

Coastal Carolina Invitational Meet Records (updated as of 3/23/20)

Women

Event	Name	Affiliation	Mark (Conv/Wind)	Date
100 Meters	Antavia Owens	South Carolina State	11.88 (+1.8)	3/14/2015
200 Meters	Tyshonda Hawkins	Unattached	23.89 (+1.3)	3/15/2014
400 Meters	Leah Anderson	St. John's	54.97	3/9/2019
800 Meters	Erica Eades	North Dakota	2:10.09	3/14/2020
1500 Meters	Julie Culley	Unattached	4:27.27	3/10/2007
3000 Meters	Lauren Centrowitz	New Balance Pacers TC	9:32.37	3/11/2011
5000 Meters	Anne Marie Moutsinga	Coastal Carolina	16:58.11	3/12/2005
10,000 Meters	Ann Alyanak	Brooks	34:31.83	3/14/2008
100 Meter Hurdles	Tiffany Porter	Adidas	13.14 (+2.0)	3/10/2018
400 Meter Hurdles	Ashley Adams	Towson	1:00.05	3/12/2011
	Jessica Gelibert	Coastal Carolina	1:00.05	3/9/2013
3000 Meter SC	Colett Rampf	Saint Leo	10:32.89	3/10/2018
4x100 Meter Relay	Kemp, Simkins, Mitchell, Friday	Seton Hall	45.95	3/13/2010
4x200 Meter Relay	Kemp, Friday Mitchell, Simkins	Seton Hall	1:35.46	3/12/2010
4x400 Meter Relay	McCoy, Friday Martin	Seton Hall	3:46.40	3/10/2007
4x800 Meter Relay	Scott, Dyke Greenleaf, Stump	Virginia Commonwealth	9:06.40	3/11/2016
High Jump	Jeannelle Scheper	Adidas	1.80m/5' 10.75"	3/10/2018
Pole Vault	Alina McDonald	KMR Athletics	4.50m/14' 9"	3/13/2020
Long Jump	Shaunta Hamilton	Georgia Southern	5.83m/19' 1.5" (+0.5)	3/15/2008
Triple Jump	Brittney Gibbs	SIU Edwardsville	12.54m/41' 1.75" (+1.9)	3/10/2018
Shot Put	Adriane Wilson	Unattached	15.29m/50' 2"	3/12/2016
Discus	Chioma Onyekwere	Nigeria	57.77m/189' 6"	3/14/2020
Hammer	Amber Campbell	Mjolnir Throwers	69.16m/226' 11"	3/11/2005
Javelin	Samantha Taylor	Slippery Rock	46.68m/153' 2"	3/14/2014

Notes:

All records listed are NCAA/IAAF Senior standard events.

Since 2012 the Coastal Carolina Invitational has been held at Doug Shaw Memorial Stadium.

Prior to 2012, the Coastal Carolina Invitational was held at Coastal Carolina University.

Coastal Carolina Invitational Meet Records (as of 3/23/2020)

Men

Event	Name	Affiliation	Mark	Date
100 Meters	Demek Kemp	South Carolina State	10.48 (+1.8)	3/14/2015
200 Meters	Alonzo Spurley	Charleston Southern	21.03 (+0.2)	3/15/2008
400 Meters	Levi Brooks	Charleston Southern	47.15	3/15/2008
800 Meters	Giovani Mowatt	Howard	1:51.59	3/9/2013
1500 Meters	Carlos Jamieson	American	3:47.39	3/15/2008
3000 Meters	Sam Penzenstadler	District Track Club	8:11.73	3/12/2016
5000 Meters	Nathan Peterson	North Dakota	14:30.39	3/13/2015
10,000 Meters	Gilbert Kemboi	Unattached	30:36.27	3/11/2011
110 Meter Hurdles	Fred Townsend	T.I.S.C. Track Club	13.78 (+1.9)	3/12/2011
400 Meter Hurdles	Ethan Snyder	Lake Erie	52.67	3/12/2011
3,000 Meter SC	Austin Mclean	Unattached	8:54.42	3/14/2015
4x100 Meter Relay	Cue, Williams Davis, Dukes	LIU Brooklyn	40.25	3/12/2016
4x200 Meter Relay	Fair, Smith Dameron, Wilson	Shorter	1:25.57	3/14/2014
4x400 Meter Relay	Clark, Mattocks Robinson, Courson	UNC-Wilmington	3:12.51	3/10/2007
4x800 Meter Relay	Ledder, Smith Holdsworth, Ibadin	District Track Club	7:29.80	3/11/2016
High Jump	Darius Purcell	Appalachian State	2.16m/7' 1"	3/10/2012
Pole Vault	Mark Johnson	Unattached	5.35m/17' 6.5"	3/13/2010
Long Jump	Erik Eckleban	Coastal Carolina	7.67m/25' 2" (+0.8)	3/8/2019
Triple Jump	Ron Buchanan	North Carolina A&T	15.30m/50' 2.5" (+0.5)	3/15/2008
Shot Put	Steve Manz	Unattached	19.46m/63' 10.25"	3/15/2008
Discus Throw	Clendon Henderson	Liberty	53.92m/176' 11"	3/10/2007
Hammer Throw	Kibwe Johnson	NYAC	74.75m/245' 3"	3/14/2008
Javelin Throw	Capers Williamson	Unattached	73.85m/242' 3"	3/13/2020

Notes:

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Coastal Carolina Invitational Individual Event Champions (Meet Record in BOLD):**Women****100m**

2020	I'Tayia Harris (Cuyahoga CC)	12.63w
2019	Emily Horstman (Slippery Rock)	12.07w
2018	Amelia Reynolds (Radford)	11.96w
2017	Meet not held	
2016	Keziah Brown (South Carolina St.)	12.33
2015	Antavia Owens (South Carolina St.)	11.88
2014	Brenicke Johnson (USC Upstate)	11.78w
2013	Darriale Henley (Coastal Carolina)	12.00
2012	Breanna Alston (Appalachian State)	11.90w
2011	Ashley McCoy (N.C. Central)	11.96
2010	Alyssa Pegues (Liberty)	11.95
2009	Natalie Pearson (UNC-Asheville)	12.08
2008	Cynetheia Rooks (Unattached)	12.05
2007	Andrea Beckles (Liberty)	12.29
2006	Shayne Moore (UNC Wilmington)	12.10
2005	Wafaa Taissir (Campbell)	11.92w

200m

2020	Lucy Steinmeyer (North Dakota)	24.94w
2019	Tiyanna Johnson (Austin Peay)	24.81w
2018	Sada Williams (AllStarz Mgmt)	23.93w
2017	Meet not held	
2016	Cassandra Jones (LIU Brooklyn)	24.52
2015	Sydney Wright (Troy)	24.76
2014	Tyshonda Hawkins (Unattached)	23.89
2013	Ashley McCoy (N.C. Central)	24.41
2012	Breanna Alston (Appalachian St.)	24.21
2011	Ashley McCoy (N.C. Central)	24.27w
2010	Natalie Pearson (UNC-Asheville)	24.01
2009	Natalie Pearson (UNC-Asheville)	25.03
2008	Cynetheia Rooks (Unattached)	24.46
2007	Shakeema Martin (Seton Hall)	24.91
2006	Shayne Moore (UNC Wilmington)	24.84
2005	Wafaa Taissir (Campbell)	24.70w

400m

2020	Lucy Steinmeyer (North Dakota)	56.22
2019	Leah Anderson (St. John's)	54.97
2018	Sabrina Richman (Austin Peay)	56.37
2017	Meet not held	
2016	Jasmine Bailey (Slippery Rock)	56.15
2015	Christa Landy (N.C. Central)	57.29
2014	Tyshonda Hawkins (Unattached)	55.22
2013	Alicia Whittle (Kennesaw State)	55.83
2012	Amy Salek (Elon)	55.71
2011	Chiamaka Obi (Austin Peay)	55.47
2010	Chavaria Williams (N.C. Central)	55.77
2009	Amy Salek (Elon)	55.95
2008	Jennifer Jackson (N. Carolina A&T)	56.66
2007	Rashedah Arnold (Georgia Southern)	57.10

2006	Jaime Watson (Liberty)	55.96
2005	Fatima Shuler (UNC Wilmington)	58.64

800m

2020	Erica Eades (North Dakota)	2:10.09
2019	Amanda Sorokin (Cornerstone)	2:19.47
2018	Maddie Hunter (Davidson)	2:16.73
2017	Meet not held	
2016	Shawnee Kegley (Unattached)	2:14.80
2015	Julie Oosterhouse (Cornerstone)	2:12.57
2014	Kayla Mescher (Augustana, S.D.)	2:15.02
2013	Joy Gilmer (Howard)	2:13.96
2012	Rebekah Ricksecker (Unattached)	2:15.44
2011	Melissa Miller (Unattached)	2:15.60
2010	Shawnee Carnett (Concord)	2:14.18
2009	KeAira Dickerson (Seton Hall)	2:15.08
2008	Jennine Strange (Elon)	2:16.43
2007	Chavanne Hubbard (Seton Hall)	2:17.89
2006	Sara McElroy (Towson)	2:19.07
2005	Maggie Clark (Army)	2:15.73

1500m

2020	Ellyssa Peterson (North Dakota)	4:41.67
2019	Skye Christian (Seton Hill)	4:48.37
2018	Aly Goff (SIU Edwardsville)	4:41.95
2017	Meet not held	
2016	Jesse Carlin (District Track Club)	4:35.90
2015	Megan Ashton (Shawnee State)	4:47.39
2014	Rebekah Ricksecker (Unattached)	4:43.01
2013	Kerri Gallagher (Pacers New Balance)	4:35.04
2012	Megan Wright (Toledo)	4:37.75
2011	Crystal Burnick (Slippery Rock)	4:46.22
2010	Kimberly Chinn (Baldwin-Wallace)	4:38.15
2009	Andi Owens (Cornerstone)	4:44.63
2008	Cathleen Ford (American)	4:37.99
2007	Julie Culley (Unattached)	4:27.27
2006	Rebekah Ricksecker (Liberty)	4:44.72
2005	Ashley Urick (Army)	4:44.36

3000m

2020	Letitia Minor (Unattached)	10:47.82
2019	Alexis Cunningham (Seton Hill)	10:41.02
2018	Annie Bothma (Coastal Carolina)	10:07.94
2017	Meet not held	
2016	Adriana Hooks (American)	10:19.40
2015	Kerri Gallagher (Unattached)	9:32.61
2014	Elizabeth Tauber (Towson)	10:18.16
2013	Erin Koch (Pacers New Balance)	9:44.46
2012	Sara Armstrong (Shawnee State)	10:05.59
2011	Lauren Centrowitz (NB Pacers TC)	9:32.37
2010	Whitney Bishoff (Anderson, SC)	9:59.61
2009	Darcy McDonald (Dickinson)	10:06.88

2008	Kate Lilley (American)	10:03.42	2007	Arlene Zelinskas (Liberty)	14.13
2007	Caitlin Beeler (Elon)	10:20.94	2006	Anna Raynor (UNC Wilmington)	14.40
			2005	Maurika Quarles (Radford)	14.52w
5000m			400mIH		
2020	Makayla Lawler (Methodist)	18:21.83	2020	Dayvione Briggs (Cuyahoga CC)	1:06.13
2019	Juliet Ryan (Slippery Rock)	17:55.59	2019	Chenoa Sebastian (St. John's)	1:04.27
2018	Colett Rampf (Saint Leo)	17:01.69	2018	Ann Sheehy (VCU)	1:03.70
2017	Meet not held		2017	Meet not held	
2016	Eira Jensen (UNC-Greensboro)	18:18.30	2016	Mary Witmer (Liberty)	1:02.12
2015	Whitney Bishoff (Unattached)	18:24.80	2015	Jennifer Esposito (Elon)	1:00.26
2014	Ashley Simmons (Towson)	17:44.50	2014	Delesha Conquest (N.C. Central)	1:02.69
2013	Kayla Schneider (Appalachian State)	17:47.23	2013	Jessica Gelibert (Coastal Carolina)	1:00.05
2012	Kaitlin Cagle (Appalachian State)	17:35.07	2012	Veronica Luedke (Elon)	1:03.06
2011	Brandi Gervais (Towson)	18:15.60	2011	Ashley Adams (Towson)	1:00.05
2010	Crystal Burnick (Slippery Rock)	17:49.40	2010	Allison Smith (Slippery Rock)	1:02.27
2009	Karlyn Sikma (Hope)	18:45.30	2009	Chavanne Hubbard (Seton Hall)	1:03.68
2008	Katie Ogden (Towson)	18:37.39	2008	Aisha Bilal-Mack (East Carolina)	1:03.56
2007	Ashley Osborne (Liberty)	18:19.09	2007	Amber Wilson (Georgia Southern)	1:03.07
2006	Meg Lerch (Towson)	17:47.29	2006	Shaunte Cotton (UNC Wilmington)	1:04.79
2005	Anne Marie Moutsinga (CCU)	16:58.11	2005	Danielle Hobson (Unattached)	1:02.02
10000m			3000mSC		
2020	Luarel Moyer (Lockhaven)	38:37.04	2020	Analee Bradach (Cuyahoga CC)	12:16.54
2019	Kelli Smith (Cornerstone)	36:32.86	2019	Kialeigh Marston (Assumption)	11:16.50
2018	Alexis McConnell (Cornerstone)	36:51.73	2018	Colett Rampf (Saint Leo)	10:32.89
2017	Meet not held		2017	Meet not held	
2016	Anabel Knoll (Nova Southeastern)	38:04.26	2016	Cathy Coryell (Cornerstone)	11:39.71
2015	Emily Marchini (Unattached)	39:38.26	2015	Jessica Lynch (North Dakota)	11:11.29
2014	Samantha Hamilton (Youngstown St.)	36:51.95	2014	Leah Schott (Seton Hill)	11:37.43
2013	Jen Rock (Wayne St.)	36:47.25	2013	Amber Thompson (Mount Olive)	11:15.83
2012	Emma Kertesz (Toledo)	35:02.61	2012	Jill Louisignau (Cornerstone)	11:19.88
2011	Jackie Kirby (Unattached)	35:46.45	2011	Chelsea Callaway (Concord)	11:43.74
2010	Kayla Brown (SIU-Edwardsville)	36:25.00	2010	Kimberly Chinn (Baldwin-Wallace)	11:06.21
2009	Catherine Campbell (Dickinson)	38:38.52	2009	Carli Stout (Concord College)	11:48.37
2008	Ann Alyanak (Brooks)	34:31.83	2008	Irene Jeptolo (Winston-Salem St)	11:19.64
2007	Carol Jefferson (Liberty)	35:22.82	2007	Piper Newby (Liberty)	10:50.31
2006	Ashley Ritchey (IPFW)	38:11.55	2006	Piper Newby (Liberty)	11:45.20
2005	Brianna Shook (Unattached)	35:29.00	2005	Myra Markey (Army)	11:03.75
100mHH			4x100mR		
2020	Erin Brown (North Dakota)	13.96	2020	Cuyahoga CC	50.31
2019	Lennox Walker (Austin Peay)	14.29w	2019	St. John's	48.13
2018	Tiffany Porter (Adidas)	13.14	2018	Coastal Carolina	46.29
2017	Meet not held		2017	Meet not held	
2016	Anacia Hines (Coastal Carolina)	14.28	2016	Coastal Carolina	46.16
2015	Christina Davis (Coastal Carolina)	14.23	2015	Coastal Carolina	46.81
2014	Anthonia Ballard (N.C. Central)	13.87w	2014	Youngstown St.	46.78
2013	Ashley Davis (Coastal Carolina)	13.93w	2013	Kennesaw St.	46.08
2012	Olivia Charnuski (Liberty)	14.29w	2012	Appalachian State	46.92
2011	Ashley Adams (Towson)	13.92	2011	NC Central	46.45
2010	Ashley Adams (Towson)	14.27	2010	Seton Hall	45.95
2009	Alea Murphy (Towson)	14.72	2009	Liberty	47.32
2008	Lindsay Dolan (East Carolina)	14.38			

2008	Liberty	46.92
2007	Seton Hall	46.66
2006	Liberty	47.48
2005	Army	48.24

4x200mR

2020	Event hot held	
2019	Austin Peay	1:38.88
2018	Virginia Commonwealth	1:38.69
2017	Meet not held	
2016	Virginia Commonwealth	1:39.32
2015	Liberty	1:40.02
2014	Youngstown St.	1:38.75
2013	Elon	1:41.58
2012	Fort Valley State	1:42.62
2011	NC Central	1:37.46
2010	Seton Hall	1:35.46

4x400mR

2020	Emmanuel (MA)	4:18.28
2019	Austin Peay	3:57.40
2018	Virginia Commonwealth	3:51.36
2017	Meet not held	
2016	North Dakota	3:49.59
2015	Elon	3:55.69
2014	Shorter	3:49.86
2013	Coastal Carolina	3:47.91
2012	Elon	3:50.49
2011	NC Central	3:49.94
2010	NC Central	3:53.81
2009	NC Central	3:55.42
2008	East Carolina	3:53.97
2007	Seton Hall	3:46.40
2006	Seton Hall	3:50.85
2005	Radford	3:57.61

4x800mR

2020	Emmanuel (MA)	11:12.95
2019	Cornerstone	9:24.62
2018	Davidson	9:22.41
2017	Meet not held	
2016	Virginia Commonwealth	9:06.40
2015	Cornerstone	9:22.08
2014	USC Upstate	9:19.04
2013	Kennesaw State	9:29.86
2012	Cornerstone	9:22.25
2011	SIU-Edwardsville	9:32.33
2010	Cornerstone	9:26.02

High Jump

2020	Addie Renner (Unattached)	1.75m/5'8.75"
2019	Nia Gibbs (Austin Peay)	1.65m/5' 5"
2018	Jeannelle Scheper (Adidas)	1.80m/5' 10.75"

2017	Meet not held	
2016	Christina Solomon (VCU)	1.70m /5' 7"
2015	Rochelle Robb (North Dakota)	1.65m/5' 5"
2014	Kyaira Wright-Harmon (LIUB)	1.75m/5' 8.75"
2013	Megan Kirschling (Elon)	1.70m/5' 7"
2012	Shaquiela Robinson (App St.)	1.65m/5' 5"
2011	Nikki Roseberry (Radford)	1.75m/5' 8.75"
2010	Jakia Ragland (Kennesaw State)	1.65m/5' 5"
2009	Christina Mitchell (Liberty)	1.60m/5' 3"
2008	Laura Passalacqua (Towson)	1.75m/5' 8.75"
2007	Laura Passalacqua (Towson)	1.70m/5' 7"
2006	Debbie Martin (UNC Wilmington)	1.69m/5' 6.5"
2005	Shannon Burmaster (Cornerstone)	1.67m/5' 6"

Pole Vault

2020	Alina McDonald (KMR Athletics)	4.50m/14' 9"
2019	Savannah Amato (Austin Peay)	3.95m/12'11.5"
2018	Savannah Amato (Austin Peay)	3.80m/12'5.5"
2017	Meet not held	
2016	Kyley Foster (North Dakota)	3.82m/12'6.25"
2015	Mariel Finger (Liberty)	3.50m/11'5.75"
2014	Sydney White (Wake Forest)	3.80m/12'5.5"
2013	Cassandra Crawford (App St.)	3.65m/11'11.75"
2012	Shelley Parker (Liberty)	3.65m/11'11.75"
2011	Brandi Harr (Cornerstone)	3.65m/11'11.75"
2010	Kim Keesler (Marietta)	3.65m/11'11.75"
2009	Brandi Hagan (Cornerstone)	3.35m/10'11.75"
2008	Amy Hart (East Carolina)	3.50m/11'5.75"
2007	Brigid Boettler (UNCW)	3.20m/10' 6"
2006	Rhonette Phillips (UNCW)	3.20m/10' 6"
2005	Jodi Taetle (Towson)	3.50m/11'5.75"

Long Jump

2020	Ellie Miller (North Dakota)	5.46m/17'11"
2019	Maya Perry-Grimes (Austin Peay)	5.71m/18'9"
2018	Nichyria Byrd (SIU Edwardsville)	5.72m/18'9.25"
2017	Meet not held	
2016	Jessica Shomo (Clarion)	5.47m/17'11.5"
2015	Jazmine Bowser (Clark Atl)	5.72m/18'9.25"w
2014	Jamesha' Richard (LIU Brooklyn)	5.57m/18'3.25"
2013	Latesha Simpson (CCU)	5.75m/18'10.5"
2012	Kiah Douglas (Toledo)	5.49m/18'0.25"
2011	Saquenda Dallas (N.C. Central)	5.66m/18'7"
2010	Kiah Douglas (Toledo)	5.80m/19'0.5"
2009	Verniece Johnson (VCU)	5.66m/18'7"
2008	Shaunta Hamilton (GA So)	5.83m/19'1.5"
2007	Stephanie Rathbauer (Towson)	5.79m/19'0"w
2006	Anna Raynor (UNC Wilmington)	5.50m/18'0.5"
2005	Kristen Jones (Slippery Rock)	5.53m/18'1.75"

Triple Jump

2020	Autumn Stokes (No. Dakota)	11.56m/37'11.25"
2019	Maya Perry-Grimes (Austin P)	11.98m/39'3.75"

2018	Brittney Gibbs (SIU-E)	12.54m/41'1.75"
2017	Meet not held	
2016	Taylor McCormick (VCU)	11.52m/37'9.5"
2015	Zoe Ellis (N.C. Central)	11.58m/38' 0"
2014	Chyna Davis (Tiffin)	11.83m/38'9.75"
2013	Erin Brooks (Wake Forest)	11.45m/37'6.75"
2012	Yuhong Fu (Toledo)	11.99m/39' 4"
2011	Mia Aghaji (Liberty)	11.83m/38' 9.75"
2010	Megan Dennis (SIU-E)	11.90m/39' 0.5"
2009	Shemelia Brandon (Radford)	12.05m/39'6.50"
2008	Demetrise Anthony (GA So.)	12.36m/40'6.75" w
2007	Shemelia Brandon (Radford)	12.12m/39'9.25"
2006	Shemelia Brandon (Radford)	12.27m/40'3.25"
2005	Demiracle Washington (CCU)	11.85m/38'10.5"

Shot Put

2020	Beatrice Puiu (Unattached)	14.51m/47'7.25"
2019	Lexi Stevenson (Seton Hill)	14.03m/46'0.5"
2018	Lexi Stevenson (Seton Hill)	13.89m/45'7"
2017	Meet not held	
2016	Adriane Wilson (Unattached)	15.29m/50'2"
2015	Mychelle Cumings (Liberty)	15.10m/49'6.5"
2014	Emmaline Berg (Dartmouth)	14.01m/45'11.75"
2013	Charlise Morgan (Elon)	13.32m/43'8.5"
2012	Gayshawna Watkins (App St.)	14.17m/46' 6"
2011	Shannel Shivers (Towson)	13.04m/42'9.5"
2010	Urysla Cotton (Elon)	13.66m/44'9.75"
2009	Natalie Duncan (VCU)	12.57m/41' 3"
2008	Johnna Zaccari (Dayton)	13.55m/44'5.5"
2007	Emily Greeson (GA Southern)	13.89m/45' 7"
2006	Stephanie McNeill (Citadel)	14.23m/46'8.25"
2005	Tiffany Evans (Radford)	13.96m/45' 9.75"

Discus

2020	Chioma Onyekwere (Nigeria)	57.77m/189' 6"
2019	Laquel Harris (Shaw)	47.65m/156'4"
2018	Denise O'Rourke (VCU)	46.27m/151' 10"
2017	Meet not held	
2016	Alyssa Lueck (North Dakota)	46.91m/153' 11"
2015	Mychelle Cumings (Liberty)	49.85m/163' 6"
2014	Jennifer Nicholson (Liberty)	45.24m/148' 5"
2013	Mychelle Cumings (Liberty)	49.68m/163' 0"
2012	Anjulia Nicholson (CCU)	45.17m/148' 2"
2011	Kristin Wykoff (SIU-E)	42.87m/140' 8"
2010	Brittany Connor (CCU)	44.35m/145' 6"
2009	Ashley Howard (Unattached)	46.47m/152' 5"
2008	Ashley Howard (Winthrop)	46.63m/153' 0"
2007	Jamie Mushatt-Valrie (CCU)	43.44m/142' 6"
2006	Jamie Mushatt-Valrie (CCU)	41.21m/135' 2"
2005	Tamara Bryant (CCU)	48.50m/159' 1"

Hammer

2020	Molli Bellanger (Velaasa)	65.32m/214'4"
2019	Jennifer Odoemene (St. John's)	53.58m/175'9"
2018	Lizzie Virgl (SIU Edwardsville)	55.40m/181' 9"
2017	Meet not held	
2016	Jocelyn Williams (Unattached)	60.17m/197' 5"
2015	Molli Detloff (North Dakota)	54.25m/178' 0"
2014	Laura Igaune (Unattached)	62.44m/204'10"
2013	Kimberlyn Holt (Elon)	50.86m/166'10"
2012	Melinda Bendik (Liberty)	58.58m/192' 2"
2011	Shantelle Patterson (CCU)	50.32m/165' 1"
2010	Aimee Veatch (Radford)	55.56m/182' 3"
2009	Aimee Veatch (Radford)	54.79m/179' 9"
2008	Crystal Smith (Unattached)	68.05m/223' 3"
2007	Tamara Bryant (CCU)	52.43m/172' 0"
2006	Amber Campbell (Unattached)	66.45m/218' 0"
2005	Amber Campbell (Mjolnir)	69.16m/226'11"

Javelin

2020	Isabel Waite (North Dakota)	39.79m/130' 6"
2019	Bailey Dell (Windsor AC)	42.39m/139' 1"
2018	Chloe White (CCU)	41.43m/135' 11"
2017	Meet not held	
2016	Samantha Taylor (Slippery Rock)	45.59m/149' 7"
2015	Jayd Eggert (North Dakota)	45.66m/149'10"
2014	Samantha Taylor (SRU)	46.68m/153' 2"
2013	Christina Mitchell (Liberty)	43.83m/143' 9"
2012	Danielle England (CCU)	43.27m/141'11"
2011	Deborah Mattern (CCU)	41.63m/136' 7"
2010	Deborah Mattern (CCU)	41.36m/135' 8"
2009	Joanna Borawski (Unattached)	46.58m/152'10"
2008	Kelly Robinson (Towson)	45.10m/147'11"
2007	Joanna Borawski (Seton Hall)	43.02m/141' 2"
2006	Kelly Robinson (Towson)	45.73m/150' 0"
2005	Ellen Wagner (Concord)	38.11m/125' 0"

Men's Event Champs (meet record holder in BOLD)**100m**

2020	Jamal Bouie (Edward Waters)	10.84
2019	Donovan Goode (Coastal Carolina)	10.85w
2018	Jon Okoye (Nigeria)	10.69
2017	Meet not held	
2016	Therius Styles (Coastal Carolina)	10.74
2015	Demek Kemp (South Carolina St.)	10.48
2014	Evan Emery (High Point)	10.61w
2013	Joseph Wilson (Coastal Carolina)	10.87
2012	Dennis Moore (Appalachian St.)	10.82
2011	Rozzie Johnson (Charleston Southern)	10.65
2010	Jason Moore (P2 Elite Track Club)	10.59
2009	Jamaree Gordon (Kentucky State)	10.70
2008	Alonzo Spurley (Charleston Southern)	10.50
2007	John Carr (UNC-Wilmington)	10.84
2006	Ravanno Ferguson (Liberty)	10.56
2005	Thomas Pressley (The Citadel)	10.80w

200m

2020	Devante Kinlaw (Dreamchaserz)	21.82
2019	David Allen (Coastal Carolina)	21.85w
2018	Jon Okoye (Nigeria)	21.94
2017	Meet not held	
2016	Delano Davis (LIU Brooklyn)	21.41
2015	Jordan Landburg (Unattached)	21.49
2014	Randall Dameron (Shorter)	21.61
2013	Joseph Wilson (Coastal Carolina)	21.68
2012	Leonard Robbins (Liberty)	21.68
2011	Jeffery Pendergrass (Voorhees)	21.42
2010	Jeffery Pendergrass (Voorhees)	21.09
2009	Abraham Morlu (Unattached)	22.09
2008	Alonzo Spurley (Charleston Southern)	21.03
2007	Jason Lambert (Coastal Carolina)	21.90
2006	Ravanno Ferguson (Liberty)	21.49
2005	Jon Krysa (UNC Wilmington)	21.72w

400m

2020	Jamal Bouie (Edward Waters)	49.63
2019	Everett Pirtle (Assumption)	48.80
2018	Dontay Jacobs (Seton Hill)	48.45
2017	Meet not held	
2016	Tyrell Richard (South Carolina St.)	48.25
2015	Jordan Landburg (Unattached)	47.67
2014	Mica-Jonathan Petit-Homme (LIUB)	48.00
2013	DeAndra Lipscomb (Coastal Carolina)	48.52
2012	Randy Curry (Unattached)	47.84
2011	Taylor Courtney (Liberty)	48.16
2010	Jamar Holmes (Benedict)	48.80
2009	James Gurr (Seton Hall)	48.49
2008	Levi Brooks (Charleston Southern)	47.15
2007	Zeickia Ledwell (UNC Wilmington)	47.86
2006	James Gurr (Seton Hall)	48.21

2005	Zeickia Ledwell (UNC Wilmington)	48.03
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800m

2020	Conor Creedon (Piedmont)	1:57.82
2019	Max Michaud (Assumption)	1:57.46
2018	Alvin Jacobs (Piedmont)	1:56.43
2017	Meet not held	
2016	Elijah Case (South Carolina St.)	1:54.43
2015	JJ Webber (Northern Kentucky)	1:55.76
2014	Thomas Scott (Unattached)	1:52.96
2013	Giovani Mowatt (Howard)	1:51.59
2012	Matthew Shaffer (Anderson-SC)	1:54.13
2011	Isaac Cox (Cornerstone)	1:56.71
2010	Andrew Chebii (Winston-Salem St.)	1:53.28
2009	Josh Wilks (Seton Hill)	1:56.93
2008	Brandon Jones (N.C. Central)	1:54.12
2007	Dan Wilson (Unattached)	1:52.68
2006	Jarrell Warthen (Radford)	1:55.47
2005	Steve Migliore (Army)	1:56.73

1500m

2020	Zachary King (North Dakota)	4:06.28
2019	Andrew Southard (Coastal Carolina)	3:56.22
2018	Damon Akers (Concord)	4:00.06
2017	Meet not held	
2016	Edose Ibadin (District Track Club)	3:56.19
2015	Luis Vargas (Elon)	3:55.81
2014	Thomas Bojanowski (Wake Forest)	3:58.29
2013	Chris Kwiatkowski (Pacers New Balance)	3:55.12
2012	Marcus Bridger-Wilkinson (Belmont)	3:55.03
2011	Marcus Bridger-Wilkinson (Belmont)	4:00.70
2010	Colin Eustis (American)	3:59.24
2009	Rob Novak (Seton Hall)	3:59.69
2008	Carlos Jamieson (American)	3:47.39
2007	Brendan Fennell (American)	3:50.51
2006	Jamie McCarthy (Coastal Carolina)	3:56.46
2005	Phil Sakala (Army)	3:53.78

3000m

2020	Jacob Koontz (Unattached)	9:12.74
2019	Andrew Avery (Coastal Carolina)	9:00.49
2018	Hutson Baumann (Coastal Carolina)	8:48.21
2017	Meet not held	
2016	Sam Penzenstadler (District Track Club)	8:11.73
2015	Chris Kwiatkowski (Unattached)	8:24.72
2014	Kyle Graves (Wake Forest)	8:35.80
2013	Chris Kwiatkowski (Pacers New Balance)	8:25.68
2012	Brad Liston (Shawnee State)	8:37.19
2011	Colin Eustis (American)	8:30.58
2010	Craig Brown (American)	8:29.39
2009	Kyle Kling (Coastal Carolina)	8:36.31
2008	Brendan Fennell (American)	8:17.88
2007	Matthew Barresi (Unattached)	8:32.55

5000m

2020	Sean Kay (Unattached)	15:56.80
2019	Doug Hollett (Cornerstone)	15:22.78
2018	Jason Weitzel (Concord)	14:56.19
2017	Meet not held	
2016	Justin Gragg (Mars Hill)	14:51.02
2015	Nathan Peterson (North Dakota)	14:30.39
2014	Elkanah Kibet (Unattached)	14:35.22
2013	Daniel Blouin (Unattached)	14:49.42
2012	Matt Miller (Belmont)	14:49.93
2011	Kyle Kling (Coastal Carolina)	14:57.47
2010	Cole Atkins (High Point)	14:58.48
2009	Greg Leak (Dickinson)	15:13.31
2008	Josh Edmonds (Liberty)	15:08.26
2007	Doug Currie (Coastal Carolina)	14:52.37
2006	Doug Currie (Coastal Carolina)	15:07.57
2005	Terah Kipchiris (Coastal Carolina)	14:38.48

10000m

2020	Luke Vanderhoff (Lockhaven)	33:40.26
2019	Wesley Gray (Austin Peay)	32:41.55
2018	Anthony Deleva (Saint Leo)	31:56.82
2017	Meet not held	
2016	Josh Richardson (Mt Vernon Naz)	31:44.23
2015	Travis Mabe (Cornerstone)	32:13.97
2014	Eric Rupe (Youngstown St.)	30:48.81
2013	Kenneth Janosko (Baldwin-Wallace)	31:02.15
2012	Josh MacDonald (Liberty)	30:57.09
2011	Gilbert Kemboi (Unattached)	30:36.27
2010	Zach Ripley (Cornerstone)	31:51.87
2009	Christian Bailey (Col. of Charleston)	32:06.28
2008	Tim Ross (Unattached)	31:58.24
2007	Pawel Kornoszeki (Seton Hall)	32:26.24
2006	Johnny Mitchell (Coastal Carolina)	33:07.82
2005	Mike Earle (Campbell)	31:27.30

110mHH

2020	Jack Vetch (North Dakota)	15.01
2019	Corey Gaither (Davidson)	14.90
2018	Ian Davis (Virginia Commonwealth)	14.68w
2017	Meet not held	
2016	Kevondre Hunt (Coastal Carolina)	14.33
2015	Desmond Wallace (Coastal Carolina)	14.65
2014	Vincent Wyatt (Radford)	13.81w
2013	Wallace Spencer (Howard)	14.43
2012	Wallace Spencer (Howard)	14.41w
2011	Fred Townsend (T.I.S.C. Track Club)	13.78
2010	William Lindsey (SIU-Edwardsville)	14.15
2009	Charles Lindsay (N.C. Central)	14.50
2008	Jack Hutchison (Coastal Carolina)	14.50
2007	Jack Hutchison (Coastal Carolina)	14.74
2006	Travis Morancie (Seton Hall)	14.75
2005	Jim Chmelik (Coastal Carolina)	14.89

400mIH

2020	George Mecca (Alfred)	58.83
2019	Terrill Stanley (Coastal Carolina)	54.28
2018	Sean Caveney (Davidson)	54.95
2017	Meet not held	
2016	Jacob Van Houten (Slippery Rock)	53.35
2015	Ryan Davis (Liberty)	52.91
2014	Wendell Forbes (Unattached)	53.29
2013	Matthew Lights (Coastal Carolina)	53.33
2012	Keon Melson (Unattached)	53.75
2011	Ethan Snyder (Lake Erie)	52.67
2010	William Lindsey (SIU-Edwardsville)	53.28
2009	Carl Smith (Seton Hall)	55.39
2008	Jamel Brown (Citadel)	54.05
2007	Tim O'Donnell (Liberty)	53.74
2006	Tyrone Murphy (Coastal Carolina)	53.22
2005	Zeickia Ledwell (UNC Wilmington)	53.69

3000mSC

2020	Max Miller (Piedmont)	10:34.93
2019	Colin De Young (Cornerstone)	9:14.47
2018	Austin McLean (Unattached)	9:07.17
2017	Meet not held	
2016	Harrison Toney (Roanoke)	9:39.37
2015	Austin Mclean (Unattached)	8:54.42
2014	Brad Liston (Shawnee State)	9:11.04
2013	Josh MacDonald (Liberty)	8:57.26
2012	Josh Cox (Appalachian State)	9:28.82
2011	Alex Green (Cornerstone)	9:31.84
2010	Evans Kigen (Liberty)	9:13.68
2009	Jason MacCollum (Elon)	9:37.53
2008	Zach Ripley (Cornerstone)	9:21.11
2007	Ian Bracy (UNC-Wilmington)	9:47.34
2006	Daniel Ball (Wheaton)	9:29.30
2005	Eric Heely (Army)	9:14.58

4x100mR

2020	Piedmont	42.92
2019	Cornerstone	43.88
2018	Coastal Carolina	42.14
2017	Meet not held	
2016	LIU Brooklyn	40.25
2015	South Carolina St.	41.65
2014	Shorter	41.56
2013	Baldwin-Wallace	42.43
2012	Appalachian St.	41.23
2011	Liberty	41.53
2010	Radford	41.71
2009	NC Central	42.22
2008	Coastal Carolina	41.88
2007	UNC Wilmington	41.81
2006	UNC Wilmington	41.32
2005	UNC Wilmington	41.41

4x200mR

2020	Methodist	1:34.69
2019	Alderson-Broadus	1:29.88
2018	Coastal Carolina	1:26.56
2017	Meet not held	
2016	Coastal Carolina	1:25.92
2015	South Carolina St.	1:26.75
2014	Shorter	1:25.57
2013	Howard	1:30.30
2012	Seton Hill	1:28.58
2011	NC Central	1:26.94
2010	Kennesaw State	1:27.08

4x400mR

2020	Piedmont	3:25.42
2019	Coastal Carolina	3:17.48
2018	Virginia Commonwealth	3:17.24
2017	Meet not held	
2016	South Carolina State	3:15.59
2015	South Carolina State	3:16.14
2014	Shorter	3:14.06
2013	Coastal Carolina	3:15.29
2012	Cornerstone	3:20.96
2011	NC Central	3:16.63
2010	SIU Edwardsville	3:16.77
2009	Cornerstone	3:22.87
2008	NC Central	3:17.33
2007	UNC-Wilmington	3:12.51
2006	Liberty	3:14.26
2005	Coastal Carolina	3:17.02

4x800mR

2020	Methodist	8:38.94
2019	Coastal Carolina	8:00.21
2018	Concord	8:01.22
2017	Meet not held	
2016	District Track Club	7:29.80
2015	Northern Kentucky	7:52.80
2014	High Point	7:51.65
2013	Liberty	7:45.37
2012	Fort Valley State	7:43.79
2011	Cornerstone	7:53.53
2010	Kennesaw State	7:42.43

High Jump

2020	Nolan Hovland (North Dakota)	2.05m/6' 8.75"
2019	Kevin Hack (Assumption)	1.93m/6' 4"
2018	Julian Harvey (SIU Edwardsville)	2.05m/6' 8.75"
2017	Meet not held	
2016	Trent Baltzell (Unattached)	2.03m/6' 8"
2015	Reggie Nelson (Coastal Carolina)	2.08m/6' 9.75"
2014	Tyler Parrish (Unattached)	2.05m/6' 8.75"
2013	Daryl Saunders (Appalachian St.)	2.10m/6' 10.75"

2012 Darius Purcell (Appalachian St.) 2.16m/7' 1"

2011	Tyler McIntosh (Seton Hill)	2.05m/6' 8.75"
2010	Tony Brown (Radford)	2.05m/6' 8.75"
2009	Jacques Watson (CCU)	2.15m/7' 0.5"
2008	Matt Parker (Liberty)	2.10m/6' 10.75"
2007	Matt Parker (Liberty)	2.00m/6' 6.75"
2006	Dan Oseth (Radford)	2.10m/6' 10.75"
2005	Andrew Hayton (Cornerstone)	2.08m/6' 10"

Pole Vault

2020	Alex Torp (North Dakota)	4.71m/15' 5.5"
2019	Dylan Colcombe (Slippery Rock)	4.41m/14' 5.5"
2018	Jordan Pacheco (Slippery Rock)	4.75m/15' 7"
2017	Meet not held	
2016	Deon Fox (Cornerstone)	5.00m/16' 4.75"
2015	Alex Barker (Liberty)	4.60m/15' 1"
2014	Michael Cyphers (Wake Forest)	5.05m/16' 6.75"
2013	Kolby Shepherd (Unattached)	4.90m/16' 0.75"
2012	Kolby Shepherd (Liberty)	4.45m/14' 7.25"
2011	Kolby Shepherd (Liberty)	5.15m/16' 10.75"
2010	Mark Johnson (Unattached)	5.35m/17' 6.5"
2009	Brad Schweitzer (Cornerstone)	4.30m/14' 1.25"
2008	Kolby Shepherd (Liberty)	4.90m/16' 0.75"
2007	Colton Weaver (UNCW)	4.45m/14' 7.25"
2006	Mark Johnson (Coastal Carolina)	4.90m/16' 0.75"
2005	Mark Johnson (Coastal Carolina)	4.90m/16' 0.75"

Long Jump

2020	Cameron Kinney (North Dakota)	7.03m/23' 0.75"
2019	Erik Eckleban (Coastal Carolina)	7.67m/25' 2"
2018	Julian Harvey (SIU Edwardsville)	7.43m/24' 4.5"
2017	Meet not held	
2016	Jeffrey Jones (South Carolina St.)	7.41m/24' 3.75"
2015	Randall Flimmons (Unat)	7.32m/24' 0.25"w
2014	Reggie Nelson (CCU)	7.13m/23' 4.75"w
2013	Myles Williams (Howard)	6.74m/22' 1.5"w
2012	Aron Kurzinski (Seton Hill)	6.90m/22' 7.75"
2011	Travaria Wilson (Unattached)	6.91m/22' 8"
2010	Kevin Reddington (Liberty)	7.20m/23' 7.5"w
2009	Chad Phillips (Coastal Carolina)	6.78m/22' 3"
2008	Augustus Scott (Unattached)	6.96m/22' 10"
2007	Brandyn Mitchell (UNCW)	7.17m/23' 6.25"
2006	Sam Tilly (Campbell)	7.08m/23' 2.75"
2005	Sam Tilly (Campbell)	6.98m/22' 11"w

Triple Jump

2020	Austin Wolf (North Dakota)	13.71m/44' 11.75"
2019	Richie Sadler (Coastal Carolina)	14.68m/48' 2"
2018	Logan Webb (SIUE)	14.21m/46' 7.5"w
2017	Meet not held	
2016	Dandrell Utley (Lenoir-Rhyne)	14.21m/46' 7.5"
2015	Derrick Kinloch (CCU)	14.16m/46' 5.5"
2014	Antonio Combs (Tiffin)	14.86m/48' 9"

2013	Matthew Colvin (Howard)	14.99m/49'2.25"
2012	TJ Wilson (Mount Olive)	14.34m/47'0.75"
2011	Alonzo Moore (T.I.S.C. TC)	15.00m/49'2.5"
2010	LaQuan Priest (Clafin)	14.21m/46'7.5"
2009	Aron Kurzinski (Seton Hill)	14.01m/45'11.75"
2008	Ron Buchanan (NC A&T)	15.30m/50' 2.5"
2007	Nic Moore (Radford)	14.34m/47'0.75"
2006	Travis Midgette (UNCW)	14.30m/46' 11"
2005	Lincoln Gordon (Campbell)	14.96m/49' 1"

Shot Put

2020	Trel Phillips (Emory & Henry)	13.92m/45' 8"
2019	Mitchell Soviak (Mt Vernon Naz)	17.22m/56'6"
2018	JJ Ollio (Slippery Rock)	16.17m/53'0.75"
2017	Meet not held	
2016	Mitchell Pope (Unattached)	18.11m/59' 5"
2015	Fred Fulton (Liberty)	16.85m/55'3.5"
2014	John Seaver (Youngstown St.)	16.65m/54'7.5"
2013	Mitchell Supan (BW)	16.77m/55'0.25"
2012	Jake Deaton (Unattached)	17.96m/58'11.25"
2011	Ryan Smith (Liberty)	17.25m/56'7.25"
2010	Ryan Smith (Liberty)	16.49m/54'1.25"
2009	Travis Coleman (Winthrop)	16.18m/53' 1"
2008	Steve Manz (Unattached)	19.46m/63'10.25"
2007	Clendon Henderson (Liberty)	16.33m/53' 7"
2006	James Nixon (Radford)	16.61m/54' 6"
2005	Anthony Greer (Unattached)	16.93m/55'6.5"

Discus

2020	Matt Culhane (North Dakota)	49.60m/162' 9"
2019	JJ Ollio (Slippery Rock)	50.69m/166' 4"
2018	JJ Ollio (Slippery Rock)	46.57m/152' 9"
2017	Meet not held	
2016	Ian Collins (North Dakota)	50.37m/165' 3"
2015	Fred Fulton (Liberty)	50.99m/167' 3"
2014	Steve Michaelsen (Wake Forest)	49.24m/161' 6"
2013	Mitchell Supan (Baldwin-Wall.)	50.70m/166' 4"
2012	Jake Deaton (Unattached)	53.71m/176' 2"
2011	Clendon Henderson (Liberty)	53.64m 176' 0"
2010	Ben Bishop (SIU-Edwardsville)	49.84m/163' 6"
2009	Eric Smalls (N.C. Central)	50.43m/165' 5"
2008	Mike Gray (Mansfield)	51.08m/167' 7"
2007	Clendon Henderson (Liberty)	53.92m/176'11"
2006	Clendon Henderson (Unat)	48.20m/158' 2"
2005	Craig Buerstatte (Army)	49.24m/161' 6"

Hammer

2020	Nathaniel Padfield (Unattached)	59.01m/193'7"
2019	Nathaniel Padfield (Unattached)	58.21m/191'0"
2018	Nick Matthews (SIUE)	60.23m/197'7"
2017	Meet not held	
2016	Ryan Minor (Coastal Carolina)	58.86m/193'1"
2015	Andy Fryman (Unattached)	68.60m/225'1"

2014	Connor Neu (Youngstown St.)	62.57m/205' 3"
2013	Andy Fryman (Unattached)	67.87m 222' 8"
2012	Andy Fryman (Unattached)	64.22m/210' 8"
2011	Charlie Tidwell (CCU)	58.81m/192'11"
2010	Timothy Morse (Radford)	63.40m/208' 0"
2009	Matt Dobson (Radford)	56.36m/184'11"
2008	Kibwe Johnson (NYAC)	74.75m/245' 3"
2007	Jon Hart (Liberty)	61.42m/201' 6"
2006	Jeremiah Spence (Radford)	59.77m/196' 1"
2005	Matt Roden (UNC Wilmington)	61.49m/201' 9"

Javelin

2020	Capers Williamson (Unat)	73.85m/242'3"
2019	Craig Zuccolotto (Seton Hill)	55.12m/180'10"
2018	Capers Williamson (Unat)	69.27m/227'3"
2017	Meet not held	
2016	Denzel Pratt (Liberty)	66.93m/219' 7"
2015	Steve Feister (Liberty)	66.42m/217'11"
2014	Christian Spaulding (High Point)	68.19m/223'9"
2013	Michael Belardia (Wake Forest)	62.30m/204' 5"
2012	Michael Deitzler (CCU)	60.22m/197' 7"
2011	Elliott Galeone (Liberty)	69.11m/226' 9"
2010	Jason Flanagan (CCU)	66.36m/217' 8"
2009	Ryan Bell (Liberty)	64.91m/212'11"
2008	Barrick Spencer (East Carolina)	63.11m/207' 0"
2007	Nate Hardic (Slippery Rock)	62.38m/204' 8"
2006	Kyle Hoddy (Coastal Carolina)	59.21m/194' 3"
2005	Brandon Woerth (Army)	61.99m/203' 4"