

WCU Sweeps SoCon Championships

Written by Chandler Carver
Sunday, 21 April 2013 17:46

The Western Carolina men and women claimed the 2013 SoCon Outdoor Track & Field Championships at the Eagle Track & Field Complex at Erk Russell Athletic Park. The Catamount men finished with a total of 222.5 points, while the women finished with a total of 197.5 points. Sunday's events began with the conclusion of the men's decathlon and the women's heptathlon. Samford's Ashley Cope won her third-consecutive title in the heptathlon with 4,673 points. She finished first in the long jump (5.50m), fifth in the javelin (32.32m), and eighth in the 800m dash with a time of 2:40.21. Georgia Southern freshman Ashleigh Rasheed finished second with 4,384 points. Samford's Cody Russell took home the decathlon title with a total of 5,891 points.

Georgia Southern won the women's 4x100m relay with a time of 45.46. The team of Jasmin Walker, Ebony Carter, Alyssa Felton and Amber Vaughn were just 0.01 seconds off the conference-record time of 45.45. On the men's side, Western Carolina won the 4x100m relay with a time of 41.10. The team of Bob McNeil, Brandon Hairston, Demari Boswell, and Aaron Tribble defeated last year's champion, Appalachian State, by 0.56 seconds.

College of Charleston's Hayley McMahon took home the women's 1500m title with a time of 4:28.45, followed by Lauren D'Alessio of Samford. On the men's side, Davidson's Andrew Lantz took home the individual title with a time of 3:50.31.

Western Carolina swept both the men's and women's 400m races. On the women's side, the top five finishers were all Catamounts, led by Kendra Douglas with a time of 56.19. The top-two male finishers were also Catamounts, led by Aaron Harris with a time of 48.55.

The Catamounts also won both the men's and women's 100m races. Brandon Hairston took home the men's individual title with a time of 10.52, while Tayla Carter won the women's race with a time of 11.58. Samford's Ashley Cope won her third individual title of the weekend, crossing the line in the women's 100m hurdles with a time of 14.15. Appalachian State's Stanley Broaden won the men's 110m hurdles title with a time of 14.11, just 0.01 seconds off the conference record.

Western Carolina's Jocelyn Keen won her second-consecutive women's 800m dash title with a time of 2:08.31, while Davidson's Andrew Lantz also won his second-consecutive 800m dash title with a time of 1:50.62. Samford's Danielle Blanco won the women's 400m hurdles title with a time of 1:00.96, while Appalachian State's Stanley Broaden won his second individual title of the day, turning in a time of 52.21 in the men's 400m hurdles.

Western Carolina swept another sprint event, this time taking the top times in both the men's and women's 200m dash. Tayla Carter won her second title of the day, crossing the line in 23.79, while Brandon Hairston also won his second title of the day with a time of 21.36.

Appalachian State's Jamal Tiller took home the men's triple jump crown with a mark of 14.95m (49'0.75"), while Appalachian State's Jamie Glenn took home the title on the women's side with a mark of 12.14m (39' 10"). In the high jump, Samford's Chenelle Terry won the women's individual title with a mark of 1.72m (5'7.75"), while Appalachian State's Daryl Saunders won the men's title with a mark of 2.12m (6' 11.5").

Appalachian State's Jared Stalling won his second-consecutive shot put title with a throw of 16.01m (52'6.5"), while Western Carolina's Alisha Bradshaw won the women's shot put with a throw of 14.20m (46'7.25"). Stalling also won his second-consecutive men's discus title with a mark of 49.91m (163' 9"). On the women's side, Bradshaw won her second title of the day, with a new SoCon-record mark of 46.68m (153' 2").

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Furman's Sinead Haughey won her second individual title of the weekend, taking home the women's 5,000m title with a time of 17:16.84. On the men's side, Davidson's Demetrios Pagnois won his second individual title of the weekend, taking home the men's 5,000m title with a time of 14:35.84.

The Western Carolina women's team of Genevieve Emrick, Lena Elliott, Jocelyn Keen and Kendra Douglas won their second-consecutive women's 4x400m relay title with a time of 3:45.89. The Western Carolina men's team of Earl Rahming, Aaron Harris, Aaron Tribble and Brandon Hairston won their ninth-straight title in the 4x400m relay with a time of 3:14.44.

Men's Team Results – Final

1. Western Carolina – 222.5
2. Samford – 209
- 3. Appalachian State – 183.5**
4. Davidson – 70.5
5. The Citadel – 55
6. Furman – 38
7. Chattanooga – 25
8. UNCG – 11
9. Wofford – 4.5

Women's Team Results – Final

1. Western Carolina – 197.5
- 2. Appalachian State – 159.5**
3. Georgia Southern – 112.5
4. Elon – 111
5. Samford – 110
- T6. Furman – 32
- T6. College of Charleston – 32
8. Citadel – 23.5
9. Wofford – 13
- T10. Chattanooga – 12
- T10. UNCG – 12
12. Davidson - 4

Men's Individual Awards

Most Outstanding Athlete

Ben Davies, Samford

Most Valuable Track Performer

Brandon Hairston, Western Carolina

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Most Valuable Field Performer **Jared Stalling, Appalachian State**

Freshman of the Year
Brandon Hazouri, Samford

Coach of the Year
Rod Tiffin, Samford

Women's Individual Awards
Most Outstanding Athlete
Ashley Cope, Samford

Most Outstanding Track Performer
Sinead Haughey, Furman

Most Outstanding Field Performer
Alisha Bradshaw, Western Carolina

Freshman of the Year
Tayla Carter, Western Carolina

Coach of the Year
Danny Williamson, Western Carolina

Men's All-Freshman Team – Day 2
Decathlon
Dustin Triplett, Western Carolina
Christian Carswell, Western Carolina
Steven Bastien, Samford

Shot Put
John Leonard, Appalachian State
Jared Johnson, Western Carolina
Brian Hill, Samford

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Triple Jump

Xzavier Killings, Davidson
Tevin Johnson, Wofford

1,500m Run

Adam Jones, Samford
Brandon Hazouri, Samford
Josh Crawford, UNCG

High Jump

Tevin Johnson, Wofford
Cole Finch, Appalachian State
Christian Carswell, Western Carolina

400m Dash

Geoff Nelson, Chattanooga
Chase Helton, Appalachian State
Tevin Williams, The Citadel

100m Dash

Max Burke, Western Carolina

110m Hurdles

Iman Isang, Chattanooga

800m Dash

Brandon Hazouri, Samford
Marquis Carter, Chattanooga
Jamie Bigby, Western Carolina

400m Hurdles

Charles Rappe, Davidson
Jayce Almes, The Citadel
Darius Johnson, The Citadel

200m Dash

Max Burke, Western Carolina

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5,000m Run

Daniel Samet, Davidson
Luke Weishaar, Samford

Discus

Jared Johnson, Western Carolina
Brian Hill, Samford

John Leonard, Appalachian State

Women's All-Freshman Team – Day 2

Heptathlon

Ashleigh Rasheed, Georgia Southern
Holly Gaines, Western Carolina
Ciera Holston, College of Charleston

Triple Jump

Jamie Glenn, Appalachian State

RoShani Glover, College of Charleston
Ashleigh Rasheed, Georgia Southern

1,500m Run

Eira Jensen, UNCG
Tereza Novotna, Elon
Caroline McCaslin, Elon

High Jump

Megan Kirschling, Elon
Keyanna Harris, Georgia Southern

Discus

Kelsey Chandler, Georgia Southern
Jasmin Brown, Western Carolina
Brianna Tate, Appalachian State

400m Dash

Kendra Douglas, Western Carolina
Corina Archie-McMillan, Western Carolina
Achsah Brice, Western Carolina

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100m Dash

Tayla Carter, Western Carolina
Alyssa Felton, Georgia Southern
Lauren Hoard, Chattanooga

100m Hurdles

Sydney Griffin, Elon

800m Dash

Olivia Menden, Davidson
Katelyn Brock, Samford
Shelby Howell, Appalachian State

400m Hurdles

Shermell Wilkins, Western Carolina
Holly Gaines, Western Carolina
Alexia Neal, College of Charleston

200m Dash

Tayla Carter, Western Carolina
Alyssa Felton, Georgia Southern
Aliya Parker, Georgia Southern

Shot Put

Brianna Tate, Appalachian State
Jasmin Brown, Western Carolina
Camry Coleman, Georgia Southern

5,000m Run

Lydia Saina, UNCG
Dana Cox, Appalachian State
Katy Link, UNCG

Photo Courtesy: Jared Stallings, ASU Athletics