

Alan Connie Shamrock Invitational Meet Records (as of 5/10/2019)

Women

Event	Name	Affiliation	Mark (Conv/Wind)	Date
100 Meters	Shayla Mahan	South Carolina	11.35 (+1.7)	3/19/2011
200 Meters	Ada Udaya	New Haven	23.28 (+1.1)	3/21/2015
400 Meters	Precious Holmes	South Carolina	52.89	3/22/2014
800 Meters	Kiara McIntosh	Purdue	2:09.20	3/19/2016
1500 Meters*	Megan Armstrong	Iowa	4:26.62	3/22/2008
Mile*	Kendal Hacker	Purdue	4:49.59	3/19/2016
3000 Meters	Dena O'Brien	College of Charleston	9:38.27	3/19/2011
5000 Meters	Kelly McCurdy	Purdue	16:39.89	3/15/2013
10,000 Meters	Brenae Edwards	Mansfield	34:51.66	3/14/2013
100 Meter Hurdles	Chalese Davis	South Carolina	13.59 (+0.7)	3/21/2015
400 Meter Hurdles	Symone Black	Purdue	57.36	3/19/2016
3,000 Meter SC	Madelin Talbert	Lipscomb University	10:29.26	3/21/2014
4x100 Meter Relay	Johnson, Harris, Bandy, Brockington	South Carolina	44.65	3/22/2014
4x200 Meter Relay	Abrams, Brockington, Haith, Dendy	South Carolina	1:33.37	3/18/2016
4x400 Meter Relay	Bellamy, Haith, Bandy, Holmes	South Carolina	3:36.11	3/22/2014
4x800 Meter Relay	Brooks, Ritter, Swenson, Dittmar	Minnesota	8:51.01	3/19/2010
High Jump	Jeannelle Scheper	South Carolina	1.91m (6' 3 ¼")	3/20/2015
Pole Vault	Jessica Harter	Purdue	4.10m (13' 5 ¼")	3/18/2016
Long Jump	Cidaea' Woods	Tennessee	6.10m (20' 0"/0.0)	3/18/2016
Triple Jump	Christina Epps	Adidas	13.13m (43' 1"/-1.7)	3/17/2012
Shot Put	Annie Alexander	Manhattan College	17.15m (56' 3 ¼")	3/22/2014
Discus Throw	Annie Alexander	Manhattan College	53.63m (175' 11")	3/22/2014
Hammer Throw	Amber Campbell	Nike-Mjolnir	72.81m (238" 10")	3/20/2015
Javelin Throw	Maria Jimenez	Tennessee	49.19m (161' 4")	3/19/2016
Heptathlon	Ellen Wortham	Unattached	5098	3/17/2016

Notes:

All records listed are NCAA/IAAF Senior standard events.

Prior to 2009, the Alan Connie Shamrock Invitational was held at Coastal Carolina University.

*The 1500m event has been replaced by the Mile for the Alan Connie Shamrock Invitational since 2015. The Mile was held in some previous editions of the meet in addition to the 1500m.

Alan Connie Shamrock Invitational Meet Records (as of 5/10/2019)

Men

Event	Name	Affiliation	Mark	Date
100 Meters	Reggie Dixon	Hampton	10.26 (+2.0)	3/17/2012
200 Meters	Dane Hyatt	Unattached	20.69 (+1.8)	3/17/2012
400 Meters	Nathaniel McKinney	Unattached	46.27	3/20/2010
800 Meters	Shaquille Dill	St. Augustine	1:48.87	3/19/2016
1500 Meters*	Mike Cox	Haddonfield RC	3:49.13	3/13/2004
Mile*	Sean Duffy	Unattached	4:03.89	3/18/2006
3000 Meters	Adriaan Wildschutt	Coastal Carolina	8:20.87	3/15/2019
5000 Meters	Kyle Kling	Coastal Carolina	14:30.98	3/19/2010
10,000 Meters	Josh McDonald	Liberty	30:41.71	3/14/2013
110 Meter Hurdles	Jason Richardson	South Carolina	13.47 (+0.8)	3/22/2008
400 Meter Hurdles	Shawn Rowe	St. Augustine's	50.39	3/19/2016
3,000 Meter SC	Derek Scott	Puma	8:45.26	3/18/2011
4x100 Meter Relay	Jamison, Johnson, Hewitt, Jones	St. Augustine	40.07	3/22/2014
4x200 Meter Relay	Boone, Boone, Scott, Jackson	G.W. Express	1:23.08	3/18/2011
4x400 Meter Relay	Bermudez, Kanervo, Winfrey, Gravesande	South Carolina	3:06.59	3/22/2008
4x800 Meter Relay	Brooks, O'Connor, Vanderham, Zahorodny	UNC Wilmington	7:33.19	3/16/2012
High Jump	Joe Kindred	Unattached	2.28m (7' 5 ¾")	3/20/2010
Pole Vault	Rory Quiller	Binghamton	5.20m (17' 0 ¾")	3/18/2006
Long Jump	Diego Lawrence	Campbell	7.53m (24' 8 ½"/+1.7)	3/18/2011
Triple Jump	Lincoln Carr	Unattached	15.79m (51' 9 ¾"/+1.4)	3/17/2012
Shot Put	Dillon Simon	Unattached	19.32m (63' 4")	3/17/2018
Discus Throw	Kibwe Johnson	Ashland	59.15m (194' 0")	3/17/2007
Hammer Throw	Andy Fryman	Unattached	71.55m (234' 9")	3/20/2014
Javelin Throw	Jason Flanagan	Unattached	74.83m (245' 6")	3/16/2013
Decathlon	Carsten Krohn	Ashland	6954	3/20/2009

Notes:

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Alan Connie Shamrock Invitational Mayor's Relay Cup Annual Champions

Since 2012, The City of Myrtle Beach Mayor has presented an award cup to the top male and female collegiate institutions based on a cumulative score of all the relay events held at the Alan Connie Shamrock Invitational. All four relay events (4x100m, 4x200m, 4x400m, 4x800m) are each scored 1st-8th place (10-8-6-5-4-3-2-1) and the male and female teams with highest total points each take home the "Shamrock Invitational Mayor's Relay Cup". Note: Collegiate institutions can enter more than one team in any relay event; however only one team will count in the scoring of each relay event, also club and unattached relay teams will NOT count in the scoring or be eligible for the award.

Year Gender: School (points)

2019	Men: Hampton (21)	Women: Hampton (26)
2018	Men: Hampton (32)	Women: Hampton (32)
2017	Meet not held	Meet not held
2016	Men: South Carolina (32)	Women: South Carolina (36)
2015	Men: South Carolina (35)	Women: Clemson (26)/Coastal Carolina (26)
2014	Men: South Carolina (38)	Women: South Carolina (30)
2013	Men: St. Augustine's (40)	Women: Coastal Carolina (36)
2012	Men: St. Augustine's (31)	Women: South Carolina (31)

Annual Shamrock Invitational Individual Event Champions (Meet Record in BOLD):

Men		Women	
100m		100m	
2019	Johnny Middlebrooks (Mt. Olive) 10.70	Jerinique Brooks (Fayetteville St.)	12.38
2018	Khalim Denmark (Coastal Carolina) 10.45w	Stephanie Osuji (Albany)	11.60w
2017	Meet not held	Meet not held	
2016	Rodney Rowe (North Carolina A&T) 10.60	Kayla White (N. Carolina A&T)	11.74
2015	Robert Harris III (Albany) 10.62	Ada Udaya (New Haven)	11.61
2014	Taffawee Johnson (St Augustine's) 10.45	Ada Udaya (New Haven)	11.48
2013	Neko Freeman (Troy) 10.42w	Adella King (Indiana Tech)	11.36w
2012	Reggie Dixon (Hampton) 10.26	Alexis Love (Murray State)	11.42w
2011	Ngwigwa Obkenj (Unattached) 10.67w	Shayla Mahan (South Carolina) 11.35	
2010	Manteo Mitchell (All4Won International) 10.43w	Natasha Hastings (Unattached)	11.55w
2009	Jonathan Hancock (South Carolina) 10.48	Breehana Jacobs (South Carolina)	11.81
2008	Jonathan Hancock (South Carolina) 10.44	Lakya Brookins (South Carolina)	11.63
2007	Jose Acevedo (Kentucky) 10.45w	Maryann Erigha (Notre Dame)	11.92
2006	Jerek Hewitt (East Carolina) 10.71	Katie Grundman (Minnesota)	12.43
2005	Greg Lyons (Eastern Illinois) 11.00	Peaches Roach (Iowa)	11.99
2004	Johann Jack (Unattached) 10.90	Chasity Johnson (Coastal Carolina)	12.54
200m		200m	
2019	Brian Zimmerman (Lockhaven) 21.80w	Luan Gabriel (Unattached)	24.57
2018	Brandon Smiley (Indiana Tech) 20.95w	Sada Williams (AllStarz Mgmt)	23.35w
2017	Meet not held	Meet not held	
2016	Josh Edmonds (G.W.Express/Nike) 21.16	Lenyssa Dyer (Tennessee)	23.46
2015	Eric Winfrey (South Carolina) 21.47	Ada Udaya (New Haven) 23.28	
2014	Dane Hyatt (GW Express) 20.84	Ada Udaya (New Haven)	23.22w
2013	Joseph Wilson (Coastal Carolina) 21.36	Adella King (Indiana Tech)	23.38w
2012	Dane Hyatt (Unattached) 20.69	Shayla Mahan (Unattached)	23.64w
2011	Eric Plump (Savannah State) 21.02w	Amara Jones (Savannah State)	23.77
2010	Javon Young (Charleston Southern) 20.92	Natasha Hastings (Unattached)	23.39
2009	Ramon Gittens (St. Augustine's) 21.09	Cynetheia Rooks (Shekinah TC)	24.08
2008	Bryan Ryman (Ashland) 21.33	Angelique Smith (Unattached)	23.56

2007	James Frierson (VCU)	21.34	Okechi Ogbuokiri (Notre Dame)	25.09
2006	Aubrey Lemon (Coastal Carolina)	21.79	Kim Williams (Binghamton U)	25.13
2005	Ryan Leger (UMass Lowell)	22.25	Kyra Lobbins (Eastern Illinois)	25.17
2004	Jeremy Underwood (Cornerstone)	22.13	Denise Cruse (Seton Hall)	25.83

400m

2019	Darren Alfred (St. Augustine's)	48.01
2018	James Faison (Tennessee St.)	48.57
2017	Meet not held	
2016	Brunson Miller (Unattached)	46.72
2015	Clayton Gravesande (South Carolina)	47.14
2014	James Quarles (St. Augustine's)	46.80
2013	Burkheart Ellis Jr. (St. Augustine's)	48.04
2012	Clayton Gravesande (South Carolina)	47.05
2011	Clayton Gravesande (South Carolina)	47.06
2010	Nathaniel Mckinney (Unattached)	46.27
2009	Doug Caves (UMASS-Lowell)	47.56
2008	Randy Curry (Saint Augustine's)	46.47
2007	Ryan Postel (Notre Dame)	47.22
2006	Brandon Small (East Carolina)	47.87
2005	Brenton Pegues (Eastern Illinois)	49.21
2004	Jacob Simatwa (Coastal Carolina)	48.34

800m

2019	Liam Purdy (American)	1:53.42
2018	Sean Munnely (UMass Lowell)	1:52.72
2017	Meet not held	
2016	Shaquille Dill (St. Augustine's)	1:48.87
2015	Dylan Skinner (Brooks)	1:51.61
2014	Drew Ricci (South Carolina)	1:51.55
2013	Ryan O'Connor (UNC-Wilmington)	1:53.22
2012	Bob Vanderham (UNC-Wilmington)	1:51.46
2011	Wil Zahorodny (UNC-Wilmington)	1:52.05
2010	Drew Tucker, (Western Carolina)	1:53.24
2009	Johnny Shuping (Saint Augustine's)	1:53.08
2008	Johnny Shuping (Unattached)	1:51.14
2007	Justin Harrison (Kentucky)	1:53.92
2006	Mark Wieczorek (MidAmerica N)	1:53.63
2005	Dan Strackeljahn (Eastern Illinois)	1:55.32
2004	Mike Cox (Haddonfield RC)	1:54.22

1500m

2014	Mackenzie Johnston (Col. of Charleston)	4:05.00
2013	Ernest Kibet (Louisville)	3:56.64
2012	Mike Robinson (Mansfield)	3:53.60
2011	Derek Scott (PUMA)	3:51.84
2010	Will Reeves (Liberty)	3:57.95
2009	Johnny Shuping (Saint Augustine's)	3:57.82
2008	Mike Geary (Williams)	3:57.64
2007	Ryan TerLouw (Hope)	3:54.51
2006	Carlos Jamieson (American U.)	3:51.84
2005	Patrick Morasse (UMass Lowell)	3:55.97
2004	Mike Cox (Haddonfield RC)	3:49.13

400m

Tia-Adana Belle (GW Express)	52.91
Kiyah Owens (Albany)	56.30
Meet not held	
Brionna Thomas (Purdue)	53.37
Heather Ingraham (Vassar)	55.92
Precious Holmes (South Carolina)	52.89
Kelly Shaw (St. Augustine's)	54.15
Amara Jones (Savannah State)	53.52
Amara Jones (Savannah State)	54.78
Brandi Cross (South Carolina)	53.93
Shalonda Solomon (Unattached)	54.84
Porche Byrd (South Carolina)	53.09
Joanna Schultz (Notre Dame)	55.37
Tomoye Bryan (MidAmerica N)	56.95
Alicia Harris (Eastern Illinois)	55.85
Katrina Holder (Seton Hall)	58.05

800m

Kaley Richards (UMASS Lowell)	2:14.78
Brianna Belo (American)	2:12.70
Meet not held	
Kiara McIntosh (Purdue)	2:09.20
Vanessa McLeod (Purdue)	2:11.62
Yanique Haye-Smith (GW Express)	2:10.00
Kelly Holmes (Vassar)	2:13.25
Shawnee Carnett (Concord)	2:12.31
Scola Jepngetich (South Carolina)	2:11.99
Lauren Hardesty (Iowa)	2:10.90
Ashley Graybill (St. Norbert)	2:11.47
Rebekah Ricksecker (Liberty)	2:11.83
Nicole Dann (Mansfield)	2:19.94
Shayla Long (Mid America N)	2:17.18
Jordan Laney (Iowa)	2:17.13
Sophia Smellie (Seton Hall)	2:13.43

1500m

Jennifer Comfort (Army)	4:38.35
Kerri Gallagher (Pacers New Balance)	4:31.25
Emily Emerson (North Dakota)	4:31.13
Dena O'Brien (Col. of Charleston)	4:36.37
Amanda Hardesty (Iowa)	4:28.58
Christina Nelson (Maryland)	4:38.47
Meghan Armstrong (Iowa)	4:26.62
Gabriele Anderson (Minnesota)	4:28.78
Zaia Wharton (American U.)	4:32.19
Meghan Armstrong (Iowa)	4:33.61
Andrea Austin (Seton Hall)	4:42.42

Mile

2019	Cody Moran (UMASS Lowell)	4:21.50	Isabella Giesing (UMASS Lowell)	5:03.95
2018	Triphon Moodie (Toronto West Athlet.)	4:11.32	Lilly Price (Swarthmore)	5:00.31
2017	Meet not held		Meet not held	
2016	Tate Schienbein (Purdue)	4:12.72	Kendall Hacker (Purdue)	4:49.59
2015	Aaron Ramirez (Clemson)	4:09.16	Aynslee Van Graan (Coastal Carolina)	4:55.51
2014	Drew Butler (UMASS Lowell)	4:09.88	Dani Walker (Lipscomb)	4:55.53
2013	Event not contested		Event not contested	
2012	Event not contested		Event not contested	
2011	Event not contested		Event not contested	
2010	Event not contested		Event Not contested	
2009	Event not contested		Event Not contested	
2008	Macklin Chaffee (Williams)	4:15.02	Event Not contested	
2007	Event not contested		Event Not contested	
2006	Sean Duffy (Unattached)	4:03.89	Keira Carlstrom (American U.)	4:50.13
2005	Event not contested		Event Not contested	
2004	Event not contested		Event Not contested	

3000m

2019	Adriaan Wildschutt (Coastal Carolina)	8:20.87	Allie Morris (UMASS Lowell)	10:25.59
2018	Benjamin Doiron (American)	8:29.53	Aynslee Van Graan (Coastal Carolina)	9:49.93
2017	Meet not held		Meet not held	
2016	Zach Long (Tennessee)	8:23.64	Molly Pezzulo (Albany)	9:53.52
2015	Akiharu Kitagawa (Mount Olive)	8:23.39	Hope Schmelzle (Purdue)	9:59.35
2014	Jared Wingerter (Lipscomb)	8:29.50	Mary Reiser (South Carolina)	9:57.45
2013	Nathan Fisher (Army)	8:40.35	Michelle Molodynia (Louisville)	10:06.58
2012	Matt Paulson (Boston University)	8:31.85	Dena O'Brien (Col. of Charleston)	9:45.37
2011	Parker Boudreau (George Mason)	8:22.60	Dena O'Brien (Col. of Charleston)	9:38.27
2010	Ross Monroe (UNC-Wilmington)	8:49.23	Janel Blancett (Georgia State)	9:48.17
2009	Nick Sparr (Grinnell)	8:47.44	Danielle Barnes (South Carolina)	9:49.64
2008	Evans Kigen (Liberty)	8:35.09	Laura Neufarth (Miami, Ohio)	9:54.10
2007	Timmy Supplee (Coastal Carolina)	8:56.01	Ashley Osborne (Liberty)	10:03.07
2006	Chris Cummings (Mansfield)	8:31.69	Racheal Marchand (Iowa)	10:28.45

5000m

2019	Christopher Alfond (UMASS Lowell)	14:54.10	Kaitlyn Johnson (Lynchburg)	17:33.96
2018	Hutson Baumann (Coastal Carolina)	14:58.02	Annie Bothma (Coastal Carolina)	17:19.49
2017	Meet not held		Meet not held	
2016	Azaria Kirwa (Liberty)	14:56.89	Melissa Lodge (Bryant)	17:27.37
2015	Matt McClintock (Purdue)	14:47.84	Kendall Hacker (Purdue)	16:58.10
2014	Robert Allen (Umass Lowell)	14:42.02	Brittany Bohn (Murray State)	17:51.06
2013	Morgan Timiney (Campbell)	14:41.56	Kelly McCurdy (Purdue)	16:39.89
2012	Ruben Sanca (Puma)	14:32.16	Letitia Saayman (Coastal Carolina)	17:20.29
2011	Ndhlovu, Pardon (UNC-Pembroke)	14:48.12	Zola Budd-Pieterse (Newton)	17:41.10
2010	Kyle Kling (Coastal Carolina)	14:30.98	Amy Laskowske (Minnesota)	16:42.74
2009	Alex Lundy (Maryland)	14:47.45	Jenny Scherer (St. Norbert)	17:28.44
2008	Rex Radloff (UMASS-Lowell)	15:01.13	Dacia Bushman (Liberty)	17:55.99
2007	Jonathan Thomas (Kentucky)	14:55.00	Lindsay Petri (Kentucky)	18:16.31
2006	Michael Hanlon (Colgate U.)	14:44.41	Nina DiTraglia (Ohio Wesleyan)	17:48.58
2005	Jake Haughn (Kent State)	15:16.42	Christina Mohr (Coastal Carolina)	17:12.50
2004	Goran Nava (Radford University)	14:48.30	Melissa Terwilliger (Clarion University)	17:49.24

10000m

2019	Austin Nuera (Heidelberg)	31:24.86	Laurel Moyer (Lockhaven)	38:14.56
2018	Wesley Kirui (Hampton)	30:59.96	Janet Okeago (Hampton)	37:10.28
2017	Meet not held		Meet not held	
2016	James Dwyer (Clemson)	31:15.90	Zola Pieterse (Unattached)	38:38.35
2015	Grant Smith (Citadel)	32:27.03	Sarah Hamon (UNC-Wilmington)	38:30.51
2014	Dylan Lafond (Mount Olive)	31:35.90	Sally Larson (Lipscomb)	36:16.47
2013	Josh MacDonald (Liberty)	30:41.71	Brenae Edwards (Mansfield)	34:51.66
2012	Eric Jenkins (Northeastern)	31:23.97	Elicia Anderson (Millersville)	35:08.91
2011	Wells Johnson (Citadel)	32:05.52	Brennan, Erin (UNC-Wilmington)	37:54.35
2010	Josey Weaver (Western Carolina)	31:40.88	Christina Borowiec (UNC-Wilmington)	38:14.90
2009	Matt Dispensa (Adelphi)	31:58.42	Bernadette O'Neill (UNC-Wilmington)	37:21.08
2008	Corey Levin (Williams)	32:15.72	Lauren Wells (UNC-Wilmington)	37:28.71
2007	Bruce Hordusky (Kentucky)	31:15.97	Taylor Miller (Kentucky)	37:11.69
2006	Francis Kioko (Mid America N)	32:41.66	Katie Radzik (Binghamton U.)	37:07.67
2005	n/a		n/a	
2004	Eric Hamner (Tiffin University)	31:21.59	Briana Shook (Univ. of Toledo)	35:01.74

110mHH

2019	Christian Smith (St. Augustine's)	14.44
2018	Kevondre Hunt (Coastal Carolina)	14.11w
2017	Meet not held	
2016	Desmond Wallace (Coastal Carolina)	13.87
2015	Dondre Echols (South Carolina)	13.91
2014	Jussi Kanervo (South Carolina)	13.98w
2013	Moussa Dembele (St. Augustine's)	13.89w
2012	Johnny Dutch (Unattached)	13.86
2011	Lavell Handy (George Mason)	14.17
2010	Johnny Dutch (South Carolina)	13.73
2009	Devon Watlington (UNC-Wilmington)	14.69
2008	Jason Richardson (South Carolina)	13.47 (+0.8)
2007	Hector Cotto (Unattached)	14.37
2006	Hector Cotto (East Carolina)	14.73
2005	Kirkland Thornton (Eastern Illinois)	15.12
2004	Travis Morancie (Seton Hall)	14.58

100mHH

Autumn Smith (Hampton)	13.96
Leondra Correia (Indiana Tech)	14.38
Meet not held	
Sydney Griffin (Elon)	13.63
Chalese Davis (South Carolina)	13.59
Chalese Davis (South Carolina)	13.75
Alexandria Johnson (Ohio State)	13.60w
Chalese Davis (South Carolina)	13.89
Janica Austin (South Carolina)	13.64w
Janica Austin (South Carolina)	13.73
Alissa Klaehn (Ashland)	13.90
Alissa Klaehn (Ashland)	13.70
Arlene Zelinskas (Liberty)	14.24
LeAuna Sistrunk (Coastal Carolina)	14.60
Tiffany Johnson (Iowa)	13.98
Davina Mckenzie (Seton Hall)	14.84

400mIH

2019	Christian Smith (St. Augustine's)	53.07
2018	Jerome Coaxum (Coastal Carolina)	52.99
2017	Meet not held	
2016	Shawn Rowe (St. Augustine's)	50.39
2015	Jussi Kanervo (South Carolina)	50.89
2014	Elhadji Mbow (St. Augustine's)	51.29
2013	Elhadji Mbow (St. Augustine's)	51.15
2012	Devon Burroughs (St. Augustine's)	51.85
2011	Taylor Courtney (Liberty)	52.67
2010	Devon Watlington (UNC-Wilmington)	52.58
2009	Jamel Brown (Citadel)	52.47
2008	Johnny Dutch (South Carolina)	51.36
2007	Tim O'Donnell (Liberty)	52.10
2006	Tyrone Murphy (Coastal Carolina)	52.77
2005	Kendall White (Coastal Carolina)	53.77
2004	Eric Templeton (UNC-Wilmington)	54.37

400mLH

Ashleigh Carr (Ohio)	1:01.08
Holly Driver (Col. of Charleston)	1:03.50
Meet not held	
Symone Black (Purdue)	57.36
Symone Black (Purdue)	59.00
Jessica Gelibert (Coastal Carolina)	58.39
Alexis Franklin (Ohio State)	59.28
Nicole Dumpson (Quick Stars)	59.71
Janica Austin (South Carolina)	1:00.17
Kristin Olafsdottir-Johnson (Unattached)	59.04
Chanel Williams (Maryland)	1:00.53
Krystal Cantey (South Carolina)	59.63
Arlene Zelinskas (Liberty)	1:01.79
Ebony Brown (Coastal Carolina)	1:01.52
Ebony Brown (Coastal Carolina)	1:03.01
Ruby Jackson (Seton Hall)	1:02.88

3000mSC

2019	Tai Smith (Mt. Olive)	9:13.27	Paige Patterson (St. Leo)	11:39.39
2018	Tyler Ranke (Albany)	9:13.13	Colleen Maloney (Albany)	11:01.54
2017	Meet not held		Meet not held	
2016	Jonathan Dahlke (Mount Olive)	9:02.12	Carolyn Hopkins (Elon)	11:16.43
2015	Colton Ham (Franklin Pierce)	9:28.37	Jessica Lynch (North Dakota)	10:57.30
2014	Zach Fleming (Kutztown)	9:14.91	Madelin Talbert (Lipscomb)	10:29.26
2013	Mark Castelli (Army)	9:20.81	Kathryn Hague (Unattached)	10:49.56
2012	Josh MacDonald (Liberty)	9:06.03	Kristen Wolfe (Col. of Charleston)	10:54.55
2011	Derek Scott (PUMA)	8:45.26	Kristen Wolfe (Col. of Charleston)	11:04.94
2010	Evans Kigen (Liberty)	9:09.57	Beatrice Biwott (South Carolina)	10:46.19
2009	Brendan Knight (Citadel)	9:33.88	Beatrice Biwott (South Carolina)	11:17.35
2008	Evans Kigen (Liberty)	9:06.27	Jessica Schmidt (Iowa)	11:03.29
2007	Jake Watson (Notre Dame)	9:13.03	Desiree Bower (Kutztown)	11:29.62
2006	Nate Huddell (Wesleyan Tra)	9:45.47	Melinda Keesee (Otterbein)	11:09.26
2005	Jacob Stout (Eastern Illinois)	9:21.82	Amanda Roadarmel (Heidelberg)	12:23.52
2004	David Duriancik (Clarion University)	9:35.74	Bridget Sardo (Clarion University)	11:51.29

4x100m Relay

2019	Coastal Carolina	41.64	Hampton	46.55
2018	Coastal Carolina	40.64	Albany	46.48
2017	Meet not held		Meet not held	
2016	North Carolina A&T	40.18	Purdue	44.80
2015	South Carolina	40.73	Clemson	45.31
2014	St. Augustine's	40.07	South Carolina	44.65
2013	St. Augustine's	41.04	Ohio State	45.40
2012	South Carolina	40.08	South Carolina St.	46.16
2011	St. Augustine's	40.58	South Carolina	44.93
2010	South Carolina	40.74	South Carolina	44.80
2009	South Carolina	40.55	Coastal Carolina	46.28
2008	South Carolina	40.77	South Carolina	45.80
2007	East Carolina University	40.62	Coastal Carolina	46.53
2006	East Carolina University	41.22	University of Iowa	46.81
2005	UMASS Lowell	42.42	University of Iowa	46.42
2004	UNC-Wilmington	42.44	UNC Wilmington	48.83

4x200m Relay

2019	St. Augustine's	1:26.66	St. Augustine's	1:39.42
2018	Indiana Tech	1:25.74	Hampton	1:38.74
2017	Meet not held		Meet not held	
2016	South Carolina	1:23.26	South Carolina	1:33.37
2015	South Carolina	1:23.75	North Carolina A&T	1:36.83
2014	St. Augustine's	1:23.61	South Carolina	1:34.52
2013	GW Express	1:24.50	Coastal Carolina	1:36.37
2012	South Carolina	1:24.03	South Carolina	1:36.12
2011	GW Express	1:23.08	South Carolina	1:37.33
2010	Western Carolina	1:26.00	South Carolina	1:36.18
2009	St. Augustine's	1:23.89	South Carolina	1:37.63
2008	South Carolina	1:25.78	South Carolina	1:38.94
2007	Kentucky	1:24.56	Liberty	1:39.60
2006	Event Not contested		Event Not contested	
2005	Event Not contested		Event Not contested	

4x400m Relay

2019	St. Augustine's	3:12.29	St. Augustine's	3:44.51
2018	Hampton	3:16.78	Albany	3:49.61
2017	Meet not held		Meet not held	
2016	South Carolina	3:09.72	South Carolina	3:36.68
2015	South Carolina	3:09.36	Coastal Carolina	3:39.90
2014	St. Augustine's	3:09.08	South Carolina	3:36.11
2013	GW Express	3:09.92	Coastal Carolina	3:41.33
2012	St. Augustine's	3:10.38	South Carolina	3:40.56
2011	GW Express	3:07.15	South Carolina	3:44.03
2010	South Carolina	3:09.85	Western Carolina	3:43.16
2009	St. Augustine's	3:07.44	Liberty	3:56.57
2008	South Carolina	3:06.59	South Carolina	3:43.48
2007	Liberty	3:16.09	Liberty	3:56.57
2006	East Carolina University	3:16.48	Coastal Carolina University	3:51.91
2005	Princeton	3:12.46	University of Iowa	3:51.18
2004	Coastal Carolina	3:17.09	Seton Hall	3:55.88

4x800m Relay

2019	Marian (Indiana)	7:54.98	Maryland-Eastern Shore	9:56.79
2018	Hampton	7:41.26	Albany	9:11.36
2017	Meet not held		Meet not held	
2016	Liberty	7:40.42	Clemson	9:02.81
2015	North Carolina A&T	7:41.09	Clemson	9:05.63
2014	UNC-Wilmington	7:43.29	Coastal Carolina	9:08.55
2013	St. Augustine's	7:34.27	Ohio State	8:56.55
2012	UNC-Wilmington	7:33.19	Samford	9:06.61
2011	UNC-Wilmington	7:34.42	Lipscomb	8:55.20
2010	UNC-Wilmington	7:37.91	Minnesota	8:51.01
2009	Clemson	7:41.57	Maryland	9:04.73

Distance Medley Relay (1200-400-800-1600)

2008	Maryland	10:09.28	Liberty	11:49.20
2007	Liberty	9:46.44	Minnesota	12:00.63

High Jump

2019	Connor Langdon (Coastal Carolina)	2.11m/6-11.00	Kirsten Darsney (UMASS Lowell)	1.70m/5-07.00
2018	Jeffrey Jon Tucker (Rowan)	2.10m/6-10.75	Cyra Beard (Tennessee St.)	1.75m/5-08.75
2017	Meet not held		Meet not held	
2016	Alexander Bowen Jr. (Albany)	2.19m/7-02.25	Deandra Daniel (Coppin State)	1.75m/5-08.75
2015	Torian Ware (Clemson)	2.18m/7-01.75	Jeannelle Scheper (South Carolina)	1.91m/6-03.25
2014	Wesley Edwards (Spartanburg Methodist)	2.15m 7-00.50	Deandra Daniel (Coppin State)	1.75m/5-08.75
2013	Davis, Geoff (Purdue)	2.20m/7-02.50	McKenzie Majchrzak (Army)	1.65m/5-05.00
2012	Christopher Copeland (St. Augustine's)	2.15m/7-00.50	Emily Smith (Col. of Charleston)	1.70m/5-07.00
2011	Christopher Copeland (St. Augustine's)	2.10m/6-10.75	Jeannelle Scheper (South Carolina)	1.75m/5-08.75
2010	Joseph Kindred (Unattached)	2.28m/7-05.75	Caleigh Bacchus (Iowa)	1.75m/5-08.75
2009	Joe Kindred (Saint Augustine)	2.15m/7-00.50	Priscilla Frederick (SJNY)	1.75m/5-08.75
2008	Matt Parker (Liberty)	2.10m/6-10.75	Toni Aluko (Maryland)	1.75m/5-08.75
2007	Blair Majcina (Notre Dame)	2.00m/6-06.75	Rachel Kohler (Kentucky)	1.70m/5-07.00
2006	Mark Moore (Mid America N)	2.08m/6-09.75	Caitlin Roemhildt (Minnesota)	1.68m/5-06.00
2005	Mike Weishuhn (Princeton)	2.03m/6-08.00	Jenni Elbert (Iowa)	1.70m/5-07.00
2004	Patrick Bullock (UNC-Wilmington)	2.08m/6-09.75	Kristin Frakes (UNC-Wilmington)	1.73m/5-08.00

Pole Vault

2019	Vladimir Popusoi (UMASS Lowell)	4.86m/15-11.25	Maddie VanAcken (Lynchburg)	3.65m/11-11.75
2018	Jordan Pacheco (Slippery Rock)	5.05m/16-06.75	Kyley Foster (North Dakota)	3.95m/12-11.50
2017	Meet not held		Meet not held	
2016	Tyler Porter (Tennessee)	5.06m/16-07.25	Jessica Harter (Purdue)	4.10m/13-05.25
2015	Nathan Hiatt (Albany)	4.86m/15-11.25	Lauren Terstappen (Clemson)	4.00m/13-01.50
2014	Lanny Buck (Kutztown)	4.90m/16-00.75	Megan Wall (South Carolina)	3.65m/11-11.75
2013	Cameron Daugherty (Slippery Rock)	5.05m/16-06.75	Mary Lawrence (Coastal Carolina)	3.65m/11-11.75
2012	Owen Wagoner (Samford)	5.05m/16-06.75	Claire Goodson (Samford)	3.90m/12-09.50
2011	Kolby Shepard (Liberty)	4.90m/16-00.75	Angela Rummans (South Carolina)	3.80m/12-05.50
2010	Elliott Haynie (South Carolina)	5.05m/16-06.75	Becca Pilkerton (Minnesota)	3.80m/12-05.50
2009	Elliott Haynie (South Carolina)	5.05m/16-06.75	Sallie Gurganus (South Carolina)	3.80m/12-05.50
2008	Kolby Shepherd (Liberty)	5.05m/16-06.75	Cheryl Terrio (Unattached)	3.65m/11-11.75
2007	Andy Rollins (Lynchburg)	4.65m/15-03.00	Ashley Johnson (Wilmington, Ohio)	3.65m/11-11.75
2006	Rory Quiller (Binghamton U.)	5.20m/17-00.75	Jen Vandermeer (Hope College)	3.73m/12-02.75
2005	Mark Johnson (Coastal Carolina)	5.10m/16-08.75	Jennifer VanderMeer (Hope)	3.65m/11-11.75
2004	Jonathan Scott (UNC-Wilmington)	4.41m/14-06.00	Michelle Velez (Unattached)	3.66m/12-00.00

Long Jump

2019	Jordan Walker (Hampton)	6.92m/22-08.50w	Eva Luan-Smith (Beloit)	5.56m/18-03.00w
2018	Erik Eckleben (Coastal Carolina)	7.39m/24-03.00w	Leondra Correia (Indiana Tech)	5.87m/19-03.25w
2017	Meet not held		Meet not held	
2016	Frank Quarles (N. Carolina A&T)	7.46m/24-05.75	Cidaea'Woods (Tennessee)	6.10m/20-00.25
2015	Braxton Drummond (Unattached)	7.43m/24-04.50	Alexis Murphy (South Carolina)	5.87m/19-03.25
2014	Kenneth Fisher (Bethune-Cookman)	7.29m/23-11.00	Shakinah Brooks (St Augustine)	5.82m/19-01.25
2013	Augustus Scott (Unattached)	7.23m/23-08.75	Nikki Nunn (Purdue)	5.86m/19-02.75
2012	Jarrold Hutchen (South Carolina)	7.38m/24-02.50	Chalese Davis (South Carolina)	5.79m/19-00.00
2011	Diego Lawrence (Campbell)	7.53m/24-08.50	Hamilton, Shaunta (Georgia Southern)	5.73m/18-09.50
2010	Ted Leshner (Dartmouth)	7.13m/23-04.75	Todea-Kay Willis (Minnesota)	5.67m/18-07.25
2009	Chad Phillips (Coastal Carolina)	7.37m/24-02.25	Demetrise Anthony (Georgia Southern)	5.85m/19-02.25
2008	Brandon Quarles (Saint Augustine)	7.12m/23-04.50	Lynnsey Hyter (Georgia Southern)	6.06m/19-10.75
2007	Christopher Jacques (Notre Dame)	6.98m/22-11.00	Chasity Johnson (Coastal Carolina)	5.73m/18-09.75
2006	Adam Keisler (Michigan)	6.93m/22-09.00	Sarah Nelson (Minnesota)	5.76m/18-10.75
2005	Tristan McKinnis (Eastern Illinois)	6.81m/22-04.25	Ronesha Franklin (Eastern Illinois)	5.49m/18-00.25
2004	Michael Stearter (Coastal Carolina)	6.82m/22-04.50	Anna Raynor (UNC-Wilmington)	5.48m/17-11.75w

Triple Jump

2019	Caleb Smithco (Slippery Rock)	14.59m/47-10.50	Attinuke Shittu (UMES)	11.54m/37-10.50
2018	R'Lazon Brumfield (Tennessee St.)	15.20m/49-10.50w	Cyra Beard (Tennessee St.)	12.09m/39-08.00
2017	Meet not held		Meet not held	
2016	Devon Willis (Albany)	15.34m/50-04.00	Alitta Boyd (Unattached)	12.65m/41-06.00
2015	Jordan Crump-King (Albany)	15.04m/49-04.25	Christina Epps (Adidas Garden St.)	13.13m/43-01.00
2014	Kenneth Fisher (Bethune-Cookman)	15.21m/49-11.00	Natasha Dicks (South Carolina)	12.59m/41-03.75
2013	Lincoln Carr (Unattached)	15.67m/51-05.00	Tessa Runels (Boston U.)	12.35m/40-06.25w
2012	Lincoln Carr (Unattached)	15.79m/51-09.75	Christina Epps (Coppin State)	12.92m/42-04.75
2011	Lincoln Carr (South Carolina)	15.33m/50-03.50w	Amber Hughes (Savannah State)	12.35m/40-06.25w
2010	Lincoln Carr (South Carolina)	15.32m/50-03.25	Jasmine Smith (South Carolina St.)	12.52m/41-01.00
2009	Brandon Quarles (Saint Augustine)	14.86m/48-09.25	Jasmine Smith (South Carolina St.)	12.65m/41-06.25
2008	Jamal Cumberbatch (Saint Aug.)	15.49m/50-10.00	Lynnsey Hyter (Georgia Southern)	12.43m/40-09.50
2007	Eric Quick (Notre Dame)	14.29m/46-10.75w	Emily Cholak (Lafayette)	11.70m/38-04.75
2006	Sam Grover (Wesleyan Tra)	13.64m/44-09.00	Chasity Johnson (Coastal Carolina)	13.10m/42-11.75
2005	Tristan McKinnis (Eastern Illinois)	14.46m/47-05.25	Chasity Johnson (Coastal Carolina)	13.01m/42-08.25
2004	Marcus Johnson (Coastal Carolina)	13.64m/44-09.00	Chasity Johnson (Coastal Carolina)	12.48m/40-11.50

Shot Put

2019	Jared Hunt (Swarthmore)	15.53m/50-11.50	Chloe Eressy (UMASS Lowell)	14.18m/46-06.25
2018	Dillon Simon (Unattached)	19.32m/63-04.75	Mikayla Thompson (Tennessee St.)	15.34m/50-04.00
2017	Meet not held		Meet not held	
2016	Chukwuebuka Enekwechi (Purdue)	19.05m/62-06.00	Cassie Wertman (Tennessee)	16.58m/54-04.75
2015	Matt Dechant (Unattached)	18.25m/59-10.50	Brittany Cox (Unattached)	16.48m/54-01.00
2014	Olayinka Awotunde (Unattached)	17.52m/57-05.75	Annie Alexander (Manhattan)	17.15m/56-03.25
2013	Jakob Engel (Purdue)	18.69m/61-04.00	Amashi-Ali Kendall (Louisville)	16.14m/52-11.50
2012	Ryan Smith (Liberty)	17.89m/58-08.50	Nadia Alexander (Quick Stars)	15.53m/50-11.50
2011	Ryan Smith (Liberty)	17.43m/57-02.25	Breanna Radford (South Carolina)	14.61m/47-11.25
2010	Jason Cook (Unattached)	18.68m/61-03.50	Shamire Rothmiller (South Carolina St.)	14.51m/47-07.25
2009	Dave Zaycek (South Carolina)	16.02m/52-06.75	Ashley Williams (Maryland)	13.80m/45-03.50
2008	Jason Cook (South Carolina)	17.57m/57-07.75	Ashley Williams (Maryland)	13.81m/45-03.75
2007	Jon Hart (Liberty)	17.56m/57-07.50	Kari Schmidt (Minnesota)	14.41m/47-03.50
2006	Paul Sarantos (Michigan)	16.01m/52-06.50	Liz Alabi (Minnesota)	15.10m/49-06.50
2005	Brent Shelby (Kent State)	16.12m/52-10.75	Sylvia Galarza (Coastal Carolina)	13.49m/44-03.25
2004	Anthony Greer (Appalachian St.)	16.99m/55-09.00	Tiffany Evans (Radford)	14.12m/46-04.00

Discus

2019	JJ Ollio (Slippery Rock)	49.17m/161-04	Gaza Odunaiya (Ohio)	43.06m/141-03
2018	Irenej Bozovicar (Manhattan)	53.28m/174-10	Destinee Haas (North Dakota)	44.95m/147-06
2017	Meet not held		Meet not held	
2016	Josh Awotunde (South Carolina)	56.25m/184-06	Alyssa Lueck (North Dakota)	47.86m/157-00
2015	James Plummer (Clemson)	58.78m/192-10	Molli Detloff (North Dakota)	48.51m/159-02
2014	Olayinka Awotunde (Unattached)	51.61m/169-04	Annie Alexander (Manhattan)	53.63m/175-11
2013	Shawn Johnson (North Dakota)	51.27m 168-02	Jocelyn Williams (Liberty)	47.08m/154-05
2012	Patrick Jablonski (Northeastern)	50.70m/166-04	Katherine Gerhardt (Tiffin)	44.39m/145-08
2011	Elliott Galeone (Liberty)	50.92m/167-01	Aimee Kodat (South Carolina)	50.12m 164-05
2010	Jeff Merkt (South Carolina)	50.76m/166-06	Nicole Tzanakis (Minnesota)	48.33m/158-07
2009	Mike Zajac (South Carolina)	50.14m/164-06	Kristen Batts (Maryland)	46.01m/150-11
2008	Clendon Henderson (Liberty)	56.40m/185-00	Kristen Batts (Maryland)	44.36m/145-06
2007	Kibwe Johnson (Ashland U.)	59.15m/194-01	Jaclyn Espinoza (Notre Dame)	48.81m/160-02
2006	Paul Markel (Unattached)	53.37m/175-01	Brittany Reid (Coastal Carolina)	47.02m/154-03
2005	Paul Markel (Hope)	50.45m/165-06	Tamara Bryant (Coastal Carolina)	49.18m/161-04
2004	Bob Smith (Appalachian St.)	49.98m/164-00	Brittany Reid (Coastal Carolina)	39.89m/130-10

Hammer

2019	Nathaniel Padfield (Unattached)	59.92m/196-07	Gaza Odunaiya (Ohio)	56.69m/186-00
2018	Love Litzell (Manhattan)	61.12m/200-06	Samantha Layko (Coastal Carolina)	54.45m/178-08
2017	Meet not held		Meet not held	
2016	Andy Fryman (Mjolnir)	66.53m/218-03	Amber Campbell (Mjolnir)	71.47m/234-06
2015	Andy Fryman (Unattached)	69.32m/227-05	Amber Campbell (Nike-Mjolnir)	72.81m/238-10
2014	Andy Fryman (Unattached)	71.55m/234-09	Amber Campbell (Nike-Mjolnir)	71.90m/235-11
2013	Sam Bombaugh (Louisville)	62.67m/205-07	Amber Campbell (Nike/Mjolnir)	68.70m/225-05
2012	Aaron Bozarth (Mjolnir)	60.23m/197-07	Amber Campbell (Nike/Mjolnir)	70.48m/231-03
2011	Aaron Bozarth (Unattached)	59.59m/195-06	Amber Campbell (Mjolnir/Nike)	72.07m/236-05
2010	Jesse Doty (Syracuse Chargers)	66.70m/218-10	Amber Campbell (Nike)	69.70m/228-08
2009	Jesse Doty (Syracuse Chargers)	64.34m/211-01	Amber Campbell (Mjolnir)	69.01m/226-05
2008	Jesse Doty (Syracuse Chargers)	65.00m/213-03	Amber Campbell (Mjolnir)	68.49m/224-08
2007	Jon Hart (Liberty)	62.35m/204-07	Amber Campbell (Mjolnir)	68.47m/224-08
2006	Paul Markel (Unattached)	63.07m/206-11	Liz Alabi (Minnesota)	56.34m/184-10
2005	Jaroslav Zakrewski (Kent State)	59.33m/194-08	Tamara Bryant (Coastal Carolina)	55.45m/181-11
2004	Paul Markel (Hope College)	56.50m/185-04	Tiffany Evans (Radford)	50.47m/165-07

Javelin

2019	Michael Brazzel (Shore AC)	70.92m/232-08	Tajah Haley (Ohio)	42.66m/139-11
2018	Michael Brazzel (Unattached)	71.96m/236-01	Chloe White (Coastal Carolina)	40.44m/132-08
2017	Meet not held		Meet not held	
2016	Kyle Quinn (Tennessee)	73.16m/240-00	Maria Jimenez (Tennessee)	49.19m/161-05
2015	Kaleb Zuidema (South Carolina)	65.54m/215-00	Jayd Eggert (North Dakota)	46.65m/153-01
2014	Jason Flanagan (CCU Alumni Team)	67.30m/220-10	Jayd Eggert (North Dakota)	45.86m/150-05
2013	Jason Flanagan (CCU Alumni Team)	74.83m/245-06	Christina Mitchell (Liberty)	46.12m/151-04
2012	Jason Flanagan (Coastal Carolina)	71.30m/233-11	Kim Hanslovan (Clarion)	46.64m/153-00
2011	Elliott Galeone (Liberty)	67.39m/221-01	Alexandra Hunsberger (Lafayette)	43.89m/144-00
2010	Jason Flanagan (Coastal Carolina)	68.28m/224-00	Nicole Tozzi (East Carolina)	45.19m/148-03
2009	Erik Heymann (South Carolina)	61.98m/203-04	Deborah Mattern (Coastal Carolina)	41.80m/137-02
2008	Thomas Jordan (Coastal Carolina)	64.77m/212-06	Tammilee Kerr (Iowa)	45.34m/148-09
2007	Joshua Kaehler (Bucknell)	60.90m/199-10	Ruby Radocaj (Minnesota)	45.64m/149-09
2006	Thomas Jordan (Coastal Carolina)	64.33m/211-01	Ruby Radocaj (Minnesota)	45.53m/149-04
2005	Josh Probst (Princeton)	58.25m/191-01	Julie Ward (Kent State)	45.64m/149-09
2004	Leigh Smith (Unattached)	67.92m/222-10	Christie Schreckengost (UNCW)	44.84m/147-01

Decathlon

2019	Event not contested	
2018	Event not contested	
2017	Meet not held	
2016	Benjamin Ose (Dartmouth)	6685
2015	Nico Robinson (Dartmouth)	6504
2014	Christopher Kittle (Army)	6528
2013	Nathan Saliga (Michigan Tech)	6187
2012	Matthew Evans (Unattached)	6632
2011	David Wellington (George Mason)	6122
2010	Evan Stivala (Syracuse)	6004
2009	Carsten Krohn (Ashland)	6954
2008	Curt McGill (South Carolina)	6609
2007	Jack Hutchison (Coastal Carolina)	6305

Heptathlon

Event not contested	
Event not contested	
Meet not held	
Ellen Wortham (Unattached)	5098
Allison Frantz (Dartmouth)	4663
Deidra Jordan (Bethune-Cookman)	4539
Emily Becker (Purdue)	4363
Abby Kacsandi (Unattached)	4929
Abby Kacsandi (Ashland)	4900
Lisa Roth (Ashland)	4689
Patria Norman (Charleston Southern)	4250
Lisa Roth (Ashland)	4434
Nina Reinhardt (Bucknell)	4581