

2002 UNCG Men's Cross Country Results

8/30/02	Mountaineer Open	
9/14/02	Bulldog Stampede (Georgia)	7 th /8 Teams
9/26/02	Great American Cross Country Festival	NST/14 Teams
10/12/02	Disney's Cross Country Classic	10 th /27 Teams
10/18/02	Western Carolina Open	4 th /6 Teams
11/2/02	Southern Conference Championships	9 th /11 Teams
11/16/02	NCAA Southeast Regional Championships	

Mountaineer Open; Boone, NC (4 miles or 6.4K)

Team Results

UNCG Results

33. Jose Zavala	21:21.8
42. Matt Nolan	21:32.0
56. Justin Schafer	22:22.7
63. James Bussell	22:35.2
79. Chris Cousins	23:27.2
81. Justin Branch	23:51.7

Bulldog Stampede; Athens, GA (8K)

Team Results

1. Georgia	46
2. Clemson	52
3. Tulsa	78
4. Ashland	94
5. South Florida	110
6. Georgia Tech	164
7. UNC Greensboro	176
8. South Carolina State	250

UNCG Results

17. Matt Nolan	27:01
44. Jose Zavala	28:31
50. Justin Schafer	28:39
64. Chris Cousins	29:59
66. James Bussell	30:14
68. Chris Adams	30:21
70. Tim Goldsacti	30:50
72. Justin Branch	31:11

Great American XC Festival; Cary, NC (8K)

Team Results

1. Harding	29
2. Samford	53
3. Millersville	64
4. UNC Asheville	120
5. Richmond	144
6. North Florida	173
7. Davidson	174
8. Mary Washington	220
9. Alabama-Huntsville	232
10. Washington & Lee	279
11. Concord	282
12. USC Spartanburg	283

13. Wingate	390
14. Wofford	431

*UNCG ran a non-scoring race

UNCG Results

34. Justin Schafer	30:02.3
71. James Bussell	32:36.8
78. Chris Adams	33:17.7
83. Chris Cousins	33:48.1

Disney's Cross Country Classic; Orlando, FL (8K)

Team Results

1. Missouri Southern	31
2. Central Florida	122
3. West Florida	164
4. Florida Southern	165
5. Lynchburg	167
6. Warner Southern	168
7. Plattsburgh	188
8. Tampa	198
9. Northern Kentucky	203
10. UNC Greensboro	250
11. Loyola	259
12. Embry Riddle	388
13. Florida Tech	407
14. John Hopkins	413
15. Webber International	432
16. Mississippi College	441
17. Florida A&M	470
18. Charleston Southern	477
19. Greensboro College	510
20. Baker	531
21. College of Charleston	546
22. Flagler	587
23. Xavier	679
24. Palm Beach Atlantic	695
25. Bethune-Cookman	770
26. Florida Gulf Coast	804
27. St. Leo's	822

UNCG Results

15. Matt Nolan	26:22.7
33. Jose Zavala	26:56.5
47. Justin Schafer	27:10.1
94. Chris Cousins	28:25.5
106. Daniel Trantham	28:43.3
160. Rocky Bilotta	30:43.5

Western Carolina Open; Cullowhee, NC (6K)

Team Results

1. Appalachian State	30
2. Western Carolina	31
3. Milligan	80
4. UNC Greensboro	106
5. Carson-Newman	125
6. Wofford	175

UNCG Results

13. Matt Nolan	18:15
19. Jose Zavala	18:48
33. Chris Cousins	19:29
38. James Bussell	19:56
40. Daniel Trantham	20:14
43. Justin Branch	20:23

SoCon Championships; Hollywood, SC (8K)**Team Results**

1. Appalachian State	63
2. Chattanooga	68
3. Western Carolina	74
4. East Tennessee State	83
5. Furman	99
6. Davidson	140
7. The Citadel	203
8. VMI	214
9. UNC Greensboro	225
10. College of Charleston	291
11. Wofford	342

UNCG Results

15. Matt Nolan	25:35.48
38. Jose Zavala	26:58.54
58. Chris Cousins	28:02.87
62. Daniel Trantham	28:43.69
66. James Bussell	29:19.06
67. Justin Branch	29:26.07

NCAA Southeast Regional; Greenville, NC (10K)**UNCG Results**

68. Matt Nolan	32:02.1
132. Jose Zavala	33:44.1

Matt Nolan

Western Carolina Open (6K)	18:15
Mountaineer Open (6.4K)	21:32.0
SoCon Championships (8K)	25:35.48
Disney's Classic (8K)	26:22.7
Bulldog Stampede (8K)	27:01
Southeast Regional (10K)	32:02.1

Jose Zavala

Western Carolina Open (6K)	18:48
Mountaineer Open (6.4K)	21:21.8
Disney's Classic (8K)	26:56.5
SoCon Championships (8K)	26:58.54
Bulldog Stampede (8K)	28:31
Southeast Regional (10K)	33:44.1

Chris Cousins

Western Carolina Open (6K)	19:29
Mountaineer Open (6.4K)	23:27.2
SoCon Championships (8K)	28:02.87
Disney's Classic (8K)	28:25.5
Bulldog Stampede (8K)	29:59
Great American Festival (8K)	33:48.1

Daniel Trantham

Western Carolina Open (6K)	20:14
Disney's Classic (8K)	28:43.3
SoCon Championships (8K)	28:43.69

James Bussell

Western Carolina Open (6K)	19:56
Mountaineer Open (6.4K)	22:35.2
SoCon Championships (8K)	29:19.06
Bulldog Stampede (8K)	30:14
Great American Festival (8K)	32:36.8

Justin Branch

Western Carolina Open (6K)	20:23
Mountaineer Open (6.4K)	23:51.7
SoCon Championships (8K)	29:26.07
Bulldog Stampede (8K)	31:11

Justin Schafer

Mountaineer Open (6.4K)	22:22.7
Disney's Classic (8K)	27:10.1
Bulldog Stampede (8K)	28:39
Great American Festival (8K)	30:02.3

Chris Adams

Bulldog Stampede (8K)	30:21
Great American Festival (8K)	33:17.7

Tim Goldsacti

Bulldog Stampede (8K)	30:50
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2002 UNCG Women's Cross Country Results

8/30/02	Mountaineer Open	
9/14/02	Bulldog Stampede (Georgia)	5 th /7 Teams
9/26/02	Great American Cross Country Classic	10 th /22 Teams
10/5/02	Haganstone Park Cross Country Classic	3 rd /4 Teams
10/12/02	Disney's Cross Country Classic	5 th /30 Teams
10/18/02	Western Carolina Open	2 nd /5 Teams
11/2/02	Southern Conference Championships	5 th /12 Teams
11/16/02	NCAA Southeast Regional Championships	21 st /26 Teams

Mountaineer Open; Boone, NC (5K)

Team Results

UNCG Results

19. Morgan Cole	19:21.1
28. Heidi Sloop	19:46.5
32. Eleanor Wilson	19:57.0
45. Kristin Irwin	20:27.9
46. Crystal Rayle	20:35.1
48. Tricia O'Connell	20:49.5
52. Misty Tilson	20:59.0
60. Erin Lord	21:15.1
65. Valerie Banning	21:46.5
67. Julie Tweed	21:52.4
68. Amanda Yates	21:57.7
70. Bidya Marriott	22:03.4

Bulldog Stampede; Athens, GA (5K)

Team Results

1. South Florida	32
2. Tulsa	53
3. Georgia Tech	55
4. Ashland	87
5. UNC Greensboro	115
6. Clemson	162
7. South Carolina State	215

UNCG Results

18. Heidi Sloop	19:31
23. Morgan Cole	20:01
30. Kristin Irwin	20:31
35. Tricia O'Connell	20:44
41. Crystal Rayle	21:03
43. Erin Lord	21:11
48. Misty Tilson	21:56
65. Valerie Banning	22:41

Great American XC Classic; Charlotte, NC (5K)

Team Results

1. North Florida	40
2. Appalachian State	92
3. Bucknell	112
4. Harding	126
5. Davidson	151
6. UNC Asheville	165

7. Charlotte	189
8. Mary Washington	237
9. Samford	245
10. UNC Greensboro	263
11. Western Carolina	310
12. Alabama-Huntsville	312
13. High Point	338
14. Millersville	377
15. Virginia Commonwealth	384
16. Clemson	390
17. Washington & Lee	454
18. Florida International	515
19. Wingate	542
20. Wofford	556
21. USC Spartanburg	649
22. Concord	661

UNCG Results

23. Heidi Sloop	20:58.3
55. Morgan Cole	21:46.4
56. Crystal Rayle	21:46.8
69. Kristin Irwin	22:12.5
73. Mary Nero	22:15.7
106. Misty Tilson	23:22.8

Haganstone Park Cross Country Classic; Greensboro, NC (5K)

Team Results

1. High Point
2. UNC Greensboro
3. North Carolina A & T
4. VMI

UNCG Results

Mary Nero	20:11
Misty Tilson	20:51
Tricia O'Connell	21:19
Eleanor Wilson	21:29
Bidya Marriott	21:52

Disney's Cross Country Classic; Orlando, FL (5K)

1. Tampa	48
2. Central Florida	80
3. Loyola	119
4. Florida Southern	144
5. UNC Greensboro	188
6. Northern Kentucky	192
7. Baker	261
8. Plattsburgh	265
9. John Hopkins	267
10. Elon	299
11. Florida A&M	300
12. College of Charleston	331
13. Warner Southern	359
14. Eckerd	370
15. Rollins	372
16. Florida State	381

17. Charleston Southern	465
18. Lynchburg	536
19. Embry Riddle	537
20. Xavier	550
21. Flagler	590
22. Cuyahoga CC	615
23. Palm Beach Atlantic	663
24. Bethune-Cookman	702
25. Mobile	727
26. Mississippi College	776
27. Florida Gulf Coast	779
28. Nova Southeastern	839
29. Greensboro College	855
30. St. Leo's	867

UNCG Results

9. Heidi Sloop	19:03.9
20. Morgan Cole	19:51.3
41. Crystal Rayle	20:20.7
71. Kristin Irwin	20:51.8
78. Eleanor Wilson	21:01.8
89. Misty Tilson	21:10.2
92. Tricia O'Connell	21:19.2

Western Carolina Open; Cullowhee, NC (4K)

Team Results

1. Appalachian State	27
2. UNC Greensboro	74
3. Carson-Newman	75
4. Western Carolina	80
5. Milligan	111

UNCG Results

5. Heidi Sloop	14:05
13. Crystal Rayle	14:21
16. Eleanor Wilson	14:30
24. Misty Tilson	14:53
27. Kristin Irwin	15:03
32. Tricia O'Connell	15:22
35. Valerie Banning	15:33
39. Amanda Yates	16:01
41. Bidya Marriott	16:09
43. Emily Green	16:21

SoCon Championships; Hollywood, SC (5K)

Team Results

1. Appalachian State	43
2. Chattanooga	60
3. Davidson	70
4. Furman	87
5. UNC Greensboro	142
6. East Tennessee State	182
7. Georgia Southern	200
8. Western Carolina	210
9. VMI	222
10. College of Charleston	269

11. Wofford	338
12. The Citadel	364

UNCG Results

10. Heidi Sloop	18:30.97
28. Morgan Cole	19:23.65
32. Eleanor Wilson	19:34.45
35. Mary Nero	19:35.48
40. Crystal Rayle	19:43.67
44. Tricia O'Connell	19:46.82
49. Kristin Irwin	19:53.69
52. Misty Tilson	20:04.26
72. Valerie Banning	21:14.04

NCAA Southeast Regional; Greenville, NC (6K)

UNCG Results

93. Heidi Sloop	22:32.2
103. Morgan Cole	22:43.1
140. Kristin Irwin	23:39.5
142. Mary Nero	23:46.0
143. Eleanor Wilson	23:47.1
147. Crystal Rayle	23:50.2
175. Tricia O'Connell	25:39.2

Heidi Sloop

Western Carolina Open (4K)	14:05
SoCon Championships (5K)	18:30.97
Disney's Classic (5K)	19:03.9
Bulldog Stampede (5K)	19:31
Mountaineer Open (5K)	19:46.5
Great American Festival (5K)	21:46.4
Southeast Regional (6K)	22:43.1

Morgan Cole

Mountaineer Open (5K)	19:21.1
SoCon Championships (5K)	19:23.65
Disney's Classic (5K)	19:51.3
Bulldog Stampede (5K)	20:01
Great American Festival (5K)	20:58.3
Southeast Regional (6K)	22:32.2

Kristin Irwin

Western Carolina Open (4K)	15:03
SoCon Championships (5K)	19:53.69
Mountaineer Open (5K)	20:27.9
Bulldog Stampede (5K)	20:31
Disney's Classic (5K)	20:51.8
Great American Festival (5K)	22:12.5
Southeast Regional (6K)	23:39.5

Mary Nero

SoCon Championships (5K)	19:35.48
Hagenstone Classic (5K)	20:11
Great American Festival (5K)	22:15.7
Southeast Regional (6K)	23:46.0

Eleanor Wilson

Western Carolina Open (4K)	14:30
SoCon Championships (5K)	19:34.45
Mountaineer Open (5K)	19:57.0
Disney's Classic (5K)	21:01.8
Haganstone Classic (5K)	21:29
Southeast Regional (6K)	23:47.1

Crystal Rayle

Western Carolina Open (4K)	14:21
SoCon Championships (5K)	19:43.67
Disney's Classic (5K)	20:20.7
Bulldog Stampede (5K)	19:31
Mountaineer Open (5K)	20:35.1
Great American Festival (5K)	21:46.8
Southeast Regional (6K)	23:50.2

Tricia O'Connell

Western Carolina Open (4K)	15:22
SoCon Championships (5K)	19:46.82
Haganstone Classic (5K)	21:19
Disney's Classic (5K)	21:19.2
Bulldog Stampede (5K)	20:44
Mountaineer Open (5K)	20:49.5
Southeast Regional (6K)	25:39.2

Misty Tilson

Western Carolina Open (4K)	14:53
SoCon Championships (5K)	20:04.26
Haganstone Classic (5K)	20:51
Mountaineer Open (5K)	20:59.0
Disney's Classic (5K)	21:10.2
Bulldog Stampede (5K)	21:56
Great American Festival (5K)	23:22.8

Valerie Banning

Western Carolina Open (4K)	15:33
SoCon Championships (5K)	21:14.04
Mountaineer Open (5K)	21:46.5
Bulldog Stampede (5K)	22:41

Amanda Yates

Western Carolina Open (4K)	16:01
Mountaineer Open (5K)	21:57.7

Bidya Marriott

Western Carolina Open (4K)	16:09
Haganstone Classic (5K)	21:52
Mountaineer Open (5K)	22:03.4

Emily Green

Western Carolina Open (4K)	16:21
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Erin Lord

Mountaineer Open (5K)	21:15.1
Bulldog Stampede (5K)	21:11

Julie Tweed

Mountaineer Open (5K)	21:52.4
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2003 UNCG Men's Indoor Track & Field Results

1/24/03-1/25/03 Christopher Newport Indoor Classic
2/7/03-2/8/03 Christopher Newport Winter Frolic
2/14/03 Valentine's Day Meet (Appalachian State)
2/21/03-2/22/03 Southern Conference Indoor Championships

Christopher Newport Indoor Classic; Newport, VA

Individual Results

5th – Brandon Spencer, weight throw (38'9.25")

21st – Tim Goldsack, 3000m (9:36.46)

37th – Brandon Spencer, shot put (32'.2")

Christopher Newport Winter Frolic; Newport, VA

Individual Results

9th – Brandon Spencer, weight throw (36')

Valentine's Day Meet; Boone, NC

Individual Results

SoCon Indoor Championships; Johnson City, TN

Team Results

1. Appalachian State	186
2. Western Carolina	118.5
3. VMI	99
4. Chattanooga	87
5. ETSU	62.5
6. The Citadel	51
7. Davidson	8
Wofford	8

Individual Results

12th – Brandon Spencer, weight throw (38'9.75")

800m

Matt Nolan UNC 1:59.11
Matt Nolan CNI 2:03.81

1500m

Matt Nolan CNI 4:15.51

3000m

Matt Nolan SoCon 8:53.35
Matt Nolan CNWF 9:05.02
Tim Goldsack CNI 9:36.46
Daniel Trantham CNI 9:54.86

Shot Put

Brandon Spencer SoCon 35-06.75
Brandon Spencer CNI 32-02.00

Weight Throw

Brandon Spencer SoCon 38-09.75
Brandon Spencer CNI 38-09.25
Brandon Spencer CNWF 36-00.00

2003 UNCG Women's Indoor Track & Field Results

1/24/03-1/25/03	Christopher Newport Indoor Classic
2/7/03-2/8/03	Christopher Newport Winter Frolic
2/14/04	Valentine's Day Meet (Appalachian State)
2/21/03-2/22/03	Southern Conference Indoor Championships

Christopher Newport Indoor Classic; Newport, VA

Individual Results

- 7th – DMR, (13:11.39)
- 7th – Michele Proctor, weight throw (36'4.5")
- 13th – Erin Lord, 1500m (5:14.27)
- 15th – Tricia O'Connell, 800m (2:31.37)
- 15th – Tricia O'Connell, 1500m (5:18.66)
- 21st – Michele Proctor, shot put (28'0")

Christopher Newport Winter Frolic; Newport, VA

Individual Results

- 4th – DMR, (13:12.32)
- 8th – Heidi Sloop, 3000m (10:57.94)
- 13th – Michele Proctor, shot put (30'3.5")
- 18th – Tricia O'Connell, 800m (2:30.92)
- 19th – Eleanor Wilson, 800m (2:31.22)
- 21st – Erin Lord, 800m (2:32.02)

Valentine's Day Meet; Boone, NC

Individual Results

- Heidi Sloop, mile (5:32.62)
- Tricia O'Connell, mile (5:36.77)
- Emily Furr, mile (5:37.33)
- Eleanor Wilson, mile (5:38.64)
- Erin Lord, mile (5:40.20)

SoCon Indoor Championships; Johnson City, TN

Team Results

1. Appalachian State	186.5
2. Chattanooga	158.5
3. Georgia Southern	97
4. Western Carolina	78
5. ETSU	40
6. VMI	24
7. Furman	14
8. Davidson	7
9. College of Charleston	6
10. The Citadel	2
11. UNCG	1

Individual Results

- 12th – Heidi Sloop, 5000m (19:19.66)
- 13th – Eleanor Wilson, mile (5:57.00)
- 19th – Emily Furr, 5000m (19:58.81)
- 28th – Erin Lord, mile (5:50.03)
- 29th – Tricia O'Connell, 1500m (5:36.77)

200m

Jennifer Kennedy CNI 28.45

400m

Jennifer Kennedy CNWF 1:03.68

Jennifer Kennedy CNI 1:05.37

800m

Erin Lord SoCon 2:28.72

Misty Tilson CNWF 2:29.85

Tricia O'Connell CNWF 2:30.92

Eleanor Wilson CNWF 2:31.22

Tricia O'Connell CNI 2:31.37

Erin Lord CNWF 2:32.02

Mile

Misty Tilson ASU 5:27.95

Eleanor Wilson SoCon 5:28.37

Misty Tilson SoCon 5:32.42

Heidi Sloop ASU 5:32.62

Tricia O'Connell ASU 5:36.77

Emily Furr ASU 5:37.33

Eleanor Wilson ASU 5:38.64

Erin Lord ASU 5:40.20

Erin Lord SoCon 5:50.03

Tricia O'Connell SoCon 5:57.00

1500m

Misty Tilson CNI 5:05.30

Crystal Rayle CNI 5:11.08

Erin Lord CNI 5:14.27

Tricia O'Connell CNI 5:18.66

3000m

Heidi Sloop CNWF 10:57.94

Emily Furr CNWF 11:02.81

Emily Furr SoCon 11:06.93

Heidi Sloop SoCon 11:08.67

Kristin Irwin CNWF 11:32.13

5000m

Amanda Yates CNWF 21:52.87

DMR

SoCon Championships 13:01.76

Christopher Newport Indoor Classic 13:11.39

Christopher Newport Winter Frolic 13:12.32

Shot Put

Michele Proctor SoCon 31-09.25

Michele Proctor CNWF 30-03.50

Michele Proctor CNI 28-00.00

Weight Throw

Michele Proctor CNI 36-04.50

Michele Proctor SoCon 31-02.00

2003 UNCG Men's Outdoor Track & Field Results

3/15/03	Elon Invitational
3/22/03	WFU Invitational
3/29/03	Irwin Belk Invitational (Davidson)
4/4/03-4/5/03	Duke Invitational
4/12/03-4/13/03	Lynchburg Track Classic
4/18/03-4/19/03	SoCon Outdoor Championships

Elon Invitational; Elon, NC

Individual Results

- 5th – Matt Nolan, 800m (2:03.14)
- 6th – Matt Nolan, 1500m (4:10.44)

WFU Invitational; Winston-Salem, NC

Individual Results

- 12th – Matt Nolan, 800m (2:00.18)
- 14th – Matt Nolan, 1500m (4:12.10)

Irwin Belk Invitational; Davidson, NC

Individual Results

- 5th – John Kimble, shot put (11.29m or 37'.04")
- 5th – John Kimble, discus (36.57m or 119'9")
- 10th – Brandon Spencer, discus (36.57m or 119'9")
- 11th – Charles Jones, long jump (5.79m)

Lynchburg Track Classic; Lynchburg, VA

Individual Results

- 2nd – Brandon Spencer, hammer throw (39.62m or 129'9")
- 10th – John Kimble, hammer throw (27.84m)
- 23rd – Brandon Spencer, shot put (10.66m)

SoCon Outdoor Championships; Boone, NC

Team Results

1. Appalachian State	229
2. Western Carolina	178
3. Chattanooga	100
4. VMI	97.5
5. The Citadel	70.5
6. East Tennessee State	47.5
7. Furman	38.5
8. Wofford	38
9. Davidson	19

Individual Results

- 12th – Brandon Spencer, hammer throw (37.26m or 122'3")
- 14th – Matt Nolan, 1500m (4:05.84)
- 21st – Matt Nolan, 800m (2:00.42)

100m

12.61 – Keith Ritter (IBI)

13.59 – Chris Adams (Lynchburg)

400m

52.59 – Greg Rodevick (IBI)

76.65 – Norm Pinkerton (IBI)

800m

1:59.36 – Matt Nolan (Lynchburg)

2:00.18 – Matt Nolan (Wake Forest)

2:00.42 – Matt Nolan (SoCon)

2:00.58 – Matt Nolan (IBI)

2:03.14 – Matt Nolan (Elon)

1500m

4:03.77 – Matt Nolan (Duke)

4:05.84 – Matt Nolan (SoCon)

4:10.44 – Matt Nolan (Elon)

4:12.10 – Matt Nolan (Wake Forest)

4:43.30 – Austin Knight (IBI)

5:00.62 – Tony Stewart (IBI)

5:23.53 – Tony Stewart (Lynchburg)

3000m Steeple Chase

10:15.82 – Matt Nolan (IBI)

Discus

39.29m – Brandon Spencer (Lynchburg)

33.46m – John Kimble (IBI)

28.75m – John Kimble (Lynchburg)

26.16m – Brandon Spencer (IBI)

Shot Put

11.29m – John Kimble (IBI)

9.68m – Brandon Spencer (Lynchburg)

Hammer Throw

37.26m – Brandon Spencer (SoCon)

Long Jump

5.79m – Charles Jones (IBI)

2003 UNCG Women's Outdoor Track & Field Results

3/15/03	Elon Invitational
3/22/03	WFU Invitational
3/29/03	Irwin Belk Invitational (Davidson)
4/4/03-4/5/03	Duke Invitational
4/12/03-4/13/03	Lynchburg Track Classic
5/1/04-5/2/04	SoCon Outdoor Championships

Elon Invitational; Elon, NC

Individual Results

1st – Eleanor Wilson, 800m (2:23.24)
2nd – Heidi Sloop, 5000m (18:56.97)
2nd – Michele Proctor, hammer throw (131'5.25")
3rd – Eleanor Wilson, 1500m (4:56.65)
4th – Emily Furr, 5000m (19:22.47)
5th – Michele Proctor, discus (92'3")
8th – Erin Lord, 800m (2:36.23)
Misty Tilson, 800m (2:36.57)
Tricia O'Connell, 800m (2:38.62)
Misty Tilson, 1500m (5:10.32)
Tricia O'Connell, 1500m (5:14.81)
Erin Lord, 1500m (5:19.07)

WFU Invitational; Winston-Salem, NC

Individual Results

2nd – Michele Proctor, hammer throw (39.20m or 128'7")
4th – Eleanor Wilson, 800m (2:20.83)
5th – Erin Lord, 800m (2:30.92)
5th – Heidi Sloop, 2000 SC (7:45.21) – **school record**
9th – Emily Furr, 3000m (11:05.95)
10th – Misty Tilson, 1500m (5:02.03)
11th – Tricia O'Connell, 1500m (5:02.10)

Irwin Belk Invitational; Davidson, NC

Individual Results

2nd – Eleanor Wilson, 1500m (4:50.17) – **school record**
5th – Emily Furr, 1500m (4:59.28)
8th – Michele Proctor, discus (29.97m or 98'3")
9th – Tricia O'Connell, 800m (2:24.81)
11th – Erin Lord, 1500m (5:09.82)
11th – Michele Proctor, shot put (9.07m)

Duke Invitational; Durham, NC

Individual Results

18th – Heidi Sloop, 3000m, (11:00.43)
24th – Eleanor Wilson, 800m (2:19.94)
Erin Lord, 800m (2:26.77)
Tricia O'Connell, 1500m (5:08.54)

Lynchburg Track Classic; Lynchburg, VA

Individual Results

1st – Heidi Sloop, 1500m (4:56.74)
3rd – Emily Furr, 1500m (5:00.37)
5th – Erin Lord, 800m (2:23.00)
6th – Tricia O'Connell, 800m (2:22.00)

- 6th – Eleanor Wilson, 400m (59.00)
- 7th – Jennifer Kennedy, 400m (1:02.56)
- 7th – Misty Tilson, 800m (2:22.00)

SoCon Outdoor Championships: Boone, NC

Team Results

1. Appalachian State	230
2. Georgia Southern	154
3. Chattanooga	153
4. Western Carolina	111
5. East Tennessee State	67
6. VMI	31
7. Furman	21
8. College of Charleston	17
9. The Citadel	10
10. Davidson	9
UNCG	9
12. Wofford	2

Individual Results

- 4th – Heidi Sloop, 3000m SC (11:50.54)
- 7th – Eleanor Wilson, 800m (2:18.91) – **school record**
- 7th – Michele Proctor, hammer throw (40.26m or 132'1")
- 10th – Emily Furr, 1500m (5:00.42)
- 14th – Erin Lord, 1500m (5:04.29)
- 14th – Emily Furr, 800m (2:23.54)
- 16th – Misty Tilson, 1500m (5:05.45)
- 20th – Erin Lord, 800m (2:30.26)
- 20th – Tricia O'Connell, 1500m (5:11.43)

200m

Jennifer Kennedy SoCon 27.71

400m

Eleanor Wilson Lynchburg 1:01.05
 Jennifer Kennedy Lynchburg 1:02.95
 Jennifer Kennedy SoCon 1:03.37
 Jennifer Kennedy IBI 1:04.03

800m

Eleanor Wilson SoCon 2:18.91*
 Eleanor Wilson Duke..... 2:19.94
 Eleanor Wilson Wake Forest 2:20.83
 Eleanor Wilson Elon 2:23.24
 Emily Furr SoCon 2:23.54
 Erin Lord Lynchburg 2:24.09
 Tricia O'Connell IBI 2:24.81
 Erin Lord Duke..... 2:26.77
 Tricia O'Connell Lynchburg 2:27.01
 Misty Tilson Lynchburg 2:27.52
 Morgan Cole IBI 2:27.82
 Misty Tilson IBI 2:29.63
 Emily Furr IBI 2:30.00
 Erin Lord SoCon 2:30.26
 Erin Lord Wake Forest 2:30.92
 Erin Lord Elon 2:36.23

Misty Tilson Elon 2:36.57
Tricia O'Connell Elon 2:38.62

1500m

Eleanor Wilson IBI 4:50.17*
Eleanor Wilson Elon 4:56.65
Heidi Sloop Lynchburg 4:56.74
Emily Furr IBI 4:59.28
Emily Furr Lynchburg 5:00.37
Emily Furr SoCon 5:00.42
Misty Tilson Wake Forest 5:02.03
Tricia O'Connell Wake Forest 5:02.10
Erin Lord SoCon 5:04.29
Misty Tilson SoCon 5:05.45
Misty Tilson Duke 5:05.86
Tricia O'Connell Duke 5:08.54
Erin Lord IBI 5:09.82
Misty Tilson Elon 5:10.32
Tricia O'Connell SoCon 5:11.43
Tricia O'Connell Elon 5:14.81
Erin Lord Elon 5:10.02
Valerie Banning Lynchburg 5:43.51

3000m

Emily Furr Wake Forest 11:05.95
Valerie Banning Elon 12:36.19
Bidya Marriott IBI 12:38.21
Bidya Marriott Elon 12:56.02
Bidya Marriott Wake Forest 12:59.70

5000m

Heidi Sloop Elon 18:56.97
Emily Furr Elon 19:22.47
Bidya Marriott Lynchburg 22:04.70

2000m Steeple Chase

Heidi Sloop Wake Forest 7:45.21

3000m Steeple Chase

Heidi Sloop SoCon 11:50.54*
Heidi Sloop IBI 12:02.14

4x400m Relay

Irwin Belk Invitational 4:21.37

Hammer Throw

Michele Proctor Elon 131'5.25"
Michele Proctor SoCon 40.26m
Michele Proctor Wake Forest 39.20m

Shot Put

Michele Proctor IBI 9.07m

Discus

Michele Proctor IBI 29.97m or 98'3"
Michele Proctor Elon 92'3"

2002 UNCG Men's Cross Country Results

8/30/02	Mountaineer Open	
9/14/02	Bulldog Stampede (Georgia)	7 th /8 Teams
9/26/02	Great American Cross Country Festival	NST/14 Teams
10/12/02	Disney's Cross Country Classic	10 th /27 Teams
10/18/02	Western Carolina Open	4 th /6 Teams
11/2/02	Southern Conference Championships	9 th /11 Teams
11/16/02	NCAA Southeast Regional Championships	

Mountaineer Open; Boone, NC (4 miles or 6.4K)

Team Results

UNCG Results

33. Jose Zavala	21:21.8
42. Matt Nolan	21:32.0
56. Justin Schafer	22:22.7
63. James Bussell	22:35.2
79. Chris Cousins	23:27.2
81. Justin Branch	23:51.7

Bulldog Stampede; Athens, GA (8K)

Team Results

1. Georgia	46
2. Clemson	52
3. Tulsa	78
4. Ashland	94
5. South Florida	110
6. Georgia Tech	164
7. UNC Greensboro	176
8. South Carolina State	250

UNCG Results

17. Matt Nolan	27:01
44. Jose Zavala	28:31
50. Justin Schafer	28:39
64. Chris Cousins	29:59
66. James Bussell	30:14
68. Chris Adams	30:21
70. Tim Goldsacti	30:50
72. Justin Branch	31:11

Great American XC Festival; Cary, NC (8K)

Team Results

1. Harding	29
2. Samford	53
3. Millersville	64
4. UNC Asheville	120
5. Richmond	144
6. North Florida	173
7. Davidson	174
8. Mary Washington	220
9. Alabama-Huntsville	232
10. Washington & Lee	279
11. Concord	282
12. USC Spartanburg	283

13. Wingate	390
14. Wofford	431

*UNCG ran a non-scoring race

UNCG Results

34. Justin Schafer	30:02.3
71. James Bussell	32:36.8
78. Chris Adams	33:17.7
83. Chris Cousins	33:48.1

Disney's Cross Country Classic; Orlando, FL (8K)

Team Results

1. Missouri Southern	31
2. Central Florida	122
3. West Florida	164
4. Florida Southern	165
5. Lynchburg	167
6. Warner Southern	168
7. Plattsburgh	188
8. Tampa	198
9. Northern Kentucky	203
10. UNC Greensboro	250
11. Loyola	259
12. Embry Riddle	388
13. Florida Tech	407
14. John Hopkins	413
15. Webber International	432
16. Mississippi College	441
17. Florida A&M	470
18. Charleston Southern	477
19. Greensboro College	510
20. Baker	531
21. College of Charleston	546
22. Flagler	587
23. Xavier	679
24. Palm Beach Atlantic	695
25. Bethune-Cookman	770
26. Florida Gulf Coast	804
27. St. Leo's	822

UNCG Results

15. Matt Nolan	26:22.7
33. Jose Zavala	26:56.5
47. Justin Schafer	27:10.1
94. Chris Cousins	28:25.5
106. Daniel Trantham	28:43.3
160. Rocky Bilotta	30:43.5

Western Carolina Open; Cullowhee, NC (6K)

Team Results

1. Appalachian State	30
2. Western Carolina	31
3. Milligan	80
4. UNC Greensboro	106
5. Carson-Newman	125
6. Wofford	175

UNCG Results

13. Matt Nolan	18:15
19. Jose Zavala	18:48
33. Chris Cousins	19:29
38. James Bussell	19:56
40. Daniel Trantham	20:14
43. Justin Branch	20:23

SoCon Championships; Hollywood, SC (8K)**Team Results**

1. Appalachian State	63
2. Chattanooga	68
3. Western Carolina	74
4. East Tennessee State	83
5. Furman	99
6. Davidson	140
7. The Citadel	203
8. VMI	214
9. UNC Greensboro	225
10. College of Charleston	291
11. Wofford	342

UNCG Results

15. Matt Nolan	25:35.48
38. Jose Zavala	26:58.54
58. Chris Cousins	28:02.87
62. Daniel Trantham	28:43.69
66. James Bussell	29:19.06
67. Justin Branch	29:26.07

NCAA Southeast Regional; Greenville, NC (10K)**UNCG Results**

68. Matt Nolan	32:02.1
132. Jose Zavala	33:44.1

Matt Nolan

Western Carolina Open (6K)	18:15
Mountaineer Open (6.4K)	21:32.0
SoCon Championships (8K)	25:35.48
Disney's Classic (8K)	26:22.7
Bulldog Stampede (8K)	27:01
Southeast Regional (10K)	32:02.1

Jose Zavala

Western Carolina Open (6K)	18:48
Mountaineer Open (6.4K)	21:21.8
Disney's Classic (8K)	26:56.5
SoCon Championships (8K)	26:58.54
Bulldog Stampede (8K)	28:31
Southeast Regional (10K)	33:44.1

Chris Cousins

Western Carolina Open (6K)	19:29
Mountaineer Open (6.4K)	23:27.2
SoCon Championships (8K)	28:02.87
Disney's Classic (8K)	28:25.5
Bulldog Stampede (8K)	29:59
Great American Festival (8K)	33:48.1

Daniel Trantham

Western Carolina Open (6K)	20:14
Disney's Classic (8K)	28:43.3
SoCon Championships (8K)	28:43.69

James Bussell

Western Carolina Open (6K)	19:56
Mountaineer Open (6.4K)	22:35.2
SoCon Championships (8K)	29:19.06
Bulldog Stampede (8K)	30:14
Great American Festival (8K)	32:36.8

Justin Branch

Western Carolina Open (6K)	20:23
Mountaineer Open (6.4K)	23:51.7
SoCon Championships (8K)	29:26.07
Bulldog Stampede (8K)	31:11

Justin Schafer

Mountaineer Open (6.4K)	22:22.7
Disney's Classic (8K)	27:10.1
Bulldog Stampede (8K)	28:39
Great American Festival (8K)	30:02.3

Chris Adams

Bulldog Stampede (8K)	30:21
Great American Festival (8K)	33:17.7

Tim Goldsacti

Bulldog Stampede (8K)	30:50
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2002 UNCG Women's Cross Country Results

8/30/02	Mountaineer Open	
9/14/02	Bulldog Stampede (Georgia)	5 th /7 Teams
9/26/02	Great American Cross Country Classic	10 th /22 Teams
10/5/02	Haganstone Park Cross Country Classic	3 rd /4 Teams
10/12/02	Disney's Cross Country Classic	5 th /30 Teams
10/18/02	Western Carolina Open	2 nd /5 Teams
11/2/02	Southern Conference Championships	5 th /12 Teams
11/16/02	NCAA Southeast Regional Championships	21 st /26 Teams

Mountaineer Open; Boone, NC (5K)

Team Results

UNCG Results

19. Morgan Cole	19:21.1
28. Heidi Sloop	19:46.5
32. Eleanor Wilson	19:57.0
45. Kristin Irwin	20:27.9
46. Crystal Rayle	20:35.1
48. Tricia O'Connell	20:49.5
52. Misty Tilson	20:59.0
60. Erin Lord	21:15.1
65. Valerie Banning	21:46.5
67. Julie Tweed	21:52.4
68. Amanda Yates	21:57.7
70. Bidya Marriott	22:03.4

Bulldog Stampede; Athens, GA (5K)

Team Results

1. South Florida	32
2. Tulsa	53
3. Georgia Tech	55
4. Ashland	87
5. UNC Greensboro	115
6. Clemson	162
7. South Carolina State	215

UNCG Results

18. Heidi Sloop	19:31
23. Morgan Cole	20:01
30. Kristin Irwin	20:31
35. Tricia O'Connell	20:44
41. Crystal Rayle	21:03
43. Erin Lord	21:11
48. Misty Tilson	21:56
65. Valerie Banning	22:41

Great American XC Classic; Charlotte, NC (5K)

Team Results

1. North Florida	40
2. Appalachian State	92
3. Bucknell	112
4. Harding	126
5. Davidson	151
6. UNC Asheville	165

7. Charlotte	189
8. Mary Washington	237
9. Samford	245
10. UNC Greensboro	263
11. Western Carolina	310
12. Alabama-Huntsville	312
13. High Point	338
14. Millersville	377
15. Virginia Commonwealth	384
16. Clemson	390
17. Washington & Lee	454
18. Florida International	515
19. Wingate	542
20. Wofford	556
21. USC Spartanburg	649
22. Concord	661

UNCG Results

23. Heidi Sloop	20:58.3
55. Morgan Cole	21:46.4
56. Crystal Rayle	21:46.8
69. Kristin Irwin	22:12.5
73. Mary Nero	22:15.7
106. Misty Tilson	23:22.8

Haganstone Park Cross Country Classic; Greensboro, NC (5K)

Team Results

1. High Point
2. UNC Greensboro
3. North Carolina A & T
4. VMI

UNCG Results

Mary Nero	20:11
Misty Tilson	20:51
Tricia O'Connell	21:19
Eleanor Wilson	21:29
Bidya Marriott	21:52

Disney's Cross Country Classic; Orlando, FL (5K)

1. Tampa	48
2. Central Florida	80
3. Loyola	119
4. Florida Southern	144
5. UNC Greensboro	188
6. Northern Kentucky	192
7. Baker	261
8. Plattsburgh	265
9. John Hopkins	267
10. Elon	299
11. Florida A&M	300
12. College of Charleston	331
13. Warner Southern	359
14. Eckerd	370
15. Rollins	372
16. Florida State	381

17. Charleston Southern	465
18. Lynchburg	536
19. Embry Riddle	537
20. Xavier	550
21. Flagler	590
22. Cuyahoga CC	615
23. Palm Beach Atlantic	663
24. Bethune-Cookman	702
25. Mobile	727
26. Mississippi College	776
27. Florida Gulf Coast	779
28. Nova Southeastern	839
29. Greensboro College	855
30. St. Leo's	867

UNCG Results

9. Heidi Sloop	19:03.9
20. Morgan Cole	19:51.3
41. Crystal Rayle	20:20.7
71. Kristin Irwin	20:51.8
78. Eleanor Wilson	21:01.8
89. Misty Tilson	21:10.2
92. Tricia O'Connell	21:19.2

Western Carolina Open; Cullowhee, NC (4K)

Team Results

1. Appalachian State	27
2. UNC Greensboro	74
3. Carson-Newman	75
4. Western Carolina	80
5. Milligan	111

UNCG Results

5. Heidi Sloop	14:05
13. Crystal Rayle	14:21
16. Eleanor Wilson	14:30
24. Misty Tilson	14:53
27. Kristin Irwin	15:03
32. Tricia O'Connell	15:22
35. Valerie Banning	15:33
39. Amanda Yates	16:01
41. Bidya Marriott	16:09
43. Emily Green	16:21

SoCon Championships; Hollywood, SC (5K)

Team Results

1. Appalachian State	43
2. Chattanooga	60
3. Davidson	70
4. Furman	87
5. UNC Greensboro	142
6. East Tennessee State	182
7. Georgia Southern	200
8. Western Carolina	210
9. VMI	222
10. College of Charleston	269

11. Wofford	338
12. The Citadel	364

UNCG Results

10. Heidi Sloop	18:30.97
28. Morgan Cole	19:23.65
32. Eleanor Wilson	19:34.45
35. Mary Nero	19:35.48
40. Crystal Rayle	19:43.67
44. Tricia O'Connell	19:46.82
49. Kristin Irwin	19:53.69
52. Misty Tilson	20:04.26
72. Valerie Banning	21:14.04

NCAA Southeast Regional; Greenville, NC (6K)

UNCG Results

93. Heidi Sloop	22:32.2
103. Morgan Cole	22:43.1
140. Kristin Irwin	23:39.5
142. Mary Nero	23:46.0
143. Eleanor Wilson	23:47.1
147. Crystal Rayle	23:50.2
175. Tricia O'Connell	25:39.2

Heidi Sloop

Western Carolina Open (4K)	14:05
SoCon Championships (5K)	18:30.97
Disney's Classic (5K)	19:03.9
Bulldog Stampede (5K)	19:31
Mountaineer Open (5K)	19:46.5
Great American Festival (5K)	21:46.4
Southeast Regional (6K)	22:43.1

Morgan Cole

Mountaineer Open (5K)	19:21.1
SoCon Championships (5K)	19:23.65
Disney's Classic (5K)	19:51.3
Bulldog Stampede (5K)	20:01
Great American Festival (5K)	20:58.3
Southeast Regional (6K)	22:32.2

Kristin Irwin

Western Carolina Open (4K)	15:03
SoCon Championships (5K)	19:53.69
Mountaineer Open (5K)	20:27.9
Bulldog Stampede (5K)	20:31
Disney's Classic (5K)	20:51.8
Great American Festival (5K)	22:12.5
Southeast Regional (6K)	23:39.5

Mary Nero

SoCon Championships (5K)	19:35.48
Hagenstone Classic (5K)	20:11
Great American Festival (5K)	22:15.7
Southeast Regional (6K)	23:46.0

Eleanor Wilson

Western Carolina Open (4K)	14:30
SoCon Championships (5K)	19:34.45
Mountaineer Open (5K)	19:57.0
Disney's Classic (5K)	21:01.8
Haganstone Classic (5K)	21:29
Southeast Regional (6K)	23:47.1

Crystal Rayle

Western Carolina Open (4K)	14:21
SoCon Championships (5K)	19:43.67
Disney's Classic (5K)	20:20.7
Bulldog Stampede (5K)	19:31
Mountaineer Open (5K)	20:35.1
Great American Festival (5K)	21:46.8
Southeast Regional (6K)	23:50.2

Tricia O'Connell

Western Carolina Open (4K)	15:22
SoCon Championships (5K)	19:46.82
Haganstone Classic (5K)	21:19
Disney's Classic (5K)	21:19.2
Bulldog Stampede (5K)	20:44
Mountaineer Open (5K)	20:49.5
Southeast Regional (6K)	25:39.2

Misty Tilson

Western Carolina Open (4K)	14:53
SoCon Championships (5K)	20:04.26
Haganstone Classic (5K)	20:51
Mountaineer Open (5K)	20:59.0
Disney's Classic (5K)	21:10.2
Bulldog Stampede (5K)	21:56
Great American Festival (5K)	23:22.8

Valerie Banning

Western Carolina Open (4K)	15:33
SoCon Championships (5K)	21:14.04
Mountaineer Open (5K)	21:46.5
Bulldog Stampede (5K)	22:41

Amanda Yates

Western Carolina Open (4K)	16:01
Mountaineer Open (5K)	21:57.7

Bidya Marriott

Western Carolina Open (4K)	16:09
Haganstone Classic (5K)	21:52
Mountaineer Open (5K)	22:03.4

Emily Green

Western Carolina Open (4K)	16:21
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Erin Lord

Mountaineer Open (5K)	21:15.1
Bulldog Stampede (5K)	21:11

Julie Tweed

Mountaineer Open (5K)	21:52.4
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2003 UNCG Men's Indoor Track & Field Results

1/24/03-1/25/03	Christopher Newport Indoor Classic
2/7/03-2/8/03	Christopher Newport Winter Frolic
2/14/03	Valentine's Day Meet (Appalachian State)
2/21/03-2/22/03	Southern Conference Indoor Championships

Christopher Newport Indoor Classic; Newport, VA

Individual Results

- 5th – Brandon Spencer, weight throw (38'9.25")
- 21st – Tim Goldsack, 3000m (9:36.46)
- 37th – Brandon Spencer, shot put (32'.2")

Christopher Newport Winter Frolic; Newport, VA

Individual Results

- 9th – Brandon Spencer, weight throw (36')

Valentine's Day Meet; Boone, NC

Individual Results

SoCon Indoor Championships; Johnson City, TN

Team Results

1. Appalachian State	186
2. Western Carolina	118.5
3. VMI	99
4. Chattanooga	87
5. ETSU	62.5
6. The Citadel	51
7. Davidson	8
Wofford	8

Individual Results

- 12th – Brandon Spencer, weight throw (38'9.75")

800m

Matt Nolan	UNC	1:59.11
Matt Nolan	CNI	2:03.81

1500m

Matt Nolan	CNI	4:15.51
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3000m

Matt Nolan	SoCon	8:53.35
Matt Nolan	CNWF	9:05.02
Tim Goldsack	CNI	9:36.46
Daniel Trantham	CNI	9:54.86

Shot Put

Brandon Spencer	SoCon	35-06.75
Brandon Spencer	CNI	32-02.00

Weight Throw

Brandon Spencer	SoCon	38-09.75
Brandon Spencer	CNI	38-09.25
Brandon Spencer	CNWF	36-00.00

2003 UNCG Women's Indoor Track & Field Results

1/24/03-1/25/03 Christopher Newport Indoor Classic
2/7/03-2/8/03 Christopher Newport Winter Frolic
2/14/04 Valentine's Day Meet (Appalachian State)
2/21/03-2/22/03 Southern Conference Indoor Championships

Christopher Newport Indoor Classic; Newport, VA

Individual Results

7th – DMR, (13:11.39)
7th – Michele Proctor, weight throw (36'4.5")
13th – Erin Lord, 1500m (5:14.27)
15th – Tricia O'Connell, 800m (2:31.37)
15th – Tricia O'Connell, 1500m (5:18.66)
21st – Michele Proctor, shot put (28'0")

Christopher Newport Winter Frolic; Newport, VA

Individual Results

4th – DMR, (13:12.32)
8th – Heidi Sloop, 3000m (10:57.94)
13th – Michele Proctor, shot put (30'3.5")
18th – Tricia O'Connell, 800m (2:30.92)
19th – Eleanor Wilson, 800m (2:31.22)
21st – Erin Lord, 800m (2:32.02)

Valentine's Day Meet; Boone, NC

Individual Results

Heidi Sloop, mile (5:32.62)
Tricia O'Connell, mile (5:36.77)
Emily Furr, mile (5:37.33)
Eleanor Wilson, mile (5:38.64)
Erin Lord, mile (5:40.20)

SoCon Indoor Championships; Johnson City, TN

Team Results

1. Appalachian State	186.5
2. Chattanooga	158.5
3. Georgia Southern	97
4. Western Carolina	78
5. ETSU	40
6. VMI	24
7. Furman	14
8. Davidson	7
9. College of Charleston	6
10. The Citadel	2
11. UNCG	1

Individual Results

12th – Heidi Sloop, 5000m (19:19.66)
13th – Eleanor Wilson, mile (5:57.00)
19th – Emily Furr, 5000m (19:58.81)
28th – Erin Lord, mile (5:50.03)
29th – Tricia O'Connell, 1500m (5:36.77)

200m

Jennifer Kennedy CNI 28.45

400m

Jennifer Kennedy CNWF 1:03.68

Jennifer Kennedy CNI 1:05.37

800m

Erin Lord SoCon 2:28.72

Misty Tilson CNWF 2:29.85

Tricia O'Connell CNWF 2:30.92

Eleanor Wilson CNWF 2:31.22

Tricia O'Connell CNI 2:31.37

Erin Lord CNWF 2:32.02

Mile

Misty Tilson ASU 5:27.95

Eleanor Wilson SoCon 5:28.37

Misty Tilson SoCon 5:32.42

Heidi Sloop ASU 5:32.62

Tricia O'Connell ASU 5:36.77

Emily Furr ASU 5:37.33

Eleanor Wilson ASU 5:38.64

Erin Lord ASU 5:40.20

Erin Lord SoCon 5:50.03

Tricia O'Connell SoCon 5:57.00

1500m

Misty Tilson CNI 5:05.30

Crystal Rayle CNI 5:11.08

Erin Lord CNI 5:14.27

Tricia O'Connell CNI 5:18.66

3000m

Heidi Sloop CNWF 10:57.94

Emily Furr CNWF 11:02.81

Emily Furr SoCon 11:06.93

Heidi Sloop SoCon 11:08.67

Kristin Irwin CNWF 11:32.13

5000m

Amanda Yates CNWF 21:52.87

DMR

SoCon Championships 13:01.76

Christopher Newport Indoor Classic 13:11.39

Christopher Newport Winter Frolic 13:12.32

Shot Put

Michele Proctor SoCon 31-09.25

Michele Proctor CNWF 30-03.50

Michele Proctor CNI 28-00.00

Weight Throw

Michele Proctor CNI 36-04.50

Michele Proctor SoCon 31-02.00

2003 UNCG Men's Outdoor Track & Field Results

3/15/03	Elon Invitational
3/22/03	WFU Invitational
3/29/03	Irwin Belk Invitational (Davidson)
4/4/03-4/5/03	Duke Invitational
4/12/03-4/13/03	Lynchburg Track Classic
4/18/03-4/19/03	SoCon Outdoor Championships

Elon Invitational; Elon, NC

Individual Results

5th – Matt Nolan, 800m (2:03.14)
6th – Matt Nolan, 1500m (4:10.44)

WFU Invitational; Winston-Salem, NC

Individual Results

12th – Matt Nolan, 800m (2:00.18)
14th – Matt Nolan, 1500m (4:12.10)

Irwin Belk Invitational; Davidson, NC

Individual Results

5th – John Kimble, shot put (11.29m or 37'.04")
5th – John Kimble, discus (36.57m or 119'9")
10th – Brandon Spencer, discus (36.57m or 119'9")
11th – Charles Jones, long jump (5.79m)

Lynchburg Track Classic; Lynchburg, VA

Individual Results

2nd – Brandon Spencer, hammer throw (39.62m or 129'9")
10th – John Kimble, hammer throw (27.84m)
23rd – Brandon Spencer, shot put (10.66m)

SoCon Outdoor Championships; Boone, NC

Team Results

1. Appalachian State	229
2. Western Carolina	178
3. Chattanooga	100
4. VMI	97.5
5. The Citadel	70.5
6. East Tennessee State	47.5
7. Furman	38.5
8. Wofford	38
9. Davidson	19

Individual Results

12th – Brandon Spencer, hammer throw (37.26m or 122'3")
14th – Matt Nolan, 1500m (4:05.84)
21st – Matt Nolan, 800m (2:00.42)

100m

12.61 – Keith Ritter (IBI)

13.59 – Chris Adams (Lynchburg)

400m

52.59 – Greg Rodevick (IBI)

76.65 – Norm Pinkerton (IBI)

800m

1:59.36 – Matt Nolan (Lynchburg)

2:00.18 – Matt Nolan (Wake Forest)

2:00.42 – Matt Nolan (SoCon)

2:00.58 – Matt Nolan (IBI)

2:03.14 – Matt Nolan (Elon)

1500m

4:03.77 – Matt Nolan (Duke)

4:05.84 – Matt Nolan (SoCon)

4:10.44 – Matt Nolan (Elon)

4:12.10 – Matt Nolan (Wake Forest)

4:43.30 – Austin Knight (IBI)

5:00.62 – Tony Stewart (IBI)

5:23.53 – Tony Stewart (Lynchburg)

3000m Steeple Chase

10:15.82 – Matt Nolan (IBI)

Discus

39.29m – Brandon Spencer (Lynchburg)

33.46m – John Kimble (IBI)

28.75m – John Kimble (Lynchburg)

26.16m – Brandon Spencer (IBI)

Shot Put

11.29m – John Kimble (IBI)

9.68m – Brandon Spencer (Lynchburg)

Hammer Throw

37.26m – Brandon Spencer (SoCon)

Long Jump

5.79m – Charles Jones (IBI)

2003 UNCG Women's Outdoor Track & Field Results

3/15/03	Elon Invitational
3/22/03	WFU Invitational
3/29/03	Irwin Belk Invitational (Davidson)
4/4/03-4/5/03	Duke Invitational
4/12/03-4/13/03	Lynchburg Track Classic
5/1/04-5/2/04	SoCon Outdoor Championships

Elon Invitational; Elon, NC

Individual Results

1st – Eleanor Wilson, 800m (2:23.24)
2nd – Heidi Sloop, 5000m (18:56.97)
2nd – Michele Proctor, hammer throw (131'5.25")
3rd – Eleanor Wilson, 1500m (4:56.65)
4th – Emily Furr, 5000m (19:22.47)
5th – Michele Proctor, discus (92'3")
8th – Erin Lord, 800m (2:36.23)
Misty Tilson, 800m (2:36.57)
Tricia O'Connell, 800m (2:38.62)
Misty Tilson, 1500m (5:10.32)
Tricia O'Connell, 1500m (5:14.81)
Erin Lord, 1500m (5:19.07)

WFU Invitational; Winston-Salem, NC

Individual Results

2nd – Michele Proctor, hammer throw (39.20m or 128'7")
4th – Eleanor Wilson, 800m (2:20.83)
5th – Erin Lord, 800m (2:30.92)
5th – Heidi Sloop, 2000 SC (7:45.21) – **school record**
9th – Emily Furr, 3000m (11:05.95)
10th – Misty Tilson, 1500m (5:02.03)
11th – Tricia O'Connell, 1500m (5:02.10)

Irwin Belk Invitational; Davidson, NC

Individual Results

2nd – Eleanor Wilson, 1500m (4:50.17) – **school record**
5th – Emily Furr, 1500m (4:59.28)
8th – Michele Proctor, discus (29.97m or 98'3")
9th – Tricia O'Connell, 800m (2:24.81)
11th – Erin Lord, 1500m (5:09.82)
11th – Michele Proctor, shot put (9.07m)

Duke Invitational; Durham, NC

Individual Results

18th – Heidi Sloop, 3000m, (11:00.43)
24th – Eleanor Wilson, 800m (2:19.94)
Erin Lord, 800m (2:26.77)
Tricia O'Connell, 1500m (5:08.54)

Lynchburg Track Classic; Lynchburg, VA

Individual Results

1st – Heidi Sloop, 1500m (4:56.74)
3rd – Emily Furr, 1500m (5:00.37)
5th – Erin Lord, 800m (2:23.00)
6th – Tricia O'Connell, 800m (2:22.00)

- 6th – Eleanor Wilson, 400m (59.00)
- 7th – Jennifer Kennedy, 400m (1:02.56)
- 7th – Misty Tilson, 800m (2:22.00)

SoCon Outdoor Championships: Boone, NC

Team Results

1. Appalachian State	230
2. Georgia Southern	154
3. Chattanooga	153
4. Western Carolina	111
5. East Tennessee State	67
6. VMI	31
7. Furman	21
8. College of Charleston	17
9. The Citadel	10
10. Davidson	9
UNCG	9
12. Wofford	2

Individual Results

- 4th – Heidi Sloop, 3000m SC (11:50.54)
- 7th – Eleanor Wilson, 800m (2:18.91) – **school record**
- 7th – Michele Proctor, hammer throw (40.26m or 132'1")
- 10th – Emily Furr, 1500m (5:00.42)
- 14th – Erin Lord, 1500m (5:04.29)
- 14th – Emily Furr, 800m (2:23.54)
- 16th – Misty Tilson, 1500m (5:05.45)
- 20th – Erin Lord, 800m (2:30.26)
- 20th – Tricia O'Connell, 1500m (5:11.43)

200m

Jennifer Kennedy SoCon 27.71

400m

Eleanor Wilson Lynchburg 1:01.05
 Jennifer Kennedy Lynchburg 1:02.95
 Jennifer Kennedy SoCon 1:03.37
 Jennifer Kennedy IBI 1:04.03

800m

Eleanor Wilson SoCon 2:18.91*
 Eleanor Wilson Duke..... 2:19.94
 Eleanor Wilson Wake Forest 2:20.83
 Eleanor Wilson Elon 2:23.24
 Emily Furr SoCon 2:23.54
 Erin Lord Lynchburg 2:24.09
 Tricia O'Connell IBI 2:24.81
 Erin Lord Duke..... 2:26.77
 Tricia O'Connell Lynchburg 2:27.01
 Misty Tilson Lynchburg 2:27.52
 Morgan Cole IBI 2:27.82
 Misty Tilson IBI 2:29.63
 Emily Furr IBI 2:30.00
 Erin Lord SoCon 2:30.26
 Erin Lord Wake Forest 2:30.92
 Erin Lord Elon 2:36.23

Misty Tilson Elon 2:36.57
Tricia O'Connell Elon 2:38.62

1500m

Eleanor Wilson IBI 4:50.17*
Eleanor Wilson Elon 4:56.65
Heidi Sloop Lynchburg 4:56.74
Emily Furr IBI 4:59.28
Emily Furr Lynchburg 5:00.37
Emily Furr SoCon 5:00.42
Misty Tilson Wake Forest 5:02.03
Tricia O'Connell Wake Forest 5:02.10
Erin Lord SoCon 5:04.29
Misty Tilson SoCon 5:05.45
Misty Tilson Duke 5:05.86
Tricia O'Connell Duke 5:08.54
Erin Lord IBI 5:09.82
Misty Tilson Elon 5:10.32
Tricia O'Connell SoCon 5:11.43
Tricia O'Connell Elon 5:14.81
Erin Lord Elon 5:10.02
Valerie Banning Lynchburg 5:43.51

3000m

Emily Furr Wake Forest 11:05.95
Valerie Banning Elon 12:36.19
Bidya Marriott IBI 12:38.21
Bidya Marriott Elon 12:56.02
Bidya Marriott Wake Forest 12:59.70

5000m

Heidi Sloop Elon 18:56.97
Emily Furr Elon 19:22.47
Bidya Marriott Lynchburg 22:04.70

2000m Steeple Chase

Heidi Sloop Wake Forest 7:45.21

3000m Steeple Chase

Heidi Sloop SoCon 11:50.54*
Heidi Sloop IBI 12:02.14

4x400m Relay

Irwin Belk Invitational 4:21.37

Hammer Throw

Michele Proctor Elon 131'5.25"
Michele Proctor SoCon 40.26m
Michele Proctor Wake Forest 39.20m

Shot Put

Michele Proctor IBI 9.07m

Discus

Michele Proctor IBI 29.97m or 98'3"
Michele Proctor Elon 92'3"