

2004 UNCG Men's Cross Country Results

9/3/04	Covered Bridge Open (Appalachian State)	4 th /10 Teams
9/18/04	Clemson Invitational	2 nd /9 Teams
10/2/04	Overton Invitational	2 nd /8 Teams
10/16/04	Winthrop Fall Classic	3 rd /11 Teams
10/30/04	Southern Conference Championships	4 th /11 Teams
11/13/04	NCAA Southeast Regional Championship	23 rd /29 Teams

Covered Bridge Open; Boone, NC (8K)

Team Results

1. Florida State	21
2. Clemson	55
3. Appalachian State	64
4. UNC Greensboro	109
5. Lees-McRae	178
6. Winthrop	181
7. Elon	182
8. Lenoir Rhyne	217
9. Carson-Newman	244
10. King College	313

Individual Results, School

1. Luke Beevor, Florida State	25:14.10
8. Joe Jacobs	25:42.40
24. CR Thomas	26:33.30
31. Charles Gibson	26:47.10
34. Chad Carpenter	26:51.60
37. Nick Vaccaro	26:56.00
43. Xavier Rutz	27:26.30
49. Paul Travers	27:53.10
54. David Fulp	28:08.30
68. Steve Lyons	29:06.90
69. Jeff Williams	29:15.10

Clemson Invitational; Clemson, SC (8K)

Team Results

1. Clemson	17
2. UNC Greensboro	74
3. Emory	85
4. Western Carolina	86
5. Gardner-Webb	162
6. Morehouse	176
7. Charleston Southern	208
8. South Carolina State	225
9. Southern Wesleyan	227

Individual Results, School

1. Itay Magidi, Clemson	24:45.2
10. Joe Jacobs	25:43.9
13. CR Thomas	26:09.0
18. Charles Gibson	26:31.5
20. Chad Carpenter	26:43.2
23. Nick Vaccaro	26:55.9
26. Paul Travers	27:26.1

39. Xavier Rutz	28:01.3
50. David Fulp	29:21.3

Overton Invitational; Greenville, NC (8K)

Team Results

1. Wake Forest	22
2. UNC Greensboro	48
3. Western Kentucky	72
4. Elon	121
5. Roanoke	140
6. East Carolina	165
7. Spartanburg Methodist	176
8. Wofford	256

Individual Results, School

1. Shane Ahlers, Wake Forest	25:02.95
3. Joe Jacobs	25:30.14
7. CR Thomas	25:52.75
11. Charles Gibson	26:06.31
13. Nick Vaccaro	26:17.49
14. Paul Travers	26:25.42
15. Chad Carpenter	26:28.14
23. Xavier Rutz	27:36.33
31. Jeff Williams	28:18.39
43. Steve Lyons	29:22.70
52. David Fulp	30:18.47

Winthrop Fall Classic; Winthrop, SC (6K)

Team Results

1. High Point	26
2. Furman	79
3. UNC Greensboro	98
4. Georgia "B"	100
5. Emory	113
6. Winthrop	163
7. The Citadel	196
8. Radford	197
9. Coker	257
10. Queens	309
11. Wofford	367

Individual Results, School

1. Tyler Johnson, Furman	17:57
9. Joe Jacobs	18.31
13. Nick Vaccaro	18:47
21. CR Thomas	19:01
27. Xavier Rutz	19:10
28. Chad Carpenter	19:11
36. Paul Travers	19:28
62. David Fulp	20:07
65. Steve Lyons	20:11
67. Jeff Williams	20:16

SoCon Championships; Greenville, SC (8K)

Team Results

1. Chattanooga	34
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2. Appalachian State	56
3. Furman	72
4. UNC Greensboro	114
5. Western Carolina	121
6. Davidson	166
7. East Tennessee State	186
8. Elon	190
9. The Citadel	231
10. College of Charleston	249
11. Wofford	358

Individual Results, School

1. Steven Kocsis, UTC	25:34.82
10. Joe Jacobs	26:19.72
21. Nicolas Viccaro	27:08.42
25. CR Thomas	27:17.24
26. Charles Gibson	27:21.21
35. Chad Carpenter	27:50.95
55. Paul Travers	28:35.29
58. Xavier Rutz	28:47.16
67. Stephen Lyons	29:22.03
72. David Fulp	29:59.96

NCAA Southeast Regional; Greenville, NC (10K)

Team Results

1. North Carolina State	81
2. William & Mary	99
3. Clemson	103
4. Virginia	118
5. Duke	129
6. James Madison	177
7. High Point	231
8. Charlotte	239
9. Wake Forest	243
10. Louisville	325
11. Appalachian State	341
Eastern Kentucky	341
13. Liberty	342
14. Virginia Tech	386
North Carolina	386
16. UNC Asheville	450
17. East Carolina	483
18. Richmond	513
19. Kentucky	521
20. VMI	560
21. Western Kentucky	582
22. VCU	607
23. UNCG	639
24. Western Carolina	685
25. UNC Wilmington	690
26. Coastal Carolina	692
27. Winthrop	700
28. Elon	738
29. Davidson	779

Individual Results, School

1. Josh McDougal, Liberty	30:06.4
62. Joe Jacobs	32:00.0
104. CR Thomas	32:44.1
140. Nick Vaccaro	33:33.9
178. Xavier Rutz	34:45.7
189. Stephen Lyons	35:23.9
192. David Fulp	35:44.7

Joe Jacobs

Winthrop Invitational (6K)	18.31
Overton Invitational (8K)	25:30.14
Covered Bridge Open (8K)	25:42.40
Clemson Invitational (8K)	25:43.9
SoCon Championship (8K)	26:19.72
Southeast Regional (10K)	32:00.0

CR Thomas

Winthrop Invitational (6K)	19:01
Overton Invitational (8K)	25:52.75
Clemson Invitational (8K)	26:09.0
Covered Bridge Open (8K)	26:33.30
SoCon Championship (8K)	27:17.24
Southeast Regional (10K)	32:44.1

Charles Gibson

Overton Invitational (8K)	26.06.31
Clemson Invitational (8K)	26.31.5
Covered Bridge Open (8K)	26.47.10
SoCon Championship (8K)	27:21.21

Chad Carpenter

Winthrop Invitational (6K)	19:11
Overton Invitational (8K)	26:28.14
Clemson Invitational (8K)	26:43.2
Covered Bridge Open (8K)	26:47.10
SoCon Championship (8K)	27:50.95

Nick Vaccaro

Winthrop Invitational (6K)	19:01
Overton Invitational (8K)	26:17.49
Clemson Invitational (8K)	26:55.9
Covered Bridge Open (8K)	26:56.00
SoCon Championship (8K)	27:08.42
Southeast Regional (10K)	33:33.9

Xavier Rutz

Winthrop Invitational (6K)	19:10
Covered Bridge Open (8K)	27:26.30
Overton Invitational (8K)	27:36.33
Clemson Invitational (8K)	28:01.3
SoCon Championship (8K)	28:47.16
Southeast Regional (10K)	34:45.7

Paul Travers

Winthrop Invitational (6K)	19:28
Overton Invitational (8K)	26:25.42
Covered Bridge Open (8K)	27:53.10
Clemson Invitational (8K)	27:26.1
SoCon Championship (8K)	28:35.29

David Fulp

Winthrop Invitational (6K)	20:07
Covered Bridge Open (8K)	28:08.30
Clemson Invitational (8K)	29:21.3
SoCon Championship (8K)	29:59.96
Overton Invitational (8K)	30:18.47
Southeast Regional (10K)	35:44.7

Stephen Lyons

Winthrop Invitational (6K)	20:11
Covered Bridge Open (8K)	29:06.90
SoCon Championship (8K)	29:22.03
Overton Invitational (8K)	29:22.70
Southeast Regional (10K)	35:23.9

Jeff Williams

Winthrop Invitational (6K)	20:16
Overton Invitational (8K)	28:18.39
Covered Bridge Open (8K)	29:15.10

2004 UNCG Women's Cross Country Results

9/3/04	Covered Bridge Open (Appalachian State)	4 th /7 Teams
9/18/04	Clemson Invitational	5 th /11 Teams
10/2/04	Overton Invitational	2 nd /7 Teams
10/16/04	Winthrop Fall Classic	6 th /11 Teams
10/30/04	Southern Conference Championships	8 th /12 Teams

Covered Bridge Open; Boone, NC (5K)

Team Results

1. Florida State	19
2. Appalachian State	37
3. Elon	113
4. UNC Greensboro	124
5. Winthrop	127
6. Lees-McRae	153
7. Carson-Newman	163

Individual Results, School

1. Natalie Hughes, Florida State	18:18.20
8. Takeesha Carter	20:46.00
28. Tricia O'Connell	20:47.50
30. Laura Saffer	20:54.80
43. Erin Lord	21:55.70
51. Stephanie Maltais	22:36.30
58. Naomi D'Amours	23:23.80

Clemson Invitational; Clemson, SC (5K)

Team Results

1. Emory	39
2. South Carolina	54
3. Clemson	58
4. Western Carolina	115
5. UNC Greensboro	154
6. Georgia Southern	167
7. Gardner-Webb	183
8. Southern Wesleyan	223
9. Charleston Southern	238
10. Piedmont	286
11. South Carolina State	286

Individual Results, School

1. Casey Phillips, Clemson	18:03.9
22. Takesha Carter	19:54.4
35. Tricia O'Connell	20:30.6
36. Naomi D'Amours	20:33.7
46. Laura Saffer	21:07.6
48. Erin Lord	21:12.7
55. Jess Weber	21:38.2

Overton Invitational; Greenville, NC (5K)

Team Results

1. Western Kentucky	15
2. UNC Greensboro	82
3. Elon	90

4. Norfolk State 104
5. Roanoke 109
6. Spartanburg Methodist 169
7. East Carolina 177

Individual Results, School

1. Cara Nichols, W. Kentucky	17:33.60
11. Laura Saffer	19:46.74
14. Tricia O'Connell	20:00.12
17. Takeesha Carter	20:10.46
22. Abby Wetzel	20:36.09
23. Naomi D'Amours	20:40.19
29. Jess Weber	20:55.99
35. Erin Lord	21:33.29
38. Stephanie Maltais	21:40.87

Winthrop Fall Classic; Winthrop, SC (4K)

Team Results

1. High Point	40
2. Furman	43
3. Emory	53
4. Winthrop	138
5. Radford	159
6. UNC Greensboro	176
7. Queens	189
8. The Citadel	211
9. Wofford	218
10. Charleston Southern	273
11. Coker	333
12. Morris	346

Individual Results, School

1. Jessica Hess, High Point	14:24
24. Tricia O'Connell	15:50
29. Takeesha Carter	16:01
53. Erin Lord	16:58
61. Naomi D'Amours	17:18
62. Jess Weber	17:25
63. Stephanie Maltais	17:25

SoCon Championships; Greenville, SC (5K)

Team Results

1. Chattanooga	29
2. Appalachian State	54
3. Davidson	102
4. Furman	106
5. College of Charleston	118
6. East Tennessee State	165
7. Elon	215
8. UNC Greensboro	226
9. Western Carolina	244
10. Georgia Southern	290
11. The Citadel	295
12. Wofford	312

Individual Results, School

1. Shannon Womack, UTC	17:38.95
27. Takeesha Carter	19:56.03
32. Tricia O'Connell	20:05.40
52. Laura Saffer	20:54.06
59. Abby Wetzel	21:17.90
65. Naomi D'Amours	21:32.65
66. Jessica Weber	21:35.59
67. Erin Lord	21:36.06
69. Stephanie Maltais	21:38.62

Takeesha Carter

Winthrop Invitational (4K)	16:01
Clemson Invitational (5K)	19:54.4
SoCon Championship (5K)	19:56.03
Overton Invitational (5K)	20:10.46
Covered Bridge Open (5K)	20:46.00

Tricia O'Connell

Winthrop Invitational (4K)	15:50
Overton Invitational (5K)	20:00.12
SoCon Championship (5K)	20:05.40
Clemson Invitational (5K)	20:30.6
Covered Bridge Open (5K)	20:47.50

Laura Saffer

Overton Invitational (5K)	19:46.74
SoCon Championship (5K)	20:54.06
Covered Bridge Open (5K)	20:54.80
Clemson Invitational (5K)	21:07.6

Abby Wetzel

Overton Invitational (5K)	20:36.09
SoCon Championship (5K)	21:17.90

Naomi D'Amours

Winthrop Invitational (4K)	17:18
Overton Invitational (5K)	20:40.19
Clemson Invitational (5K)	20:33.7
Covered Bridge Open (5K)	23:23.80
SoCon Championship (5K)	21:32.65

Jessica Weber

Winthrop Invitational (4K)	17:25
Overton Invitational (5K)	20:55.99
Clemson Invitational (5K)	21:38.2
SoCon Championship (5K)	21:35.59

Erin Lord

Winthrop Invitational (4K)	16:58
Overton Invitational (5K)	21:33.29
Clemson Invitational (5K)	21:12.7
Covered Bridge Open (5K)	21:55.70
SoCon Championship (5K)	21:36.06

Stephanie Maltais

Winthrop Invitational (4K)	17:25
Overton Invitational (5K)	21:40.87
Covered Bridge Open (5K)	22:36.30
SoCon Championship (5K)	21:38.62

2005 UNCG Men's Indoor Track & Field Results

1/21/05-1/22/05	Niswonger Foundation Invitational (ETSU)	
1/28/05-1/29/05	UNC Invitational	
2/5/05	Carolina Classic (UNC)	
2/10/05	Valentine Open (Appalachian State)	
2/25/05-2/26/05	Southern Conference Indoor Championships	5 th /8 Teams

Niswonger Foundation Invitational; Johnson City, TN

Individual Results

- 13th – Jeff Williams, 800m (1:55.13) – **school record**
- 18th – Nick Vaccaro, 3000m (8:59.06)
- 22nd – Xavier Rutz, 3000m (9:02.17)
- 31st – David Fulp, 5000m (16:59.66)
- 32nd – Paul Travers, Mile (4:47.87) – unseeded race

UNC Invitational; Chapel Hill, NC

Individual Results

- 3rd – Nick Vaccaro, Mile (4:23.86)
- 4th – CR Thomas, Mile (4:23.88)
- 4th – Jeff Williams, 800m (1:55.28)
- 10th – Xavier Rutz, Mile (4:30.61)

Carolina Classic; Chapel Hill, NC

Individual Results

- 6th – Jeff Williams, 800m (1:59.17)
- 6th – Xavier Ruiz, 5000m (16:17.30)
- 11th – Joe Jacobs, 3000m (8:53.10)
- 14th – Nick Vaccaro, Mile (4:21.42)
- 19th – CR Thomas, Mile (4:26.11)

Valentine Open; Boone, NC

Individual Results

- 1st – CR Thomas, 800m (1:56.30)
- 1st – Xavier Rutz, Mile (4:30.02)
- 2nd – Jeff Williams, 400m (49.80) – **school record**
- 2nd – Nick Vaccaro, 800m (1:59.40)
- 9th – David Fulp, Mile (4:45.31)

SoCon Indoor Championships; Johnson City, TN

Team Results

- | | |
|----------------------|-------|
| 1. Appalachian State | 231.5 |
| 2. Western Carolina | 224.5 |
| 3. Chattanooga | 64 |
| 4. ETSU | 60 |
| 5. UNCG | 35 |
| 6. The Citadel | 22.5 |
| 7. Davidson | 13.5 |
| 8. Wofford | 6 |

Individual Results

1st – Jeff Williams, 800m (1:55.36)
2nd – CR Thomas, 800m (1:56.77)
3rd – Charles Jones, long jump (6.9m)
3rd - DMR, Thomas, Williams, Rutz, Vaccaro (10:26.89)
4th – Charles Jones, triple jump (13.61m)
11th – Nick Vaccaro, Mile (4:29.04)
12th – Xavier Rutz, 3000m (8:55.88)
20th – David Fulp, 5000m (16:31.58)

400m

49.80 – Jeff Williams (Valentine Open) – **school record**

800m

1:55.13 – Jeff Williams (Niswonger) – **school record**
1:55.28 – Jeff Williams (UNC Invitational)
1:55.36 – Jeff Williams (SoCon)
1:56.30 – CR Thomas (Valentine Open)
1:56.77 – CR Thomas (SoCon)
1:59.17 – Jeff Williams (Carolina Classic)
1:59.40 – Nick Vaccaro (Valentine Open)

3000m

8:53.10 – Joe Jacobs (Carolina Classic)
8:55.88 – Xavier Rutz (SoCon)
8:59.06 – Nick Vaccaro (Niswonger)
9:02.17 – Xavier Rutz (Niswonger)

5000m

16:17.30 – Xavier Rutz (Carolina Classic)
16:31.58 – David Fulp (SoCon)
16:59.66 – David Fulp (Niswonger)

Mile

4:21.42 – Nick Vaccaro (Carolina Classic)
4:23.86 – Nick Vaccaro (UNC Invitational)
4:23.88 – CR Thomas (UNC Invitational)
4:26.11 – CR Thomas (Carolina Classic)
4:29.04 – Nick Vaccaro (SoCon)
4:30.02 – Xavier Rutz (Valentine Open)
4:30.61 – Xavier Rutz (UNC Invitational)
4:45.31 – David Fulp (Valentine Open)
4:47.87 – Paul Travers (Niswonger)

Long Jump

6.9m – Charles Jones (SoCon)

Triple Jump

13.61m – Charles Jones (SoCon)

Distance Medley

10:26.89 – Thomas, Williams, Rutz, Vaccaro (SoCon)

2005 UNCG Women's Indoor Track & Field Results

1/21/05-1/22/05	Niswonger Foundation Invitational (ETSU)	
1/28/05-1/29/05	UNC Invitational	
2/5/05	Carolina Classic (UNC)	
2/10/05	Valentine Open (Appalachian State)	
2/25/05-2/26/05	Southern Conference Indoor Championships	11 th /11 Teams

Niswonger Foundation Invitational; Johnson City, TN

Individual Results

- 16th – Tricia O'Connell, Mile (5:29.09)
- 20th – Jess Weber, Mile (5:33.92)
- 28th – Naomi D'Amours, 5000m (20:34.17)
- 32nd – Erin Lord, Mile (5:47.93)
- 33rd – Stephanie Maltais, 3000m (12:11.00)

UNC Invitational; Chapel Hill, NC

Individual Results

- 15th – Erin Lord, 800m (2:30.05)
- 16th – Jess Weber, Mile (5:23.95)
- 20th – Tricia O'Connell, Mile (5:30.29)
- 22nd – Eleanor Wilson, Mile (5:37.17)
- 30th – Laura Saffer, Mile (6:10.82)

Carolina Classic; Chapel Hill, NC

Individual Results

- 18th – Naomi D'Amours, 5000m (20:08.32)
- 19th – Jess Weber, Mile (5:24.03)
- 21st – Tricia O'Connell, Mile (5:24.59)
- 24th – Stephanie Maltais, 3000m (11:25.73)
- 25th – Erin Lord, Mile (5:26.51)

Valentine Open; Boone, NC

Individual Results

- 2nd – Jess Weber, 800m (2:24.40)
- 5th – Tricia O'Connell, 800m (2:27.20)
- 6th – Eleanor Wilson, 800m (2:29.50)
- 6th – Stephanie Maltais, Mile (5:42.26)
- 7th – Erin Lord, 800m (2:32.80)
- 11th – Naomi D'Amours, Mile (5:57.83)

SoCon Indoor Championships; Johnson City, TN

Team Results

- | | |
|------------------------|--------|
| 1. Appalachian State | 161.83 |
| 2. Western Carolina | 152.5 |
| 3. Georgia Southern | 125.5 |
| 4. Chattanooga | 75.5 |
| 5. ETSU | 54 |
| 6. Elon | 27.33 |
| 7. Coll. of Charleston | 23.33 |
| 8. Furman | 23 |
| 9. Davidson | 9 |
| 10. The Citadel | 6 |
| 11. UNCG | 4 |

Individual Results

6th – Distance Medley, O'Connell, Lord, Wilson, Weber (12:40.38)

8th – Jess Weber, Mile (5:17.13)

12th – Tricia O'Connell, Mile (5:19.21)

14th – Stephanie Maltais, 3000m (11:35.04)

19th – Naomi D'Amours, 5000m (20:21.43)

800m

2:24.40 – Jess Weber (Valentine Open)

2:27.20 – Tricia O'Connell (Valentine Open)

2:29.50 – Eleanor Wilson (Valentine Open)

2:30.05 – Erin Lord (UNC Invitational)

2:32.80 – Erin Lord (Valentine Open)

3000m

11:25.73 – Stephanie Maltais (Carolina Classic)

11:35.04 – Stephanie Maltais (SoCon)

12:11.00 – Stephanie Maltais (Niswonger)

5000m

20:08.32 – Naomi D'Amours (Carolina Classic)

20:21.43 – Naomi D'Amours (SoCon)

20:34.17 – Naomi D'Amours (Niswonger)

Mile

5:17.13 – Jess Weber (SoCon)

5:19.21 – Tricia O'Connell (SoCon)

5:23.95 – Jess Weber, Mile (UNC Invitational)

5:24.03 – Jess Weber, Mile (Carolina Classic)

5:24.59 – Tricia O'Connell (Carolina Classic)

5:26.51 – Erin Lord (Carolina Classic)

5:29.09 – Tricia O'Connell (Niswonger)

5:30.29 – Tricia O'Connell (UNC Invitational)

5:33.92 – Jess Weber (Niswonger)

5:37.17 – Eleanor Wilson (UNC Invitational)

5:42.26 – Stephanie Maltais (Valentine Open)

5:47.93 – Erin Lord (Niswonger)

5:57.83 – Naomi D'Amours, Mile (Valentine Open)

6:10.82 – Laura Saffer (UNC Invitational)

Distance Medley

12:40.38 – O'Connell, Lord, Wilson, Weber (SoCon) – School Record

2005 UNCG Men's Outdoor Track & Field Results

3/20/05	Wake Forest Quad	Winston-Salem, NC
3/25/05-3/26/05	Raleigh Relays	Raleigh, NC
4/2/05	Charlotte Invitational	Charlotte, NC
4/9/05	Duke Invitational	Durham, NC
4/16/05	Carolina Fast Times	Chapel Hill, NC
4/30/05-5/1/05	SoCon Outdoor Championships	Cullowhee, NC
5/28/05	NCAA East Regional (Manhattan College)	Randall's Island, NY
6/8-6/11/05	NCAA Championships	Sacramento, CA

Wake Forest Quad; Winston-Salem, NC

Individual Results

1st – Jeff Williams, 800m (1:55.76)
1st – Xavier Rutz, 3000m (8:58.83)
1st – Charles Jones, triple jump (14.44m or 47'4.5")
2nd – 4x400m, Williams, Jones, Thomas, Vaccaro (3:25.61) – **school record**
3rd – Charles Jones, long jump (6.42m or 21'0.75")
2nd – David Fulp, 3000m (9:32.18)
9th – CR Thomas, 1500m (4:10.47)
12th – Nic Vaccaro, 1500m (4:18.87)

Raleigh Relays; Raleigh, NC

Individual Results

15th – Jeff Williams, 800m (1:54.62)
28th – Xavier Rutz, 5000m (15:22.62)
73rd – David Fulp, 5000m (16:18.17)
Charles Jones, long jump (6.33 m or 20'9.25")
CR Thomas, 1500m (4:07.80)
Nic Vaccaro, 1500m (4:10.88)

Charlotte Invitational; Charlotte, NC

Individual Results

1st – Jeff Williams, 800m (1:54.16)
7th – Nic Vaccaro, 800m (1:58.75)
8th – Xavier Rutz, 1500m (4:05.55)
13th – David Fulp, 3000m (9:18.94)
4th – Charles Jones, triple jump (14.41m or 47'3.5")
9th – Charles Jones, long jump (6.61m or 21'8.25")
15th – Joe Sheffield, shot put (9.72m or 31'10.75")
24th – Marquice Miller, long jump (5.39m or 17'8.25")
28th – Joe Jacobs, 400m (59.74)

Duke Invitational; Durham, NC

Individual Results

32nd – CR Thomas, 1500m (4:03.48)
33rd – Jeff Williams, 400m (50.25)
Nic Vaccaro, 1500m (4:09.06)
Xavier Rutz, 5000m (15:30.52)
David Fulp, 5000m (16:22.45)

Carolina Fast Times; Chapel Hill, NC

Individual Results

1st – Jeff Williams, 800m (1:52.64) – **school record**
5th – 4x400m relay (3:28.42)

7th – Charles Jones, long jump (6.66m)
8th – Nic Vaccaro, 800m (1:57.80)
13th – Xavier Rutz, 800m (2:01.24)

Southern Conference Outdoor Championships; Cullowhee, NC

Individual Results

1st – Charles Jones, triple jump (15.24m or 50') – **school record**
3rd – Jeff Williams, 800m (1:53.85)
4th – Charles Jones, long jump (6.80m or 22'3.75")
8th – Nic Vaccaro, 1500m (4:06.80)
16th – Xavier Rutz, 5000m (16:13.20)
26th – David Fulp, 5000m (17:29.74)

NCAA Eastern Regional; Randall's Island, NY

Individual Results

5th – Charles Jones, triple jump (15.50m or 50'10.25") – **school record**

NCAA Championship; Sacramento, CA

Individual Results

23rd/27 – Charles Jones, triple jump (15.26m)

400m

50.25 – Jeff Williams (Duke Invitational) – **school record**
59.74 – Joe Jacobs (Charlotte Invitational)

800m

1:52.64 – Jeff Williams (Carolina Fast Times) – **school record**
1:53.85 – Jeff Williams (SoCon Championships)
1:54.16 – Jeff Williams (Charlotte Invitational)
1:54.62 – Jeff Williams (Raleigh Relays)
1:55.76 – Jeff Williams (Wake Forest)
1:57.80 – Nic Vaccaro (Carolina Fast Times)
1:58.75 – Nic Vaccaro (Charlotte Invitational)
2:01.24 – Xavier Rutz (Carolina Fast Times)

1500m

4:03.48 – CR Thomas (Duke Invitational)
4:05.55 – Xavier Rutz (Charlotte Invitational)
4:06.80 – Nic Vaccaro (SoCon Championships)
4:07.80 – CR Thomas (Raleigh Relays)
4:09.06 – Nic Vaccaro (Duke Invitational)
4:10.47 – CR Thomas (Wake Forest)
4:10.88 – Nic Vaccaro (Raleigh Relays)
4:18.87 – Nic Vaccaro (Wake Forest)

3000m

8:58.83 – Xavier Rutz (Wake Forest)
9:18.94 – David Fulp (Charlotte Invitational)
9:32.18 – David Fulp (Wake Forest)

5000m

15:22.62 – Xavier Rutz (Raleigh Relays)
15:30.52 – Xavier Rutz (Duke Invitational)
16:13.20 – Xavier Rutz (SoCon Championships)

16:18.17 – David Fulp (Raleigh Relays)
16:22.45 – David Fulp (Duke Invitational)
17:29.74 – David Fulp (SoCon Championships)

4x400m Relay

3:25.61 – Williams, Jones, Thomas, Vaccaro (Wake Forest) – **school record**
3:28.42 – Williams, Jones, Thomas, Vaccaro (Carolina Fast Times)

Long Jump

6.80m – Charles Jones (SoCon Championships)
6.66m – Charles Jones (Carolina Fast Times)
6.61m – Charles Jones (Charlotte Invitational)
6.42m – Charles Jones (Wake Forest)
6.33m – Charles Jones (Raleigh Relays)
5.39m – Marquice Miller (Charlotte Invitational)

Triple Jump

15.50m – Charles Jones (NCAA East Regional) – **school record**
15.26m – Charles Jones (NCAA Championships)
15.24m – Charles Jones (SoCon Championships)
14.44m – Charles Jones (Wake Forest)
14.41m – Charles Jones (Charlotte Invitational)

Shot Put

9.72m – Joe Sheffield (Charlotte Invitational)

2005 UNCG Women's Outdoor Track & Field Results

3/20/05	Wake Forest Quad	Winston-Salem, NC
3/25/05-3/26/05	Raleigh Relays	Raleigh, NC
4/2/05	Charlotte Invitational	Charlotte, NC
4/9/05	Duke Invitational	Durham, NC
4/16/05	Carolina Fast Times	Chapel Hill, NC
4/30/05-5/1/05	SoCon Outdoor Championships	Cullowhee, NC

Wake Forest Quad; Winston-Salem, NC

Individual Results

- 4th – Jess Weber, 1500m (4:58.86)
- 5th – Stephanie Maltais, 3000m (11:17.96)
- 6th – Eleanor Wilson, 1500m (5:10.04)

Raleigh Relays; Raleigh, NC

Individual Results

- 15th – Jess Weber, 1500m (4:48.37)
- Erin Lord, 1500m (5:05.33)
- Takeesha Carter, 1500m (5:22.84)

Charlotte Invitational; Charlotte, NC

Individual Results

- 7th – Jess Weber, 800m (2:21.43)
- 12th – Stephanie Maltais, 3000m (11:15.95)
- 13th – Eleanor Wilson, 1500m (5:02.57)
- 16th – Tricia O'Connell, 1500m (5:08.20)
- 17th – Heidi Sloop, 3000m (11:59.64)
- 21st – Michelle Proctor, Hammer Throw (36.45m or 119'7")

Duke Invitational; Durham, NC

Individual Results

- 17th – Jess Weber, 1500m (4:47.84) – **school record**
- 44th – Erin Lord, 1500m (5:01.55)
- 45th – Stephanie Maltais, 5000m (19:33.31)

Carolina Fast Times; Chapel Hill, NC

Individual Results

- 5th – Jess Weber, 800m (2:23.20)
- 6th – Takeesha Carter, 800m (2:24.10)
- 11th – Erin Lord, 800m (2:25.95)
- 13th – Tricia O'Connell, 1500m (5:00.47)
- 16th – Stephanie Maltais, 800m (2:32.19)

Southern Conference Outdoor Championship; Cullowhee, NC

Individual Results

- 9th – Jess Weber, 1500m (4:50.41)
- 13th – Tricia O'Connell, 1500m (5:00.14)
- 16th – Erin Lord, 1500m (5:07.52)

800m

2:21.43 – Jess Weber (Charlotte Invitational)
2:23.20 – Jess Weber (Carolina Fast Times)
2:24.10 – Takeesha Carter (Carolina Fast Times)
2:25.95 – Erin Lord (Carolina Fast Times)
2:32.19 – Stephanie Maltais (Carolina Fast Times)

1500m

4:47.84 – Jess Weber (Duke Invitational) – **school record**
4:48.37 – Jess Weber (Raleigh Relays)
4:50.41 – Jess Weber (SoCon Championship)
4:58.86 – Jess Weber (Wake Forest Quad)
5:00.14 – Tricia O’Connell (SoCon Championship)
5:00.47 – Tricia O’Connell (Carolina Fast Times)
5:01.55 – Erin Lord (Duke Invitational)
5:02.57 – Eleanor Wilson (Charlotte Invitational)
5:05.33 – Erin Lord (Raleigh Relays)
5:07.52 – Erin Lord (SoCon Championship)
5:08.20 – Tricia O’Connell (Charlotte Invitational)
5:10.04 – Eleanor Wilson (Wake Forest Quad)
5:22.84 – Takeesha Carter (Raleigh Relays)

3000m

11:15.95 – Stephanie Maltais (Charlotte Invitational)
11:17.96 – Stephanie Maltais (Wake Forest Quad)
11:59.64 – Heidi Sloop (Charlotte Invitational)

5000m

19:33.31 – Stephanie Maltais (Duke Invitational)

Hammer Throw

36.45m or 119’7” – Michelle Proctor (Charlotte Invitational)

2004 UNCG Men's Cross Country Results

9/3/04	Covered Bridge Open (Appalachian State)	4 th /10 Teams
9/18/04	Clemson Invitational	2 nd /9 Teams
10/2/04	Overton Invitational	2 nd /8 Teams
10/16/04	Winthrop Fall Classic	3 rd /11 Teams
10/30/04	Southern Conference Championships	4 th /11 Teams
11/13/04	NCAA Southeast Regional Championship	23 rd /29 Teams

Covered Bridge Open; Boone, NC (8K)

Team Results

1. Florida State	21
2. Clemson	55
3. Appalachian State	64
4. UNC Greensboro	109
5. Lees-McRae	178
6. Winthrop	181
7. Elon	182
8. Lenoir Rhyne	217
9. Carson-Newman	244
10. King College	313

Individual Results, School

1. Luke Beevor, Florida State	25:14.10
8. Joe Jacobs	25:42.40
24. CR Thomas	26:33.30
31. Charles Gibson	26:47.10
34. Chad Carpenter	26:51.60
37. Nick Vaccaro	26:56.00
43. Xavier Rutz	27:26.30
49. Paul Travers	27:53.10
54. David Fulp	28:08.30
68. Steve Lyons	29:06.90
69. Jeff Williams	29:15.10

Clemson Invitational; Clemson, SC (8K)

Team Results

1. Clemson	17
2. UNC Greensboro	74
3. Emory	85
4. Western Carolina	86
5. Gardner-Webb	162
6. Morehouse	176
7. Charleston Southern	208
8. South Carolina State	225
9. Southern Wesleyan	227

Individual Results, School

1. Itay Magidi, Clemson	24:45.2
10. Joe Jacobs	25:43.9
13. CR Thomas	26:09.0
18. Charles Gibson	26:31.5
20. Chad Carpenter	26:43.2
23. Nick Vaccaro	26:55.9
26. Paul Travers	27:26.1

39. Xavier Rutz	28:01.3
50. David Fulp	29:21.3

Overton Invitational; Greenville, NC (8K)

Team Results

1. Wake Forest	22
2. UNC Greensboro	48
3. Western Kentucky	72
4. Elon	121
5. Roanoke	140
6. East Carolina	165
7. Spartanburg Methodist	176
8. Wofford	256

Individual Results, School

1. Shane Ahlers, Wake Forest	25:02.95
3. Joe Jacobs	25:30.14
7. CR Thomas	25:52.75
11. Charles Gibson	26:06.31
13. Nick Vaccaro	26:17.49
14. Paul Travers	26:25.42
15. Chad Carpenter	26:28.14
23. Xavier Rutz	27:36.33
31. Jeff Williams	28:18.39
43. Steve Lyons	29:22.70
52. David Fulp	30:18.47

Winthrop Fall Classic; Winthrop, SC (6K)

Team Results

1. High Point	26
2. Furman	79
3. UNC Greensboro	98
4. Georgia "B"	100
5. Emory	113
6. Winthrop	163
7. The Citadel	196
8. Radford	197
9. Coker	257
10. Queens	309
11. Wofford	367

Individual Results, School

1. Tyler Johnson, Furman	17:57
9. Joe Jacobs	18.31
13. Nick Vaccaro	18:47
21. CR Thomas	19:01
27. Xavier Rutz	19:10
28. Chad Carpenter	19:11
36. Paul Travers	19:28
62. David Fulp	20:07
65. Steve Lyons	20:11
67. Jeff Williams	20:16

SoCon Championships; Greenville, SC (8K)

Team Results

1. Chattanooga	34
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2. Appalachian State	56
3. Furman	72
4. UNC Greensboro	114
5. Western Carolina	121
6. Davidson	166
7. East Tennessee State	186
8. Elon	190
9. The Citadel	231
10. College of Charleston	249
11. Wofford	358

Individual Results, School

1. Steven Kocsis, UTC	25:34.82
10. Joe Jacobs	26:19.72
21. Nicolas Viccaro	27:08.42
25. CR Thomas	27:17.24
26. Charles Gibson	27:21.21
35. Chad Carpenter	27:50.95
55. Paul Travers	28:35.29
58. Xavier Rutz	28:47.16
67. Stephen Lyons	29:22.03
72. David Fulp	29:59.96

NCAA Southeast Regional; Greenville, NC (10K)

Team Results

1. North Carolina State	81
2. William & Mary	99
3. Clemson	103
4. Virginia	118
5. Duke	129
6. James Madison	177
7. High Point	231
8. Charlotte	239
9. Wake Forest	243
10. Louisville	325
11. Appalachian State	341
Eastern Kentucky	341
13. Liberty	342
14. Virginia Tech	386
North Carolina	386
16. UNC Asheville	450
17. East Carolina	483
18. Richmond	513
19. Kentucky	521
20. VMI	560
21. Western Kentucky	582
22. VCU	607
23. UNCG	639
24. Western Carolina	685
25. UNC Wilmington	690
26. Coastal Carolina	692
27. Winthrop	700
28. Elon	738
29. Davidson	779

Individual Results, School

1. Josh McDougal, Liberty	30:06.4
62. Joe Jacobs	32:00.0
104. CR Thomas	32:44.1
140. Nick Vaccaro	33:33.9
178. Xavier Rutz	34:45.7
189. Stephen Lyons	35:23.9
192. David Fulp	35:44.7

Joe Jacobs

Winthrop Invitational (6K)	18.31
Overton Invitational (8K)	25:30.14
Covered Bridge Open (8K)	25:42.40
Clemson Invitational (8K)	25:43.9
SoCon Championship (8K)	26:19.72
Southeast Regional (10K)	32:00.0

CR Thomas

Winthrop Invitational (6K)	19:01
Overton Invitational (8K)	25:52.75
Clemson Invitational (8K)	26:09.0
Covered Bridge Open (8K)	26:33.30
SoCon Championship (8K)	27:17.24
Southeast Regional (10K)	32:44.1

Charles Gibson

Overton Invitational (8K)	26.06.31
Clemson Invitational (8K)	26.31.5
Covered Bridge Open (8K)	26.47.10
SoCon Championship (8K)	27:21.21

Chad Carpenter

Winthrop Invitational (6K)	19:11
Overton Invitational (8K)	26:28.14
Clemson Invitational (8K)	26:43.2
Covered Bridge Open (8K)	26:47.10
SoCon Championship (8K)	27:50.95

Nick Vaccaro

Winthrop Invitational (6K)	19:01
Overton Invitational (8K)	26:17.49
Clemson Invitational (8K)	26:55.9
Covered Bridge Open (8K)	26:56.00
SoCon Championship (8K)	27:08.42
Southeast Regional (10K)	33:33.9

Xavier Rutz

Winthrop Invitational (6K)	19:10
Covered Bridge Open (8K)	27:26.30
Overton Invitational (8K)	27:36.33
Clemson Invitational (8K)	28:01.3
SoCon Championship (8K)	28:47.16
Southeast Regional (10K)	34:45.7

Paul Travers

Winthrop Invitational (6K)	19:28
Overton Invitational (8K)	26:25.42
Covered Bridge Open (8K)	27:53.10
Clemson Invitational (8K)	27:26.1
SoCon Championship (8K)	28:35.29

David Fulp

Winthrop Invitational (6K)	20:07
Covered Bridge Open (8K)	28:08.30
Clemson Invitational (8K)	29:21.3
SoCon Championship (8K)	29:59.96
Overton Invitational (8K)	30:18.47
Southeast Regional (10K)	35:44.7

Stephen Lyons

Winthrop Invitational (6K)	20:11
Covered Bridge Open (8K)	29:06.90
SoCon Championship (8K)	29:22.03
Overton Invitational (8K)	29:22.70
Southeast Regional (10K)	35:23.9

Jeff Williams

Winthrop Invitational (6K)	20:16
Overton Invitational (8K)	28:18.39
Covered Bridge Open (8K)	29:15.10

2004 UNCG Women's Cross Country Results

9/3/04	Covered Bridge Open (Appalachian State)	4 th /7 Teams
9/18/04	Clemson Invitational	5 th /11 Teams
10/2/04	Overton Invitational	2 nd /7 Teams
10/16/04	Winthrop Fall Classic	6 th /11 Teams
10/30/04	Southern Conference Championships	8 th /12 Teams

Covered Bridge Open; Boone, NC (5K)

Team Results

1. Florida State	19
2. Appalachian State	37
3. Elon	113
4. UNC Greensboro	124
5. Winthrop	127
6. Lees-McRae	153
7. Carson-Newman	163

Individual Results, School

1. Natalie Hughes, Florida State	18:18.20
8. Takeesha Carter	20:46.00
28. Tricia O'Connell	20:47.50
30. Laura Saffer	20:54.80
43. Erin Lord	21:55.70
51. Stephanie Maltais	22:36.30
58. Naomi D'Amours	23:23.80

Clemson Invitational; Clemson, SC (5K)

Team Results

1. Emory	39
2. South Carolina	54
3. Clemson	58
4. Western Carolina	115
5. UNC Greensboro	154
6. Georgia Southern	167
7. Gardner-Webb	183
8. Southern Wesleyan	223
9. Charleston Southern	238
10. Piedmont	286
11. South Carolina State	286

Individual Results, School

1. Casey Phillips, Clemson	18:03.9
22. Takesha Carter	19:54.4
35. Tricia O'Connell	20:30.6
36. Naomi D'Amours	20:33.7
46. Laura Saffer	21:07.6
48. Erin Lord	21:12.7
55. Jess Weber	21:38.2

Overton Invitational; Greenville, NC (5K)

Team Results

1. Western Kentucky	15
2. UNC Greensboro	82
3. Elon	90

4. Norfolk State 104
5. Roanoke 109
6. Spartanburg Methodist 169
7. East Carolina 177

Individual Results, School

1. Cara Nichols, W. Kentucky	17:33.60
11. Laura Saffer	19:46.74
14. Tricia O'Connell	20:00.12
17. Takeesha Carter	20:10.46
22. Abby Wetzel	20:36.09
23. Naomi D'Amours	20:40.19
29. Jess Weber	20:55.99
35. Erin Lord	21:33.29
38. Stephanie Maltais	21:40.87

Winthrop Fall Classic; Winthrop, SC (4K)

Team Results

1. High Point	40
2. Furman	43
3. Emory	53
4. Winthrop	138
5. Radford	159
6. UNC Greensboro	176
7. Queens	189
8. The Citadel	211
9. Wofford	218
10. Charleston Southern	273
11. Coker	333
12. Morris	346

Individual Results, School

1. Jessica Hess, High Point	14:24
24. Tricia O'Connell	15:50
29. Takeesha Carter	16:01
53. Erin Lord	16:58
61. Naomi D'Amours	17:18
62. Jess Weber	17:25
63. Stephanie Maltais	17:25

SoCon Championships; Greenville, SC (5K)

Team Results

1. Chattanooga	29
2. Appalachian State	54
3. Davidson	102
4. Furman	106
5. College of Charleston	118
6. East Tennessee State	165
7. Elon	215
8. UNC Greensboro	226
9. Western Carolina	244
10. Georgia Southern	290
11. The Citadel	295
12. Wofford	312

Individual Results, School

1. Shannon Womack, UTC	17:38.95
27. Takeesha Carter	19:56.03
32. Tricia O'Connell	20:05.40
52. Laura Saffer	20:54.06
59. Abby Wetzel	21:17.90
65. Naomi D'Amours	21:32.65
66. Jessica Weber	21:35.59
67. Erin Lord	21:36.06
69. Stephanie Maltais	21:38.62

Takeesha Carter

Winthrop Invitational (4K)	16:01
Clemson Invitational (5K)	19:54.4
SoCon Championship (5K)	19:56.03
Overton Invitational (5K)	20:10.46
Covered Bridge Open (5K)	20:46.00

Tricia O'Connell

Winthrop Invitational (4K)	15:50
Overton Invitational (5K)	20:00.12
SoCon Championship (5K)	20:05.40
Clemson Invitational (5K)	20:30.6
Covered Bridge Open (5K)	20:47.50

Laura Saffer

Overton Invitational (5K)	19:46.74
SoCon Championship (5K)	20:54.06
Covered Bridge Open (5K)	20:54.80
Clemson Invitational (5K)	21:07.6

Abby Wetzel

Overton Invitational (5K)	20:36.09
SoCon Championship (5K)	21:17.90

Naomi D'Amours

Winthrop Invitational (4K)	17:18
Overton Invitational (5K)	20:40.19
Clemson Invitational (5K)	20:33.7
Covered Bridge Open (5K)	23:23.80
SoCon Championship (5K)	21:32.65

Jessica Weber

Winthrop Invitational (4K)	17:25
Overton Invitational (5K)	20:55.99
Clemson Invitational (5K)	21:38.2
SoCon Championship (5K)	21:35.59

Erin Lord

Winthrop Invitational (4K)	16:58
Overton Invitational (5K)	21:33.29
Clemson Invitational (5K)	21:12.7
Covered Bridge Open (5K)	21:55.70
SoCon Championship (5K)	21:36.06

Stephanie Maltais

Winthrop Invitational (4K)	17:25
Overton Invitational (5K)	21:40.87
Covered Bridge Open (5K)	22:36.30
SoCon Championship (5K)	21:38.62

2005 UNCG Men's Indoor Track & Field Results

1/21/05-1/22/05	Niswonger Foundation Invitational (ETSU)	
1/28/05-1/29/05	UNC Invitational	
2/5/05	Carolina Classic (UNC)	
2/10/05	Valentine Open (Appalachian State)	
2/25/05-2/26/05	Southern Conference Indoor Championships	5 th /8 Teams

Niswonger Foundation Invitational; Johnson City, TN

Individual Results

- 13th – Jeff Williams, 800m (1:55.13) – **school record**
- 18th – Nick Vaccaro, 3000m (8:59.06)
- 22nd – Xavier Rutz, 3000m (9:02.17)
- 31st – David Fulp, 5000m (16:59.66)
- 32nd - Paul Travers, Mile (4:47.87) – unseeded race

UNC Invitational; Chapel Hill, NC

Individual Results

- 3rd – Nick Vaccaro, Mile (4:23.86)
- 4th – CR Thomas, Mile (4:23.88)
- 4th - Jeff Williams, 800m (1:55.28)
- 10th – Xavier Rutz, Mile (4:30.61)

Carolina Classic; Chapel Hill, NC

Individual Results

- 6th - Jeff Williams, 800m (1:59.17)
- 6th - Xavier Ruiz, 5000m (16:17.30)
- 11th - Joe Jacobs, 3000m (8:53.10)
- 14th - Nick Vaccaro, Mile (4:21.42)
- 19th - CR Thomas, Mile (4:26.11)

Valentine Open; Boone, NC

Individual Results

- 1st - CR Thomas, 800m (1:56.30)
- 1st - Xavier Rutz, Mile (4:30.02)
- 2nd - Jeff Williams, 400m (49.80) – **school record**
- 2nd - Nick Vaccaro, 800m (1:59.40)
- 9th - David Fulp, Mile (4:45.31)

SoCon Indoor Championships; Johnson City, TN

Team Results

- | | |
|----------------------|-------|
| 1. Appalachian State | 231.5 |
| 2. Western Carolina | 224.5 |
| 3. Chattanooga | 64 |
| 4. ETSU | 60 |
| 5. UNCG | 35 |
| 6. The Citadel | 22.5 |
| 7. Davidson | 13.5 |
| 8. Wofford | 6 |

Individual Results

1st – Jeff Williams, 800m (1:55.36)
2nd – CR Thomas, 800m (1:56.77)
3rd – Charles Jones, long jump (6.9m)
3rd - DMR, Thomas, Williams, Rutz, Vaccaro (10:26.89)
4th – Charles Jones, triple jump (13.61m)
11th – Nick Vaccaro, Mile (4:29.04)
12th – Xavier Rutz, 3000m (8:55.88)
20th – David Fulp, 5000m (16:31.58)

400m

49.80 – Jeff Williams (Valentine Open) – **school record**

800m

1:55.13 – Jeff Williams (Niswonger) – **school record**
1:55.28 – Jeff Williams (UNC Invitational)
1:55.36 – Jeff Williams (SoCon)
1:56.30 – CR Thomas (Valentine Open)
1:56.77 – CR Thomas (SoCon)
1:59.17 – Jeff Williams (Carolina Classic)
1:59.40 – Nick Vaccaro (Valentine Open)

3000m

8:53.10 – Joe Jacobs (Carolina Classic)
8:55.88 – Xavier Rutz (SoCon)
8:59.06 – Nick Vaccaro (Niswonger)
9:02.17 – Xavier Rutz (Niswonger)

5000m

16:17.30 – Xavier Rutz (Carolina Classic)
16:31.58 – David Fulp (SoCon)
16:59.66 – David Fulp (Niswonger)

Mile

4:21.42 – Nick Vaccaro (Carolina Classic)
4:23.86 – Nick Vaccaro (UNC Invitational)
4:23.88 – CR Thomas (UNC Invitational)
4:26.11 – CR Thomas (Carolina Classic)
4:29.04 – Nick Vaccaro (SoCon)
4:30.02 – Xavier Rutz (Valentine Open)
4:30.61 – Xavier Rutz (UNC Invitational)
4:45.31 – David Fulp (Valentine Open)
4:47.87 – Paul Travers (Niswonger)

Long Jump

6.9m – Charles Jones (SoCon)

Triple Jump

13.61m – Charles Jones (SoCon)

Distance Medley

10:26.89 – Thomas, Williams, Rutz, Vaccaro (SoCon)

2005 UNCG Women's Indoor Track & Field Results

1/21/05-1/22/05	Niswonger Foundation Invitational (ETSU)	
1/28/05-1/29/05	UNC Invitational	
2/5/05	Carolina Classic (UNC)	
2/10/05	Valentine Open (Appalachian State)	
2/25/05-2/26/05	Southern Conference Indoor Championships	11 th /11 Teams

Niswonger Foundation Invitational; Johnson City, TN

Individual Results

- 16th – Tricia O'Connell, Mile (5:29.09)
- 20th – Jess Weber, Mile (5:33.92)
- 28th – Naomi D'Amours, 5000m (20:34.17)
- 32nd – Erin Lord, Mile (5:47.93)
- 33rd – Stephanie Maltais, 3000m (12:11.00)

UNC Invitational; Chapel Hill, NC

Individual Results

- 15th – Erin Lord, 800m (2:30.05)
- 16th – Jess Weber, Mile (5:23.95)
- 20th – Tricia O'Connell, Mile (5:30.29)
- 22nd – Eleanor Wilson, Mile (5:37.17)
- 30th – Laura Saffer, Mile (6:10.82)

Carolina Classic; Chapel Hill, NC

Individual Results

- 18th – Naomi D'Amours, 5000m (20:08.32)
- 19th – Jess Weber, Mile (5:24.03)
- 21st – Tricia O'Connell, Mile (5:24.59)
- 24th – Stephanie Maltais, 3000m (11:25.73)
- 25th – Erin Lord, Mile (5:26.51)

Valentine Open; Boone, NC

Individual Results

- 2nd – Jess Weber, 800m (2:24.40)
- 5th – Tricia O'Connell, 800m (2:27.20)
- 6th – Eleanor Wilson, 800m (2:29.50)
- 6th – Stephanie Maltais, Mile (5:42.26)
- 7th – Erin Lord, 800m (2:32.80)
- 11th – Naomi D'Amours, Mile (5:57.83)

SoCon Indoor Championships; Johnson City, TN

Team Results

- | | |
|------------------------|--------|
| 1. Appalachian State | 161.83 |
| 2. Western Carolina | 152.5 |
| 3. Georgia Southern | 125.5 |
| 4. Chattanooga | 75.5 |
| 5. ETSU | 54 |
| 6. Elon | 27.33 |
| 7. Coll. of Charleston | 23.33 |
| 8. Furman | 23 |
| 9. Davidson | 9 |
| 10. The Citadel | 6 |
| 11. UNCG | 4 |

Individual Results

6th – Distance Medley, O'Connell, Lord, Wilson, Weber (12:40.38)

8th – Jess Weber, Mile (5:17.13)

12th – Tricia O'Connell, Mile (5:19.21)

14th – Stephanie Maltais, 3000m (11:35.04)

19th – Naomi D'Amours, 5000m (20:21.43)

800m

2:24.40 – Jess Weber (Valentine Open)

2:27.20 – Tricia O'Connell (Valentine Open)

2:29.50 – Eleanor Wilson (Valentine Open)

2:30.05 – Erin Lord (UNC Invitational)

2:32.80 – Erin Lord (Valentine Open)

3000m

11:25.73 – Stephanie Maltais (Carolina Classic)

11:35.04 – Stephanie Maltais (SoCon)

12:11.00 – Stephanie Maltais (Niswonger)

5000m

20:08.32 – Naomi D'Amours (Carolina Classic)

20:21.43 – Naomi D'Amours (SoCon)

20:34.17 – Naomi D'Amours (Niswonger)

Mile

5:17.13 – Jess Weber (SoCon)

5:19.21 – Tricia O'Connell (SoCon)

5:23.95 – Jess Weber, Mile (UNC Invitational)

5:24.03 – Jess Weber, Mile (Carolina Classic)

5:24.59 – Tricia O'Connell (Carolina Classic)

5:26.51 – Erin Lord (Carolina Classic)

5:29.09 – Tricia O'Connell (Niswonger)

5:30.29 – Tricia O'Connell (UNC Invitational)

5:33.92 – Jess Weber (Niswonger)

5:37.17 – Eleanor Wilson (UNC Invitational)

5:42.26 – Stephanie Maltais (Valentine Open)

5:47.93 – Erin Lord (Niswonger)

5:57.83 – Naomi D'Amours, Mile (Valentine Open)

6:10.82 – Laura Saffer (UNC Invitational)

Distance Medley

12:40.38 – O'Connell, Lord, Wilson, Weber (SoCon) – School Record

2005 UNCG Men's Outdoor Track & Field Results

3/20/05	Wake Forest Quad	Winston-Salem, NC
3/25/05-3/26/05	Raleigh Relays	Raleigh, NC
4/2/05	Charlotte Invitational	Charlotte, NC
4/9/05	Duke Invitational	Durham, NC
4/16/05	Carolina Fast Times	Chapel Hill, NC
4/30/05-5/1/05	SoCon Outdoor Championships	Cullowhee, NC
5/28/05	NCAA East Regional (Manhattan College)	Randall's Island, NY
6/8-6/11/05	NCAA Championships	Sacramento, CA

Wake Forest Quad; Winston-Salem, NC

Individual Results

1st – Jeff Williams, 800m (1:55.76)
1st – Xavier Rutz, 3000m (8:58.83)
1st – Charles Jones, triple jump (14.44m or 47'4.5")
2nd – 4x400m, Williams, Jones, Thomas, Vaccaro (3:25.61) – **school record**
3rd – Charles Jones, long jump (6.42m or 21'0.75")
2nd – David Fulp, 3000m (9:32.18)
9th – CR Thomas, 1500m (4:10.47)
12th – Nic Vaccaro, 1500m (4:18.87)

Raleigh Relays; Raleigh, NC

Individual Results

15th – Jeff Williams, 800m (1:54.62)
28th – Xavier Rutz, 5000m (15:22.62)
73rd – David Fulp, 5000m (16:18.17)
Charles Jones, long jump (6.33 m or 20'9.25")
CR Thomas, 1500m (4:07.80)
Nic Vaccaro, 1500m (4:10.88)

Charlotte Invitational; Charlotte, NC

Individual Results

1st – Jeff Williams, 800m (1:54.16)
7th – Nic Vaccaro, 800m (1:58.75)
8th – Xavier Rutz, 1500m (4:05.55)
13th – David Fulp, 3000m (9:18.94)
4th – Charles Jones, triple jump (14.41m or 47'3.5")
9th – Charles Jones, long jump (6.61m or 21'8.25")
15th – Joe Sheffield, shot put (9.72m or 31'10.75")
24th – Marquice Miller, long jump (5.39m or 17'8.25")
28th – Joe Jacobs, 400m (59.74)

Duke Invitational; Durham, NC

Individual Results

32nd – CR Thomas, 1500m (4:03.48)
33rd – Jeff Williams, 400m (50.25)
Nic Vaccaro, 1500m (4:09.06)
Xavier Rutz, 5000m (15:30.52)
David Fulp, 5000m (16:22.45)

Carolina Fast Times; Chapel Hill, NC

Individual Results

1st – Jeff Williams, 800m (1:52.64) – **school record**
5th – 4x400m relay (3:28.42)

7th – Charles Jones, long jump (6.66m)
8th – Nic Vaccaro, 800m (1:57.80)
13th – Xavier Rutz, 800m (2:01.24)

Southern Conference Outdoor Championships; Cullowhee, NC

Individual Results

1st – Charles Jones, triple jump (15.24m or 50') – **school record**
3rd – Jeff Williams, 800m (1:53.85)
4th – Charles Jones, long jump (6.80m or 22'3.75")
8th – Nic Vaccaro, 1500m (4:06.80)
16th – Xavier Rutz, 5000m (16:13.20)
26th – David Fulp, 5000m (17:29.74)

NCAA Eastern Regional; Randall's Island, NY

Individual Results

5th – Charles Jones, triple jump (15.50m or 50'10.25") – **school record**

NCAA Championship; Sacramento, CA

Individual Results

23rd/27 – Charles Jones, triple jump (15.26m)

400m

50.25 – Jeff Williams (Duke Invitational) – **school record**
59.74 – Joe Jacobs (Charlotte Invitational)

800m

1:52.64 – Jeff Williams (Carolina Fast Times) – **school record**
1:53.85 – Jeff Williams (SoCon Championships)
1:54.16 – Jeff Williams (Charlotte Invitational)
1:54.62 – Jeff Williams (Raleigh Relays)
1:55.76 – Jeff Williams (Wake Forest)
1:57.80 – Nic Vaccaro (Carolina Fast Times)
1:58.75 – Nic Vaccaro (Charlotte Invitational)
2:01.24 – Xavier Rutz (Carolina Fast Times)

1500m

4:03.48 – CR Thomas (Duke Invitational)
4:05.55 – Xavier Rutz (Charlotte Invitational)
4:06.80 – Nic Vaccaro (SoCon Championships)
4:07.80 – CR Thomas (Raleigh Relays)
4:09.06 – Nic Vaccaro (Duke Invitational)
4:10.47 – CR Thomas (Wake Forest)
4:10.88 – Nic Vaccaro (Raleigh Relays)
4:18.87 – Nic Vaccaro (Wake Forest)

3000m

8:58.83 – Xavier Rutz (Wake Forest)
9:18.94 – David Fulp (Charlotte Invitational)
9:32.18 – David Fulp (Wake Forest)

5000m

15:22.62 – Xavier Rutz (Raleigh Relays)
15:30.52 – Xavier Rutz (Duke Invitational)
16:13.20 – Xavier Rutz (SoCon Championships)

16:18.17 – David Fulp (Raleigh Relays)
16:22.45 – David Fulp (Duke Invitational)
17:29.74 – David Fulp (SoCon Championships)

4x400m Relay

3:25.61 – Williams, Jones, Thomas, Vaccaro (Wake Forest) – **school record**
3:28.42 – Williams, Jones, Thomas, Vaccaro (Carolina Fast Times)

Long Jump

6.80m – Charles Jones (SoCon Championships)
6.66m – Charles Jones (Carolina Fast Times)
6.61m – Charles Jones (Charlotte Invitational)
6.42m – Charles Jones (Wake Forest)
6.33m – Charles Jones (Raleigh Relays)
5.39m – Marquice Miller (Charlotte Invitational)

Triple Jump

15.50m – Charles Jones (NCAA East Regional) – **school record**
15.26m – Charles Jones (NCAA Championships)
15.24m – Charles Jones (SoCon Championships)
14.44m – Charles Jones (Wake Forest)
14.41m – Charles Jones (Charlotte Invitational)

Shot Put

9.72m – Joe Sheffield (Charlotte Invitational)

2005 UNCG Women's Outdoor Track & Field Results

3/20/05	Wake Forest Quad	Winston-Salem, NC
3/25/05-3/26/05	Raleigh Relays	Raleigh, NC
4/2/05	Charlotte Invitational	Charlotte, NC
4/9/05	Duke Invitational	Durham, NC
4/16/05	Carolina Fast Times	Chapel Hill, NC
4/30/05-5/1/05	SoCon Outdoor Championships	Cullowhee, NC

Wake Forest Quad; Winston-Salem, NC

Individual Results

- 4th – Jess Weber, 1500m (4:58.86)
- 5th – Stephanie Maltais, 3000m (11:17.96)
- 6th – Eleanor Wilson, 1500m (5:10.04)

Raleigh Relays; Raleigh, NC

Individual Results

- 15th – Jess Weber, 1500m (4:48.37)
- Erin Lord, 1500m (5:05.33)
- Takeesha Carter, 1500m (5:22.84)

Charlotte Invitational; Charlotte, NC

Individual Results

- 7th – Jess Weber, 800m (2:21.43)
- 12th – Stephanie Maltais, 3000m (11:15.95)
- 13th – Eleanor Wilson, 1500m (5:02.57)
- 16th – Tricia O'Connell, 1500m (5:08.20)
- 17th – Heidi Sloop, 3000m (11:59.64)
- 21st – Michelle Proctor, Hammer Throw (36.45m or 119'7")

Duke Invitational; Durham, NC

Individual Results

- 17th – Jess Weber, 1500m (4:47.84) – **school record**
- 44th – Erin Lord, 1500m (5:01.55)
- 45th – Stephanie Maltais, 5000m (19:33.31)

Carolina Fast Times; Chapel Hill, NC

Individual Results

- 5th – Jess Weber, 800m (2:23.20)
- 6th – Takeesha Carter, 800m (2:24.10)
- 11th – Erin Lord, 800m (2:25.95)
- 13th – Tricia O'Connell, 1500m (5:00.47)
- 16th – Stephanie Maltais, 800m (2:32.19)

Southern Conference Outdoor Championship; Cullowhee, NC

Individual Results

- 9th – Jess Weber, 1500m (4:50.41)
- 13th – Tricia O'Connell, 1500m (5:00.14)
- 16th – Erin Lord, 1500m (5:07.52)

800m

2:21.43 – Jess Weber (Charlotte Invitational)
2:23.20 – Jess Weber (Carolina Fast Times)
2:24.10 – Takeesha Carter (Carolina Fast Times)
2:25.95 – Erin Lord (Carolina Fast Times)
2:32.19 – Stephanie Maltais (Carolina Fast Times)

1500m

4:47.84 – Jess Weber (Duke Invitational) – **school record**
4:48.37 – Jess Weber (Raleigh Relays)
4:50.41 – Jess Weber (SoCon Championship)
4:58.86 – Jess Weber (Wake Forest Quad)
5:00.14 – Tricia O’Connell (SoCon Championship)
5:00.47 – Tricia O’Connell (Carolina Fast Times)
5:01.55 – Erin Lord (Duke Invitational)
5:02.57 – Eleanor Wilson (Charlotte Invitational)
5:05.33 – Erin Lord (Raleigh Relays)
5:07.52 – Erin Lord (SoCon Championship)
5:08.20 – Tricia O’Connell (Charlotte Invitational)
5:10.04 – Eleanor Wilson (Wake Forest Quad)
5:22.84 – Takeesha Carter (Raleigh Relays)

3000m

11:15.95 – Stephanie Maltais (Charlotte Invitational)
11:17.96 – Stephanie Maltais (Wake Forest Quad)
11:59.64 – Heidi Sloop (Charlotte Invitational)

5000m

19:33.31 – Stephanie Maltais (Duke Invitational)

Hammer Throw

36.45m or 119’7” – Michelle Proctor (Charlotte Invitational)