

Myrtle Beach Collegiate Challenge Record Book

Meet Records - 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	Clare Peters	NC State TC	16:56.44	3/11/2022
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	58.28m/191' 2"	3/12/2022
Hammer	Amber Campbell	Mjolnir Throwers	69.16m/226' 11"	3/11/2005
Javelin	Trinity Clark	Slippery Rock	47.44m/155' 8"	3/11/2022

Notes:

All records listed are NCAA/IAAF Senior standard events.

Meet changed name to Myrtle Beach Collegiate Challenge in 2021, formerly known as the Coastal Carolina Invitational. Since 2012 the MBCC/Coastal Carolina Invitational has been held at Doug Shaw Memorial Stadium.

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

Meet Records - Men

Event	Name	Affiliation	Mark (Conv/Wind)	Date
100 Meters	Miles Stephens	North Greenville	10.46 (+1.3)	3/9/2024
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

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Myrtle Beach Collegiate Challenge Team Champions

Year	Men's Champion (Pts)	Women's Champion (Pts)
2024	Coastal Carolina (108)	Coastal Carolina (147)
2023	Slippery Rock (126.5)	Coastal Carolina (126)
2022	Concord University (83)	Purdue Fort Wayne (128)
2021	Tiffin University (225)	Tiffin University (144)

Myrtle Beach Collegiate Challenge/Coastal Carolina Invitational Individual Event Champions (Meet Record in BOLD):

Women

100m

2024	Zionna Perez-Tucker (Coastal Carolina)	11.65w
2023	Alyssa Busker (Trinity Christian)	12.22
2022	Kaitlynn Bailey (Col. of Char)	12.74
2021	Milan Fields (Elite Track & Field)	12.11
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

2024	Event not held	
2023	Alyssa Busker (Trinity Christian)	24.78
2022	Katie Clark (IPFW)	25.72
2021	Amiya Matthews (Elite Track & Field)	24.99
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

2024	Event not held	
2023	Kaitlynn Bailey (College of Charleston)	58.86
2022	Kassie Jordan (Benedict)	1:00.47
2021	Chalys Caruth (Mt. St. Mary's)	56.66
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

2024	Event not held	
2023	Rhian Purves (College of Charleston)	2:15.07
2022	Haleemot Adeyanju (Hartford)	2:22.40
2021	Janiah Brown (unattached)	2:15.68
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

2024	Event not held	
2023	Amilia Wise-Sweat (Coastal Carolina)	4:41.61
2022	Emily Wallace (Concord)	4:42.64
2021	Theresa Long (Mt. St. Mary's)	4:47.16
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

2024	Event Not Held	
2023	Sophia Brown (College of Charleston)	10:35.02
2022	Madison King (IPFW)	10:12.48
2021	Cate Ambrose (Coll. Of Charleston)	10:30.75
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	Caitlin Beeler (Elon)	10:20.94

5000m

2024	Emily Wallace (Concord)	17:54.63
2023	Carmen Medvit (Geneva)	17:06.90
2022	Clare Peters (NC State TC)	16:56.44
2021	Tess Masselink (Coll. Of Charleston)	18:04.80
2020	Makayla Lawler (Methodist)	18:21.83
2019	Juliet Ryan (Slippery Rock)	17:55.59
2018	Colett Rampf (Saint Leo)	17:01.69
2017	Meet not held	
2016	Eira Jensen (UNC-Greensboro)	18:18.30
2015	Whitney Bishoff (Unattached)	18:24.80

2014	Ashley Simmons (Towson)	17:44.50
2013	Kayla Schneider (Appalachian State)	17:47.23
2012	Kaitlin Cagle (Appalachian State)	17:35.07
2011	Brandi Gervais (Towson)	18:15.60
2010	Crystal Burnick (Slippery Rock)	17:49.40
2009	Karlyn Sikma (Hope)	18:45.30
2008	Katie Ogden (Towson)	18:37.39
2007	Ashley Osborne (Liberty)	18:19.09
2006	Meg Lerch (Towson)	17:47.29
2005	Anne Marie Moutsinga (CCU)	16:58.11

10000m

2024	Madison Cornett (Concord)	39:22.44
2023	Heidi Fortin (The Citadel)	38:05.37
2022	Anna O'Connor (Saint Leo)	38:12.27
2021	Addie Bolton (Peidmont)	41:45.32
2020	Luarel Moyer (Lockhaven)	38:37.04
2019	Kelli Smith (Cornerstone)	36:32.86
2018	Alexis McConnell (Cornerstone)	36:51.73
2017	Meet not held	
2016	Anabel Knoll (Nova Southeastern)	38:04.26
2015	Emily Marchini (Unattached)	39:38.26
2014	Samantha Hamilton (Youngstown St.)	36:51.95
2013	Jen Rock (Wayne St.)	36:47.25
2012	Emma Kertesz (Toledo)	35:02.61
2011	Jackie Kirby (Unattached)	35:46.45
2010	Kayla Brown (SIU-Edwardsville)	36:25.00
2009	Catherine Campbell (Dickinson)	38:38.52
2008	Ann Alyanak (Brooks)	34:31.83
2007	Carol Jefferson (Liberty)	35:22.82
2006	Ashley Ritchey (IPFW)	38:11.55
2005	Brianna Shook (Unattached)	35:29.00

100mHH

2024	Amanda Kinloch (Coastal Carolina)	13.54
2023	Amanda Kinloch (Coastal Carolina)	13.82
2022	Jordan Yanders (IPFW)	15.70
2021	Daeja Belton (Converse)	14.79w
2020	Erin Brown (North Dakota)	13.96
2019	Lennex Walker (Austin Peay)	14.29w
2018	Tiffany Porter (Adidas)	13.14
2017	Meet not held	
2016	Anacia Hines (Coastal Carolina)	14.28
2015	Christina Davis (Coastal Carolina)	14.23
2014	Anthonia Ballard (N.C. Central)	13.87w
2013	Ashley Davis (Coastal Carolina)	13.93w
2012	Olivia Charnuski (Liberty)	14.29w
2011	Ashley Adams (Towson)	13.92
2010	Ashley Adams (Towson)	14.27
2009	Alea Murphy (Towson)	14.72
2008	Lindsay Dolan (East Carolina)	14.38
2007	Arlene Zelinkas (Liberty)	14.13
2006	Anna Raynor (UNC Wilmington)	14.40

2005 Maurika Quarles (Radford) 14.52w

400mIH

2024 Event not held
2023 Alyssa Smith (Coastal Carolina) 1:05.16
2022 Sophia Buck (IPFW) 1:06.84
2021 Jaylen Sewell (Savannah St.) 1:06.95
2020 Dayvione Briggs (Cuyahoga CC) 1:06.13
2019 Chenoa Sebastian (St. John's) 1:04.27
2018 Ann Sheehy (VCU) 1:03.70
2017 Meet not held
2016 Mary Witmer (Liberty) 1:02.12
2015 Jennifer Esposito (Elon) 1:00.26
2014 Delesha Conquest (N.C. Central) 1:02.69
2013 Jessica Gelibert (Coastal Carolina) 1:00.05
2012 Veronica Luedke (Elon) 1:03.06
2011 Ashley Adams (Towson) 1:00.05
2010 Allison Smith (Slippery Rock) 1:02.27
2009 Chavanne Hubbard (Seton Hall) 1:03.68
2008 Aisha Bilal-Mack (East Carolina) 1:03.56
2007 Amber Wilson (Georgia Southern) 1:03.07
2006 Shaunte Cotton (UNC Wilmington) 1:04.79
2005 Danielle Hobson (Unattached) 1:02.02

3000mSC

2024 Event not held
2023 Abigail Sullivan (Clarion) 12:07.56
2022 Paige Patterson (Saint Leo) 11:05.26
2021 Savannah Campbell (Truett-McConnell) 12:39.58
2020 Analee Bradach (Cuyahoga CC) 12:16.54
2019 Kialeigh Marston (Assumption) 11:16.50
2018 Colett Rampf (Saint Leo) 10:32.89
2017 Meet not held
2016 Cathy Coryell (Cornerstone) 11:39.71
2015 Jessica Lynch (North Dakota) 11:11.29
2014 Leah Schott (Seton Hill) 11:37.43
2013 Amber Thompson (Mount Olive) 11:15.83
2012 Jill Louisignau (Cornerstone) 11:19.88
2011 Chelsea Callaway (Concord) 11:43.74
2010 Kimberly Chinn (Baldwin-Wallace) 11:06.21
2009 Carli Stout (Concord College) 11:48.37
2008 Irene Jeptolo (Winston-Salem St) 11:19.64
2007 Piper Newby (Liberty) 10:50.31
2006 Piper Newby (Liberty) 11:45.20
2005 Myra Markey (Army) 11:03.75

4x100mR

2024 Event not held
2023 North Greenville 48.90
2022 Howard 47.60
2021 Elite Track & Field 47.35
2020 Cuyahoga CC 50.31
2019 St. John's 48.13

2018 Coastal Carolina 46.29
2017 Meet not held
2016 Coastal Carolina 46.16
2015 Coastal Carolina 46.81
2014 Youngstown St. 46.78
2013 Kennesaw St. 46.08
2012 Appalachian State 46.92
2011 NC Central 46.45
2010 Seton Hall 45.95
2009 Liberty 47.32
2008 Liberty 46.92
2007 Seton Hall 46.66
2006 Liberty 47.48
2005 Army 48.24

4x200mR

2024 Coastal Carolina 1:36.98
2023 North Greenville 1:41.56
2022 Howard 1:38.53
2021 Elite Track & Field 1:41.07
2020 Event not 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

2024 College of Charleston 4:01.67
2023 Coastal Carolina 4:04.67
2022 Wilmington (DE) 4:38.79
2021 South Carolina St. 4:05.36
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

2024	College of Charleston	9:21.26
2023	College of Charleston	9:29.78
2022	Indiana Purdue Fort Wayne	9:33.06
2021	Mount St. Mary's	10:05.44
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

2024	Camryn Lorick (Coastal Carolina)	1.68m/5' 6"
2023	Camryn Lorick (Coastal Carolina)	1.70m/5' 7"
2022	Sydney Garrison (Hartford)	1.58m/5' 2.25"
2021	Jahvene Walder (Savannah St.)	1.63m/5' 4.25"
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

2024	Callie Wilson (Coastal Carolina)	3.65m/11'11.75"
2023	Kynneddy Dennis (CCU)	3.60m/11'9.75"
2022	Darian Hauf (Millersville)	3.65m/11'11.75"
2021	Lucy Lieger (Coll. of Charleston)	3.45m/11'3.75"
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

2024	Kindal Smith (NC Flight Club)	5.90/19'4.25" w
2023	Myesha Hall (Truett-McConnell)	5.61m/18'5"
2022	Nikayla Fitzgerald (Howard)	5.82m/19' 1"
2021	Sarah Glidden (Athletic Lab)	5.87m/19'3.25" w
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

2024	JoAnn Smiling (N. Greenville)	12.08m/39'7.75"
2023	Myesha Hall (Truett-McConnell)	11.73m/38' 6"
2022	Selena Johnson (IPFW)	11.51m/37'9.25"
2021	Stephanie Jobe (SC State)	12.00m/39'4.5"
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

2024	Event not held	
2023	Shelly Jones (Clarion)	13.30m/43' 7.75"
2022	Aliyah Striver (Millersville)	14.01m/45'11.75"
2021	Beatrice Puiu (Unattached)	12.92m/42'5.75"
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

2024	Event not held	
2023	Emma Pesicka (Clarion)	37.77m/123'11"
2022	Chioma Onyekwere (Nigeria)	58.28m/191'2"
2021	Christina Znidarsic (Tiffin)	38.39m/125'11"
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

2024	Lauralyn Clifford (Co. Carolina)	51.62m/169' 4"
2023	Tiffany Jolayemi (Slippery Rock)	42.97m/141' 0"
2022	Aliyah Striver (Millersville)	53.10m/174'2"
2021	Aluara Holycross (Tiffin)	49.07m/161'10"
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

2024	Ali Wilson-Ruffin (Citadel)	40.98m/134' 5"
2023	Grace Tice (Clarion)	37.45m/122'10"
2022	Trinity Clark (Slippery Rock)	47.44m 155'8"
2021	Areyanna Scott (C. Charelston)	42.94m/140'10"
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

2024	Miles Stephens (North Greenville)	10.46
2023	Cameron Alamia (Truett-McConnell)	10.98
2022	Lirante Jackson (Benedict)	11.17w
2021	Devin Brewington (SC State)	10.71w
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	2021	Alvin Jacobs (Piedmont)	1:53.26
2007	John Carr (UNC-Wilmington)	10.84	2020	Conor Creedon (Piedmont)	1:57.82
2006	Ravanno Ferguson (Liberty)	10.56	2019	Max Michaud (Assumption)	1:57.46
2005	Thomas Pressley (The Citadel)	10.80w	2018	Alvin Jacobs (Piedmont)	1:56.43
200m			2017	Meet not held	
2024	Event not held		2016	Elijah Case (South Carolina St.)	1:54.43
2023	AJ Virata (Slippery Rock)	21.94	2015	JJ Webber (Northern Kentucky)	1:55.76
2022	Eric Gregory (Gallaudet)	21.86	2014	Thomas Scott (Unattached)	1:52.96
2021	Devin Brewington (SC State)	21.30w	2013	Giovani Mowatt (Howard)	1:51.59
2020	Devante Kinlaw (Dreamchaserz)	21.82	2012	Matthew Shaffer (Anderson-SC)	1:54.13
2019	David Allen (Coastal Carolina)	21.85w	2011	Isaac Cox (Cornerstone)	1:56.71
2018	Jon Okoye (Nigeria)	21.94	2010	Andrew Chebii (Winston-Salem St.)	1:53.28
2017	Meet not held		2009	Josh Wilks (Seton Hill)	1:56.93
2016	Delano Davis (LIU Brooklyn)	21.41	2008	Brandon Jones (N.C. Central)	1:54.12
2015	Jordan Landburg (Unattached)	21.49	2007	Dan Wilson (Unattached)	1:52.68
2014	Randall Dameron (Shorter)	21.61	2006	Jarrell Warthen (Radford)	1:55.47
2013	Joseph Wilson (Coastal Carolina)	21.68	2005	Steve Migliore (Army)	1:56.73
2012	Leonard Robbins (Liberty)	21.68	1500m		
2011	Jeffery Pendergrass (Voorhees)	21.42	2024	Event not held	
2010	Jeffery Pendergrass (Voorhees)	21.09	2023	Aiden Kammler (Shawnee State)	3:59.70
2009	Abraham Morlu (Unattached)	22.09	2022	Nicholas O'Brien (Hartford)	4:01.96
2008	Alonzo Spurley (Charleston Southern)	21.03	2021	Jaylen Lasseter (Tiffin)	3:57.56
2007	Jason Lambert (Coastal Carolina)	21.90	2020	Zachary King (North Dakota)	4:06.28
2006	Ravanno Ferguson (Liberty)	21.49	2019	Andrew Southard (Coastal Carolina)	3:56.22
2005	Jon Krysa (UNC Wilmington)	21.72w	2018	Damon Akers (Concord)	4:00.06
400m			2017	Meet not held	
2024	Event not held		2016	Edose Ibadin (District Track Club)	3:56.19
2023	Robert Johnson (Coastal Carolina)	48.85	2015	Luis Vargas (Elon)	3:55.81
2022	Eric Gregory (Gallaudet)	49.57	2014	Thomas Bojanowski (Wake Forest)	3:58.29
2021	Julian Hazen (Piedmont)	49.01	2013	Chris Kwiatkowski (Pacers New Balance)	3:55.12
2020	Jamal Bouie (Edward Waters)	49.63	2012	Marcus Bridger-Wilkinson (Belmont)	3:55.03
2019	Everett Pirtle (Assumption)	48.80	2011	Marcus Bridger-Wilkinson (Belmont)	4:00.70
2018	Dontay Jacobs (Seton Hill)	48.45	2010	Colin Eustis (American)	3:59.24
2017	Meet not held		2009	Rob Novak (Seton Hall)	3:59.69
2016	Tyrell Richard (South Carolina St.)	48.25	2008	Carlos Jamieson (American)	3:47.39
2015	Jordan Landburg (Unattached)	47.67	2007	Brendan Fennell (American)	3:50.51
2014	Mica-Jonathan Petit-Homme (LIUB)	48.00	2006	Jamie McCarthy (Coastal Carolina)	3:56.46
2013	DeAndra Lipscomb (Coastal Carolina)	48.52	2005	Phil Sakala (Army)	3:53.78
2012	Randy Curry (Unattached)	47.84	3000m		
2011	Taylor Courtney (Liberty)	48.16	2024	Event not held	
2010	Jamar Holmes (Benedict)	48.80	2023	Cedric Drennen (Concord)	8:50.31
2009	James Gurr (Seton Hall)	48.49	2022	Isaac Prather (Concord)	8:41.05
2008	Levi Brooks (Charleston Southern)	47.15	2021	John Wang (Tiffin)	9:03.43
2007	Zeickia Ledwell (UNC Wilmington)	47.86	2020	Jacob Koontz (Unattached)	9:12.74
2006	James Gurr (Seton Hall)	48.21	2019	Andrew Avery (Coastal Carolina)	9:00.49
2005	Zeickia Ledwell (UNC Wilmington)	48.03	2018	Hutson Baumann (Coastal Carolina)	8:48.21
800m			2017	Meet not held	
2024	Event not held		2016	Sam Penzenstadler (District Track Club)	8:11.73
2023	George Erazo (El Salvador)	1:55.92	2015	Chris Kwiatkowski (Unattached)	8:24.72
2022	Hamzah Abo-Hashema	1:58.83	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	2023	Braydon Bennett (Coastal Carolina)	14.04
2011	Colin Eustis (American)	8:30.58	2022	Sidney Littlejohn (Louisburg)	15.01w
2010	Craig Brown (American)	8:29.39	2021	Tyler Graves (Coastal Carolina)	14.12w
2009	Kyle Kling (Coastal Carolina)	8:36.31	2020	Jack Vetch (North Dakota)	15.01
2008	Brendan Fennell (American)	8:17.88	2019	Corey Gaither (Davidson)	14.90
2007	Matthew Barresi (Unattached)	8:32.55	2018	Ian Davis (Virginia Commonwealth)	14.68w

5000m

2024	Glen Davis (unattached)	15:10.07	2016	Kevondre Hunt (Coastal Carolina)	14.33
2023	Will Sheehy (Swarthmore)	15:08.11	2015	Desmond Wallace (Coastal Carolina)	14.65
2022	Garrett Bivens (Coastal Carolina)	15:00.93	2014	Vincent Wyatt (Radford)	13.81w
2021	Jacob Thompson (Unattached)	15:36.33	2013	Wallace Spencer (Howard)	14.43
2020	Sean Kay (Unattached)	15:56.80	2012	Wallace Spencer (Howard)	14.41w
2019	Doug Hollett (Cornerstone)	15:22.78	2011	Fred Townsend (T.I.S.C. Track Club)	13.78
2018	Jason Weitzel (Concord)	14:56.19	2010	William Lindsey (SIU-Edwardsville)	14.15
2017	Meet not held		2009	Charles Lindsay (N.C. Central)	14.50
2016	Justin Gragg (Mars Hill)	14:51.02	2008	Jack Hutchison (Coastal Carolina)	14.50
2015	Nathan Peterson (North Dakota)	14:30.39	2007	Jack Hutchison (Coastal Carolina)	14.74
2014	Elkanah Kibet (Unattached)	14:35.22	2006	Travis Morancie (Seton Hall)	14.75
2013	Daniel Blouin (Unattached)	14:49.42	2005	Jim Chmelik (Coastal Carolina)	14.89
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

2024	Issac Prather (Concord)	30:45.35	2016	Jacob Van Houten (Slippery Rock)	53.35
2023	Hayden Goode (North Greenville)	33:28.24	2015	Ryan Davis (Liberty)	52.91
2022	Arthur Cosson (St. Leo)	30:52.52	2014	Wendell Forbes (Unattached)	53.29
2021	Chris Bailey (Without Limits)	30:57.76	2013	Matthew Lights (Coastal Carolina)	53.33
2020	Luke Vanderhoff (Lockhaven)	33:40.26	2012	Keon Melson (Unattached)	53.75
2019	Wesley Gray (Austin Peay)	32:41.55	2011	Ethan Snyder (Lake Erie)	52.67
2018	Anthony Deleva (Saint Leo)	31:56.82	2010	William Lindsey (SIU-Edwardsville)	53.28
2017	Meet not held		2009	Carl Smith (Seton Hall)	55.39
2016	Josh Richardson (Mt Vernon Naz)	31:44.23	2008	Jamel Brown (Citadel)	54.05
2015	Travis Mabe (Cornerstone)	32:13.97	2007	Tim O'Donnell (Liberty)	53.74
2014	Eric Rupe (Youngstown St.)	30:48.81	2006	Tyrone Murphy (Coastal Carolina)	53.22
2013	Kenneth Janosko (Baldwin-Wallace)	31:02.15	2005	Zeickia Ledwell (UNC Wilmington)	53.69
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

2024	Braydon Bennett (Coastal Carolina)	14.48
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400mIH

2024	Event not held	
2023	Matthew Crow (Slippery Rock)	55.63
2022	Jourdan Bell (Edward Waters)	55.62
2021	Jourdan Bell (Edward Waters)	54.52
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

2024	Event not held	
2023	Isaac Prather (Concord)	9:02.45
2022	Camren Warner (Trevecca Naz.)	9:54.89
2021	Camren Warner (Trevecca Naz.)	9:30.80
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

2024	Event not held	
2023	New Haven	42.14
2022	Howard	42.31
2021	Coastal Carolina	41.19
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

2024	Coastal Carolina	1:25.65
2023	North Greenville	1:29.45
2022	Truett-McConnell	1:27.66
2021	Truett-McConnell	1:28.17
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

2024	Wilmington (Del.)	3:27.98
2023	Coastal Carolina	3:21.87

2022	Concord	3:31.76
2021	South Carolina State	3:26.81
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

2024	Coastal Carolina	7:54.74
2023	Piedmont	7:52.05
2022	Piedmont	7:51.55
2021	Mount St. Mary's	8:00.83
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

2024	Josh Richardson (Co. Carolina)	2.07m/6'9.5"
2023	Akeel Blake (Wilmington-Del.)	1.93m/6'4"
2022	Anthony Clavette (Hartford)	1.93m/6'4"
2021	Dallas Wise (Coastal Carolina)	2.08m/6'9.75"
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

2024	Bryce Hamby (No. Greenville)	4.36m/14'3.5"
2023	Dan Hyatt (Slippery Rock)	4.45m/14'7.25"
2022	Cody Loshe (IPFW)	4.11/13'5.75"
2021	Daniel Normoyle (Athletic Lab)	4.71m/15' 5.5"
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

2024	Terrique Webb (No. Greenville)	7.24m/23' 9"w
2023	Akeel Blake (Wilmington-Del.)	7.00m/22'11.75"
2022	David Ejumeta (Coastal Carolina)	7.11m/23'4"
2021	David Ejumeta (Coastal Carolina)	7.63m/25'0.5"
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

2024	AJ McKay (Coastal Carolina)	14.32m/46' 11.75"
2023	AJ McKay (Coastal Carolina)	15.08m/49' 5.75"
2022	Akeel Blake (Wilmington, DE)	13.64m/44'9"

2021	Dallas Wise (Coast. Carolina)	15.37m/50'5.25"w
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

2024	Event not held	
2023	Shelly Jones (Clarion)	13.30m/43' 7.75"
2022	Michael Neary (Brown)	16.53m/54'2.75"
2021	Isaiah Allen (Tiffin)	16.59m/54'5.25"
2020	Trel Phillips (Emory & Henry)	13.92m/45' 8"
2019	Mitchell Saviak (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

2024	Event not held	
2023	Solomon Ghosh (Citadel)	51.02m/167' 5"
2022	Kegan Schoetter (Brown)	44.66m/146'6"
2021	John Casper (Tiffin)	51.10m/167' 8"
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

2024	Eddie Hines (Albion)	46.60m 152'11"
2023	Reggie Reynolds (Citadel)	46.25m/151' 9"
2022	Tom Parker (Blackheath&Brom.)	63.44m 208'2"
2021	Tom Parker (Blackheath&Brom.)	62.64m/205'6"
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

2024	Damitrius Hester (Rowan)	60.97m/200' 0"
2023	Dalton Anderson(Slippery Rock)	59.71m/195'11"
2022	Chris White (Brown)	65.03m/213'4"
2021	Steele Butzin (Tiffin)	58.94m/193'4"
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"