Ashley Osborne	2010 Outdoor Steeplechase 2007 Outdoor Steeplechase 2009 Indoor 3K 2009 Indoor 5K 2010 Outdoor 5K 2010 Outdoor 10K
Shelley Parker	2011 Indoor Pole Vault 2011 Outdoor Pole Vault
Alyssa Pegues Samantha Pelletier Kodi Pollard	2011 Indoor Long Jump 2002 Indoor 5K 2000 Indoor 400 2001 Indoor 400 2001 Outdoor 400
Kylie Polsgrove	2017 Indoor Pentathlon 2017 Outdoor Heptathlon 2018 Indoor High Jump 2018 Indoor Pentathlon 2018 Outdoor 100 Hurdles 2018 Outdoor Heptathlon
Lora Randolph Jaquay Reid Rebekah Ricksecker	1997 Outdoor High Jump 1999 Outdoor 400 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	
Ardra Samuel	2002 Outdoor 5K
	1995 Outdoor 100
	1995 Outdoor 200
	1996 Outdoor 100
	1996 Outdoor 200
	1997 Outdoor 100
Fadhila Samuel	1997 Outdoor 200
	1994 Outdoor 100
	1994 Outdoor 200
Jonisha Saunders	1994 Outdoor 400
	2003 Indoor Triple Jump
	1999 Outdoor Javelin
Becky Scott	1999 Outdoor 200
	2000 Outdoor 100
Panthera Seymour	2001 Indoor 200
	2017 Outdoor Javelin
	2018 Outdoor Javelin
Brenna Smith	2014 Outdoor Discus
Jennifer (Nicholson) Smith	2015 Outdoor Discus
	1998 Indoor Triple Jump
	1998 Outdoor Triple Jump
Amy Sturgill	1999 Outdoor Triple Jump
	1998 Outdoor 800
	1999 Indoor 800
Amy Teer	2001 Outdoor 1,500
	2017 Outdoor 5K
	2018 Outdoor Discus
	2006 Outdoor 800
Anna Van Wyk	2007 Outdoor 800
	2008 Indoor 800
	2008 Outdoor 800
	2009 Indoor 800
	2010 Indoor 400
	2010 Indoor 800
	2010 Outdoor 400
	2000 Outdoor Pole Vault
2001 Indoor Pole Vault	
Patria Vaimaona	2001 Outdoor Pole Vault
	2002 Indoor Pole Vault
	2002 Outdoor Pole Vault
	2006 Outdoor 800
	2007 Outdoor 800
Jaime Watson	2008 Indoor 800
	2008 Outdoor 800
	2009 Indoor 800
	2010 Indoor 400
	2010 Indoor 800
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
	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
	2018 Outdoor 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 2018 – Ty'Asia Dansbury
Indoor 200	2001 – Panthera Seymour 2015 – Abigail Flower 2018 – Kimone Green
Outdoor 200	1994 – Fadhila Samuel 1995 – Ardra Samuel 1996 – Ardra Samuel 1997 – Ardra Samuel 1999 – Panthera Seymour 2015 – Abigail Flower 2018 – Ty'Asia Dansbury
Indoor 400	2000 – Kodi Pollard 2001 – Kodi Pollard 2010 – Jaime Watson 2016 – Erin Edmond 2017 – Tanner Ealum 2018 – Kimone Green
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 2018 – Cortney Dowling
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 2018 – 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 2018 – Tanner Ealum
Indoor Mile	2000 – Heather Sagan 2001 – Heather Sagan 2002 – Heather Sagan 2009 – Katie Albright 2010 – Rebekah Ricksecker 2011 – Jennifer Klugh 2012 – Jennifer Klugh 2016 – Ednah Kurgat
Outdoor 1,500	2000 – Heather Sagan 2001 – Amy Teer 2002 – Heather Sagan 2007 – Rebekah Ricksecker 2008 – Rebekah Ricksecker 2010 – Rebekah Ricksecker 2011 – Jennifer Klugh 2012 – Jennifer Klugh
Indoor 3K	2009 – Ashley Osborne 2010 – Rebekah Ricksecker 2011 – Jennifer Klugh 2012 – Jennifer Klugh 2013 – Jacy Christiansen 2015 – Ednah Kurgat 2016 – Ednah Kurgat
Outdoor 3K	1995 – Tabitha Kemerling 1996 – Jennifer Hodges
Indoor 5K	2002 – Samantha Pelletier 2006 – Carol Jefferson 2007 – Carol Jefferson 2009 – Ashley Osborne 2011 – Dacia Bushman 2012 – Khristina Kanagy
Outdoor 5K	2002 – Heather Sagan 2006 – Carol Jefferson 2007 – Carol Jefferson 2010 – Ashley Osborne 2011 – Dacia Bushman 2012 – Jennifer Klugh 2014 – Jacy Christiansen 2017 – Anna Van Wyk

Outdoor 10K	1999 – Tammi Green
	2000 – Tammi Green
	2006 – Carol Jefferson
	2007 – Carol Jefferson
	2010 – Ashley Osborne
	2011 – Dacia Bushman
	2016 – Ednah Kurgat
Indoor 60 Hurdles	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
2018 – Kylie Polsgrove	
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
	2018 – Kimone Green
Outdoor Steeplechase	2007 – Piper Newby
	2010 – Hailey Neal
Indoor Long Jump	2000 – Robin Williams
	2002 – Danielle McNaney
	2004 – Kena Butts
Outdoor Long Jump	2011 – Alyssa Pegues
	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 2018 – Kylie Polsgrove
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 2018 – Erin Zappia
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 2018 – Jessie Glynn
Indoor Shot Put	2012 – Mychelle Cumings 2013 – Mychelle Cumings 2014 – Mychelle Cumings 2016 – Mychelle Cumings 2017 – Dasiana Larson 2018 – Naomi Mojica

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 2018 – Naomi Mojica
Outdoor Discus	2012 – Mychelle Cumings 2013 – Mychelle Cumings 2014 – Jennifer Nicholson 2015 – Jennifer (Nicholson) Smith 2018 – Patria Vaimaona
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 2018 – Brenna Smith
Indoor Weight Throw	2014 – Jocelyn Williams 2018 – Dasiana Larson
Outdoor Hammer	1997 – Amy Rodriguez 2012 – Melinda Bendik 2018 – Dasiana Larson
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 2018 – 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 2018 – Kylie Polsgrove

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

- 14 – Outdoor 800, Outdoor Heptathlon
- 12 – Indoor 800
- 11 – Indoor High Jump, Outdoor 400, Outdoor Triple Jump
- 10 – Indoor Pentathlon, Outdoor 100 Hurdles, Outdoor 400 Hurdles

## **Big South Relay Champions**

Outdoor 4 x 100	1994 – Audrey Ebanks, Stacy Wilson, Sarah Harford, Fadhila Samuel 1995 – Mari Kong, Anna-Kate Jarman, Amanda Holbrook, Ardra Samuel 1996 – Mari Kong, Christi Barefield, Anna-Kate Jarman, Ardra Samuel 1997 – Anna-Kate Jarman, Sarah Harford, Mari Kong, Ardra Samuel 2000 – Janelle Shiffer, Kodi Pollard, Christina Schlesinger, Panthera Seymour 2001 – Janelle Shiffer, Kodi Pollard, Christina Schlesinger, Panthera Seymour 2002 – Janelle Shiffer, Kodi Pollard, Christina Henry, Stephanie Walker 2007 – Andrea Beckles, Charlene Hibbert, Tra' Screen, Arlene Zelinkas 2015 – Dana Mercer, Abigail Flower, Olivia Davis, Kate Flower 2016 – Nicole Leonzo, Kate Flower, Dana Mercer, Erin Edmond 2018 – Alexis Wilson, Ty'Asia Dansbury, Kimone Green, Cortney Dowling
Outdoor 4 x 400	1994 – Audrey Ebanks, Esther Mills, Lisa Prantner, JoAnn Wolfson 1995 – Wanda Browning, Audrey Ebanks, JoAnn Wolfson, Regina McFarland 1996 – Patsy Geiger, JoAnn Wolfson, Wendy Warren, Regina McFarland 1997 – Holly Deem, JoAnn Wolfson, Regina McFarland, Kay Chandler 1998 – Robin Williams, Kay Chandler, Tina Hall, Jaquay Reid 2000 – Christina Schlesinger, Jaquay Reid, Robin Williams, Kodi Pollard 2001 – Christina Schlesinger, Danelle DeKrey, Robin Williams, Kodi Pollard 2004 – Aniska Strachan, Andrea Andrews, Kena Butts, Mynique Robinson 2016 – Corinn Bedell, Ansley Gebben, Olivia Behymer, Erin Edmond 2017 – Tanner Ealum, Delaney McDowell, Nicole Leonzo, Olivia Behymer 2018 – Kimone Green, Tanner Ealum, Cortney Dowling, Ty'Asia Dansbury
Indoor 4 x 400	1998 – Holly Deem, Kay Chandler, Tina Hall, Jaquay Reid 1999 – Christina Schlesinger, Danelle DeKrey, Robin Williams, Jaquay Reid 2001 – Christina Schlesinger, Danelle DeKrey, Robin Williams, Kodi Pollard 2002 – Danelle DeKrey, Christina Henry, Erica Gaesser, Sarah Pettit 2004 – Mynique Robinson, Kena Butts, Aniska Strachan, Danielle McNaney 2005 – Mynique Robinson, Kena Butts, Erica Gaesser, Charlene Hibbert 2008 – Chenoa Freeman, Mia Aghaji, Charlene Hibbert, Jaime Watson 2016 – Corinn Bedell, Nicole Leonzo, Ansley Gebben, Erin Edmond 2017 – Nicole Leonzo, Mary Witmer, Delaney McDowell, Tanner Ealum 2018 – Kimone Green, Ty'Asia Dansbury, Olivia Behymer, Tanner Ealum
Indoor DMR	2000 – Sarah Pettit, Katie Butler, Becky Shepler, Rebecca Parsons 2002 – Melissa Blackstone, Britton Bennett, Katie Butler, Sarah Pettit 2006 – JoAnn Welch, Jennifer Ward, Sarah Roberts, Reyna Quiroz 2011 – Katie Russo, Kylie McMichael, Meghan Burggraf, Betel Yosef 2014 – Hannah Scherlacher, Mary Witmer, Meghan Burggraf, Katie Russo 2016 – Torree Scull, Bailey Reeves, Delaney McDowell, Hannah Scherlacher 2018 – Alyssa Karle, Tanner Ealum, Delaney McDowell, Anna Van Wyk



## **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**

Kimone Green – 2018 Indoor  
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  
Ty'Asia Dansbury – 2018 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, 2018 Indoor & 2018 Outdoor

### **1997-99 Big South Women's Indoor Track & Field All-Decade Team**

Sprints/Hurdles – Holly Deem, Wendy Heath, Jaquay Reid

Mid-Distance/Distance – Amy Teer

Jumps – Wendy Heath, Liz Robertson, Amy Sturgill

Throws – Amy Rodriguez

Head Coach – Brant Tolsma

### **2000-09 Big South Women's Indoor Track & Field All-Decade Team**

Sprints/Hurdles – Danielle McNaney, Kodi Pollard, Arlene Zelinskas

Mid-Distance/Distance – Carol Jefferson, Heather Sagan, Jaime Watson

Jumps – Kena Butts, Andrea Wildrick

Pentathlon – Marie Williams, Arlene Zelinskas

### **2010-19 Big South Women's Indoor Track & Field All-Decade Team**

Sprints/Hurdles – Tanner Ealum

Mid-Distance/Distance – Meghan Burggraf, Jennifer Klugh, Ednah Kurgat, Delaney McDowell

Jumps – Mia Aghaji, Janae Jones

Throws – Mychelle Cumings, Jocelyn Williams

Pentathlon – Kylie Polsgrove

Head Coach – Brant Tolsma

### **1994-99 Big South Women's Outdoor Track & Field All-Decade Team**

Sprints/Hurdles – Audrey Ebanks, Mari Kong, Holly Deem, Jaquay Reid, Ardra Samuel

Mid-Distance/Distance – Amy Teer

Jumps – Anna-Kate Jarman, Amy Sturgill

Throws – Mari Kong, Amy Rodriguez

Head Coach – Brant Tolsma

### **2000-09 Big South Women's Outdoor Track & Field All-Decade Team**

Sprints/Hurdles – Danielle McNaney, Panthera Seymour, Robin Williams

Mid-Distance/Distance – Carol Jefferson, Ashley Osborne, Rebekah Ricksecker, Heather Sagan

Jumps – Kena Butts, Andrea Wildrick, Robin Williams

Heptathlon – Danielle McNaney, Marie Williams

### **2010-19 Big South Women's Outdoor Track & Field All-Decade Team**

Sprints/Hurdles – Abigail Flower

Mid-Distance/Distance – Jennifer Klugh

Jumps – Mia Aghaji

Throws – Mychelle Cumings, Jocelyn Williams

Heptathlon – Erika Jackson, Christina Mitchell

Head Coach – Brant Tolsma