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TRACK & FIELD / CROSS COUNTRY

FACILITY RECORDS

WOMEN'S VENUE RECORDS (Eagle Field, Track & Field)

EVENT	NAME	MARK	SCHOOL	DATE
100m	Tayla Carter	11.58	Western Carolina	4/21/2013
200m	Tayla Carter	23.79	Western Carolina	4/21/2013
400m	Raquel Ramseur	54.15	Western Carolina	4/30/2006
800m	Jocelyn Keen	2:08.31	Western Carolina	4/21/2013
1500m	Shannon Wommack	4:22.95	Chattanooga	4/29/2006
10,000m	Sinead Haughey	35:40.25	Furman	4/20/2013
110H	Brittany Chase	13.95	Georgia Southern	4/29/2006
400H	Asia Davis	59.53	Western Carolina	4/30/2006
3000S	Shannon Wommack	10:07.54	Chattanooga	4/29/2006
5000M	Lanni Marchant	16:45.22	Chattanooga	4/30/2006
4x100		45.46	Georgia Southern	4/29/2006
4x400		3:43.15	Western Carolina	4/30/2006
HJ	Melanie Trumbo	5-9.25	Georgia Southern	4/25/2009
LJ	Nicole Brown	20-07.25	Georgia Southern	4/30/2006
TJ	Danielle Thorpe	42-1.50	Appalachian State	4/25/2009
PV	Ashley Cope	12-9.50	Samford	4/21/2013
HT	Nikole Simmons	189-1	Appalachian State	4/29/2006
SP	Beverly Burnett	48-11.50	Appalachian State	4/29/2006
DT	Alisha Bradshaw	153-01.80	Western Carolina	4/21/2013
JV	Suzanne Martin	137-3.75	Elon	4/29/2006

MEN'S VENUE RECORDS (Eagle Field, Track & Field)

EVENT	NAME	MARK	SCHOOL	DATE
100m	Ricardo Lockette	10.33	Fort Valley State	3/28/2009
200m	Manteo Mitchell	20.90	Western Carolina	4/26/2009
400m	Manteo Mitchell	47.20	Western Carolina	4/30/2006
800m	Andrew Lantz	1:50.62	Davidson	4/21/2013
1500m	Patrick Morgan	3:49.36	Furman	4/26/2009
10,000m	Demetrios Pagonis	31:15.65	Davidson	4/20/2013
110H	Stanley Broaden	14.11	Appalachian State	4/21/2013
400H	Michael Malone	52.71	Western Carolina	4/30/2006
3000S	Chris Moen	9:02.33	Appalachian State	4/20/2013
5000M	Demetrios Pagonis	14:35.84	Davidson	4/21/2013
4x100		40.24	Western Carolina	4/26/2009
4x400		3:14.30	Western Carolina	4/30/2006
HJ	Daryl Saunders	6-11.50	Appalachian State	4/21/2013
LJ	Kevin Hardy	23-09.43	The Citadel	4/25/2009
TJ	Mark Sturgis	50-1.25	Appalachian State	4/25/2009
PV	Patrick Wells	16-6.75	Samford	4/25/2009
HT	Jared Stalling	186-10.52	Appalachian State	4/21/2013
SP	Katon Bethany	52-11	Wofford	4/30/2006
DT	Jared Stalling	163-08.96	Appalachian State	4/21/2013
JV	Matt Evans	201-0	Western Carolina	4/25/2009

Women's Cross Country 5k (Cross Country/7th Mile Farm)

NAME	TIME	SCHOOL	YEAR
Merabu Nagwandala	18:13.0	Georgia Southern	2018
Sholanda Snell	18:23.7	Georgia Southern	2018
Guilia Giorgi	19:02.6	Unattached	2018
Erin Mullican	19:20.3	Georgia Southern	2018
Anna Greentree	19:30.6	Jacksonville	2021

Men's Cross Country 5k (Cross Country/7th Mile Farm)

NAME	TIME	SCHOOL	YEAR
Sahlu Atakiliti	26:21.2	Savannah State	2018
Abbas Abbkar	26:23.8	Savannah State	2018
Terrence Sessoms	26:31.8	Savannah State	2018
Suhieb Mohamed	26:37.8	Savannah State	2018
Cameron Pack	26:44.3	Savannah State	2018



TRACK & FIELD / CROSS COUNTRY RECORD BOOK

INDOOR

60m

1. 7.43.....Nicole Brown (2005)
2. 7.51.....Jasmine Walker (2014)
3. 7.53.....Rashedah Arnold (2003)
4. 7.54.....Ebony Carter (2012)
5. 7.57.....Demetrise Anthony (2008)

200m

1. **24.26**.....**Scovia Ayikoru (2022)**
2. 24.33.....Nicole Brown (2005)
3. 24.42.....Rashedah Arnold (2003)
4. 24.56.....Aris Hubbard (2021)
5. 24.65.....Meagan Lynch (2021)

400m

1. **54.83**.....**Scovia Ayikoru (2022)**
2. 55.84.....Marlo Mincey (2004)
3. 55.96.....Asha Stegall (2014)
4. 56.04.....Sherril McFarlane (2014)
5. 56.77.....Carla Ballard (2008)

800m

1. 2:10.54.....Sherril McFarlane (2014)
2. 2:12.22.....Bailey Willett (2017)
3. **2:14.81**.....**Nichole Harris (2022)**
4. 2:14.99.....Sholonda Snell (2019)
5. 2:15.14.....Asea Mayfield (2012)

60m Hurdles

1. 8.49.....Jasmine Billings (2012)
2. 8.50.....Zykeria Williams (2021)
3. 8.53.....Izlyn Zaini (2019)
4. 8.65.....Tatiayna Rayford (2016)
5. 8.70.....Lindy Petteway (2012)

Mile Run

1. 4:58.62.....Merabu Nagwandala (2019)
2. 5:04.33.....Sholonda Snell (2018)
3. 5:04.77.....Ellunde Montgomery (2017)
4. 5:06.51.....Sherril McFarlane (2014)
5. 5:07.57.....Brittany Jett (2005)

3000m

1. 9:54.96.....Merabu Nagwandala (2020)
2. **10:15.02**.....**Hannah Wise (2022)**
3. 10:29.73.....Ashton Lord (2017)
4. 10:30.45.....Ellunde Montgomery (2017)
5. 10:30.46.....Sholonda Snell (2018)

5000m

1. 17:36.81.....Merabu Nagawndala (2020)
2. 18:14.71.....Sara Curry (2011)
3. 18:32.81.....Rebecca Parker (2017)
4. 18:37.22.....Kaitlin Rocker (2018)
5. 18:37.69.....Carley Braman (2020)

Weight Throw

1. 20.21m / 66'3.75".....Kelsey Arnold (2017)
2. 17.58m / 57'8.25".....Alexis Gant (2019)
3. 16.80m / 55'1.50".....Amber Tiggs (2003)
4. 16.44m / 53'11.25".....Siddeeqa Abdur-Rahman (2021)
5. 16.42m / 53'10.50".....Nikki Stocum (2005)

Shot Put

1. 14.95m / 49'0.75".....Jamelia Owens (2018)
2. 14.66m / 48'1.25".....Nikki Stocumb (2004)
3. 13.58m / 44'6.75".....Alexis Gant (2019)
- 13.58m / 44'6.75".....Jamila Minnifield (2004)
5. 13.50m / 44'3.50".....Jennifer Charles (2008)

Long Jump

1. 6.15m / 20'2.25".....Nicole Brown (2007)
2. 6.14m / 20'2.00".....Kellie Mitchell (2003)
3. 6.01m / 19'8.75".....Jasmin Walker (2014)
4. 5.99m / 19'8.00".....Lynnsey Hyter (2009)
5. 5.85m / 19'2.25".....Alyssa Felton (2014)

Triple Jump

1. 12.76m / 41'10.50".....Nicole Brown (2007)
2. 12.42m / 40'9.00".....Demetrise Anthony (2007)
3. 12.35m / 40'6.25".....Laura Williams (2005)
4. 12.31m / 40'5.00".....Lauren Jacobs (2006)
5. 12.27m / 40'3.25".....Lynnsey Hyter (2009)

High Jump

1. 1.70m / 5'7.00".....Melanie Trumbo (2009)
- 1.70m / 5'7.00".....Keyanna Harris (2014)
3. 1.67m / 5'6.00".....Kellie Mitchell (2004)
- 1.67m / 5'6.00".....Whitney Nelson (2000)
5. 1.65m / 5'5.00".....Amber Wilson (2006)

Pole Vault

1. 2.89m / 9'6.00".....Heidi Gholston (2002)
2. **2.85m / 9'4.25"**.....**Kellyn Posey (2022)**
3. 1.98m / 6'6.00".....Kristen Higgins (2000)

Pentathlon

1. 3754.....Kellie Mitchell (2004)
2. 3551.....Lynnsey Hyter (2009)
3. 3347.....Stephanie Hicks (2012)
4. 3248.....Melanie Trumbo (2008)
5. 3042.....Tonya Grimes (2005)

Distance Medley Relay

1. 12:06.65.....Sholonda Snell, Breanna Thornton
Bailey Willett, Ellunde Montgomery (2018)
2. 12:19.36.....Abbey Arnett, Lauren Euler,
Isabel Ptacek, Hannah Wise (2021)
3. **12:24.00**.....**Hannah Wise, MaKenna Hillmer
Ella Zierdt, Nichole Harris (2022)**
4. 12:28.12.....Lindsey Nye, Marlo Mincey
Julie Prather, Brittney Jett (2003)
5. 12:35.85.....Azura Rubillard, Morgan Jefferson
Asea Mayfield, Sara Curry (2011)

4x400m Relay

1. 3:47.35.....Margo Mincey, Marlo Mincey
Kellie Mitchell, Rashedah Arnold (2003)
2. 3:47.93.....Dana Edwards, Sherril McFarlane
Sadia Yananeh, Asha Stegall (2014)
3. 3:48.17.....Margo Mincey, Marlo Mincey
Kellie Mitchell, Laura Williams (2004)
4. 3:50.04.....Meagan Lynch, Camryn Mathis
Zykeria Williams, Scovia Ayikoru (2021)
5. 3:50.93.....Desiree Blunt, Breanna Thornton
Bailey Willett, Ellunde Montgomery (2017)



TRACK & FIELD / CROSS COUNTRY RECORD BOOK

OUTDOOR

100m

- 11.50.....Nicole Brown (2005)
- 11.63.....Jordan Fordham (2015)
- 11.69.....Jasmine Walker (2014)
- 11.70.....Aarian Tipton (2014)
- 11.75.....Ebony Carter (2011)
- 11.77.....Aris Hubbard (2021)
- 11.77.....Demetrisse Anthony (2009)
- 11.82.....Camryn Mathis (2021)
- 11.82.....Rashedah Anthony (2003)
- 11.82.....Dominique Thurman (2008)

200m

- 23.59.....Aarian Tipton (2014)
- 23.68.....Jasmine Walker (2014)
- 23.81.....Nicole Brown (2007)
- 23.84**.....**Scovia Ayikoru (2022)**
- 23.95.....Aris Hubbard (2021)
- 23.98.....Giselle Cunningham (2003)
- 24.11.....Zykeria Williams (2021)
- 24.13.....Rashedah Arnold (2003)
- 24.30.....Desiree Blunt (2017)
- 24.35.....Ebony Carter (2012)

400m

- 53.74.....Scovia Ayikoru (2021)
- 54.84.....Rashedah Arnold (2007)
- 55.09.....Marlo Mincey (2004)
- 55.31.....Asha Stegall (2014)
- 55.62.....Ashley Bush-Hardy (2009)
- 55.77.....Sherril McFarlane (2014)
- 55.84.....Carla Ballard (2007)
- 55.85.....Margo Mincey (2003)
- 56.55.....Kimberly Thomas (2013)
- 56.86.....Racquel Daly (2011)

800m

- 2:09.03.....Sherril McFarlane (2014)
- 2:11.00.....Sholonda Snell (2019)
- 2:12.12.....Bailey Willett (2017)
- 2:12.66.....Kristiana Towns (2012)
- 2:12.85.....Ellunde Montgomery (2019)
- 2:13.13.....Jillian Sloan (2016)
- 2:14.38**.....**Nichole Harris (2022)**
- 2:15.04.....Laura Fuller (2009)
- 2:15.58.....Shauntel Jennings (2008)
- 2:17.17.....Asea Mayfield (2011)

1500m

- 4:33.90.....Merabu Nagwandala (2019)
- 4:33.99.....Sholonda Snell (2019)
- 4:36.59.....Sherril McFarlane (2014)
- 4:41.15.....Ellunde Montgomery (2017)
- 4:42.31.....Laura Fuller (2009)
- 4:43.30**.....**Nichole Harris (2022)**
- 4:45.56.....Brittany Jett (2006)
- 4:44.22**.....**Hannah Wise (2022)**
- 4:49.86.....Abbey Arnett (2021)
- 4:50.55.....Whitney Nelson (2000)

5000m

- 17:10.57.....Merabu Nagwandala (2019)
- 18:23.14.....Sara Curry (2011)
- 18:24.51.....Hannah Wise (2021)
- 18:26.86.....Ashton Lord (2017)
- 18:32.97.....Rebecca Parker (2017)
- 18:35.92.....Bianca Loza (2016)
- 18:47.32.....Megan Sullivan (2012)
- 18:48.65.....Abbey Arnett (2021)
- 18:48.73.....Kaitlyn Rocker (2017)
- 18:53.95.....Brittany Jett (2015)

10000m

- 36:54.68.....Merabu Nagwandala (2019)
- 37:51.85.....Sara Curry (2013)
- 39:58.04.....Melissa Reyes (2005)
- 40:23.58.....Brittani Martin (2010)
- 40:33.44.....Megan Sullivan (2003)
- 40:33.44.....Mary Rebok (2003)
- 40:44.93.....Erin Mullican (2019)
- 43:26.77.....Heather McAlister (2010)
- 44:54.72.....Molly McBreaty (2010)

100 Hurdles

- 13.36.....Zykeria Williams (2021)
- 13.79.....Brittany Chase (2006)
- 13.84.....Izlyn Zaini (2019)
- 13.90.....Kwajelin Holsendolph (2011)
- 13.96.....Amber Wilson (2006)
- 13.98.....Jasmine Billings (2012)
- 14.01.....Tatiana Rayford (2019)
- 14.03.....Stephanie Hicks (2011)
- 14.09.....Lindy Petteway (2002)
- 14.33.....Taylor Wade (2012)
- 14.33.....Alyssa Felton (2014)

400 Hurdles

- 58.80.....Marlo Mincey (2004)
- 59.86**.....**Scovia Ayikoru (2022)**
- 1:00.23.....Dana Edwards (2014)
- 1:00.85.....Amber Wilson (2006)
- 1:00.97.....Carla Ballard (2007)
- 1:01.88.....Taylor Wade (2012)
- 1:03.04.....Kristin Olsen (2012)
- 1:03.19.....Ray Toomer (2011)
- 1:03.25.....Meagan Lynch (2021)
- 1:03.29.....Pearl Griggs (2001)

3000m Steeplechase

- 11:35.24.....Abby Bloom (2007)
- 11:47.18.....Rebecca Parker (2015)
- 11:58.93.....Lindsey Nye (2002)
- 11:58.97.....Jessica Kerzie (2005)
- 12:01.34.....Carley Braman (2019)
- 12:21.80.....Stephanie McFadden (2004)
- 13:47.09.....Jinni Pethel (2016)

High Jump

- 1.77m / 5'9.35".....Melanie Trumbo (2009)
- 1.70m / 5'7.00".....Kellie Mitchell (2003)
- 1.68m / 5'6.00".....Alex Cassagnol (2011)
- 1.67m / 5'5.75".....Keyanna Harris (2013)
- 1.65m / 5'5.00".....Jasmine Lightning (2006)
- 1.65m / 5'5.00".....Shaunta Hamilton (2011)
- 1.63m / 5'4.25".....Whitney Nelson (2000)
- 1.62m / 5'3.75".....Amber Wilson (2006)
- 1.61m / 5'3.25".....Tonya Grimes (2005)
- 1.61m / 5'3.25".....Twandalette Cotton (2016)

Triple Jump

- 13.26m / 43'6.00".....Nicole Brown (2007)
- 12.43m / 40'9.50".....Laura Williams (2004)
- 12.43m / 40'9.50".....Lynnsey Hyter (2008)
- 12.41m / 40'8.75".....Shaunta Hamilton (2008)
- 12.36m / 40'8.75".....Demetrisse Anthony (2008)
- 12.32m / 40'5.00".....Lauren Jacobs (2006)
- 12.26m / 40'2.75".....Ashleigh Rasheed (2014)
- 12.15m / 39'11.50".....Mandi Phillips (2006)
- 11.99m / 39'4.00".....Millicent Brooks-Milledner (2011)
- 11.82m / 38'9.50".....Nia Hill (2017)

Long Jump

- 6.28m / 20'7.25".....Nicole Brown (2006)
- 6.12m / 20'1.00".....Jasmine Walker (2014)
- 6.11m / 20'0.50".....Lauren Jacobs (2006)
- 6.10m / 20'0.25".....Lynnsey Hyter (2008)
- 6.08m / 19'11.25".....Demetrisse Anthony (2009)
- 6.00m / 19'8.25".....Kellie Mitchell (2002)
- 5.99m / 19'8.00".....Shaunta Hamilton (2011)
- 5.83m / 19'1.50".....Alyssa Felton (2013)
- 5.80m / 19'0.50".....Tonya Grimes (2005)
- 5.77m / 18'11.25".....Dominique Thurman (2005)



TRACK & FIELD / CROSS COUNTRY RECORD BOOK

OUTDOOR

Javelin

- 42.92m / 140'10".....Lindy Petteway (2004)
- 41.01m / 134'6.5".....Jessica Irizarry (2007)
- 40.06m / 131'5".....Melanie Trumbo (2009)
- 38.46m / 126'2".....Nicole Brown (2006)
- 36.65m / 120'3".....Azura Robillard (2012)
- 36.37m / 119'4".....Margo Mincey (2004)
- 34.19m / 112'2.5".....Kellie Mitchell (2004)
- 33.77m / 110'9.5".....Jacqueline Allen (2003)
- 33.42m / 109'8".....Jessica Moss (2012)
- 32.36m / 106'2".....Christy McCullough (2002)

Discus

- 46.63m / 153'0.00".....Shaleta Lightfoot (2004)
- 45.65m / 149'9.00".....Alexis Gant (2019)
- 45.24m / 148'5.00".....Aishya Wofford (2013)
- 44.34m / 145'6.00".....Jamelia Owens (2017)
- 44.02m / 144'5.00".....Kelsey Arnold (2016)
- 44.01m / 144'4.74".....Monique Pitts (2007)
- 43.64m / 143'2.00".....Markaysa Norwood (2005)
- 42.57m / 139'8.00".....Lauren Niles (2005)
- 41.31m / 135'6.38".....Martina Takang (2021)
- 40.38m / 132'6.00".....Nikki Stocumb (2005)

Hammer Throw

- 53.09m / 174'2".....Kelsey Arnold (2017)
- 51.40m / 168'8".....Amber Tigs (2002)
- 49.04m / 160'11".....Emily Greeson (2007)
- 48.76m / 160'0".....Stephanie Henzler (2014)
- 48.20m / 158'2".....Alexis Jacobs (2013)
- 47.72m / 157'7".....Monique Pitts (2007)
- 46.56m / 152'9".....Kelsey Chandler (2013)
- 46.30m / 151'11".....Nikki Stocumb (2005)
- 46.05m / 151'1".....Charnelle Wray (2012)
- 45.93m / 150'8".....Shania Parkinson (2022)**

Shot Put

- 14.49m / 47'6.50".....Jamelia Owens (2018)
- 14.10m / 46'3.25".....Nikki Stocumb (2005)
- 14.09m / 46'2.75".....Shania Parkinson (2022)**
- 14.08m / 46'2.50".....Emily Greeson (2007)
- 13.87m / 45'6.25".....Diamond Reese (2017)
- 13.74m / 45'1.00".....Jamilia Minnifield (2005)
- 13.60m / 44'7.50".....Jennifer Charles (2008)
- 13.60m / 44'7.50".....Alexis Gant (2019)
- 13.41m / 44'0.00".....Amber Tiggs (2002)
- 13.35m / 43'9.75".....Alexis Jacobs (2013)

Pole Vault

- 3.04m / 9'11.75".....Shamryia Ortiz (2008)
- 3.00m / 9'10.00".....Heidi Gholston (2002)
- 2.85m / 9'4.25".....Kellyn Posey (2022)**
- 2.59m / 8'6.00".....Kristen Higgins (2000)

Heptathlon

- 4987.....Kellie Mitchell (2004)
- 4589.....Melanie Trumbo (2009)
- 4573.....Shaunta Hamilton (2010)
- 4535.....Stephanie Hicks (2011)
- 4504.....Lynnsey Hyter (2010)
- 4490.....Ashleigh Rasheed (2014)
- 4390.....Lauren Jacobs (2007)
- 4292.....Tonya Grimes (2005)
- 4155.....Serenity Thompson (2007)
- 3894.....Kelia Thomas (2001)

4x100m Relay

- 44.50.....Alyssa Felton, Jasmine Walker
.....Aarian Tipton, Jordan Fordham (2014)
- 44.98.....Camryn Mathis, Zykeria Williams
.....Aris Hubbard, Scovia Ayikoru (2021)
- 45.05.....Nicole Brown, Demetrise Anthony
.....Rashedah Arnold, Shamyria Ortiz (2007)
- 45.44.....Jasmine Walker, Ebony Carter
.....Alyssa Felton, Amber Vaughn (2013)
- 45.53.....Jacqueline Allen, Giselle Cunningham
.....Margo Mincey, Rashedah Arnold (2003)

4x400m Relay

- 3:41.68.....Rashedah Arnold, Nicole Brown
.....Shauntel Jennings, Carla Ballard (2007)
- 3:41.97.....Rashedah Arnold, Margo Mincey
.....Marlo Mincey, Kellie Mitchell (2003)
- 3:42.30.....Dana Edwards, Sherril McFarlane
.....Kimberly Thomas, Asha Stegall (2014)
- 3:43.02.....Camryn Mathis, Scovia Ayikoru,
.....Aris Hubbard, Zykeria Williams (2021)
- 3:46.17.....JoAnn Benson, Shauntel Jennings
.....Morgan Jefferson, Ashley Bush-Hardy (2009)

Updated 5/16/22