

Myrtle Beach Collegiate Challenge Record Book
(updated 4/30/2025, records set in 2025 listed in bold)

Meet Records - Women

Event	Name	Affiliation	Mark (Conv/Wind)	Date
100 Meters	Kendall Johnson	Appalachian State	11.71 (0.0)	3/15/2025
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	Littlejohn, Wells, McCord, Johnson	Appalachian State	45.67	3/15/2025
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	Malia Watkins	Northern Illinois	6.00m/19' 8.25" (+0.7)	3/14/2025
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.

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

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	Troy Mason	Rio Grande	20.93 (-1.1)	3/15/2025
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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Myrtle Beach Collegiate Challenge Team Champions

Year	Men's Champion (Pts)	Women's Champion (Pts)
2025	Appalachian State (142)	Appalachian State (112)
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		2006	Shayne Moore (UNC Wilmington)	24.84
100m		2005	Wafaa Taissir (Campbell)	24.70w
2025	Kendall Johnson (App State)	11.71		
2024	Zionna Perez-Tucker (Coastal Carolina)	11.65w	400m	
2023	Alyssa Busker (Trinity Christian)	12.22	2025	Nasiah Ferguson (UNCW)
2022	Kaitlynn Bailey (Col. of Char)	12.74	2024	Event not held
2021	Milan Fields (Elite Track & Field)	12.11	2023	Kaitlynn Bailey (College of Charleston)
2020	I'Tayia Harris (Cuyahoga CC)	12.63w	2022	Kassie Jordan (Benedict)
2019	Emily Horstman (Slippery Rock)	12.07w	2021	Chalys Caruth (Mt. St. Mary's)
2018	Amelia Reynolds (Radford)	11.96w	2020	Lucy Steinmeyer (North Dakota)
2017	Meet not held		2019	Leah Anderson (St. John's)
2016	Keziah Brown (South Carolina St.)	12.33	2018	Sabrina Richman (Austin Peay)
2015	Antavia Owens (South Carolina St.)	11.88	2017	Meet not held
2014	Brenicke Johnson (USC Upstate)	11.78w	2016	Jasmine Bailey (Slippery Rock)
2013	Darriale Henley (Coastal Carolina)	12.00	2015	Christa Landy (N.C. Central)
2012	Breanna Alston (Appalachian State)	11.90w	2014	Tyshonda Hawkins (Unattached)
2011	Ashley McCoy (N.C. Central)	11.96	2013	Alicia Whittle (Kennesaw State)
2010	Alyssa Pegues (Liberty)	11.95	2012	Amy Salek (Elon)
2009	Natalie Pearson (UNC-Asheville)	12.08	2011	Chiamaka Obi (Austin Peay)
2008	Cynetheia Rooks (Unattached)	12.05	2010	Chavaria Williams (N.C. Central)
2007	Andrea Beckles (Liberty)	12.29	2009	Amy Salek (Elon)
2006	Shayne Moore (UNC Wilmington)	12.10	2008	Jennifer Jackson (N. Carolina A&T)
2005	Wafaa Taissir (Campbell)	11.92w	2007	Rashedah Arnold (Georgia Southern)
200m			2006	Jaime Watson (Liberty)
2025	Zionna Perez-Tucker (CCU)	24.09	2005	Fatima Shuler (UNC Wilmington)
2024	Event not held		800m	
2023	Alyssa Busker (Trinity Christian)	24.78	2025	Jessica Campbell (Franciscan-Ohio)
2022	Katie Clark (IPFW)	25.72	2024	Event not held
2021	Amiya Matthews (Elite Track & Field)	24.99	2023	Rhian Purves (College of Charleston)
2020	Lucy Steinmeyer (North Dakota)	24.94w	2022	Haleemot Adeyanju (Hartford)
2019	Tiyanna Johnson (Austin Peay)	24.81w	2021	Janiah Brown (unattached)
2018	Sada Williams (AllStarz Mgmt)	23.93w	2020	Erica Eades (North Dakota)
2017	Meet not held		2019	Amanda Sorokin (Cornerstone)
2016	Cassandra Jones (LIU Brooklyn)	24.52	2018	Maddie Hunter (Davidson)
2015	Sydney Wright (Troy)	24.76	2017	Meet not held
2014	Tyshonda Hawkins (Unattached)	23.89	2016	Shawnee Kegley (Unattached)
2013	Ashley McCoy (N.C. Central)	24.41	2015	Julie Oosterhouse (Cornerstone)
2012	Breanna Alston (Appalachian St.)	24.21	2014	Kayla Mescher (Augustana, S.D.)
2011	Ashley McCoy (N.C. Central)	24.27w	2013	Joy Gilmer (Howard)
2010	Natalie Pearson (UNC-Asheville)	24.01	2012	Rebekah Ricksecker (Unattached)
2009	Natalie Pearson (UNC-Asheville)	25.03	2011	Melissa Miller (Unattached)
2008	Cynetheia Rooks (Unattached)	24.46	2010	Shawnee Carnett (Concord)
2007	Shakeema Martin (Seton Hall)	24.91	2009	KeAira Dickerson (Seton Hall)

2008	Jennine Strange (Elon)	2:16.43	2022	Clare Peters (NC State TC)	16:56.44
2007	Chavanne Hubbard (Seton Hall)	2:17.89	2021	Tess Masselink (Coll. Of Charleston)	18:04.80
2006	Sara McElroy (Towson)	2:19.07	2020	Makayla Lawler (Methodist)	18:21.83
2005	Maggie Clark (Army)	2:15.73	2019	Juliet Ryan (Slippery Rock)	17:55.59
1500m			2018	Colett Rampf (Saint Leo)	17:01.69
2025	Jessica Perriello (Gardner-Webb)	4:40.30	2017	Meet not held	
2024	Event not held		2016	Eira Jensen (UNC-Greensboro)	18:18.30
2023	Amilia Wise-Sweat (Coastal Carolina)	4:41.61	2015	Whitney Bishoff (Unattached)	18:24.80
2022	Emily Wallace (Concord)	4:42.64	2014	Ashley Simmons (Towson)	17:44.50
2021	Theresa Long (Mt. St. Mary's)	4:47.16	2013	Kayla Schneider (Appalachian State)	17:47.23
2020	Ellyssa Peterson (North Dakota)	4:41.67	2012	Kaitlin Cagle (Appalachian State)	17:35.07
2019	Skye Christian (Seton Hill)	4:48.37	2011	Brandi Gervais (Towson)	18:15.60
2018	Aly Goff (SIU Edwardsville)	4:41.95	2010	Crystal Burnick (Slippery Rock)	17:49.40
2017	Meet not held		2009	Karlyn Sikma (Hope)	18:45.30
2016	Jesse Carlin (District Track Club)	4:35.90	2008	Katie Ogden (Towson)	18:37.39
2015	Megan Ashton (Shawnee State)	4:47.39	2007	Ashley Osborne (Liberty)	18:19.09
2014	Rebekah Ricksecker (Unattached)	4:43.01	2006	Meg Lerch (Towson)	17:47.29
2013	Kerri Gallagher (Pacers New Balance)	4:35.04	2005	Anne Marie Moutsinga (CCU)	16:58.11
2012	Megan Wright (Toledo)	4:37.75	10000m		
2011	Crystal Burnick (Slippery Rock)	4:46.22	2025	Anna Bodmer (Salisbury)	37:36.28
2010	Kimberly Chinn (Baldwin-Wallace)	4:38.15	2024	Madison Cornett (Concord)	39:22.44
2009	Andi Owens (Cornerstone)	4:44.63	2023	Heidi Fortin (The Citadel)	38:05.37
2008	Cathleen Ford (American)	4:37.99	2022	Anna O'Connor (Saint Leo)	38:12.27
2007	Julie Culley (Unattached)	4:27.27	2021	Addie Bolton (Peidmont)	41:45.32
2006	Rebekah Ricksecker (Liberty)	4:44.72	2020	Luarel Moyer (Lockhaven)	38:37.04
2005	Ashley Urick (Army)	4:44.36	2019	Kelli Smith (Cornerstone)	36:32.86
3000m			2018	Alexis McConnell (Cornerstone)	36:51.73
2025	Aine Trapp (Col. of Charleston)	10:31.68	2017	Meet not held	
2024	Event Not Held		2016	Anabel Knoll (Nova Southeastern)	38:04.26
2023	Sophia Brown (College of Charleston)	10:35.02	2015	Emily Marchini (Unattached)	39:38.26
2022	Madison King (IPFW)	10:12.48	2014	Samantha Hamilton (Youngstown St.)	36:51.95
2021	Cate Ambrose (Coll. Of Charleston)	10:30.75	2013	Jen Rock (Wayne St.)	36:47.25
2020	Letitia Minor (Unattached)	10:47.82	2012	Emma Kertesz (Toledo)	35:02.61
2019	Alexis Cunningham (Seton Hill)	10:41.02	2011	Jackie Kirby (Unattached)	35:46.45
2018	Annie Bothma (Coastal Carolina)	10:07.94	2010	Kayla Brown (SIU-Edwardsville)	36:25.00
2017	Meet not held		2009	Catherine Campbell (Dickinson)	38:38.52
2016	Adriana Hooks (American)	10:19.40	2008	Ann Alyanak (Brooks)	34:31.83
2015	Kerri Gallagher (Unattached)	9:32.61	2007	Carol Jefferson (Liberty)	35:22.82
2014	Elizabeth Tauber (Towson)	10:18.16	2006	Ashley Ritchey (IPFW)	38:11.55
2013	Erin Koch (Pacers New Balance)	9:44.46	2005	Brianna Shook (Unattached)	35:29.00
2012	Sara Armstrong (Shawnee State)	10:05.59	100mHH		
2011	Lauren Centrowitz (NB Pacers TC)	9:32.37	2025	Brylee Montanari (UNCW)	14.14w
2010	Whitney Bishoff (Anderson, SC)	9:59.61	2024	Amanda Kinloch (Coastal Carolina)	13.54
2009	Darcy McDonald (Dickinson)	10:06.88	2023	Amanda Kinloch (Coastal Carolina)	13.82
2008	Kate Lilley (American)	10:03.42	2022	Jordan Yanders (IPFW)	15.70
2007	Caitlin Beeler (Elon)	10:20.94	2021	Daeja Belton (Converse)	14.79w
5000m			2020	Erin Brown (North Dakota)	13.96
2025	Carmen Medvit (Geneva)	17:37.48	2019	Lennox Walker (Austin Peay)	14.29w
2024	Emily Wallace (Concord)	17:54.63	2018	Tiffany Porter (Adidas)	13.14
2023	Carmen Medvit (Geneva)	17:06.90	2017	Meet not held	
			2016	Anacia Hines (Coastal Carolina)	14.28

2015	Christina Davis (Coastal Carolina)	14.23	2008	Irene Jeptolo (Winston-Salem St)	11:19.64
2014	Anthonia Ballard (N.C. Central)	13.87w	2007	Piper Newby (Liberty)	10:50.31
2013	Ashley Davis (Coastal Carolina)	13.93w	2006	Piper Newby (Liberty)	11:45.20
2012	Olivia Charnuski (Liberty)	14.29w	2005	Myra Markey (Army)	11:03.75
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

2025	Justice Ephrim (Coastal Carolina)	1:03.49
2024	Event hot 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

2025	Maddy Struck (Hope)	11:24.33
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

4x100mR

2025	Appalachian State	45.67
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

2025	UNCW	1:37.73
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 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

2025	Appalachian State	3:53.96
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

2025	Appalachian State	9:28.32
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

2025	Jasmijn Raes (Northern Illinois)	1.71m/5' 7.25"
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

2025	Lakelyn Bass (UNCW)	3.75m/12' 3.5"
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

2025	Malia Watkins (No. Illinois)	6.00m/19' 8.25"
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

2025	Kayla Ulmer (Coastal Carolina)	12.47m/40' 11"
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

2025	Grace Frye (Cleveland State)	13.08m/42' 11"
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

2025	Zoie Johnson (Gardner-Webb)	48.19m/158' 1"
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

2025	Andrea Pascual-Rivera (Newbe)	49.85m/163' 6"
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

2025	Isa van Sintemaatensdijk (GWU)	38.29m/125' 7"
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. Charleston)	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

2025	Cornelius Cooks II (Fort Valley State)	10.62
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
2007	John Carr (UNC-Wilmington)	10.84
2006	Ravanno Ferguson (Liberty)	10.56
2005	Thomas Pressley (The Citadel)	10.80w

200m

2025	Troy Mason (Rio Grande)	20.93
2024	Event not held	
2023	AJ Virata (Slippery Rock)	21.94
2022	Eric Gregory (Gallaudet)	21.86
2021	Devin Brewington (SC State)	21.30w
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

2025	Isaiah Thomas (Coastal Carolina)	48.47
2024	Event not held	
2023	Robert Johnson (Coastal Carolina)	48.85
2022	Eric Gregory (Gallaudet)	49.57
2021	Julian Hazen (Piedmont)	49.01
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

800m

2025	Haytham Ramadan (St. Joseph's-ME)	1:51.88
2024	Event not held	
2023	George Erazo (El Salvador)	1:55.92
2022	Hamzah Abo-Hashema	1:58.83
2021	Alvin Jacobs (Piedmont)	1:53.26
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

2025	Thomas Wlazlowski (App State)	3:53.29
2024	Event not held	
2023	Aiden Kammler (Shawnee State)	3:59.70
2022	Nicholas O'Brien (Hartford)	4:01.96
2021	Jaylen Lasseter (Tiffin)	3:57.56
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

2025	Ethan Turner (App State)	8:21.76
2024	Event not held	
2023	Cedric Drennen (Concord)	8:50.31
2022	Isaac Prather (Concord)	8:41.05
2021	John Wang (Tiffin)	9:03.43
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

2025	Chase Burrell (App State)	15:12.98
2024	Glen Davis (unattached)	15:10.07
2023	Will Sheehy (Swarthmore)	15:08.11
2022	Garrett Bivens (Coastal Carolina)	15:00.93
2021	Jacob Thompson (Unattached)	15:36.33
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

2025	Max McNeill (Unattached)	32:39.28
2024	Issac Prather (Concord)	30:45.35
2023	Hayden Goode (North Greenville)	33:28.24
2022	Arthur Cosson (St. Leo)	30:52.52
2021	Chris Bailey (Without Limits)	30:57.76
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

2025	Cameron Wright (UNCW)	14.28
2024	Braydon Bennett (Coastal Carolina)	14.48
2023	Braydon Bennett (Coastal Carolina)	14.04
2022	Sidney Littlejohn (Louisburg)	15.01w
2021	Tyler Graves (Coastal Carolina)	14.12w
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

2025	Shamar Brown (Newberry)	53.38
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

2025	Sterling Sellier (Coastal Carolina)	9:22.64
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

2025	Fort Valley State	41.24
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

2025	Benedict	1:25.90
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

2025	UNC-Wilmington	3:17.43
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

2025	App State	7:39.63
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

2025	Elliott Grayson (Coastal Carolina)	2.05m/6' 8.75"
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

2025	Patrick Freeman (App State)	5.20m/17' 0.75"
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

2025	Zach Washington (Benedict)	7.16m/23' 6"
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

2025	Camron Hamby (Campbellsville)	15.01m/49' 3"
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 (Claflin)	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

2025	Quentin Peterson (G-Webb)	17.94m/58'10.25"
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 Sowiak (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

2025	Quentin Peterson (G-Webb)	53.27m 174' 9"
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

2025	James Joyce (Unattached)	62.22m 204' 2"
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

2025	Calvin Fernandez (G-Webb)	62.51m/205' 1"
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"