

2003 UNCG Men's Cross Country Results

8/30/03	Charlotte Relay Invitational	T3 rd /5 Teams
9/13/03	Lou Onesty Invitational (Virginia)	6 th /9 Teams
9/26/03	Great American Cross Country Festival	15 th /21 Teams
10/3/03	Blue Ridge Mountain Open (Appalachian State)	5 th /8 Teams
10/18/03	North Carolina Intercollegiate	7 th /12 Teams
11/1/03	Southern Conference Championships	7 th /11 Teams
11/14/03	NCAA Southeast Regional Championship	

Charlotte Relay Invitational; Charlotte, NC (5K)

Team Results

1. Maryland	9
2. Charlotte	27
T3. UNC Asheville	31
T3. UNC Greensboro	31
5. Gardner-Webb	54
6. USC Spartanburg	NST

UNCG Results

4. CR Thomas/Chad Carpenter	32:39
8. Nick Vacarro/Joe Jacobs	33:12
19. Jeff Williams/David Fulp	35:25
20. Brian Konczewski/Thomas Wilkey	35:42

Lou Onesty Invitational; Charlottesville, VA (8K)

Team Results

1. Duke	42
2. William & Mary	45
3. Virginia	52
4. Liberty	120
5. Richmond	136
6. UNC Greensboro	197
7. VMI	198
8. James Madison	210
9. Hampton	260

UNCG Results

38. CR Thomas	26:21
50. Joe Jacobs	26:40
66. Chad Carpenter	27:05
88. Nic Vaccaro	28:03
92. Brian Konczewski	28:18
99. David Fulp	29:28
105. Thomas Wilkey	30:26

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

Team Results

1. UMass-Lowell	55
2. Hillsdale	91
3. Grand Valley State	104
4. Southern Indiana	147
5. UMBC	207
6. Coastal Carolina	219
7. Lewis	225
8. Kennesaw State	247

9. North Florida	296
10. Davidson	301
11. East Carolina	313
12. Monmouth	329
13. Shippensburg	341
14. Mars Hill	342
15. UNC Greensboro	357
16. VMI	380
17. Campbell	405
18. Milligan	444
19. Elon	454
20. Loyola	472
21. Pfeiffer	481

UNCG Results

29. Joe Jacobs	28:17
46. CR Thomas	28:49
58. Chad Carpenter	29:10
100. Brian Konczewski	30:30
124. David Fulp	31:21

Blue Ridge Mountain Open; Boone, NC (8K)

Team Results

1. Appalachian State	35
2. ASU Alumni	74
3. North Carolina	90
4. Virginia Tech	98
5. UNC Greensboro	126
6. Elon	181
7. Lenoir-Rhyne	194
8. Milligan	202

UNCG Results

9. Joe Jacobs	25:49
16. C.R. Thomas	26:06
25. Chad Carpenter	26:45
26. Nic Vaccaro	26:50
50. Jeff Williams	28:22
59. Thomas Wilkey	28:27
62. Brian Konczewski	29:11
63. David Fulp	29:18

North Carolina Intercollegiate; Greenville, NC (8K)

1. North Carolina	32
2. High Point	42
3. Duke	126
4. Davidson	141
5. East Carolina	144
6. UNC Charlotte	145
7. UNC Greensboro	176
8. Campbell	199
9. Elon	225
10. Gardner-Webb	262
11. UNC Wilmington	336
12. NC A&T	371

UNCG Results

25. CR Thomas	25:12
30. Joe Jacobs	25:18
70. Chad Carpenter	26:06
75. Nic Vaccaro	26:09
123. Jeff Williams	27:08
147. Thomas Wilkey	27:55
151. Tim Goldsack	28:01
158. Brian Konczewski	28:15
162. David Fulp	28:37

SoCon Championships; Davidson, NC (8K)**Team Results**

1. Chattanooga	52
2. Appalachian State	59
3. ETSU	98
4. Furman	103
5. Western Carolina	119
6. Davidson	141
7. UNCG	147
8. The Citadel	215
9. College of Charleston	223
10. Elon	253
11. Wofford	337

UNCG Results

16. Joe Jacobs	27:02
17. C.R. Thomas	27:03
27. Chad Carpenter	27:35
28. Nic Vaccaro	27:35
65. Brian Konczewski	29:29
71. Thomas Wilkey	30:07
78. David Fulp	31:22
79. Tim Goldsack	31:30

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

67. Joe Jacobs	32:04
175. Thomas Wilkey	36:18

Joe Jacobs

NC Intercollegiate (8K)	25:18
Blue Ridge Mountain Open (8K)	25:49
Lou Onesty Invitational (8K)	26:40
SoCon Championships (8K)	27:02
Great American Festival (8K)	28:17
Southeast Regional (10K)	32:04

CR Thomas

NC Intercollegiate (8K)	25:12
Blue Ridge Mountain Open (8K)	26:06
Lou Onesty Invitational (8K)	26:21
SoCon Championships (8K)	27:03
Great American Festival (8K)	28:49

Chad Carpenter

NC Intercollegiate (8K) 26:06
Blue Ridge Mountain Open (8K) 26:45
Lou Onesty Invitational (8K) 27:05
SoCon Championships (8K) 27:35
Great American Festival (8K) 29:10

Nic Vaccaro

NC Intercollegiate (8K) 26:09
Blue Ridge Mountain Open (8K) 26:50
SoCon Championships (8K) 27:35
Lou Onesty Invitational (8K) 28:03

Brian Konczewski

NC Intercollegiate (8K) 28:15
Lou Onesty Invitational (8K) 28:18
Blue Ridge Mountain Open (8K) 29:11
SoCon Championships (8K) 29:29
Great American Festival (8K) 30:30

David Fulp

NC Intercollegiate (8K) 28:37
Blue Ridge Mountain Open (8K) 29:18
Lou Onesty Invitational (8K) 29:28
Great American Festival (8K) 31:21
SoCon Championships (8K) 31:22

Thomas Wilkey

NC Intercollegiate (8K) 27:55
Blue Ridge Mountain Open (8K) 28:27
SoCon Championships (8K) 30:07
Lou Onesty Invitational (8K) 30:26
Southeast Regional (10K) 36:18

Jeff Williams

NC Intercollegiate (8K) 27:08
Blue Ridge Mountain Open (8K) 28:22

Tim Goldsack

NC Intercollegiate (8K) 28:01
SoCon Championships (8K) 31:30

2003 UNCG Women's Cross Country Results

8/30/03	Charlotte Relay Invitational	4 th /8 Teams
9/6/03	Elon/High Point Invitational	
9/13/03	Lou Onesty Invitational (Virginia)	6 th /9 Teams
9/26/03	Great American Cross Country Festival	12 th /18 Teams
10/3/03	Blue Ridge Mountain Open (Appalachian State)	5 th /8 Teams
10/18/03	North Carolina Intercollegiate	5 th /10 Teams
11/1/03	Southern Conference Championships	5 th /12 Teams

Charlotte Relay Invitational; Charlotte, NC (3K)

Team Results

1. Maryland	20
2. UNC Asheville	25
3. South Carolina	37
4. UNC Greensboro	40
5. Charlotte	44
6. Gardner-Webb	49
7. Clemson	57
8. USC Spartanburg	107

UNCG Results

6. E. Wilson/J. Weber	22:10
14. K. Oldham/T. O'Connell	22:59
20. T. Carter/H. Sloop	23:28
24. E. Lord/K. Irwin	24:07
31 A. Yates/S. Geis	25:33

Elon/High Point Invitational; Greensboro, NC (5K)

Amanda Yates	21:48
Samantha Geis	21:50
Naomi D'Amours	22:18

Lou Onesty Invitational; Charlottesville, VA (5K)

Team Results

1. Duke	37
2. William & Mary	55
3. Richmond	57
4. Virginia	64
5. Liberty	175
6. UNC Greensboro	193
7. James Madison	208
8. Hampton	217
9. VMI	253

UNCG Results

41. Kathy Oldham	19:51
53. Jess Weber	20:33
55. Heidi Sloop	20:36
60. Tricia O'Connell	20:53
63. Kristin Irwin	21:07
66. Takeesha Carter	21:22
72. Amanda Yates	22:01

Great American XC Festival; Cary, NC (5K)**Team Results**

1. North Florida	97
2. Loyola	107
3. Southern Indiana	126
4. Davidson	138
5. Hillsdale	157
6. UMBC	195
7. South Carolina	200
8. Stonehill	208
9. East Carolina	247
10. Kennesaw State	261
Monmouth	261
12. UNC Greensboro	271
13. High Point	279
14. Shippensburg	292
15. Delaware	333
16. Liberty	353
17. Mars Hill	431
18. Elon	445

UNCG Results

26. Eleanor Wilson	20:00
30. Heidi Sloop	20:04
63. Kathy Oldham	20:58
77. Tricia O'Connell	21:17
78. Kristin Irwin	21:20
100. Jess Weber	21:54
115. Takeesha Carter	22:39

Blue Ridge Mountain Open; Boone, NC (5K)**Team Results**

1. Virginia Tech	19
2. Alabama	67
3. Appalachian State	98
4. Davidson	111
5. UNC Greensboro	123
6. Virginia Intermont	221
7. Elon	225
8. Milligan	230

UNCG Results

12. Heidi Sloop	18:31
19. Eleanor Wilson	18:51
28. Jess Weber	19:31
30. Kathy Oldham	19:34
34. Takeesha Carter	19:45
36. Tricia O'Connell	19:48
41. Kristin Irwin	20:00
52. Samantha Geis	20:49
62. Amanda Yates	21:12
63. Misty Tilson	21:14
67. Naomi D'Amours	21:30

North Carolina Intercollegiate; Greenville, NC (5K)

1. Charlotte	69
2. Wake Forest	80
3. Davidson College	81
4. East Carolina	92
5. UNC Greensboro	125
6. High Point	128
7. UNC	140
8. UNC Wilmington	205
9. Elon	223
10. NC A&T	303

UNCG Results

12. Eleanor Wilson	17:51
23. Heidi Sloop	18:05
42. Jess Weber	18:48
53. Takeesha Carter	19:01
59. Kathy Oldham	19:09
74. Kristen Irwin	19:40
97. Naomi D'Amours	20:31
98. Samantha Geis	20:32

SoCon Championships; Davidson, NC (5K)

Team Results

1. Davidson	75
2. Furman	76
3. Appalachian State	80
4. Western Carolina	105
5. UNC Greensboro	113
6. Chattanooga	131
7. Georgia Southern	197
8. ETSU	207
9. College of Charleston	214
10. Elon	234
11. The Citadel	294
12. Wofford	357

UNCG Results

3. Heidi Sloop	19:09
9. Eleanor Wilson	19:27
16. Kathy Oldham	19:53
41. Jess Weber	20:40
44. Kristin Irwin	20:44
58. Takeesha Carter	21:20
59. Samantha Geis	21:21
70. Naomi D'Amours	22:07

NCAA Southeast Regional; Greenville, NC (6K)

UNCG Results

67. Eleanor Wilson	21:59
105. Heidi Sloop	23:01
153. Kristin Irwin	24:02

Eleanor Wilson

NC Intercollegiate (5K) 17:51.08
Blue Ridge Mountain Open (5K) 18:51
SoCon Championships (5K) 19:27
Great American Festival (5K) 20:00
Southeast Regional (6K) 21:59

Heidi Sloop

NC Intercollegiate (5K) 18:05
Blue Ridge Mountain Open (5K) 18:31
SoCon Championships (5K) 19:09
Great American Festival (5K) 20:04
Lou Onesty Invitational (5K) 20:36
Southeast Regional (6K) 23:01

Kathy Oldham

NC Intercollegiate (5K) 19:09
Blue Ridge Mountain Open (5K) 19:34
Lou Onesty Invitational (5K) 19:51
SoCon Championships (5K) 19:53
Great American Festival (5K) 20:58

Jess Weber

NC Intercollegiate (5K) 18:48
Blue Ridge Mountain Open (5K) 19:31
Lou Onesty Invitational (5K) 20:33
SoCon Championships (5K) 20:40
Great American Festival (5K) 21:54

Tricia O'Connell

Blue Ridge Mountain Open (5K) 19:48
Lou Onesty Invitational (5K) 20:53
Great American Festival (5K) 21:17

Kristin Irwin

NC Intercollegiate (5K) 19:40
Blue Ridge Mountain Open (5K) 20:00
SoCon Championships (5K) 20:44
Lou Onesty Invitational (5K) 21:07
Great American Festival (5K) 21:20
Southeast Regional (6K) 24:02

Takeesha Carter

NC Intercollegiate (5K) 19:01
Blue Ridge Mountain Open (5K) 19:45
SoCon Championships (5K) 21:20
Lou Onesty Invitational (5K) 21:22
Great American Festival (5K) 22:39

Amanda Yates

Blue Ridge Mountain Open (5K) 21:12
Elon/High Point Invite (5K) 21:48
Lou Onesty Invitational (5K) 22:01

Samantha Geis

NC Intercollegiate (5K) 20:32
Blue Ridge Mountain Open (5K) 20:49
SoCon Championships (5K) 21:21
Elon/High Point Invite (5K) 21:50

Misty Tilson

Blue Ridge Mountain Open (5K) 21:14

Naomi D'Amours

NC Intercollegiate (5K) 20:31
Blue Ridge Mountain Open (5K) 21:30
SoCon Championships (5K) 22:07
Elon/High Point Invite (5K) 22:18

2004 UNCG Men's Indoor Track & Field Results

1/23/04-1/24/04	Niswonger Foundation Invitational (ETSU)
1/30/04-1/31/04	Appalachian State Invitational
2/7/04	Carolina Classic (UNC)
2/18/04	Valentine Open (Appalachian State)
2/27/04-2/28/04	Southern Conference Indoor Championships

Niswonger Foundation Invitational; Johnson City, TN

Individual Results

6th – CR Thomas, 3000m (8:47.23) – unseeded race
9th – Joe Jacobs, 5000m (15:21.17)
13th – Jeff Williams, 800m (1:58.59)
14th – Brandon Spencer, weight throw (12.10m or 39'8.5")
15th – Nick Vaccaro, 3000m (9:05.83) – unseeded race
19th – Chad Carpenter, 5000m (16:10.32)
78th – Marquice Miller, 400m (59.49)

Appalachian State Invitational; Boone, NC

Individual Results

16th – Brandon Spencer, weight throw (12.39m or 40'7.75")

Carolina Classic; Chapel Hill, NC

Individual Results

2nd – CR Thomas, Mile (4:20.10)
6th – Joe Jacobs, 3000m (8:38.94) – **school record**
16th – Chad Carpenter, 3000m (9:00.08)
24th – Nick Vaccaro, Mile (4:34.49)
27th – Jeff Williams, 800m (2:03.20)

Valentine Open; Boone, NC

Individual Results

1st – DMR, Thomas, Vaccaro, Jacobs, Williams (10:31.4)
3rd – Jeff Williams, 400m (50.65)
5th – Chad Carpenter, Mile (4:32.2)
20th – Marquice Miller, 400m (57.68)
27th – Marquice Miller, 200m (26.09)

SoCon Indoor Championships; Johnson City, TN

Team Results

1. Western Carolina	221.5
2. Appalachian State	200.5
3. East Tennessee State	91.5
4. Chattanooga	81.5
5. The Citadel	26
6. UNC Greensboro	18
7. Davidson	11
8. Wofford	8

Individual Results

1st – DMR, Thomas, Williams, Vaccaro, Jacobs (10:11.00) – **school record**
5th – CR Thomas, Mile (4:18.82) – **school record**
7th – Joe Jacobs, 5000m (15:09.12)
7th – Marquice Miller, long jump (6.36m)

11th – Brandon Spencer, weight throw (11.98m or 39'3.75")
15th – Nick Vaccaro, Mile (4:29.44)
15th – Chad Carpenter, 5000m (15:43.24)

200m

26.09 – Marquice Miller (Valentine Open)

400m

50.65 – Jeff Williams (Valentine Meet)
57.68 – Marquice Miller (Valentine Meet)
59.49 – Marquice Miller (Niswonger)

800m

1:58.59 – Jeff Williams (Niswonger)
2:03.20 – Jeff Williams (Carolina Classic)

3000m

8:38.94 – Joe Jacobs (Carolina Classic) – **school record**
8:47.23 – CR Thomas (Niswonger)
9:00.08 – Chad Carpenter (Carolina Classic)
9:05.83 – Nick Vaccaro (Niswonger)

5000m

15:09.12 – Joe Jacobs (SoCon)
15:21.17 – Joe Jacobs (Niswonger)
15:43.24 – Chad Carpenter (SoCon)
16:10.32 – Chad Carpenter (Niswonger)

Mile

4:18.82 – CR Thomas (SoCon) – **school record**
4:20.10 – CR Thomas (Carolina Classic)
4:29.44 – Nick Vaccaro (SoCon)
4:32.2 – Chad Carpenter (Valentine Meet)
4:34.49 – Nick Vaccaro (Carolina Classic)

Long Jump

6.36m – Marquice Miller (SoCon)

Distance Medley

10:11.00 – Thomas, Williams, Vaccaro, Jacobs (SoCon) – **school record**
10:31.40 – Thomas, Vaccaro, Jacobs, Williams (Valentine Meet)

Weight Throw

12.39m – Brandon Spencer (Appalachian State)
12.10m – Brandon Spencer (Niswonger)
11.98m – Brandon Spencer (SoCon)

2004 UNCG Women's Indoor Track & Field Results

1/23/04-1/24/04	Niswonger Foundation Invitational (ETSU)
1/30/04-1/31/04	Appalachian State Invitational
27/04	Heels Challenge (UNC)
2/18/04	Valentine Meet (Appalachian State)
2/27/04-2/28/04	Southern Conference Indoor Championships

Niswonger Foundation Invitational; Johnson City, TN

Individual Results

- 6th – Heidi Sloop, 5000m (18:40.34)
- 7th – Michele Proctor, weight throw (11.18m or 36'8.25")
- 13th – Eleanor Wilson, 3000m (11:12.17) – unseeded race
- 17th – Takeesha Carter, 800m (2:26.77)
- 25th – Kristin Irwin, 5000m (20:01.35)

Appalachian State Invitational; Boone, NC

Individual Results

- 18th – Michele Proctor, weight throw (11.73m or 38'6")

Carolina Classic; Chapel Hill, NC

Individual Results

- 13th – Heidi Sloop, 3000m (10:35.21) – **school record**
- 17th – Michele Proctor, weight throw (10.55m or 34'7.50")
- 20th – Kristin Irwin, 3000m (11:23.82)
- 22nd – Takeesha Carter, 800m (2:24.43)

Valentine Meet; Boone, NC

Individual Results

- 1st – Heidi Sloop, Mile (5:24.7)
- 1st – Takeesha Carter, 800m (2:24.9)
- 7th – Samantha Geis, 800m (2:34.2)
- 10th – Misty Tilson, Mile (5:49.1)

SoCon Indoor Championships; Johnson City, TN

Team Results

1. Appalachian State	222
2. Chattanooga	138.5
3. Georgia Southern	105
4. Western Carolina	72
5. East Tennessee State	69.5
6. College of Charleston	23
7. Elon	16
8. Furman	12
9. Davidson	3
10. The Citadel	1

Individual Results

- 9th – Takeesha Carter, 800m (2:22.22)
- 16th – Michele Proctor, weight throw (11.89m or 39'.25")

800m

2:22.22 – Takeesha Carter (SoCon)
2:24.43 – Takeesha Carter (Carolina Classic)
2:24.9 – Takeesha Carter (Valentine Open)
2:26.77 – Takeesha Carter (Niswonger)
2:34.2 – Samantha Geis (Valentine Open)

3000m

10:35.21 – Heidi Sloop (Carolina Classic) – **school record**
11:12.17 – Eleanor Wilson (Niswonger)
11:23.82 – Kristin Irwin (Carolina Classic)

5000m

18:40.34 – Heidi Sloop (Niswonger)
20:01.35 – Kristin Irwin (Niswonger)

Mile

5:24.7 – Heidi Sloop (Valentine Meet)
5:49.1 – Misty Tilson (Valentine Meet)

Distance Medley**Weight Throw**

11.89m – Michele Proctor (SoCon)
11.73m – Michele Proctor (Appalachian State)
11.18m – Michele Proctor (Niswonger)
10.55m – Michele Proctor (Carolina Classic)

2004 UNCG Men's Outdoor Track & Field Results

3/19/04-3/20/04	49er Classic (Charlotte)
3/26/04-3/27/04	Raleigh Relays
4/2/04-4/3/04	Duke Invitational
4/9/04	Carolina Fast Times
4/17/04	Elon Invitational
5/1/04-5/2/04	SoCon Outdoor Championships

49er Classic; Charlotte, NC

Individual Results

17th – Jeff Williams, 800m (1:55.81)
17th – Nick Vaccaro, 1500m (4:01.98)
18th – Brandon Spencer, Hammer Throw (38.21m or 125'4")
23rd – Scott Bellamy, Hammer Throw (26.43m or 86'8")
23rd – David Black, Discus (34.35m or 112'8")
26th – CR Thomas, 1500m (4:03.58)
31st – Marquice Miller, Long Jump (6.06m or 19'10.75")
39th – David Fulp, 3000m (9:34.38)
62nd – Chad Carpenter, 1500m (4:14.55)

Raleigh Relays; Raleigh, NC

Individual Results

121st – Jeff Williams, 400m (51.03)
David Fulp, 5000m (17:34.24)
CR Thomas, 1500m (3:59.58)
Nick Vaccaro, 1500m (4:03.37)

Duke Invitational; Durham, NC

Individual Results

4th – CR Thomas, 800m (1:55.70)
26th – Nick Vaccaro, 800m (1:58.49)
29th – Joe Jacobs, 1500m (4:05.58)
31st – Jeff Williams, 800m (1:56.40)
36th – David Fulp, 5000m (16:28.80)

Carolina Fast Times; Chapel Hill, NC

Individual Results

2nd – Joe Jacobs, 3000m (8:41.22)
5th – Brandon Spencer, hammer throw (38.04m or 124'10")
7th – Chad Carpenter, 3000m (9:11.05)
8th – Scott Bellamy, hammer throw (29.77m or 97'8")
9th – Jeff Williams, 800m (1:55.27)
9th – David Fulp, 3000m (9:56.01)
9th – John Kimble, shot put (9.93m or 32'7")
10th – Marquice Miller, long jump (6.12m or 20'1")
11th – CR Thomas, 1500m (4:02.52)
12th – Nick Vaccaro, 1500m (4:05.49)
21st – Thomas Wilkey, 800m (2:07.12)

Elon Invitational; Elon, NC

Individual Results

1st – Jeff Williams, 800m (1:53.76)
1st – Joe Jacobs, 5000m (15:16.87)

- 1st – Charles Jones, long jump (6.89m or 22'7.25")
- 2nd – 4x400m Relay (3:26.00)
- 2nd – Charles Jones, triple jump (13.86m or 45'5.75")
- 2nd – David Black, shot put (12.23m or 40'1.5")
- 3rd – David Black, discus (38.53m or 126'5")
- 4th – Marquice Miller, long jump (6.10m or 20'.25")
- 5th – CR Thomas, 800m (1:57.17)
- 5th – Chad Carpenter, 5000m (15:55.50)
- 5th – Brandon Spencer, hammer throw (37.78m or 123'11")
- 6th – Scott Bellamy, discus (35.47m or 116'4")
- 8th – Tim Goldsack, 400m (59.47)
- 10th – Nick Vaccaro, 1500m (4:14.76)
- 10th – Scott Bellamy, hammer throw (32.21m or 105'8")
- 11th – David Fulp, 5000m (17:25.72)
- 12th – John Kimble, discus (28.26m or 92'8")

SoCon Outdoor Championships; Boone, NC

Team Results

- 1. Appalachian State 246.5
- 2. Western Carolina 229.5
- 3. Chattanooga 90
- 4. The Citadel 63
- 5. Furman 53
- East Tennessee State 53
- 7. Wofford 34
- 8. Davidson 26
- 9. UNC Greensboro 19

Individual Results

- 2nd – Jeff Williams, 800m (1:53.00) – **school record**
- 4th – Charles Jones, long jump (6.84m or 22'5.25")
- 5th – Joe Jacobs, 5000m (15:29.06)
- 7th – Charles Jones, triple jump (13.80m)
- 9th – Brandon Spencer, hammer throw (39.36m or 129'2") – **school record**
- 9th – Marquice Miller, long jump (6.20m or 20'4.25")
- 9th – CR Thomas, 1500m (4:03.96)
- 16th – Scott Bellamy, discus (33.26m or 109'1")
- 16th – Nick Vaccaro, 1500m (4:08.33)
- 21st – Chad Carpenter, 5000m (16:14.16)
- 28th – David Fulp, 5000m (17:38.28)

400m

- 51.03 – Jeff Williams (Raleigh Relays) - **school record**
- 59.47 – Tim Goldsack (Elon)

800m

- 1:55.00 – Jeff Williams (SoCon) – **school record**
- 1:53.38 – Jeff Williams (SoCon)
- 1:53.76 – Jeff Williams (Elon)
- 1:55.27 – Jeff Williams (Carolina Fast Times)
- 1:55.70 – CR Thomas (Duke Invitational)
- 1:55.81 – Jeff Williams (49er Classic)
- 1:56.40 – Jeff Williams (Duke Invitational)
- 1:57.17 – CR Thomas (Elon)
- 1:58.49 – Nick Vaccaro (Duke Invitational)
- 2:07.12 – Thomas Wilkey (Carolina Fast Times)

1500m

3:59.58 – CR Thomas (Raleigh Relays)
4:01.98 – Nick Vacarro (49er Classic)
4:02.52 – CR Thomas (Carolina Fast Times)
4:03.37 – Nick Vacarro (Raleigh Relays)
4:03.58 – CR Thomas (49er Classic)
4:03.96 – CR Thomas (SoCon)
4:05.49 – Nick Vacarro (Carolina Fast Times)
4:05.58 – Joe Jacobs (Duke Invitational)
4:08.33 – Nick Vaccaro (SoCon)
4:14.55 – Chad Carpenter (49er Classic)
4:14.76 – Nick Vacarro (Elon)

3000m

8:41.22 – Joe Jacobs (Carolina Fast Times) – **school record**
9:11.05 – Chad Carpenter (Carolina Fast Times)
9:34.38 – David Fulp (49er Classic)
9:56.01 – David Fulp (Carolina Fast Times)

5000m

15:16.87 - Joe Jacobs (Elon) – **school record**
15:29.06 – Joe Jacobs (SoCon)
15:55.50 – Chad Carpenter (Elon)
16:14.16 – Chad Carpenter (SoCon)
16:28.80 – David Fulp (Duke Invitational)
17:25.72 – David Fulp (Elon)
17:34.24 – David Fulp (Raleigh Relays)

4x400m Relay

3:26.00 – Williams, Vacarro, Jacobs, Thomas (Elon) – **school record**
3:27.66 – Williams, Vacarro, Jacobs, Thomas (Carolina Fast Times)

Hammer Throw

39.36m – Brandon Spencer (SoCon)
38.21m – Brandon Spencer (49er Classic)
38.04m – Brandon Spencer (Carolina Fast Times)
37.78m – Brandon Spencer (Elon)
32.21m – Scott Bellamy (Elon)

Long Jump

6.89 – Charles Jones (Elon) – **school record**
6.84m – Charles Jones (SoCon)
6.20m – Marquice Miller (SoCon)
6.12m – Marquice Miller (Carolina Fast times)
6.10m – Marquice Miller (Elon)

Triple Jump

13.86m – Charles Jones (Elon)
13.80m – Charles Jones (SoCon)

Shot Put

12.23m – David Black (Elon)
9.93m – John Kimble (Carolina Fast Times)

Discus

38.53m – David Black (Elon)

35.47m – Scott Bellamy (Elon)

33.26m – Scott Bellamy (SoCon)

28.26m – John Kimble (Elon)

2004 UNCG Women's Outdoor Track & Field Results

3/19/04-3/20/04	49er Classic (Charlotte)
3/26/04-3/27/04	Raleigh Relays
4/2/04-4/3/04	Duke Invitational
4/9/04	Carolina Fast Times
4/17/04	Elon Invitational
5/1/04-5/2/04	SoCon Outdoor Championships

49er Classic; Charlotte, NC

Individual Results

2nd – Heidi Sloop, 3000m SC (11:26.87) – **school record**
16th – Michele Proctor, Hammer Throw (34.46m or 113'1")
26th – Stephanie Maltais, 3000m (11:26.80)
29th – Naomi D'Amours, 5000m (20:05.64)
35th – Takeesha Carter, 1500m (4:58.87)
36th – Eleanor Wilson, 1500m (4:59.33)
61st – Misty Tilson, 1500m (5:25.71)
65th – Samantha Geis, 1500m (5:28.23)

Raleigh Relays; Raleigh, NC

Individual Results

6th – Heidi Sloop, 3000m SC (11:32.09)
Stephanie Maltais, 5000m (20:37.60)
Naomi D'Amours, 5000m (21:07.72)
Takeesha Carter, 1500m (4:56.13)
Tricia O'Connell, 1500m (5:04.12)

Duke Invitational; Durham, NC

Individual Results

17th – Heidi Sloop, 3000m (10:17.36) – **school record**
20th – Takeesha Carter, 800m (2:22.98)
23rd – Takeesha Carter, 1500m (4:52.50)
Tricia O'Connell, 1500m (4:53.02)
Misty Tilson, 1500m (5:32.14)
31st – Michele Proctor, Hammer Throw (35.53m)

Carolina Fast Times; Chapel Hill, NC

Individual Results

6th – Michele Proctor, Hammer Throw (40.00m or 131'3")
9th – Stephanie Maltais, 3000m (11:23.50)
11th – Naomi D'Amours, 3000m (11:42.94)
12th – Michele Proctor, Discuss (28.37m or 93'1")
12th – Eleanor Wilson, 800m (2:20.01)
15th – Takeesha Carter, 800m (2:23.11)
15th – Takeesha Carter, 1500m (4:55.83)
16th – Heidi Sloop, 1500m, (4:56.72)
20th – Tricia O'Connell, 1500m (5:07.80)
21st – Misty Tilson, 800m (2:38.91)

Elon Invitational; Elon, NC

Individual Results

1st – Heidi Sloop, 3000m SC (11:29.91)
2nd – Michele Proctor, hammer throw (40.36m or 132'5")
5th – Takeesha Carter, 1500m (5:02.99)

6th – Tricia O’Connell, 1500m (5:04.13)
9th – Stephanie Maltais, 5000m (20:20.68)
10th – Michele Proctor, discus (25.11m or 82’4”)
17th – Misty Tilson, 1500m (5:34.06)

SoCon Outdoor Championships; Boone, NC

Team Results

1. Appalachian State	231.5
2. Georgia Southern	172
3. Chattanooga	124
4. Western Carolina	110.5
5. East Tennessee State	60
6. College of Charleston	30
7. Elon	29
8. Furman	26.5
9. Davidson	13.5
10. Wofford	11
11. UNC Greensboro	6
12. The Citadel	5

Individual Results

4th – Heidi Sloop, 3000m SC (11:37.91)
8th – Takeesha Carter, 1500m (4:55.08)
10th – Michele Proctor, hammer throw (37.19m or 122’)
14th – Tricia O’Connell, 1500m (5:03.97)
17th – Naomi D’Amours, 5000m (20:24.54)
21st – Michele Proctor, discus (27.21m or 89’3”)

800m

2:19.79 – Eleanor Wilson (SoCon)
2:20.01 – Eleanor Wilson (Carolina Fast Times)
2:22.98 – Takeesha Carter (Duke Invitational)
2:23.11 – Takeesha Carter (Carolina Fast Times)
2:38.91 – Misty Tilson (Carolina Fast Times)

1500m

4:52.50 – Takeesha Carter (Duke Invitational)
4:53.02 – Tricia O’Connell (Duke Invitational)
4:55.08 – Takeesha Carter (SoCon)
4:55.83 – Takeesha Carter (Carolina Fast Times)
4:56.13 – Takeesha Carter (Raleigh Relays)
4:56.72 – Heidi Sloop (Carolina Fast Times)
4:58.77 – Takeesha Carter (49er Classic)
4:59.33 – Eleanor Wilson (49er Classic)
5:02.99 – Takeesha Carter (Elon)
5:03.97 – Tricia O’Connell (SoCon)
5:04.12 – Tricia O’Connell (Raleigh Relays)
5:04.13 – Tricia O’Connell (Elon)
5:07.80 – Tricia O’Connell (Carolina Fast Times)
5:25.71 – Misty Tilson (49er Classic)
5:28.23 – Samantha Geis (49er Classic)
5:32.14 – Misty Tilson (Duke Invitational)
5:34.06 – Misty Tilson (Elon)

3000m

10:17.36 – Heidi Sloop (Duke Invitational) – **school record**

11:23.50 – Stephanie Maltais (Carolina Fast Times)

11:26.80 – Stephanie Maltais (49er Classic)

11:37.91 – Heidi Sloop (SoCon)

11:42.94 – Naomi D'Amours (Carolina Fast Times)

3000m SC

11:26.87 – Heidi Sloop (49er Classic) – **school record**

11:29.91 – Heidi Sloop (Elon)

11:32.09 – Heidi Sloop (Raleigh Relays)

5000m

20:05.64 – Naomi D'Amours (49er Classic)

20:20.68 – Stephanie Maltais (Elon)

20:24.54 – Naomi D'Amours (SoCon)

20:37.60 – Stephanie Maltais (Raleigh Relays)

21:07.72 – Naomi D'Amours (Raleigh Relays)

Hammer Throw

40.36m – Michele Proctor (Elon)

40.00m – Michele Proctor (Carolina Fast Times)

37.19m – Michele Proctor (SoCon)

35.53m – Michele Proctor (Duke Invitational)

34.46m – Michele Proctor (49er Classic)

Discus

28.37m – Michele Proctor (Carolina Fast Times)

25.11m – Michele Proctor (Elon)

2003 UNCG Men's Cross Country Results

8/30/03	Charlotte Relay Invitational	T3 rd /5 Teams
9/13/03	Lou Onesty Invitational (Virginia)	6 th /9 Teams
9/26/03	Great American Cross Country Festival	15 th /21 Teams
10/3/03	Blue Ridge Mountain Open (Appalachian State)	5 th /8 Teams
10/18/03	North Carolina Intercollegiate	7 th /12 Teams
11/1/03	Southern Conference Championships	7 th /11 Teams
11/14/03	NCAA Southeast Regional Championship	

Charlotte Relay Invitational; Charlotte, NC (5K)

Team Results

1. Maryland	9
2. Charlotte	27
T3. UNC Asheville	31
T3. UNC Greensboro	31
5. Gardner-Webb	54
6. USC Spartanburg	NST

UNCG Results

4. CR Thomas/Chad Carpenter	32:39
8. Nick Vacarro/Joe Jacobs	33:12
19. Jeff Williams/David Fulp	35:25
20. Brian Konczewski/Thomas Wilkey	35:42

Lou Onesty Invitational; Charlottesville, VA (8K)

Team Results

1. Duke	42
2. William & Mary	45
3. Virginia	52
4. Liberty	120
5. Richmond	136
6. UNC Greensboro	197
7. VMI	198
8. James Madison	210
9. Hampton	260

UNCG Results

38. CR Thomas	26:21
50. Joe Jacobs	26:40
66. Chad Carpenter	27:05
88. Nic Vaccaro	28:03
92. Brian Konczewski	28:18
99. David Fulp	29:28
105. Thomas Wilkey	30:26

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

Team Results

1. UMass-Lowell	55
2. Hillsdale	91
3. Grand Valley State	104
4. Southern Indiana	147
5. UMBC	207
6. Coastal Carolina	219
7. Lewis	225
8. Kennesaw State	247

9. North Florida	296
10. Davidson	301
11. East Carolina	313
12. Monmouth	329
13. Shippensburg	341
14. Mars Hill	342
15. UNC Greensboro	357
16. VMI	380
17. Campbell	405
18. Milligan	444
19. Elon	454
20. Loyola	472
21. Pfeiffer	481

UNCG Results

29. Joe Jacobs	28:17
46. CR Thomas	28:49
58. Chad Carpenter	29:10
100. Brian Konczewski	30:30
124. David Fulp	31:21

Blue Ridge Mountain Open; Boone, NC (8K)

Team Results

1. Appalachian State	35
2. ASU Alumni	74
3. North Carolina	90
4. Virginia Tech	98
5. UNC Greensboro	126
6. Elon	181
7. Lenoir-Rhyne	194
8. Milligan	202

UNCG Results

9. Joe Jacobs	25:49
16. C.R. Thomas	26:06
25. Chad Carpenter	26:45
26. Nic Vaccaro	26:50
50. Jeff Williams	28:22
59. Thomas Wilkey	28:27
62. Brian Konczewski	29:11
63. David Fulp	29:18

North Carolina Intercollegiate; Greenville, NC (8K)

1. North Carolina	32
2. High Point	42
3. Duke	126
4. Davidson	141
5. East Carolina	144
6. UNC Charlotte	145
7. UNC Greensboro	176
8. Campbell	199
9. Elon	225
10. Gardner-Webb	262
11. UNC Wilmington	336
12. NC A&T	371

UNCG Results

25. CR Thomas	25:12
30. Joe Jacobs	25:18
70. Chad Carpenter	26:06
75. Nic Vaccaro	26:09
123. Jeff Williams	27:08
147. Thomas Wilkey	27:55
151. Tim Goldsack	28:01
158. Brian Konczewski	28:15
162. David Fulp	28:37

SoCon Championships; Davidson, NC (8K)**Team Results**

1. Chattanooga	52
2. Appalachian State	59
3. ETSU	98
4. Furman	103
5. Western Carolina	119
6. Davidson	141
7. UNCG	147
8. The Citadel	215
9. College of Charleston	223
10. Elon	253
11. Wofford	337

UNCG Results

16. Joe Jacobs	27:02
17. C.R. Thomas	27:03
27. Chad Carpenter	27:35
28. Nic Vaccaro	27:35
65. Brian Konczewski	29:29
71. Thomas Wilkey	30:07
78. David Fulp	31:22
79. Tim Goldsack	31:30

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

67. Joe Jacobs	32:04
175. Thomas Wilkey	36:18

Joe Jacobs

NC Intercollegiate (8K)	25:18
Blue Ridge Mountain Open (8K)	25:49
Lou Onesty Invitational (8K)	26:40
SoCon Championships (8K)	27:02
Great American Festival (8K)	28:17
Southeast Regional (10K)	32:04

CR Thomas

NC Intercollegiate (8K)	25:12
Blue Ridge Mountain Open (8K)	26:06
Lou Onesty Invitational (8K)	26:21
SoCon Championships (8K)	27:03
Great American Festival (8K)	28:49

Chad Carpenter

NC Intercollegiate (8K) 26:06
Blue Ridge Mountain Open (8K) 26:45
Lou Onesty Invitational (8K) 27:05
SoCon Championships (8K) 27:35
Great American Festival (8K) 29:10

Nic Vaccaro

NC Intercollegiate (8K) 26:09
Blue Ridge Mountain Open (8K) 26:50
SoCon Championships (8K) 27:35
Lou Onesty Invitational (8K) 28:03

Brian Konczewski

NC Intercollegiate (8K) 28:15
Lou Onesty Invitational (8K) 28:18
Blue Ridge Mountain Open (8K) 29:11
SoCon Championships (8K) 29:29
Great American Festival (8K) 30:30

David Fulp

NC Intercollegiate (8K) 28:37
Blue Ridge Mountain Open (8K) 29:18
Lou Onesty Invitational (8K) 29:28
Great American Festival (8K) 31:21
SoCon Championships (8K) 31:22

Thomas Wilkey

NC Intercollegiate (8K) 27:55
Blue Ridge Mountain Open (8K) 28:27
SoCon Championships (8K) 30:07
Lou Onesty Invitational (8K) 30:26
Southeast Regional (10K) 36:18

Jeff Williams

NC Intercollegiate (8K) 27:08
Blue Ridge Mountain Open (8K) 28:22

Tim Goldsack

NC Intercollegiate (8K) 28:01
SoCon Championships (8K) 31:30

2003 UNCG Women's Cross Country Results

8/30/03	Charlotte Relay Invitational	4 th /8 Teams
9/6/03	Elon/High Point Invitational	
9/13/03	Lou Onesty Invitational (Virginia)	6 th /9 Teams
9/26/03	Great American Cross Country Festival	12 th /18 Teams
10/3/03	Blue Ridge Mountain Open (Appalachian State)	5 th /8 Teams
10/18/03	North Carolina Intercollegiate	5 th /10 Teams
11/1/03	Southern Conference Championships	5 th /12 Teams

Charlotte Relay Invitational; Charlotte, NC (3K)

Team Results

1. Maryland	20
2. UNC Asheville	25
3. South Carolina	37
4. UNC Greensboro	40
5. Charlotte	44
6. Gardner-Webb	49
7. Clemson	57
8. USC Spartanburg	107

UNCG Results

6. E. Wilson/J. Weber	22:10
14. K. Oldham/T. O'Connell	22:59
20. T. Carter/H. Sloop	23:28
24. E. Lord/K. Irwin	24:07
31 A. Yates/S. Geis	25:33

Elon/High Point Invitational; Greensboro, NC (5K)

Amanda Yates	21:48
Samantha Geis	21:50
Naomi D'Amours	22:18

Lou Onesty Invitational; Charlottesville, VA (5K)

Team Results

1. Duke	37
2. William & Mary	55
3. Richmond	57
4. Virginia	64
5. Liberty	175
6. UNC Greensboro	193
7. James Madison	208
8. Hampton	217
9. VMI	253

UNCG Results

41. Kathy Oldham	19:51
53. Jess Weber	20:33
55. Heidi Sloop	20:36
60. Tricia O'Connell	20:53
63. Kristin Irwin	21:07
66. Takeesha Carter	21:22
72. Amanda Yates	22:01

Great American XC Festival; Cary, NC (5K)**Team Results**

1. North Florida	97
2. Loyola	107
3. Southern Indiana	126
4. Davidson	138
5. Hillsdale	157
6. UMBC	195
7. South Carolina	200
8. Stonehill	208
9. East Carolina	247
10. Kennesaw State	261
Monmouth	261
12. UNC Greensboro	271
13. High Point	279
14. Shippensburg	292
15. Delaware	333
16. Liberty	353
17. Mars Hill	431
18. Elon	445

UNCG Results

26. Eleanor Wilson	20:00
30. Heidi Sloop	20:04
63. Kathy Oldham	20:58
77. Tricia O'Connell	21:17
78. Kristin Irwin	21:20
100. Jess Weber	21:54
115. Takeesha Carter	22:39

Blue Ridge Mountain Open; Boone, NC (5K)**Team Results**

1. Virginia Tech	19
2. Alabama	67
3. Appalachian State	98
4. Davidson	111
5. UNC Greensboro	123
6. Virginia Intermont	221
7. Elon	225
8. Milligan	230

UNCG Results

12. Heidi Sloop	18:31
19. Eleanor Wilson	18:51
28. Jess Weber	19:31
30. Kathy Oldham	19:34
34. Takeesha Carter	19:45
36. Tricia O'Connell	19:48
41. Kristin Irwin	20:00
52. Samantha Geis	20:49
62. Amanda Yates	21:12
63. Misty Tilson	21:14
67. Naomi D'Amours	21:30

North Carolina Intercollegiate; Greenville, NC (5K)

1. Charlotte	69
2. Wake Forest	80
3. Davidson College	81
4. East Carolina	92
5. UNC Greensboro	125
6. High Point	128
7. UNC	140
8. UNC Wilmington	205
9. Elon	223
10. NC A&T	303

UNCG Results

12. Eleanor Wilson	17:51
23. Heidi Sloop	18:05
42. Jess Weber	18:48
53. Takeesha Carter	19:01
59. Kathy Oldham	19:09
74. Kristen Irwin	19:40
97. Naomi D'Amours	20:31
98. Samantha Geis	20:32

SoCon Championships; Davidson, NC (5K)

Team Results

1. Davidson	75
2. Furman	76
3. Appalachian State	80
4. Western Carolina	105
5. UNC Greensboro	113
6. Chattanooga	131
7. Georgia Southern	197
8. ETSU	207
9. College of Charleston	214
10. Elon	234
11. The Citadel	294
12. Wofford	357

UNCG Results

3. Heidi Sloop	19:09
9. Eleanor Wilson	19:27
16. Kathy Oldham	19:53
41. Jess Weber	20:40
44. Kristin Irwin	20:44
58. Takeesha Carter	21:20
59. Samantha Geis	21:21
70. Naomi D'Amours	22:07

NCAA Southeast Regional; Greenville, NC (6K)

UNCG Results

67. Eleanor Wilson	21:59
105. Heidi Sloop	23:01
153. Kristin Irwin	24:02

Eleanor Wilson

NC Intercollegiate (5K) 17:51.08
Blue Ridge Mountain Open (5K) 18:51
SoCon Championships (5K) 19:27
Great American Festival (5K) 20:00
Southeast Regional (6K) 21:59

Heidi Sloop

NC Intercollegiate (5K) 18:05
Blue Ridge Mountain Open (5K) 18:31
SoCon Championships (5K) 19:09
Great American Festival (5K) 20:04
Lou Onesty Invitational (5K) 20:36
Southeast Regional (6K) 23:01

Kathy Oldham

NC Intercollegiate (5K) 19:09
Blue Ridge Mountain Open (5K) 19:34
Lou Onesty Invitational (5K) 19:51
SoCon Championships (5K) 19:53
Great American Festival (5K) 20:58

Jess Weber

NC Intercollegiate (5K) 18:48
Blue Ridge Mountain Open (5K) 19:31
Lou Onesty Invitational (5K) 20:33
SoCon Championships (5K) 20:40
Great American Festival (5K) 21:54

Tricia O'Connell

Blue Ridge Mountain Open (5K) 19:48
Lou Onesty Invitational (5K) 20:53
Great American Festival (5K) 21:17

Kristin Irwin

NC Intercollegiate (5K) 19:40
Blue Ridge Mountain Open (5K) 20:00
SoCon Championships (5K) 20:44
Lou Onesty Invitational (5K) 21:07
Great American Festival (5K) 21:20
Southeast Regional (6K) 24:02

Takeesha Carter

NC Intercollegiate (5K) 19:01
Blue Ridge Mountain Open (5K) 19:45
SoCon Championships (5K) 21:20
Lou Onesty Invitational (5K) 21:22
Great American Festival (5K) 22:39

Amanda Yates

Blue Ridge Mountain Open (5K) 21:12
Elon/High Point Invite (5K) 21:48
Lou Onesty Invitational (5K) 22:01

Samantha Geis

NC Intercollegiate (5K) 20:32
Blue Ridge Mountain Open (5K) 20:49
SoCon Championships (5K) 21:21
Elon/High Point Invite (5K) 21:50

Misty Tilson

Blue Ridge Mountain Open (5K) 21:14

Naomi D'Amours

NC Intercollegiate (5K) 20:31
Blue Ridge Mountain Open (5K) 21:30
SoCon Championships (5K) 22:07
Elon/High Point Invite (5K) 22:18

2004 UNCG Men's Indoor Track & Field Results

1/23/04-1/24/04	Niswonger Foundation Invitational (ETSU)
1/30/04-1/31/04	Appalachian State Invitational
2/7/04	Carolina Classic (UNC)
2/18/04	Valentine Open (Appalachian State)
2/27/04-2/28/04	Southern Conference Indoor Championships

Niswonger Foundation Invitational; Johnson City, TN

Individual Results

6th – CR Thomas, 3000m (8:47.23) – unseeded race
9th – Joe Jacobs, 5000m (15:21.17)
13th – Jeff Williams, 800m (1:58.59)
14th – Brandon Spencer, weight throw (12.10m or 39'8.5")
15th – Nick Vaccaro, 3000m (9:05.83) – unseeded race
19th – Chad Carpenter, 5000m (16:10.32)
78th – Marquice Miller, 400m (59.49)

Appalachian State Invitational; Boone, NC

Individual Results

16th – Brandon Spencer, weight throw (12.39m or 40'7.75")

Carolina Classic; Chapel Hill, NC

Individual Results

2nd – CR Thomas, Mile (4:20.10)
6th – Joe Jacobs, 3000m (8:38.94) – **school record**
16th – Chad Carpenter, 3000m (9:00.08)
24th – Nick Vaccaro, Mile (4:34.49)
27th – Jeff Williams, 800m (2:03.20)

Valentine Open; Boone, NC

Individual Results

1st – DMR, Thomas, Vaccaro, Jacobs, Williams (10:31.4)
3rd – Jeff Williams, 400m (50.65)
5th – Chad Carpenter, Mile (4:32.2)
20th – Marquice Miller, 400m (57.68)
27th – Marquice Miller, 200m (26.09)

SoCon Indoor Championships; Johnson City, TN

Team Results

1. Western Carolina	221.5
2. Appalachian State	200.5
3. East Tennessee State	91.5
4. Chattanooga	81.5
5. The Citadel	26
6. UNC Greensboro	18
7. Davidson	11
8. Wofford	8

Individual Results

1st – DMR, Thomas, Williams, Vaccaro, Jacobs (10:11.00) – **school record**
5th – CR Thomas, Mile (4:18.82) – **school record**
7th – Joe Jacobs, 5000m (15:09.12)
7th – Marquice Miller, long jump (6.36m)

11th – Brandon Spencer, weight throw (11.98m or 39'3.75")
15th – Nick Vaccaro, Mile (4:29.44)
15th – Chad Carpenter, 5000m (15:43.24)

200m

26.09 – Marquice Miller (Valentine Open)

400m

50.65 – Jeff Williams (Valentine Meet)
57.68 – Marquice Miller (Valentine Meet)
59.49 – Marquice Miller (Niswonger)

800m

1:58.59 – Jeff Williams (Niswonger)
2:03.20 – Jeff Williams (Carolina Classic)

3000m

8:38.94 – Joe Jacobs (Carolina Classic) – **school record**
8:47.23 – CR Thomas (Niswonger)
9:00.08 – Chad Carpenter (Carolina Classic)
9:05.83 – Nick Vaccaro (Niswonger)

5000m

15:09.12 – Joe Jacobs (SoCon)
15:21.17 – Joe Jacobs (Niswonger)
15:43.24 – Chad Carpenter (SoCon)
16:10.32 – Chad Carpenter (Niswonger)

Mile

4:18.82 – CR Thomas (SoCon) – **school record**
4:20.10 – CR Thomas (Carolina Classic)
4:29.44 – Nick Vaccaro (SoCon)
4:32.2 – Chad Carpenter (Valentine Meet)
4:34.49 – Nick Vaccaro (Carolina Classic)

Long Jump

6.36m – Marquice Miller (SoCon)

Distance Medley

10:11.00 – Thomas, Williams, Vaccaro, Jacobs (SoCon) – **school record**
10:31.40 – Thomas, Vaccaro, Jacobs, Williams (Valentine Meet)

Weight Throw

12.39m – Brandon Spencer (Appalachian State)
12.10m – Brandon Spencer (Niswonger)
11.98m – Brandon Spencer (SoCon)

2004 UNCG Women's Indoor Track & Field Results

1/23/04-1/24/04	Niswonger Foundation Invitational (ETSU)
1/30/04-1/31/04	Appalachian State Invitational
27/04	Heels Challenge (UNC)
2/18/04	Valentine Meet (Appalachian State)
2/27/04-2/28/04	Southern Conference Indoor Championships

Niswonger Foundation Invitational; Johnson City, TN

Individual Results

- 6th – Heidi Sloop, 5000m (18:40.34)
- 7th – Michele Proctor, weight throw (11.18m or 36'8.25")
- 13th – Eleanor Wilson, 3000m (11:12.17) – unseeded race
- 17th – Takeesha Carter, 800m (2:26.77)
- 25th – Kristin Irwin, 5000m (20:01.35)

Appalachian State Invitational; Boone, NC

Individual Results

- 18th – Michele Proctor, weight throw (11.73m or 38'6")

Carolina Classic; Chapel Hill, NC

Individual Results

- 13th – Heidi Sloop, 3000m (10:35.21) – **school record**
- 17th – Michele Proctor, weight throw (10.55m or 34'7.50")
- 20th – Kristin Irwin, 3000m (11:23.82)
- 22nd – Takeesha Carter, 800m (2:24.43)

Valentine Meet; Boone, NC

Individual Results

- 1st – Heidi Sloop, Mile (5:24.7)
- 1st – Takeesha Carter, 800m (2:24.9)
- 7th – Samantha Geis, 800m (2:34.2)
- 10th – Misty Tilson, Mile (5:49.1)

SoCon Indoor Championships; Johnson City, TN

Team Results

1. Appalachian State	222
2. Chattanooga	138.5
3. Georgia Southern	105
4. Western Carolina	72
5. East Tennessee State	69.5
6. College of Charleston	23
7. Elon	16
8. Furman	12
9. Davidson	3
10. The Citadel	1

Individual Results

- 9th – Takeesha Carter, 800m (2:22.22)
- 16th – Michele Proctor, weight throw (11.89m or 39'.25")

800m

2:22.22 – Takeesha Carter (SoCon)
2:24.43 – Takeesha Carter (Carolina Classic)
2:24.9 – Takeesha Carter (Valentine Open)
2:26.77 – Takeesha Carter (Niswonger)
2:34.2 – Samantha Geis (Valentine Open)

3000m

10:35.21 – Heidi Sloop (Carolina Classic) – **school record**
11:12.17 – Eleanor Wilson (Niswonger)
11:23.82 – Kristin Irwin (Carolina Classic)

5000m

18:40.34 – Heidi Sloop (Niswonger)
20:01.35 – Kristin Irwin (Niswonger)

Mile

5:24.7 – Heidi Sloop (Valentine Meet)
5:49.1 – Misty Tilson (Valentine Meet)

Distance Medley**Weight Throw**

11.89m – Michele Proctor (SoCon)
11.73m – Michele Proctor (Appalachian State)
11.18m – Michele Proctor (Niswonger)
10.55m – Michele Proctor (Carolina Classic)

2004 UNCG Men's Outdoor Track & Field Results

3/19/04-3/20/04	49er Classic (Charlotte)
3/26/04-3/27/04	Raleigh Relays
4/2/04-4/3/04	Duke Invitational
4/9/04	Carolina Fast Times
4/17/04	Elon Invitational
5/1/04-5/2/04	SoCon Outdoor Championships

49er Classic; Charlotte, NC

Individual Results

17th – Jeff Williams, 800m (1:55.81)
17th – Nick Vaccaro, 1500m (4:01.98)
18th – Brandon Spencer, Hammer Throw (38.21m or 125'4")
23rd – Scott Bellamy, Hammer Throw (26.43m or 86'8")
23rd – David Black, Discus (34.35m or 112'8")
26th – CR Thomas, 1500m (4:03.58)
31st – Marquice Miller, Long Jump (6.06m or 19'10.75")
39th – David Fulp, 3000m (9:34.38)
62nd – Chad Carpenter, 1500m (4:14.55)

Raleigh Relays; Raleigh, NC

Individual Results

121st – Jeff Williams, 400m (51.03)
David Fulp, 5000m (17:34.24)
CR Thomas, 1500m (3:59.58)
Nick Vaccaro, 1500m (4:03.37)

Duke Invitational; Durham, NC

Individual Results

4th – CR Thomas, 800m (1:55.70)
26th – Nick Vaccaro, 800m (1:58.49)
29th – Joe Jacobs, 1500m (4:05.58)
31st – Jeff Williams, 800m (1:56.40)
36th – David Fulp, 5000m (16:28.80)

Carolina Fast Times; Chapel Hill, NC

Individual Results

2nd – Joe Jacobs, 3000m (8:41.22)
5th – Brandon Spencer, hammer throw (38.04m or 124'10")
7th – Chad Carpenter, 3000m (9:11.05)
8th – Scott Bellamy, hammer throw (29.77m or 97'8")
9th – Jeff Williams, 800m (1:55.27)
9th – David Fulp, 3000m (9:56.01)
9th – John Kimble, shot put (9.93m or 32'7")
10th – Marquice Miller, long jump (6.12m or 20'1")
11th – CR Thomas, 1500m (4:02.52)
12th – Nick Vaccaro, 1500m (4:05.49)
21st – Thomas Wilkey, 800m (2:07.12)

Elon Invitational; Elon, NC

Individual Results

1st – Jeff Williams, 800m (1:53.76)
1st – Joe Jacobs, 5000m (15:16.87)

- 1st – Charles Jones, long jump (6.89m or 22'7.25")
- 2nd – 4x400m Relay (3:26.00)
- 2nd – Charles Jones, triple jump (13.86m or 45'5.75")
- 2nd – David Black, shot put (12.23m or 40'1.5")
- 3rd – David Black, discus (38.53m or 126'5")
- 4th – Marquice Miller, long jump (6.10m or 20'.25")
- 5th – CR Thomas, 800m (1:57.17)
- 5th – Chad Carpenter, 5000m (15:55.50)
- 5th – Brandon Spencer, hammer throw (37.78m or 123'11")
- 6th – Scott Bellamy, discus (35.47m or 116'4")
- 8th – Tim Goldsack, 400m (59.47)
- 10th – Nick Vaccaro, 1500m (4:14.76)
- 10th – Scott Bellamy, hammer throw (32.21m or 105'8")
- 11th – David Fulp, 5000m (17:25.72)
- 12th – John Kimble, discus (28.26m or 92'8")

SoCon Outdoor Championships; Boone, NC

Team Results

- 1. Appalachian State 246.5
- 2. Western Carolina 229.5
- 3. Chattanooga 90
- 4. The Citadel 63
- 5. Furman 53
- East Tennessee State 53
- 7. Wofford 34
- 8. Davidson 26
- 9. UNC Greensboro 19

Individual Results

- 2nd – Jeff Williams, 800m (1:53.00) – **school record**
- 4th – Charles Jones, long jump (6.84m or 22'5.25")
- 5th – Joe Jacobs, 5000m (15:29.06)
- 7th – Charles Jones, triple jump (13.80m)
- 9th – Brandon Spencer, hammer throw (39.36m or 129'2") – **school record**
- 9th – Marquice Miller, long jump (6.20m or 20'4.25")
- 9th – CR Thomas, 1500m (4:03.96)
- 16th – Scott Bellamy, discus (33.26m or 109'1")
- 16th – Nick Vaccaro, 1500m (4:08.33)
- 21st – Chad Carpenter, 5000m (16:14.16)
- 28th – David Fulp, 5000m (17:38.28)

400m

- 51.03 – Jeff Williams (Raleigh Relays) - **school record**
- 59.47 – Tim Goldsack (Elon)

800m

- 1:55.00 – Jeff Williams (SoCon) – **school record**
- 1:53.38 – Jeff Williams (SoCon)
- 1:53.76 – Jeff Williams (Elon)
- 1:55.27 – Jeff Williams (Carolina Fast Times)
- 1:55.70 – CR Thomas (Duke Invitational)
- 1:55.81 – Jeff Williams (49er Classic)
- 1:56.40 – Jeff Williams (Duke Invitational)
- 1:57.17 – CR Thomas (Elon)
- 1:58.49 – Nick Vaccaro (Duke Invitational)
- 2:07.12 – Thomas Wilkey (Carolina Fast Times)

1500m

3:59.58 – CR Thomas (Raleigh Relays)
4:01.98 – Nick Vacarro (49er Classic)
4:02.52 – CR Thomas (Carolina Fast Times)
4:03.37 – Nick Vacarro (Raleigh Relays)
4:03.58 – CR Thomas (49er Classic)
4:03.96 – CR Thomas (SoCon)
4:05.49 – Nick Vacarro (Carolina Fast Times)
4:05.58 – Joe Jacobs (Duke Invitational)
4:08.33 – Nick Vaccaro (SoCon)
4:14.55 – Chad Carpenter (49er Classic)
4:14.76 – Nick Vacarro (Elon)

3000m

8:41.22 – Joe Jacobs (Carolina Fast Times) – **school record**
9:11.05 – Chad Carpenter (Carolina Fast Times)
9:34.38 – David Fulp (49er Classic)
9:56.01 – David Fulp (Carolina Fast Times)

5000m

15:16.87 - Joe Jacobs (Elon) – **school record**
15:29.06 – Joe Jacobs (SoCon)
15:55.50 – Chad Carpenter (Elon)
16:14.16 – Chad Carpenter (SoCon)
16:28.80 – David Fulp (Duke Invitational)
17:25.72 – David Fulp (Elon)
17:34.24 – David Fulp (Raleigh Relays)

4x400m Relay

3:26.00 – Williams, Vacarro, Jacobs, Thomas (Elon) – **school record**
3:27.66 – Williams, Vacarro, Jacobs, Thomas (Carolina Fast Times)

Hammer Throw

39.36m – Brandon Spencer (SoCon)
38.21m – Brandon Spencer (49er Classic)
38.04m – Brandon Spencer (Carolina Fast Times)
37.78m – Brandon Spencer (Elon)
32.21m – Scott Bellamy (Elon)

Long Jump

6.89 – Charles Jones (Elon) – **school record**
6.84m – Charles Jones (SoCon)
6.20m – Marquice Miller (SoCon)
6.12m – Marquice Miller (Carolina Fast times)
6.10m – Marquice Miller (Elon)

Triple Jump

13.86m – Charles Jones (Elon)
13.80m – Charles Jones (SoCon)

Shot Put

12.23m – David Black (Elon)
9.93m – John Kimble (Carolina Fast Times)

Discus

38.53m – David Black (Elon)

35.47m – Scott Bellamy (Elon)

33.26m – Scott Bellamy (SoCon)

28.26m – John Kimble (Elon)

2004 UNCG Women's Outdoor Track & Field Results

3/19/04-3/20/04	49er Classic (Charlotte)
3/26/04-3/27/04	Raleigh Relays
4/2/04-4/3/04	Duke Invitational
4/9/04	Carolina Fast Times
4/17/04	Elon Invitational
5/1/04-5/2/04	SoCon Outdoor Championships

49er Classic; Charlotte, NC

Individual Results

2nd – Heidi Sloop, 3000m SC (11:26.87) – **school record**
16th – Michele Proctor, Hammer Throw (34.46m or 113'1")
26th – Stephanie Maltais, 3000m (11:26.80)
29th – Naomi D'Amours, 5000m (20:05.64)
35th – Takeesha Carter, 1500m (4:58.87)
36th – Eleanor Wilson, 1500m (4:59.33)
61st – Misty Tilson, 1500m (5:25.71)
65th – Samantha Geis, 1500m (5:28.23)

Raleigh Relays; Raleigh, NC

Individual Results

6th – Heidi Sloop, 3000m SC (11:32.09)
Stephanie Maltais, 5000m (20:37.60)
Naomi D'Amours, 5000m (21:07.72)
Takeesha Carter, 1500m (4:56.13)
Tricia O'Connell, 1500m (5:04.12)

Duke Invitational; Durham, NC

Individual Results

17th – Heidi Sloop, 3000m (10:17.36) – **school record**
20th – Takeesha Carter, 800m (2:22.98)
23rd – Takeesha Carter, 1500m (4:52.50)
Tricia O'Connell, 1500m (4:53.02)
Misty Tilson, 1500m (5:32.14)
31st – Michele Proctor, Hammer Throw (35.53m)

Carolina Fast Times; Chapel Hill, NC

Individual Results

6th – Michele Proctor, Hammer Throw (40.00m or 131'3")
9th – Stephanie Maltais, 3000m (11:23.50)
11th – Naomi D'Amours, 3000m (11:42.94)
12th – Michele Proctor, Discuss (28.37m or 93'1")
12th – Eleanor Wilson, 800m (2:20.01)
15th – Takeesha Carter, 800m (2:23.11)
15th – Takeesha Carter, 1500m (4:55.83)
16th – Heidi Sloop, 1500m, (4:56.72)
20th – Tricia O'Connell, 1500m (5:07.80)
21st – Misty Tilson, 800m (2:38.91)

Elon Invitational; Elon, NC

Individual Results

1st – Heidi Sloop, 3000m SC (11:29.91)
2nd – Michele Proctor, hammer throw (40.36m or 132'5")
5th – Takeesha Carter, 1500m (5:02.99)

6th – Tricia O’Connell, 1500m (5:04.13)
9th – Stephanie Maltais, 5000m (20:20.68)
10th – Michele Proctor, discus (25.11m or 82’4’’)
17th – Misty Tilson, 1500m (5:34.06)

SoCon Outdoor Championships; Boone, NC

Team Results

1. Appalachian State	231.5
2. Georgia Southern	172
3. Chattanooga	124
4. Western Carolina	110.5
5. East Tennessee State	60
6. College of Charleston	30
7. Elon	29
8. Furman	26.5
9. Davidson	13.5
10. Wofford	11
11. UNC Greensboro	6
12. The Citadel	5

Individual Results

4th – Heidi Sloop, 3000m SC (11:37.91)
8th – Takeesha Carter, 1500m (4:55.08)
10th – Michele Proctor, hammer throw (37.19m or 122’)
14th – Tricia O’Connell, 1500m (5:03.97)
17th – Naomi D’Amours, 5000m (20:24.54)
21st – Michele Proctor, discus (27.21m or 89’3’')

800m

2:19.79 – Eleanor Wilson (SoCon)
2:20.01 – Eleanor Wilson (Carolina Fast Times)
2:22.98 – Takeesha Carter (Duke Invitational)
2:23.11 – Takeesha Carter (Carolina Fast Times)
2:38.91 – Misty Tilson (Carolina Fast Times)

1500m

4:52.50 – Takeesha Carter (Duke Invitational)
4:53.02 – Tricia O’Connell (Duke Invitational)
4:55.08 – Takeesha Carter (SoCon)
4:55.83 – Takeesha Carter (Carolina Fast Times)
4:56.13 – Takeesha Carter (Raleigh Relays)
4:56.72 – Heidi Sloop (Carolina Fast Times)
4:58.77 – Takeesha Carter (49er Classic)
4:59.33 – Eleanor Wilson (49er Classic)
5:02.99 – Takeesha Carter (Elon)
5:03.97 – Tricia O’Connell (SoCon)
5:04.12 – Tricia O’Connell (Raleigh Relays)
5:04.13 – Tricia O’Connell (Elon)
5:07.80 – Tricia O’Connell (Carolina Fast Times)
5:25.71 – Misty Tilson (49er Classic)
5:28.23 – Samantha Geis (49er Classic)
5:32.14 – Misty Tilson (Duke Invitational)
5:34.06 – Misty Tilson (Elon)

3000m

10:17.36 – Heidi Sloop (Duke Invitational) – **school record**

11:23.50 – Stephanie Maltais (Carolina Fast Times)

11:26.80 – Stephanie Maltais (49er Classic)

11:37.91 – Heidi Sloop (SoCon)

11:42.94 – Naomi D'Amours (Carolina Fast Times)

3000m SC

11:26.87 – Heidi Sloop (49er Classic) – **school record**

11:29.91 – Heidi Sloop (Elon)

11:32.09 – Heidi Sloop (Raleigh Relays)

5000m

20:05.64 – Naomi D'Amours (49er Classic)

20:20.68 – Stephanie Maltais (Elon)

20:24.54 – Naomi D'Amours (SoCon)

20:37.60 – Stephanie Maltais (Raleigh Relays)

21:07.72 – Naomi D'Amours (Raleigh Relays)

Hammer Throw

40.36m – Michele Proctor (Elon)

40.00m – Michele Proctor (Carolina Fast Times)

37.19m – Michele Proctor (SoCon)

35.53m – Michele Proctor (Duke Invitational)

34.46m – Michele Proctor (49er Classic)

Discus

28.37m – Michele Proctor (Carolina Fast Times)

25.11m – Michele Proctor (Elon)