

**Alan Connie Shamrock Invitational Meet Records**  
**(updated 5/1/25, records set in 2025 are in bold)**  
**Women**

<b>Event</b>	<b>Name</b>	<b>Affiliation</b>	<b>Mark (Conv/Wind)</b>	<b>Date</b>
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
<b>100 Meter Hurdles</b>	<b>Amanda Kinloch</b>	<b>Coastal Carolina</b>	<b>13.50 (+0.7)</b>	<b>3/22/2025</b>
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	Michaela Hazelwood	Unattached	55.49m (182' 1")	3/20/2021
Hammer Throw	Amber Campbell	Nike-Mjolnir	72.81m (238' 10")	3/20/2015
Javelin Throw	Dana Baker	Duke	53.78m (176' 05")	3/16/2023
Heptathlon	Ellen Wortham	Unattached	5098	3/17/2016

**Notes:**

All records listed are NCAA/IAAF Senior standard events.

Events that require wind readings must be +2.0 or below (wind legal) to count for records.

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\*The 1500m event has been replaced by the Mile for the Alan Connie Shamrock Invitational since 2015.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

### 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 3/4")	3/20/2010
Pole Vault	Rory Quiller	Binghamton	5.20m (17' 0 3/4")	3/18/2006
Long Jump	Diego Lawrence	Campbell	7.53m (24' 8 1/2"/+1.7)	3/18/2011
Triple Jump	Lincoln Carr	Unattached	15.79m (51' 9 3/4"/+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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## Team Champions History

Year	Men's Champion (Pts)	Women Champion (Pts)
2025	Mount Olive (99)	Coastal Carolina (171)
2024	Coastal Carolina (139)	Coastal Carolina (136)
2023	Duke (100)	Duke (247)

## Alan Connie Shamrock Invitational Mayor's Relay Cup Annual Champions

From 2012 to 2022, 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".

Year	Men's Champion (Pts)	Women's Champion (Pts)
2022	Tiffin/Coastal Carolina (20)	Coastal Carolina (36)
2021	Men: Wofford (33)	Wofford (27)
2020	Meet not held (Covid)	
2019	Hampton (21)	Hampton (26)
2018	Hampton (32)	Hampton (32)
2017	Meet not held (Stadium renovation)	
2016	South Carolina (32)	South Carolina (36)
2015	South Carolina (35)	Clemson (26)/Coastal Carolina (26)
2014	South Carolina (38)	South Carolina (30)
2013	St. Augustine's (40)	Coastal Carolina (36)
2012	St. Augustine's (31)	South Carolina (31)

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

Year	100m Men	100m Women
2025	Paul Mosley (Lynn) 10.18w	Zionna Perez-Tucker (Coastal Carolina) 11.62
2024	Andrew Bond (South Carolina) 10.42w	Zionna Perez-Tucker (Coastal Carolina) 11.65
2023	Todd Charles (Mount St. Mary's) 10.48w	Halle Bieber (Duke) 11.34w
2022	Garrett Wilkins (Coastal Carolina) 10.38w	Shani'a Bellamy (Coastal Carolina) 11.42w
2021	Anthony Smith (unattached) 10.61	Melissa Jefferson (Coastal Carolina) 11.41
2020	Meet not held	Meet not held
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
<b>2012</b>	<b>Reggie Dixon (Hampton) 10.26</b>	Alexis Love (Murray State) 11.42w
2011	Ngwigwa Obkenj (Unattached) 10.67w	<b>Shayla Mahan (South Carolina) 11.35</b>
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 Ilinios) 11.00	Peaches Roach (Iowa) 11.99
2004	Johann Jack (Unattached) 10.90	Chasity Johnson (Coastal Carolina) 12.54

Year	200m Men	
2025	Jaedon Chambers (Talladega)	21.75
2024	Nyck Harbor (South Carolina)	20.86w
2023	Nick Brown (VMI)	21.82
2022	Justin Burnette (Mt. Olive)	21.29w
2021	Justin Burnette (Mt. Olive)	21.44w
2020	Meet not held	
2019	Brian Zimmerman (Lockhaven)	21.80w
2018	Brandon Smiley (Indiana Tech)	20.95w
2017	Meet not held	
2016	Josh Edmonds (G.W.Express/Nike)	21.16
2015	Eric Winfrey (South Carolina)	21.47
2014	Dane Hyatt (GW Express)	20.84
2013	Joseph Wilson (Coastal Carolina)	21.36
<b>2012</b>	<b>Dane Hyatt (Unattached)</b>	<b>20.69</b>
2011	Eric Plump (Savannah State)	21.02w
2010	Javon Young (Charleston Southern)	20.92
2009	Ramon Gittens (St. Augustine's)	21.09
2008	Bryan Ryman (Ashland)	21.33
2007	James Frierson (VCU)	21.34
2006	Aubrey Lemon (Coastal Carolina)	21.79
2005	Ryan Leger (UMass Lowell)	22.25
2004	Jeremy Underwood (Cornerstone)	22.13

200m Women	
Futoria Harris (Mount Olive)	23.68
Zaya Akins (South Carolina)	23.15w
Megan McGinnis (Duke)	23.94
Shani'a Bellamy (Coastal Carolina)	23.53w
Melissa Jefferson (Coastal Carolina)	23.95
Meet not held	
Luan Gabriel (Unattached)	24.57
Sada Williams (AllStarz Mgmt)	23.35w
Meet not held	
Lenysson Dyer (Tennessee)	23.46
<b>Ada Udaya (New Haven)</b>	<b>23.28</b>
Ada Udaya (New Haven)	23.22w
Adella King (Indiana Tech)	23.38w
Shayla Mahan (Unattached)	23.64w
Amara Jones (Savannah State)	23.77
Natasha Hastings (Unattached)	23.39
Cynetheia Rooks (Shekinah TC)	24.08
Angelique Smith (Unattached)	23.56
Okechi Ogbuokiri (Notre Dame)	25.09
Kim Williams (Binghamton U)	25.13
Kyra Lobbins (Eastern Illinois)	25.17
Denise Cruse (Seton Hall)	25.83

Year	400m Men	
2025	Alexander Osayemi (Unattached)	48.26
2024	Brendan Kovar (Coastal Carolina)	47.63
2023	Ryan Miller (Lock Haven)	48.22
2022	Shawn Langley Jr. (Charleston So.)	47.76
2021	Jeremiah Talbert (Coastal Carolina)	47.69
2020	Meet not held	
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
<b>2010</b>	<b>Nathaniel Mckinney (Unattached)</b>	<b>46.27</b>
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

400m Women	
Allison Hookom (Augsburg)	57.49
Aaliyah Francis (South Carolina)	54.74
Madison Mulder (Duke)	55.45
Jermaisha Arnold (Coastal Carolina)	55.02
Tia-Adana Belle (GW Express)	55.99
Meet not held	
Tia-Adana Belle (GW Express)	52.91
Kiyah Owens (Albany)	56.30
Meet not held	
Brianna Thomas (Purdue)	53.37
Heather Ingraham (Vassar)	55.92
<b>Precious Holmes (South Carolina)</b>	<b>52.89</b>
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

Year	800m Men	
2025	Yanis Le Mouillour (Keiser)	1:51.73
2024	Sam Kurian (Tufts)	1:56.48
2023	Morgan Gavitt (Lock Haven)	1:54.97
2022	Colin Kelly (Mount St. Mary's)	1:54.43

800m Women	
Jillian Thorning (Nova Southeastern)	2:14.80
Elizabeth Freymann (Mount St. Mary's)	2:14.87
Sinead Sargeant (James Madison)	2:19.37
Ericka Charles (GW Express/Nike)	2:17.52

2021	Benjamin Allen (Concordia-St. Paul)	1:54.54	Kristiana Young (Liberty)	2:21.15
2020	Meet not held		Meet not held	
2019	Liam Purdy (American)	1:53.42	Kaley Richards (UMASS Lowell)	2:14.78
2018	Sean Munnely (UMass Lowell)	1:52.72	Brianna Belo (American)	2:12.70
2017	Meet not held		Meet not held	
<b>2016</b>	<b>Shaquille Dill (St. Augustine's)</b>	<b>1:48.87</b>	<b>Kiara McIntosh (Purdue)</b>	<b>2:09.20</b>
2015	Dylan Skinner (Brooks)	1:51.61	Vanessa McLeod (Purdue)	2:11.62
2014	Drew Ricci (South Carolina)	1:51.55	Yanique Haye-Smith (GW Express)	2:10.00
2013	Ryan O'Connor (UNC-Wilmington)	1:53.22	Kelly Holmes (Vassar)	2:13.25
2012	Bob Vanderham (UNC-Wilmington)	1:51.46	Shawnee Carnett (Concord)	2:12.31
2011	Wil Zahorodny (UNC-Wilmington)	1:52.05	Scola Jepngetich (South Carolina)	2:11.99
2010	Drew Tucker (Western Carolina)	1:53.24	Lauren Hardesty (Iowa)	2:10.90
2009	Johnny Shuping (Saint Augustine's)	1:53.08	Ashley Graybill (St. Norbert)	2:11.47
2008	Johnny Shuping (Unattached)	1:51.14	Rebekah Ricksecker (Liberty)	2:11.83
2007	Justin Harrison (Kentucky)	1:53.92	Nicole Dann (Mansfield)	2:19.94
2006	Mark Wieczorek (MidAmerica N)	1:53.63	Shayla Long (Mid America N)	2:17.18
2005	Dan Strackeljahn (Eastern Illinois)	1:55.32	Jordan Laney (Iowa)	2:17.13
2004	Mike Cox (Haddonfield RC)	1:54.22	Sophia Smellie (Seton Hall)	2:13.43

#### Year 1500m Men

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
<b>2004</b>	<b>Mike Cox (Haddonfield RC)</b>	<b>3:49.13</b>

#### 1500m Women

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
<b>Meghan Armstrong (Iowa)</b>	<b>4:26.62</b>
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

#### Year Mile Men

2025	Jaime Blazquez (Nova Southeastern)	4:19.99
2024	Trey Kraimer (Coastal Carolina)	4:18.61
2023	Delsin Burkhart (UNC Pembroke)	4:21.03
2022	Anthony Nickerson (Tiffin)	4:18.25
2021	Benjamin Allen (Concordia-St. Paul)	4:14.38
2020	Meet not held	
2019	Cody Moran (UMASS Lowell)	4:21.50
2018	Triphon Moodie (Toronto West Athlet.)	4:11.32
2017	Meet not held	
2016	Tate Schienbein (Purdue)	4:12.72
2015	Aaron Ramirez (Clemson)	4:09.16
2014	Drew Butler (UMASS Lowell)	4:09.88
2013	Event not contested	
2012	Event not contested	
2011	Event not contested	
2010	Event not contested	
2009	Event not contested	
2008	Macklin Chaffee (Williams)	4:15.02
2007	Event not contested	
<b>2006</b>	<b>Sean Duffy (Unattached)</b>	<b>4:03.89</b>

#### Mile Women

Jillian Thorning (Nova Southeastern)	4:59.60
Addison Laughlin (Coastal Carolina)	5:09.03
Abigail Hamilton (Bryant)	5:04.34
Cate Ambrose (College of Charleston)	5:00.54
Cate Ambrose (College of Charleston)	5:09.97
Meet not held	
Isabella Giesing (UMASS Lowell)	5:03.95
Lilly Price (Swarthmore)	5:00.31
Meet not held	
<b>Kendall Hacker (Purdue)</b>	<b>4:49.59</b>
Aynslee Van Graan (Coastal Carolina)	4:55.51
Dani Walker (Lipscomb)	4:55.53
Event not contested	
Event not contested	
Event not contested	
Event Not contested	
Event Not contested	
Event Not contested	
Event Not contested	
Event Not contested	
Keira Carlstrom (American U.)	4:50.13

**Year 3000m Men**

2025	Norman Junker (UNC Pembroke)	8:30.47
2024	Adam Groves (Coastal Carolina)	8:37.76
2023	Joshua Chepkesor (UNC Pembroke)	8:33.57
2022	John Wang (Mount St. Mary's)	8:37.57
2021	Josiah Jaqua (Mercer)	8:56.68
2020	Meet not held	
<b>2019</b>	<b>Adriaan Wildschutt (Coastal Carolina)</b>	<b>8:20.87</b>
2018	Benjamin Doiron (American)	8:29.53
2017	Meet not held	
2016	Zach Long (Tennessee)	8:23.64
2015	Akiharu Kitagawa (Mount Olive)	8:23.39
2014	Jared Wingerter (Lipscomb)	8:29.50
2013	Nathan Fisher (Army)	8:40.35
2012	Matt Paulson (Boston University)	8:31.85
2011	Parker Boudreau (George Mason)	8:22.60
2010	Ross Monroe (UNC-Wilmington)	8:49.23
2009	Nick Sparr (Grinnell)	8:47.44
2008	Evans Kigen (Liberty)	8:35.09
2007	Timmy Supplee (Coastal Carolina)	8:56.01
2006	Chris Cummings (Mansfield)	8:31.69

**3000m Women**

Addison Laughlin (Coastal Carolina)	10:07.95
Hope Dominique (South Carolina)	10:20.86
Emma Pizer (Colgate)	10:10.14
Sophia Manners (Colgate)	10:04.91
Jessica Price (Shawnee State)	10:07.26
Meet not held	
Allie Morris (UMASS Lowell)	10:25.59
Aynslee Van Graan (Coastal Carolina)	9:49.93
Meet not held	
Molly Pezzulo (Albany)	9:53.52
Hope Schmelzle (Purdue)	9:59.35
Mary Reiser (South Carolina)	9:57.45
Michelle Molodynia (Louisville)	10:06.58
Dena O'Brien (Col. of Charleston)	9:45.37
<b>Dena O'Brien (Col. of Charleston)</b>	<b>9:38.27</b>
Janel Blancett (Georgia State)	9:48.17
Danielle Barnes (South Carolina)	9:49.64
Laura Neufarth (Miami, Ohio)	9:54.10
Ashley Osborne (Liberty)	10:03.07
Racheal Marchand (Iowa)	10:28.45

**Year 5000m Men**

2025	Jack Gibson (Le Moyne)	15:02.28
2024	Michael Burns (Oneonta)	15:18.46
2023	Connor Del Carmen (Earlham)	15:11.02
2022	Nathaniel Ondracek (Tiffin)	14:43.91
2021	Joshua Chepkesor (UNC Pembroke)	14:35.11
2020	Meet not held	
2019	Christopher Alfond (UMASS Lowell)	14:54.10
2018	Hutson Baumann (Coastal Carolina)	14:58.02
2017	Meet not held	
2016	Azaria Kirwa (Liberty)	14:56.89
2015	Matt McClintock (Purdue)	14:47.84
2014	Robert Allen (Umass Lowell)	14:42.02
2013	Morgan Timiney (Campbell)	14:41.56
2012	Ruben Sanca (Puma)	14:32.16
2011	Pardon Ndhlovu (UNC-Pembroke)	14:48.12
<b>2010</b>	<b>Kyle Kling (Coastal Carolina)</b>	<b>14:30.98</b>
2009	Alex Lundy (Maryland)	14:47.45
2008	Rex Radloff (UMASS-Lowell)	15:01.13
2007	Jonathan Thomas (Kentucky)	14:55.00
2006	Michael Hanlon (Colgate U.)	14:44.41
2005	Jake Haughn (Kent State)	15:16.42
2004	Goran Nava (Radford University)	14:48.30

**5000m Women**

Haley Oliver (RIC)	17:45.90
Moureen Kimaiyo (UNC Pembroke)	17:50.30
Molly Jones (Coastal Carolina)	16:50.46
Jessica Price (Shawnee State)	17:43.75
Jessica Price (Shawnee State)	17:26.78
Meet not held	
Kaitlyn Johnson (Lynchburg)	17:33.96
Annie Bothma (Coastal Carolina)	17:19.49
Meet not held	
Melissa Lodge (Bryant)	17:27.37
Kendall Hacker (Purdue)	16:58.10
Brittany Bohn (Murray State)	17:51.06
<b>Kelly McCurdy (Purdue)</b>	<b>16:39.89</b>
Letitia Saayman (Coastal Carolina)	17:20.29
Zola Budd-Pieterse (Newton)	17:41.10
Amy Laskowske (Minnesota)	16:42.74
Jenny Scherer (St. Norbert)	17:28.44
Dacia Bushman (Liberty)	17:55.99
Lindsay Petri (Kentucky)	18:16.31
Nina DiTraglia (Ohio Wesleyan)	17:48.58
Christina Mohr (Coastal Carolina)	17:12.50
Melissa Terwilliger (Clarion University)	17:49.24

**Year 10000m Men**

2025	Nick Yacoub (Babson)	31:48.20
2024	Joey Tindale (Erskine)	30:43.22
2023	Drew Topoly (Methodist)	30:49.91
2022	Paul Fagnano (Mount St. Mary's)	32:01.26
2021	Owen Reeher (Shawnee State)	31:36.54
2020	Meet not held	

**10000m Women**

Leena Saidi (Nova Southeastern)	38:15.06
Anna Bodmer (Salisbury)	37:31.90
Elaina Klinger (Lock Haven)	37:42.91
Marianne Abdalah (Slippery Rock)	36:55.04
Riley Jo Ford (Dalton State)	38:13.55
Meet not held	

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
<b>2013</b>	<b>Josh MacDonald (Liberty)</b>	<b>30:41.71</b>	<b>Brenae Edwards (Mansfield)</b>	<b>34:51.66</b>
2012	Eric Jenkins (Northeastern)	31:23.97	Elicia Anderson (Millersville)	35:08.91
2011	Wells Johnson (Citadel)	32:05.52	Erin Brennan (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

#### Year 110mHH Men

2025	Cameron Wright (UNCW)	14.16
2024	David Warmington (South Carolina)	14.12
2023	Richard Gilchrist (Mount St. Mary's)	14.04
2022	Tyler Graves (Coastal Carolina)	13.78w
2021	Braydon Bennett (Coastal Carolina)	13.92w
2020	Meet not held	
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 Demebele (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
<b>2008</b>	<b>Jason Richardson (South Carolina)</b>	<b>13.47 (+0.8)</b>
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 Women

<b>Amanda Kinloch (Coastal Carolina)</b>	<b>13.50</b>
Ally Henson (NC State)	13.73
Alexis Glasco (Coastal Carolina)	13.01w
Shani'a Bellamy (Coastal Carolina)	13.52w
Karrington Johnson (Wofford)	14.09
Meet not held	
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

#### Year 400mIH Men

2025	Omari Taylor (Coastal Carolina)	53.60
2024	Xavier Branker (NC State)	52.98
2023	Xander Topos (VMI)	54.04
2022	Joel Smith (Bethel-MN)	54.52
2021	Isaiah Harris (Wofford)	54.66
2019	Christian Smith (St. Augustine's)	53.07
2018	Jerome Coaxum (Coastal Carolina)	52.99
2017	Meet not held	
<b>2016</b>	<b>Shawn Rowe (St. Augustine's)</b>	<b>50.39</b>
2015	Jussi Kanervo (South Carolina)	50.89
2014	Elhadji Mbow (St Augustine's)	51.29

#### 400mLH Women

Sara Tabibian (Colgate)	1:02.19
Amanda Kinloch (Coastal Carolina)	1:01.41
Arianna Gragg (Duke)	1:00.41
Billie Jo Bollinger (Lock Haven)	1:04.38
Jewel Ash (Charleston Southern)	1:02.43
Ashleigh Carr (Ohio)	1:01.08
Holly Driver (Col. of Charleston)	1:03.50
Meet not held	
<b>Symone Black (Purdue)</b>	<b>57.36</b>
Symone Black (Purdue)	59.00
Jessica Gelibert (Coastal Carolina)	58.39

2013	Elhadji Mbow (St. Augustine's)	51.15	Alexis Franklin (Ohio State)	59.28
2012	Devon Burroughs (St. Augustine's)	51.85	Nicole Dumpson (Quick Stars)	59.71
2011	Taylor Courtney (Liberty)	52.67	Janica Austin (South Carolina)	1:00.17
2010	Devon Watlington (UNC-Wilmington)	52.58	Kristin Olafsdottir-Johnson (Unattached)	59.04
2009	Jamel Brown (Citadel)	52.47	Chanel Williams (Maryland)	1:00.53
2008	Johnny Dutch (South Carolina)	51.36	Krystal Cantey (South Carolina)	59.63
2007	Tim O'Donnell (Liberty)	52.10	Arlene Zelinskas (Liberty)	1:01.79
2006	Tyrone Murphy (Coastal Carolina)	52.77	Ebony Brown (Coastal Carolina)	1:01.52
2005	Kendall White (Coastal Carolina)	53.77	Ebony Brown (Coastal Carolina)	1:03.01
2004	Eric Templeton (UNC-Wilmington)	54.37	Ruby Jackson (Seton Hall)	1:02.88

#### Year 3000mSC Men

2025	Drew Robertson (Wooster)	9:30.05
2024	Nehemiah Cionelo (Coastal Carolina)	9:17.51
2023	Drew Topoly (Methodist)	9:27.13
2022	John Davern (Lock Haven)	9:49.85
2021	John Wang (Mount St. Mary's)	9:29.98
2020	Meet not held	
2019	Tai Smith (Mt. Olive)	9:13.27
2018	Tyler Ranke (Albany)	9:13.13
2017	Meet not held	
2016	Jonathan Dahlke (Mount Olive)	9:02.12
2015	Colton Ham (Franklin Pierce)	9:28.37
2014	Zach Fleming (Kutztown)	9:14.91
2013	Mark Castelli (Army)	9:20.81
2012	Josh MacDonald (Liberty)	9:06.03
<b>2011</b>	<b>Derek Scott (PUMA)</b>	<b>8:45.26</b>
2010	Evans Kigen (Liberty)	9:09.57
2009	Brendan Knight (Citadel)	9:33.88
2008	Evans Kigen (Liberty)	9:06.27
2007	Jake Watson (Notre Dame)	9:13.03
2006	Nate Huddell (Wesleyan Tra)	9:45.47
2005	Jacob Stout (Eastern Illinois)	9:21.82
2004	David Duriancik (Clarion University)	9:35.74

#### 3000mSC Women

Annie Reilly (Colgate)	11:28.44
Athena Tharenos (Wooster)	11:31.41
Louise Stonham (Ottawa Lions)	11:23.09
Louise Stonham (Ottawa Lions)	11:50.87
Sommer McKenzie (Charleston Southern)	11:59.66
Meet not held	
Paige Patterson (St. Leo)	11:39.39
Colleen Maloney (Albany)	11:01.54
Meet not held	
Carolyn Hopkins (Elon)	11:16.43
Jessica Lynch (North Dakota)	10:57.30
<b>Madelin Talbert (Lipscomb)</b>	<b>10:29.26</b>
Kathryn Hague (Unattached)	10:49.56
Kristen Wolfe (Col. of Charleston)	10:54.55
Kristen Wolfe (Col. of Charleston)	11:04.94
Beatrice Biwott (South Carolina)	10:46.19
Beatrice Biwott (South Carolina)	11:17.35
Jessica Schmidt (Iowa)	11:03.29
Desiree Bower (Kutztown)	11:29.62
Melinda Keesee (Otterbein)	11:09.26
Amanda Roadarmel (Heidelberg)	12:23.52
Bridget Sardo (Clarion University)	11:51.29

#### Year 4x100m Relay Men

2025	Roanoke	41.13
2024	UNC Pembroke	41.04
2023	UNC Pembroke	41.36
2022	GW Express/Nike	40.52
2021	Coastal Carolina	40.27
2020	Meet not held	
2019	Coastal Carolina	41.64
2018	Coastal Carolina	40.64
2017	Meet not held	
2016	North Carolina A&T	40.18
2015	South Carolina	40.73
<b>2014</b>	<b>St. Augustine's</b>	<b>40.07</b>
2013	St. Augustine's	41.04
2012	South Carolina	40.08
2011	St. Augustine's	40.58
2010	South Carolina	40.74
2009	South Carolina	40.55

#### 4x100m Relay Women

Mount Olive	46.21
Coastal Carolina	45.41
Duke	46.16
Coastal Carolina	45.91
Liberty	46.58
Meet not held	
Hampton	46.55
Albany	46.48
Meet not held	
Purdue	44.80
Clemson	45.31
<b>South Carolina</b>	<b>44.65</b>
Ohio State	45.40
South Carolina St.	46.16
South Carolina	44.93
South Carolina	44.80
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

#### **Year 4x200m Relay Men**

2025	Lynn (FL)	1:24.66
2024	Coastal Carolina	1:26.97
2023	UNC Pembroke	1:28.61
2022	GW Express/Nike	1:24.02
2021	Liberty	1:29.86
2020	Meet not held	
2019	St. Augustine's	1:26.66
2018	Indiana Tech	1:25.74
2017	Meet not held	
2016	South Carolina	1:23.26
2015	South Carolina	1:23.75
2014	St. Augustine's	1:23.61
2013	GW Express	1:24.50
2012	South Carolina	1:24.03
<b>2011</b>	<b>GW Express</b>	<b>1:23.08</b>
2010	Western Carolina	1:26.00
2009	St. Augustine's	1:23.89
2008	South Carolina	1:25.78
2007	Kentucky	1:24.56

#### **4x200m Relay Women**

Fayetteville St.	1:39.62
Lincoln (Pa.)	1:42.23
Duke	1:36.05
GW Express/Nike	1:35.89
Coastal Carolina	1:40.96
Meet not held	
St. Augustine's	1:39.42
Hampton	1:38.74
Meet not held	
<b>South Carolina</b>	<b>1:33.37</b>
North Carolina A&T	1:36.83
South Carolina	1:34.52
Coastal Carolina	1:36.37
South Carolina	1:36.12
South Carolina	1:37.33
South Carolina	1:36.18
South Carolina	1:37.63
South Carolina	1:38.94
Liberty	1:39.60

#### **Year 4x400m Relay Men**

2025	Coastal Carolina	3:12.66
2024	South Carolina	3:15.82
2023	Morehouse	3:17.02
2022	GW Express/Nike	3:13.89
2021	Wofford	3:21.68
2020	Meet not held	
2019	St. Augustine's	3:12.29
2018	Hampton	3:16.78
2017	Meet not held	
2016	South Carolina	3:09.72
2015	South Carolina	3:09.36
2014	St. Augustine's	3:09.08
2013	GW Express	3:09.92
2012	St. Augustine's	3:10.38
2011	GW Express	3:07.15
2010	South Carolina	3:09.85
2009	St. Augustine's	3:07.44
<b>2008</b>	<b>South Carolina</b>	<b>3:06.59</b>
2007	Liberty	3:16.09
2006	East Carolina University	3:16.48
2005	Princeton	3:12.46
2004	Coastal Carolina	3:17.09

#### **4x400m Relay Women**

Coastal Carolina	3:47.08
South Carolina	3:46.29
Duke	3:40.85
GW Express/Nike	3:40.72
Liberty	3:54.28
Meet not held	
St. Augustine's	3:44.51
Albany	3:49.61
Meet not held	
South Carolina	3:36.68
Coastal Carolina	3:39.90
<b>South Carolina</b>	<b>3:36.11</b>
Coastal Carolina	3:41.33
South Carolina	3:40.56
South Carolina	3:44.03
Western Carolina	3:43.16
Liberty	3:56.57
South Carolina	3:43.48
Liberty	3:56.57
Coastal Carolina University	3:51.91
University of Iowa	3:51.18
Seton Hall	3:55.88

<b>Year</b>	<b>4x800m Relay Men</b>		<b>4x800m Relay Women</b>	
2025	Lynn (FL)	8:00.21	Fayetteville St.	9:40.29
2024	South Carolina	7:50.75	South Carolina	8:58.16
2023	Duke	7:40.45	IUPUI	9:35.94
2022	Lock Haven	7:55.08	Alcorn State	9:36.44
2021	Wofford	8:27.68	Mount St. Mary's	10:03.89
2020	Meet not held		Meet not held	
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
<b>2012</b>	<b>UNC-Wilmington</b>	<b>7:33.19</b>	Samford	9:06.61
2011	UNC-Wilmington	7:34.42	Lipscomb	8:55.20
2010	UNC-Wilmington	7:37.91	<b>Minnesota</b>	<b>8:51.01</b>
2009	Clemson	7:41.57	Maryland	9:04.73

<b>Year</b>	<b>Distance Medley Relay (1200-400-800-1600)</b>			
2008	Maryland	10:09.28	<b>Liberty</b>	<b>11:49.20</b>
<b>2007</b>	<b>Liberty</b>	<b>9:46.44</b>	Minnesota	12:00.63

<b>Year</b>	<b>High Jump Men</b>		<b>High Jump Women</b>	
2025	Elliott Grayson (Coastal Carolina)	2.00m/6-06.75	Camryn Lorick (Coastal Carolina)	1.71m/5-07.25
2024	Nathanil Figgers (South Carolina)	2.14m/7-00.25	Camryn Lorick (Coastal Carolina)	1.73m/5-08.00
2023	Jaivon Harrison (Bryant & Stratton)	2.17m/7-01.50	Chinenye Agina Duke	1.67m/5-05.75
2022	Jaivon Harrison (Bryant & Stratton)	2.15m/7-00.50	Mercedeez Francis (Tiffin)	1.76m/5-09.25
2021	Jaivon Harrison (Bryant & Stratton)	2.08m/6-09.75	Beatrice Puiu (unattached)	1.73m/5-08.00
2020	Meet hot held		Meet not held	
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	<b>Jeannelle Scheper (South Carolina)</b>	<b>1.91m/6-03.25</b>
2014	Wesley Edwards (Spartanburg Meth.)	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
<b>2010</b>	<b>Joseph Kindred (Unattached)</b>	<b>2.28m/7-05.75</b>	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

<b>Year</b>	<b>Pole Vault Men</b>		<b>Pole Vault Women</b>	
2025	Sam Tremelling (Northern State)	4.55m/14-11.00	Cheyenne Wetch (Coastal Carolina)	3.45m/11-03.75
2024	Dillon McCarthy (South Carolina)	5.01m/16-05.25	Lena Richardson (South Carolina)	3.80m/12-05.50
2023	Tyler Hrbek (Duke)	5.15m/16-10.75	Rachel Lloyd (James Madison)	3.70m/12-01.50
2022	Carter Holsinger (Mount St. Mary's)	4.71m/15-05.50	Kynneddy Dennis (Coastal Carolina)	3.65m/11-11.75
2021	Andres Janes (Liberty)	4.71m/15-05.50	Taylen Langin (Liberty)	3.80m/12-05.50

2020	Meet not held		Meet not held	
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	<b>Jessica Harter (Purdue)</b>	<b>4.10m/13-05.25</b>
2015	Nathan Hiett (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
<b>2006</b>	<b>Rory Quiller (Binghamton U.)</b>	<b>5.20m /17-00.75</b>	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

### Year Long Jump Men

2025	Maxwell Wordui (Lindsey Wilson)	7.31m/23-11.75w
2024	Channing Ferguson (South Carolina)	7.77m/25-06.00w
2023	Maxwell Forte (Duke)	7.51m/24-07.75w
2022	David Ejumeta (Coastal Carolina)	7.23m/23-08.75
2021	Dallas Wise (Coastal Carolina)	7.30m/23-11.50w
2020	Meet not held	
2019	Jordan Walker (Hampton)	6.92m/22-08.50w
2018	Erik Eckleben (Coastal Carolina)	7.39m/24-03.00w
2017	Meet not held	
2016	Frank Quarles (N. Carolina A&T)	7.46m/24-05.75
2015	Braxton Drummond (Unattached)	7.43m/24-04.50
2014	Kenneth Fisher (Bethune-Cookman)	7.29m/23-11.00
2013	Augustus Scott (Unattached)	7.23m/23-08.75
2012	Jarrold Hutchen (South Carolina)	7.38m/24-02.50
<b>2011</b>	<b>Diego Lawrence (Campbell)</b>	<b>7.53m/24-08.50</b>
2010	Ted Leshar (Dartmouth)	7.13m/23-04.75
2009	Chad Phillips (Coastal Carolina)	7.37m/24-02.25
2008	Brandon Quarles (Saint Augustine)	7.12m/23-04.50
2007	Christopher Jacques (Notre Dame)	6.98m/22-11.00
2006	Adam Keisler (Michigan)	6.93m/22-09.00
2005	Tristan McKinnis (Eastern Illinois)	6.81m/22-04.25
2004	Michael Streater (Coastal Carolina)	6.82m/22-04.50

### Year Triple Jump Men

2025	Ryan Wilson-McCoy (Mount Olive)	15.24m/50-00.00
2024	Jamar Davis (NC State)	15.12m/49-07.25
2023	Event not held	
2022	Dylan Lanoue (Mount St. Mary's)	15.43m/50-07.50w
2021	Nathaniel Meade (Unattached)	15.99m/52-05.50w
2020	Meet not held	
2019	Caleb Smithco (Slippery Rock)	14.59m/47-10.50
2018	R'Lazon Brumfield (Tennessee St)	15.20m/49-10.50w
2017	Meet not held	
2016	Devon Willis (Albany)	15.34m/50-04.00

### Long Jump Women

Holley Johnson (Fayetteville St.)	5.58m/18-03.75w
Jirah Sidberry (NC State)	6.06m/19-10.75
Isabel Wakefield (Duke)	6.29m/20-07.75w
Sarah Glidden (Unattached)	5.69m/18-08.00
Makenzy Mizera (Liberty)	5.50m/18-00.50
Meet not held	
Eva Luan-Smith (Beloit)	5.56m/18-03.00w
Leondra Correia (Indiana Tech)	5.87m/19-03.25w
Meet not held	
<b>Cidaea'Woods (Tennessee)</b>	<b>6.10m/20-00.25</b>
Alexis Murphy (South Carolina)	5.87m/19-03.25
Shakinah Brooks (St Augustine)	5.82m/19-01.25
Nikki Nunn (Purdue)	5.86m/19-02.75
Chalese Davis (South Carolina)	5.79m/19-00.00
Hamilton, Shaunta (Georgia Southern)	5.73m/18-09.50
Todea-Kay Willis (Minnesota)	5.67m/18-07.25
Demetrise Anthony (Georgia Southern)	5.85m/19-02.25
Lynndsey Hyter (Georgia Southern)	6.06m/19-10.75
Chasity Johnson (Coastal Carolina)	5.73m/18-09.75
Sarah Nelson (Minnesota)	5.76m/18-10.75
Ronesha Franklin (Eastern Illinois)	5.49m/18-00.25
Anna Raynor (UNC-Wilmington)	5.48m/17-11.75w

### Triple Jump Women

Kayla Ulmer (Coastal Carolina)	12.80m/42-00.00
Jirah Sidberry (NC State)	12.49m/40-11.75
Event not held	
Kristen Washington (New Haven)	12.40m/40-08.25w
Lizbeth Joseph (Liberty)	12.16m/39-10.75w
Meet not held	
Attinuke Shittu (UMES)	11.54m/37-10.50
Cyra Beard (Tennessee St.)	12.09m/39-08.00
Meet not held	
Alitta Boyd (Unattached)	12.65m/41-06.00

2015	Jordan Crump-King (Albany)	15.04m/49-04.25	<b>Christina Epps (Adidas Garden St.)</b>	<b>13.13m/43-01.00</b>
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
<b>2012</b>	<b>Lincoln Carr (Unattached)</b>	<b>15.79m/51-09.75</b>	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

#### Year Shot Put Men

2025	Sigursteinn Asgeirsson (Mt Olive)	16.55m/54-03.75
2024	Riley Orth (Kenyon)	15.36m/50-04.75
2023	John Eakin (Slippery Rock)	17.14m/56-03.00
2022	John Eakin (Slippery rock)	17.43m/57-02.25
2021	Jose Ballivian (Liberty)	18.67m/61-03.00
2020	Meet not held	
2019	Jared Hunt (Swarthmore)	15.53m/50-11.50
<b>2018</b>	<b>Dillon Simon (Unattached)</b>	<b>19.32m/63-04.75</b>
2017	Meet not held	
2016	Chukwuebuka Enekwechi (Purdue)	19.05m/62-06.00
2015	Matt Dechant (Unattached)	18.25m/59-10.50
2014	Olayinka Awotunde (Unattached)	17.52m/57-05.75
2013	Jakob Engel (Purdue)	18.69m/61-04.00
2012	Ryan Smith (Liberty)	17.89m/58-08.50
2011	Ryan Smith (Liberty)	17.43m/57-02.25
2010	Jason Cook (Unattached)	18.68m/61-03.50
2009	Dave Zaycek (South Carolina)	16.02m/52-06.75
2008	Jason Cook (South Carolina)	17.57m/57-07.75
2007	Jon Hart (Liberty)	17.56m/57-07.50
2006	Paul Sarantos (Michigan)	16.01m/52-06.50
2005	Brent Shelby (Kent State)	16.12m/52-10.75
2004	Anthony Greer (Appalachian St.)	16.99m/55-09.00

#### Year Discus Men

2025	Amari Noble (Mount Olive)	47.22m/154-11
2024	Emmanuel Mena-Jimenez (St. Aquinas)	48.65m/159-7
2023	Zorawar Otal (Duke)	58.83m/193-00
2022	John Faison (Mt. Olive)	50.46m/165-07
2021	Marcus Gustaveson (Concordia-MN)	58.52m/192-00
2020	Meet not held	
2019	JJ Ollio (Slippery Rock)	49.17m/161-04
2018	Irenej Bozovicar (Manhattan)	53.28m/174-10
2017	Meet not held	
2016	Josh Awotunde (South Carolina)	56.25m/184-06
2015	James Plummer (Clemson)	58.78m/192-10
2014	Olayinka Awotunde (Unattached)	51.61m/169-04
2013	Shawn Johnson (North Dakota)	51.27m 168-02
2012	Patrick Jablonski (Northeastern)	50.70m/166-04
2011	Elliott Galeone (Liberty)	50.92m/167-01

#### Shot Put Women

Aaliyah Whyte (Fayetteville St.)	12.67m/41-07.00
Ta'Honny Exum (NC State)	13.94m/45-09.00
Lily Lockhart (Duke)	14.72m/48-03.50
Brook Boes (Tiffin)	13.93m/45-08.50
Naomi Mojica (Liberty)	14.68m/48-02.00
Meet not held	
Chloe Eressy (UMASS Lowell)	14.18m/46-06.25
Mikayla Thompson (Tennessee St.)	15.34m/50-04.00
Meet not held	
Cassie Wertman (Tennessee)	16.58m/54-04.75
Brittany Cox (Unattached)	16.48m/54-01.00
<b>Annie Alexander (Manhattan)</b>	<b>17.15m/56-03.25</b>
Amashi-Ali Kendall (Louisville)	16.14m/52-11.50
Nadia Alexander (Quick Stars)	15.53m/50-11.50
Breanna Radford (South Carolina)	14.61m/47-11.25
Shamire Rothmiller (South Carolina St.)	14.51m/47-07.25
Ashley Williams (Maryland)	13.80m/45-03.50
Ashley Williams (Maryland)	13.81m/45-03.75
Kari Schmidt (Minnesota)	14.41m/47-03.50
Liz Alabi (Minnesota)	15.10m/49-06.50
Sylvia Galarza (Coastal Carolina)	13.49m/44-03.25
Tiffany Evans (Radford)	14.12m/46-04.00

#### Discus Women

Keighan Decoff (Mount St. Mary's)	41.83m/137-03
Ella Lucas (South Carolina)	53.35m/175-00
Dominique Grogue (Colgate)	42.81m/140-05
Brook Boes (Tiffin)	46.30m/151-11
<b>Michaela Hazelwood (Unattached)</b>	<b>55.49m/182-01</b>
Meet not held	
Gaza Odunaiya (Ohio)	43.06m/141-03
Destinee Haas (North Dakota)	44.95m/147-06
Meet not held	
Alyssa Lueck (North Dakota)	47.86m/157-00
Molli Detloff (North Dakota)	48.51m/159-02
Annie Alexander (Manhattan)	53.63m/175-11
Jocelyn Williams (Liberty)	47.08m/154-05
Katherine Gerhardt (Tiffin)	44.39m/145-08
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
<b>2007</b>	<b>Kibwe Johnson (Ashland U.)</b>	<b>59.15m/194-01</b>	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

#### Year Hammer Men

2025	Dominic Nutter (Mount Olive)	61.62m/202-02
2024	Marcus Disbrow (Garden State)	66.76m/219-00
2023	Marcus Disbrow (Unattached)	65.12m/213-08
2022	Marcus Disbrow (unattached)	65.68m/215-06
2021	John Hicks (Liberty)	60.91m/199-10
2020	Meet not held	
2019	Nathaniel Padfield (Unattached)	59.92m/196-07
2018	Love Litzell (Manhattan)	61.12m/200-06
2017	Meet not held	
2016	Andy Fryman (Mjolnir)	66.53m/218-03
2015	Andy Fryman (Unattached)	69.32m/227-05
<b>2014</b>	<b>Andy Fryman (Unattached)</b>	<b>71.55m/234-09</b>
2013	Sam Bombaugh (Louisville)	62.67m/205-07
2012	Aaron Bozarth (Mjolnir)	60.23m/197-07
2011	Aaron Bozarth (Unattached)	59.59m/195-06
2010	Jesse Doty (Syracuse Chargers)	66.70m/218-10
2009	Jesse Doty (Syracuse Chargers)	64.34m/211-01
2008	Jesse Doty (Syracuse Chargers)	65.00m/213-03
2007	Jon Hart (Liberty)	62.35m/204-07
2006	Paul Markel (Unattached)	63.07m/206-11
2005	Jaroslav Zakrewski (Kent State)	59.33m/194-08
2004	Paul Markel (Hope College)	56.50m/185-04

#### Hammer Women

Zayna Fray-Samuel (Coastal Carolina)	56.38m/185-00
Katie Weldy (Hillsdale)	56.07m/183-11
Zoe Waddell (Duke)	57.83m/189-09
Candy Lockett (Mt. Olive)	54.33m/178-03
Chelsea Igberaese (Liberty)	55.21m/181-02
Meet not held	
Gaza Odunaiya (Ohio)	56.69m/186-00
Samantha Layko (Coastal Carolina)	54.45m/178-08
Meet not held	
Amber Campbell (Mjolnir)	71.47m/234-06
<b>Amber Campbell (Nike-Mjolnir)</b>	<b>72.81m/238-10</b>
Amber Campbell (Nike-Mjolnir)	71.90m/235-11
Amber Campbell (Nike/Mjolnir)	68.70m/225-05
Amber Campbell (Nike/Mjolnir)	70.48m/231-03
Amber Campbell (Mjolnir/Nike)	72.07m/236-05
Amber Campbell (Nike)	69.70m/228-08
Amber Campbell (Mjolnir)	69.01m/226-05
Amber Campbell (Mjolnir)	68.49m/224-08
Amber Campbell (Mjolnir)	68.47m/224-08
Liz Alabi (Minnesota)	56.34m/184-10
Tamara Bryant (Coastal Carolina)	55.45m/181-11
Tiffany Evans (Radford)	50.47m/165-07

#### Year Javelin Men

2025	Brandon Falconer (Mount St. Mary's)	69.02m/226-05
2024	Peter Bellomo (Lock Haven)	63.41m/208-00
2023	Scott Campbell (Duke)	72.16m/236-09
2022	Jake Heydon (Coastal Carolina)	66.74m/218-11
2021	Brian Sagendorf (Mt. St. Mary's)	67.14m/220-03
2020	Meet not held	
2019	Michael Brazzel (Shore AC)	70.92m/232-08
2018	Michael Brazzel (Unattached)	71.96m/236-01
2017	Meet not held	
2016	Kyle Quinn (Tennessee)	73.16m/240-00
2015	Kaleb Zuidema (South Carolina)	65.54m/215-00
2014	Jason Flanagan (CCU Alumni Team)	67.30m/220-10
<b>2013</b>	<b>Jason Flanagan (CCU Alumni Team)</b>	<b>74.83m/245-06</b>
2012	Jason Flanagan (Coastal Carolina)	71.30m/233-11
2011	Elliott Galeone (Liberty)	67.39m/221-01
2010	Jason Flanagan (Coastal Carolina)	68.28m/224-00
2009	Erik Heymann (South Carolina)	61.98m/203-04
2008	Thomas Jordan (Coastal Carolina)	64.77m/212-06
2007	Joshua Kaehler (Bucknell)	60.90m/199-10
2006	Thomas Jordan (Coastal Carolina)	64.33m/211-01

#### Javelin Women

Tierney McCarroll (Mount St. Mary's)	41.71m 136-10
Katie Horne (NC State)	41.28m/135-05
<b>Dana Baker (Duke)</b>	<b>53.78m/176-05</b>
Bailey Dell (unattached)	46.53m/152-08
Mackenzie Hailey (Liberty)	42.47m/139-04
Meet not held	
Tajah Haley (Ohio)	42.66m/139-11
Chloe White (Coastal Carolina)	40.44m/132-08
Meet not held	
Maria Jimenez (Tennessee)	49.19m/161-05
Jayd Eggert (North Dakota)	46.65m/153-01
Jayd Eggert (North Dakota)	45.86m/150-05
Christina Mitchell (Liberty)	46.12m/151-04
Kim Hanslovan (Clarion)	46.64m/153-00
Alexandra Hunsberger (Lafayette)	43.89m/144-00
Nicole Tozzi (East Carolina)	45.19m/148-03
Deborah Mattern (Coastal Carolina)	41.80m/137-02
Tammilee Kerr (Iowa)	45.34m/148-09
Ruby Radocaj (Minnesota)	45.64m/149-09
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

2025	Josh Roberts (Coastal Carolina)	6159
2024	Matthew Muthler (Lock Haven)	6422
2023	Davis Patterson (Wooster)	5424
2022	Event not contested	
2021	Event not contested	
2020	Met not held	
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
<b>2009</b>	<b>Carsten Krohn (Ashland)</b>	<b>6954</b>
2008	Curt McGill (South Carolina)	6609
2007	Jack Hutchison (Coastal Carolina)	6305

### Heptathlon

Bridget Finn (Ripon)	4718
Ebba Hedberg (Coastal Carolina)	5095
Beatrice Puiu (Unattached)	4994
Event not contested	
Event not contested	
Meet not held	
Event not contested	
Event not contested	
Meet not held	
<b>Ellen Wortham (Unattached)</b>	<b>5098</b>
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