

2005 UNCG Men's Cross Country Results

9/3/05	Virginia Tech Invitational	5 th /8 Teams
9/17/05	Winthrop Invitational	4 th /7 Teams
10/1/05	Paul Short Invitational (hosted by Lehigh)	
10/14/05	Blue Ridge Mountain Open	10 th /12 Teams
10/30/05	SoCon Championship	5 th /10 Teams
11/12/05	NCAA Southeast Regional	27 th /30 Teams

Virginia Tech Invitational; Blacksburg, VT (6K)

Team Results

1. Liberty	29
2. Virginia Tech	33
3. ETSU	80
4. Radford	116
5. UNCG	125
6. Alderson-Broaddus	132
7. Concord	209
8. Longwood	219

Individual Results, School

1. Josh McDougal, Liberty	19:20.54
20. Nic Vaccaro	20:15.69
22. Keith Gruchacz	20:23.21
30. Charles Gibson	20:35.64
33. Xavier Rutz	20:38.60
45. Josh Wyatt	21:02.87
66. Ryan Rodd	21:46.83

Winthrop Invitational; Rock Hill, SC (8K)

Team Results

1. High Point	39
2. Davidson	54
3. Winthrop	58
4. UNCG	88
5. Gardner Webb	108
6. Wofford	187
7. South Carolina State	209

Individual Results, School

1. Tamas Kovacs, High Point	25:26
11. Keith Gruchacz	27:14
15. Charles Gibson	27:30
16. Nic Vaccaro	27:33
21. Josh Wyatt	27:59
25. Xavier Rutz	28:45
38. Ryan Rodd	30:41

Paul Short Invitational; Bethlehem, PA (8K)

Team Results

1. Georgetown	123
UNCG	did not compete as a team

Individual Results, School

1. Ryan Sheehan, St. Francis	23:52.6
183. Keith Gruchacz	25:59.7
220. Charles Gibson	26:17.5
239. Josh Wyatt	26:27.9
293. Ryan Rodd	27:57.6

Blue Ridge Open; Boone, NC (8K)

Team Results

1. Texas	15
2. Appalachian State	86
3. North Carolina	90
4. High Point	125
5. Mars Hill	132
6. Davidson	179
7. Western Carolina	208
8. Elon	214
9. Gardner Webb	242
10. UNCG	247
11. UNC Wilmington	291
12. King	352

Individual Results, School

1. Erik Stanley, Texas	24:31.7
42. Charles Gibson	26:55.0
49. Nic Vaccaro	27:08.7
65. Josh Wyatt	27:31.7
71. Keith Gruchacz	28:07.4
79. Ryan Rodd	28:38.0

SoCon Championship; Statesboro, GA (8K)

Team Results

1. Appalachian State	34
2. Chattanooga	67
3. Furman	84
4. Davidson	106
5. UNC Greensboro	151
6. Western Carolina	154
7. Elon	164
8. College of Charleston	175
9. The Citadel	234
10. Wofford	313

Individual Results, School

1. Ian Mayne, Chattanooga	24:37.25
21. Nic Vaccaro	26:04.16
22. Charles Gibson	26:04.76
27. Josh Wyatt	26:30.44
35. Keith Gruchacz	26:44.49
59. Ryan Rodd	28:33.08

NCAA Southeast Regional; Greenville, NC (10K)

Team Results

1. William & Mary	68
2. Virginia	91
3. North Carolina State	96
4. Duke	198
5. James Madison	204
6. Louisville	214
7. Wake Forest	216
8. Norfolk State	221
9. Liberty	276
10. Clemson	279
11. Appalachian State	289
12. Eastern Kentucky	311
13. Virginia Tech	317
14. North Carolina	334
15. High Point	346
16. Charlotte	368
17. Coastal Carolina	454
18. Richmond	463
19. VMI	546
20. Davidson	609
21. Western Kentucky	632
22. Western Carolina	644
23. Radford	647
24. UNC Asheville	651
25. Morehead State	683
26. Elon	708
27. UNCG	725
28. College of Charleston	788
29. Gardner-Webb	792
30. East Carolina	800

Individual Results, School

1. Josh McDougal, Liberty	29:40.01
125. Josh Wyatt	32:54.8
138. Keith Gruchacz	33:15.7
139. Nicolas Vaccaro	33:17.6
183. Charles Gibson	34:42.7
189. Ryan Rodd	35:04.9

Individual Results

Charles Gibson

Virginia Tech Invitational (6K)	20:35.64
SoCon Championship (8K)	26:04.76
Paul Short Invitational (8k)	26:17.5
Blue Ridge Open (8K)	26:55.0
Winthrop Invitational (8K)	27:30
NCAA Southeast Regional (10K)	34:42.7

Keith Gruchacz

Virginia Tech Invitational (6K)	20:23.21
Paul Short Invitational (8K)	25:59.7
SoCon Championship (8K)	26:44.49
Winthrop Invitational (8K)	27:14
Blue Ridge Open (8K)	28:07.4
NCAA Southeast Regional (10K)	33:15.7

Ryan Rodd

Virginia Tech Invitational (6K)	21:46.83
Paul Short Invitational (8k)	27:57.6
SoCon Championship (8K)	28:33.08
Blue Ridge Open (8K)	28:38.0
Winthrop Invitational (8K)	30:41
NCAA Southeast Regional (10K)	35:04.9

Xavier Rutz

Virginia Tech Invitational (6K)	20:38.60
Winthrop Invitational (8K)	28:45

Nic Vaccaro

Virginia Tech Invitational (6K)	20:15.69
SoCon Championship (8K)	26:04.16
Blue Ridge Open (8K)	27:08.7
Winthrop Invitational (8K)	27:33
NCAA Southeast Regional (10K)	33:17.6

Josh Wyatt

Virginia Tech Invitational (6K)	21:02.87
Paul Short Invitational (8k)	26:27.9
SoCon Championship (8K)	26:30.44
Blue Ridge Open (8K)	27:31.7
Winthrop Invitational (8K)	27:59
NCAA Southeast Regional (10K)	32:54.8

2005 UNCG Women's Cross Country Results

9/3/05	Virginia Tech Invitational	5 th /8 Teams
9/17/05	Winthrop Invitational	4 th / 7 Teams
10/1/05	Paul Short Invitational (hosted by Lehigh)	44 th /47 Teams
10/14/05	Blue Ridge Mountain Open	4 th /11 Teams
10/30/05	SoCon Championship	6 th /11 Teams
11/12/05	NCAA Southeast Regional	19 th /25 Teams

Virginia Tech Invitational; Blacksburg, VA (4K)

Team Results

1. Virginia Tech	21
2. Liberty	64
3. Milligan	99
4. Alderson-Broaddus	112
5. UNC Greensboro	130
6. ETSU	153
7. Longwood	188
8. Radford	214
9. Concord	233

Individual Results, School

1. Kristin Hart, Virginia Tech	18:18.20
14. Jess Weber	16:06.79
26. Eleanor Wilson	16:35.55
33. Stephanie Malatais	16:52.56
38. Tricia O'Connell	17:05.28
39. Erin Lord	17:05.95
47. Kathy Oldham	17:45.64
50. Naomi D'Amours	17:49.67
52. Mary Grace Putnam	18:02.62
55. Mary Ann Rutz	18:09.56

Winthrop Invitational; Rock Hill, SC (5K)

Team Results

1. High Point	33
2. Winthrop	60
3. South Carolina	80
4. UNCG	103
5. Gardner Webb	124
6. Wofford	128
7. South Carolina State	202

Individual Results, School

1. Jennifer Povick, Winthrop	18:26
8. Jess Weber	20:17
18. Eleanor Wilson	20:47
23. Kathy Oldham	21:14
26. Erin Lord	21:27
29. Heidi Pinkerton	21:38
33. Naomi D'Amours	22:08
42. Mary Grace Putnam	22:48

Paul Short Invitational; Bethlehem, PA (6K)

Team Results

1. Columbia	121
44. UNC Greensboro	1174

Individual Results, School

1. Elizabeth Maloy, Georgetown	20:28.0
156. Jess Weber	22:52.2
218. Heidi Pinkerton	23:28.1
235. Stephanie Maltais	23:37.8
270. Kathy Oldham	24:18.9
295. Erin Lord	24:52.3
307. Naomi D'Amours	25:56.6

Blue Ridge Open; Boone, NC (5K)

Team Results

1. Davidson	38
2. Appalachian State	70
3. High Point	104
4. UNCG	140
5. UNC Wilmington	144
6. Elon	154
7. South Carolina	158
8. Mars Hill	205
9. Gardner-Webb	228
10. Western Carolina	236
11. King	280

Individual Results, School

1. Brenna Burns, Davidson	18:01.3
16. Jess Weber	19:22.4
20. Heidi Pinkerton	19:28.0
25. Stephanie Maltais	19:45.2
45. Mary Ann Rutz	20:24.7
52. Naomi D'Amours	20:31.4
63. Erin Lord	20:49.3
103. Tessa Dispennette	22:25.3

SoCon Championship; Statesboro, GA (5K)

Team Results

1. Davidson	46
2. Chattanooga	47
3. Appalachian State	75
4. Furman	105
5. Elon	130
6. UNC Greensboro	163
7. College of Charleston	215
8. Western Carolina	230
9. The Citadel	231
10. Georgia Southern	257
11. Wofford	293

Individual Results, School

1. Shannon Wommack, UTC	16:53.47
18. Jess Weber	19:03.42
28. Heidi Pinkerton	19:30.75
34. Eleanor Wilson	19:45.17
39. Stephanie Maltais	19:50.57
46. Kathy Oldham	20:00.51
56. Erin Lord	20:22.78
60. Mary Ann Rutz	20:28.07
78. Naomi D'Amours	21:24.83

SoCon Southeast Regional; Greenville, NC (6K)**Team Results**

1. Duke	33
2. North Carolina State	78
3. Virginia	149
4. Wake Forest	151
5. William & Mary	180
6. North Carolina	182
7. Coastal Carolina	234
8. James Madison	235
9. Kentucky	297
10. Charlotte	298
11. Davidson	329
12. Appalachian State	407
13. Western Kentucky	434
14. Clemson	479
15. Eastern Kentucky	483
16. Campbell	493
17. High Point	513
18. Elon	566
19. UNCG	646
20. UNC Wilmington	664
21. South Carolina	676
22. Gardner-Webb	707
23. East Carolina	756
24. Western Carolina	758
25. College of Charleston	786

Individual Results, School

1. Shannon Rowbury, Duke	19:55.2
91. Heidi Pinkerton	22:43.0
138. Jess Weber	23:36.1
147. Mary Ann Rutz	23:56.8
149. Erin Lord	23:59.4
161. Kathy Oldham	24:13.5
186. Naomi D'Amours	24:53.2

Individual Results

Naomi D'Amours

Virginia Tech Invitational (4K) 17:49.67
Blue Ridge Open (5K) 20:31.4
SoCon Championship (5K) 21:24.83
Winthrop Invitational (5K) 22:08
NCAA Southeast Regional (6K) 24:53.2
Paul Short Invitational (6K) 25:56.6

Tessa Dispennette

Blue Ridge Open (5K) 22:25.3

Erin Lord

Virginia Tech Invitational (4K) 17:05.95
SoCon Championship (5K) 20:22.78
Blue Ridge Open (5K) 20:49.3
Winthrop Invitational (5K) 21:27
NCAA Southeast Regional (6K) 23:59.4
Paul Short Invitational (6K) 24:56.3

Stephanie Maltais

Virginia Tech Invitational (4K) 16:52.56
Blue Ridge Open (5K) 19:45.2
SoCon Championship (5K) 19:50.57
Paul Short Invitational (6K) 23:37.8

Tricia O'Connell

Virginia Tech Invitational (4K) 17:05.28

Kathy Oldham

Virginia Tech Invitational (4K) 17:45.64
SoCon Championship (5K) 20:00.51
Winthrop Invitational (5K) 21:14
NCAA Southeast Regional (6K) 24:13.5
Paul Short Invitational (6K) 24:18.9

Heidi Pinkerton

Blue Ridge Open (5K) 19:28.0
SoCon Championship (5K) 19:30.75
Winthrop Invitational (5K) 21:38
NCAA Southeast Regional (6K) 22:43.0
Paul Short Invitational (6K) 23:28.1

Mary Grace Putnam

Virginia Tech Invitational (4K) 18:02.62
Winthrop Invitational (5K) 22:48

Mary Ann Rutz

Virginia Tech Invitational (4K) 18:09.56
Blue Ridge Open (5K) 20:24.7
SoCon Championship (5K) 20:28.07
NCAA Southeast Regional (6K) 23:56.8

Jess Weber

Virginia Tech Invitational (4K) 16:06.79
SoCon Championship (5K) 19:03.42
Blue Ridge Open (5K) 19:22.4
Winthrop Invitational (5K) 20:17
Paul Short Invitational (6K) 22:52.2
NCAA Southeast Regional (6K) 23:36.1

Eleanor Wilson

Virginia Tech Invitational (4K) 16:35.55
SoCon Championship (5K) 19:45.17
Winthrop Invitational (5K) 20:47

2006 UNCG Men's Indoor Track & Field Results

1/20-1/21/06	Niswonger Foundation Invitational (ETSU)	Johnson City, TN
1/27-1/28/06	UNC Invitational (UNC)	Chapel Hill, NC
2/4/06	Carolina Invitational (UNC)	Chapel Hill, NC
2/11/06	Carolina Classic (UNC)	Chapel Hill, NC
2/18/06	Virginia Tech Invitational (Virginia Tech)	Blacksburg, VA
2/24-2/25/06	Southern Conference Championship	Clemson, SC
3/10-3/11/06	NCAA Indoor Championships	Fayetteville, AR

Niswonger Foundation Invitational; Johnson City, TN

Individual Results

- 3. Charles Jones, triple jump (15.04m or 49' 4.25")
- 3. Charles Jones, long jump (6.88m or 22' 07")
- 4. Xavier Rutz, 5000m (15:12.76)
- 10. Jeff Williams, 800m (1:56.20)
- 10. Nicolas Vaccaro, 3000m (8:52.78)
- 16. Keith Gruchacz, 5000m (15:47.49)
- 16. Ramon Jobson-Brown, long jump (6.17m or 20' 03")
- 20. Josh Wyatt, 5000m (16:00.65)
- 25. Ryan Rodd, 3000m (9:13.93)
- 41. Chris Cousins, 800m (2:12.00)
- ND. Ramon Jobson-Brown, triple jump (foul)
- ND. Brandon Spencer, weight throw (foul)

UNC Invitational; Chapel Hill, NC

Individual Results

- 4. Jeff Williams, 800m (1:54.82)
- 6. Charles Jones, long jump (6.94m or 22'9.25) – **school record**
- 11. Brandon Spencer, weight throw (13.06m or 42'10.25")
- 12. Nic Vaccaro, mile (4:21.59)
- 13. Ramon Jobson-Brown, long jump (6.40 or 21')
- 13. Scott Bellamy, weight throw (10.78m or 35'4.5")
- 27. Ryan Rodd, mile (4:28.97)

Carolina Invitational; Chapel Hill, NC

Individual Results

- 2. Charles Jones, triple jump (15.35m or 50-4.50) – **school record**
- 5. Nic Vaccaro, 800m (1:57.53)
- 6. Xavier Rutz, 3000m (8:47.39)
- 7. Jeff Williams, 400m (50.10)
- 7. Brandon Spencer, weight throw (13.46m or 44-2.00)
- 14. Scott Bellamy, weight throw (10.97m or 36-0)
- 15. Ryan Rodd, 800m (2:03.79)
- 16. Jeff Williams, 200m (23.29)
- 17. Keith Gruchacz, 3000m (9:03.78)
- 18. Josh Wyatt, 3000m (9:04.26)
- 24. Chris Cousins, 800m (2:08.08)
- ND. Ramon Jobson-Brown, triple jump (foul)

Virginia Tech Invitational; Blacksburg, VA

Individual Results

3. Charles Jones, triple jump (15.03m or 50-6.00)
7. Jeff Williams, 800m (1:54.21)
14. Nick Vaccaro, Mile (4:16.32)
23. Xavier Rutz, 3000m (8:45.53)
28. Ramon Jobson-Brown, long jump (6.17m or 20-3.00)
30. Josh Wyatt, 3000m (8:53.86)
39. Keith Gruchacz, 3000m (9:01.85)

SoCon Indoor Championships; Clemson, SC

Team Results

1. Western Carolina 277
2. Appalachian State 213
3. The Citadel 43
4. Chattanooga 40
5. Davidson 33
6. UNCG 30
7. Wofford 13.

Individual Results

1. Jeff Williams, 800m (1:53.57)
2. Charles Jones, triple jump (15.05m or 49-4.50)
4. Nick Vaccaro, Mile (4:20.01)
5. UNCG (Rodd, Jobson-Brown, Williams, Vaccaro), Distance Medley Relay (10:37.64)
9. Ramon Jobson-Brown, long jump (6.39m or 20-11.75)
10. Brandon Spencer, weight throw (11.86m or 38-11.00)
12. Josh Wyatt, 5000m (15:42.96)
13. Keith Gruchacz, 5000m (15:59.95)
14. Ryan Rodd, Mile (4:32.67)

Top times by Event

200m

23.29 – Jeff Williams (Carolina Invitational)

400m

50.10 – Jeff Williams (Carolina Invitational)

800m

1:53.57 – Jeff Williams (SoCon Championship) – **school record**

1:54.21 – Jeff Williams (Virginia Tech Invitational)

1:54.82 – Jeff Williams (UNC Invitational)

1:56.20 – Jeff Williams (Niswonger Invitational)

1:57.53 – Nic Vaccaro (Carolina Invitational)

2:03.79 – Ryan Rodd (Carolina Invitational)

2:08.08 – Chris Cousins (Carolina Invitational)

2:12.00 – Chris Cousins (Niswonger Invitational)

3000m

8:45.53 – Xavier Rutz (Virginia Tech Invitational) – **school record**
8:47.39 – Xavier Rutz (Carolina Invitational)
8:52.78 – Nicolas Vaccaro (Niswonger Invitational)
8:53.86 – Josh Wyatt (Virginia Tech Invitational)
9:01.85 – Keith Gruchacz (Virginia Tech Invitational)
9:03.78 – Keith Gruchacz (Carolina Invitational)
9:04.26 – Josh Wyatt (Carolina Invitational)
9:13.93 – Ryan Rodd (Niswonger Invitational)

5000m

15:12.76 – Xavier Rutz (Niswonger Invitational)
15:42.96 – Josh Wyatt (SoCon Championship)
15:47.49 – Keith Gruchacz (Niswonger Invitational)
15:59.95 – Keith Gruchacz (SoCon Championship)
16:00.65 – Josh Wyatt (Niswonger Invitational)

Mile

4:16.32 – Nic Vaccaro (Virginia Tech Invitational) – **school record**
4:20.01 – Nic Vaccaro (SoCon Championship)
4:21.59 – Nic Vaccaro (UNC Invitational)
4:28.97 – Ryan Rodd (UNC Invitational)
4:32.67 – Ryan Rodd (SoCon Championship)

Long Jump

6.94m or 22'9.25" – Charles Jones (UNC Invitational) – **school record**
6.88m or 22' 07"6.9 – Charles Jones (Niswonger Invitational)
6.40m or 21' – Ramon Jobson-Brown (UNC Invitational)
6.39m or 20' 11.75" – Ramon Jobson-Brown (SoCon Championship)
6.17m or 20' 3" – Ramon Jobson-Brown (Niswonger Invitational)
6.17m or 20' 3" – Ramon Jobson-Brown (Virginia Tech)

Triple Jump

15.35m or 50' 4.5" – Charles Jones (Carolina Invitational)
15.05m or 49'4.5" – Charles Jones (SoCon Championship)
15.04m or 49' 4.25" – Charles Jones (Niswonger Invitational)
15.03m or 50' 6" – Charles Jones (Virginia Tech)

Distance Medley

10:37.64 - Rodd, Jobson-Brown, Williams, Vaccaro (SoCon Championship)

Weight Throw

13.46m or 44'2" – Brandon Spencer (Carolina Invitational)
13.06m or 42'10.25" – Brandon Spencer (UNC Invitational)
11.86m or 38'11" – Brandon Spencer (SoCon Championship)
10.97m or 36' – Scott Bellamy (Carolina Invitational)
10.78m or 35'4.5" - Scott Bellamy (UNC Invitational)

2006 UNCG Women's Indoor Track & Field Results

1/20-1/21/06	Niswonger Foundation Invitational (ETSU)	Johnson City, TN
1/27-1/28/06	UNC Invitational (UNC)	Chapel Hill, NC
2/4/06	Carolina Invitational (UNC)	Chapel Hill, NC
2/11/06	Carolina Classic (UNC)	Chapel Hill, NC
2/18/06	Virginia Tech Invitational (Virginia Tech)	Blacksburg, VA
2/24-2/25/06	Southern Conference Championship	Clemson, SC
3/10-3/11/06	NCAA Indoor Championships	Fayetteville, AR

Niswonger Foundation Invitational; Johnson City, TN

Individual Results

9. Jess Weber, mile (5:29.01)
10. Kathy Oldham, mile (5:29.83)
11. Heidi Pinkerton, 5000m (19:31.00)
22. Stephanie Maltais, 5000m (20:43.80)
25. Tricia O'Connell, mile (5:45.54)
26. Erin Lord, mile (5:46.32)

UNC Invitational; Chapel Hill, NC

Individual Results

15. Jess Weber, mile (5:25.11)
16. Erin Lord, 800m (2:28.07)
18. Kathy Oldham, mile (5:32.28)
19. Tricia O'Connell, mile (5:33.59)

Carolina Invitational; Chapel Hill, NC

Individual Results

11. Jess Weber, 800m (2:22.37)
20. Kathy Oldham, 800m (2:27.29)
25. Tricia O'Connell, 800m (2:28.72)
13. Heidi Pinkerton, 3000m (10:40.02)
26. Stephanie Maltais, 3000m (11:25.03)
12. Naomi D'Amours, 5000m (20:38.04)
14. Mary Ann Rutz, 5000m (21:36.81)

Virginia Tech Invitational; Blacksburg, VA

Individual Results

14. Jess Weber, mile (5:15.41)
17. Kathy Oldham, mile (5:17.89)
26. Tricia O'Connell, mile (5:36.52)
22. Jess Weber, 800m (2:22.71)
31. Erin Lord, 800m (2:26.26)
11. Heidi Pinkerton, 3000m (10:35.85)

SoCon Indoor Championships; Clemson, SC

Team Results

1. Appalachian State	148.5
2. Western Carolina	122
3. Georgia Southern	118
4. Chattanooga	108
5. Furman	42
6. Elon	40
7. College of Charleston	26.5
8. The Citadel	25
9. Davidson	22
10. UNCG	8.

Individual Results

- 6. Jess Weber, Mile (5:13.71)
- 10. Kathy Oldham, Mile (5:26.45)
- 12. Tricia O'Connell, Mile (5:29.42)
- 7. Erin Lord, 800m (2:27.91)
- 9. Heidi Pinkerton, 3000m (10:31.0)
- 5. Heidi Pinkerton, 5000m (18:17.17)
- 19. Stephanie Maltais, 5000m (20:17.60)
- 20. Naomi D'Amours, 5000m (20:19.67)
- 21. Mary Rutz, 5000m (20:35.46)
- 7. UNCG (Oldham, Lord, O'Connell, Weber), Distance Medley Relay (12:50.72).

Events top times

800m

- 2:22.37 – Jess Weber (Carolina Invitational)
- 2:22.71 – Jess Weber (Virginia Tech Invitational)
- 2:26.26 – Erin Lord (Virginia Tech Invitational)
- 2:27.29 – Kathy Oldham (Carolina Invitational)
- 2:27.91 – Erin Lord (SoCon Championship)
- 2:28.07 – Erin Lord (UNC Invitational)
- 2:28.72 – Tricia O'Connell (Carolina Invitational)

3000m

- 10:31.00 – Heidi Pinkerton (SoCon Championship)
- 10:35.85 – Heidi Pinkerton (Virginia Tech Invitational)
- 10:40.02 – Heidi Pinkerton (Carolina Invitational)
- 11:25.03 – Stephanie Maltais (Carolina Invitational)

5000m

- 18:17.17 – Heidi Pinkerton (SoCon Championship)
- 19:31.00 – Heidi Pinkerton (Niswonger Invitational)
- 20:17.60 – Stephanie Maltais (SoCon Championship)
- 20:19.67 – Naomi D'Amours (SoCon Championship)
- 20:35.46 – Mary Rutz (SoCon Championship)
- 20:38.04 – Naomi D'Amours (Carolina Invitational)
- 20:43.80 – Stephanie Maltais (Niswonger Invitational)
- 21:36.81 – Mary Ann Rutz (Carolina Invitational)

Mile

5:13.71 – Jess Weber (SoCon Championship)
5:15.41 – Jess Weber (Virginia Tech Invitational)
5:17.89 – Kathy Oldham (Virginia Tech Invitational)
5:25.11 – Jess Weber (UNC Invitational)
5:26.45 – Kathy Oldham (SoCon Championship)
5:29:01 – Jess Weber (Niswonger Invitational)
5:29.42 – Tricia O'Connell (SoCon Championship)
5:29.83 – Kathy Oldham (Niswonger Invitational)
5:32.28 – Kathy Oldham (UNC Invitational)
5:33.59 – Tricia O'Connell (UNC Invitational)
5:36.52 – Tricia O'Connell (Virginia Tech Invitational)
5:45.54 – Tricia O'Connell (Niswonger Invitational)
5:46.32 – Erin Lord (Niswonger Invitational)

Distance Medley

12:50.72 - Oldham, Lord, O'Connell, Weber (SoCon Championship).

2006 UNCG Men's Outdoor Track & Field Results

3/17-3/18/06	49er Classic (Charlotte)	Charlotte, NC
3/24-3/25/06	Raleigh Relays (North Carolina State)	Raleigh, NC
4/1/06	Elon Invitational (Elon)	Elon, NC
4/7-4/8/06	Duke Invitational (Duke)	Durham, NC
4/15/06	Carolina Fast Times (UNC)	Chapel Hill, NC
4/29-4/30/06	Southern Conference Championship (GSU)	Statesboro, GA
5/7/06	Duke Twilight (Duke)	Durham, NC\
5/13/06	North Carolina A&T Last Chance Meet (NC A&T)	Greensboro, NC
5/26-5/27/06	NCAA East Regional Championship (NC A&T)	Greensboro, NC
6/22-6/25/06	NCAA Outdoor Championships (Sac. State)	Sacramento, CA

49er Classic; Charlotte, NC

Individual Results

3. Charles Jones, triple jump (14.84m or 48'8.25")
6. Xavier Rutz, 3000m (8:38.54) – **school record**
10. Jeff Williams, 800m (1:55.0)
12. Ramon Jobson-Brown, long jump (6.48m or 21'3.25")
17. Charles Jones, long jump (6.31m or 20'8.5")
21. Brandon Spencer, hammer throw (33.29m or 109'3")
26. Keith Gruchacz, 3000m (9:06.74)
28. Josh Wyatt, 3000m (9:09.93)
31. Nic Vaccaro, 1500m (4:12.61)
38. Ryan Rodd, 1500m (4:14.76)
44. Chris Cousins, 800m (2:05.06)

Raleigh Relays; Raleigh, NC

Individual Results

10. Jeff Williams, 800m (1:55.18)
11. Xavier Rutz, 5000m (15:15.15)
21. Ramon Jobson-Brown, long jump (6.44m or 21'1.5")
26. Nic Vaccaro, 1500m (4:04.55)
39. Ryan Rodd, 1500m (4:08.43)
41. Josh Wyatt, 5000m (15:39.58)
48. Keith Gruchacz, 5000m (15:45.52)

Elon Invitational; Elon, NC

Individual Results

1. Brandon Spencer, hammer throw (42.03m or 137'11")
1. Nic Vaccaro, 800m (1:59.59) – **meet record**
1. Xavier Rutz, 1500m (4:07.89) – **meet record**
1. Scott Bellamy, discus (36.1m or 118'5")
1. Ramon Jobson-Brown, long jump (6.44m or 21'1.5")
1. Charles Jones, triple jump (15.13m or 49'7.75")
2. Jeff Williams, 1500m (4:13.86)
2. 4x400m relay (3:33.73)
4. Ryan Rodd, 800m (2:04.10)
4. Josh Wyatt, 1500m (4:15.28)
5. Joe Sheffield, shot put (9.32m or 30'7")
6. Tim Kwak, 800m (2:10.74)

Duke Invitational; Durham, NC

Individual Results

13. Josh Wyatt, 10000m (32:33.88)
 14. Jeff Williams, 800m (1:51.63) – **school record**
 15. Keith Gruchacz, 10000m (32:51.30)
 23. Nic Vaccaro, 1500m – Development (4:02.36)
 27. Xavier Rutz, 5000m (14:57.88) – **school record**
 56. Ryan Rodd, 1500m – Development (4:08.96)
 109. Chris Cousins, 800m – Development (2:03.37)
 130. Tim Kwak, 800m – Development (2:07.38)
- Foul. Charles Jones, triple jump

Carolina Fast Times; Chapel Hill, NC

Individual Results

1. Jeff Williams, 800m (1:52.11)
 1. Xavier Rutz, 3000m (8:48.72)
 2. Ryan Rodd, 3000m Steeplechase (10:32.50)
 4. Josh Wyatt, 3000m (9:11.38)
 7. Nick Vaccaro, 1500m (3:59.91)
 9. Keith Gruchacz, 3000m (9:21.13)
 9. Brandon Spencer, hammer throw (43.48m or 142'8")
 12. Ramon Jobson-Brown, long jump (6.20m or 20'4.25")
 28. Tim Kwak, 800m (2:10.06)
- Foul. Ryan Clark, discus

Southern Conference Championships; Statesboro, GA

Individual Results

1. Jeff Williams, 800m (1:51.79)
5. Josh Wyatt, 10000m (32:44.61)
5. Ramon Jobson-Brown, long jump (6.18m or 20'3.5")
8. Nicolas Vaccaro, 1500m (4:02.31)
9. Ryan Rodd, 3000m Steeplechase (10:07.64)
9. Brandon Spencer, hammer throw (41.29m or 135'5")
9. Xavier Rutz, 5000m (15:13.85)
10. Keith Gruchacz, 10000m (33:18.34)
12. Ramon Jobson-Brown, triple jump (13.09m or 42'11.5")
13. Ryan Rodd, 1500m (4:09.53)
15. Josh Wyatt, 5000m (15:35.00)

Team Results

- | | |
|----------------------|-------|
| 1. Western Carolina | 258.5 |
| 2. Appalachian State | 244 |
| 3. Davidson | 84 |
| 4. The Citadel | 77 |
| 5. Furman | 58 |
| 6. Chattanooga | 51 |
| 7. Wofford | 18 |
| 8. UNCG | 15 |

Duke Twilight; Durham, NC

Individual Results

1. Jeff Williams, 400m (48.56)
6. Xavier Rutz, 5000m (14:57.65)

North Carolina A&T Last Chance Meet; Greensboro, NC

Individual Results

1. Jeff Williams, 800m (1:54.00)
1. Charles Jones, triple jump (14.59m)

NCAA East Regional; Greensboro, NC

Individual Results

11. Charles Jones, triple jump (15.21)
21. Jeff Williams, 800m (1:54.19)

Top times by Event

4x400meter relay

3:33.73 – Elon Invitational

400m

48.56 – Jeff Williams (Duke Twilight) – **school record**

800m

- 1:51.63 – Jeff Williams (Duke Invitational) – **school record**
- 1:51.79 – Jeff Williams (SoCon Championships)
- 1:52.11 – Jeff Williams (Carolina Fast Times)
- 1:54.00 – Jeff Williams (North Carolina A&T Last Chance Meet)
- 1:55.00 – Jeff Williams (49er Classic)
- 1:55.18 – Jeff Williams (Raleigh Relays)
- 1:59.59 – Nic Vaccaro (Elon Invitational)
- 2:03.37 – Chris Cousins (Duke Invitational)
- 2:04.10 – Ryan Rodd (Elon Invitational)
- 2:05.06 – Chris Cousins (49er Classic)
- 2:07.38 – Tim Kwak (Duke Invitational)
- 2:10.06 – Tim Kwak (Carolina Fast Times)
- 2:10.74 – Tim Kwak (Elon Invitational)

1500m

- 3:59.91 – Nic Vaccaro (Carolina Fast Times)
- 4:02.31 – Nic Vaccaro (SoCon Championships)
- 4:02.36 – Nic Vaccaro (Duke Invitational)
- 4:04.55 – Nic Vaccaro (Raleigh Relays)
- 4:07.89 – Xavier Rutz (Elon Invitational)
- 4:08.43 – Ryan Rodd (Raleigh Relays)
- 4:08.96 – Ryan Rodd (Duke Invitational)
- 4:09.53 – Ryan Rodd (SoCon Championships)
- 4:12.61 – Nic Vaccaro (49er Classic)
- 4:13.86 – Jeff Williams (Elon Invitational)
- 4:14.76 – Ryan Rodd (49er Classic)
- 4:15.28 – Josh Wyatt (Elon Invitational)

3000m

- 8:38.54 – Xavier Rutz (49er Classic) – **school record**
- 8:48.72 – Xavier Rutz (Carolina Fast Times)
- 9:06.74 – Keith Gruchacz (49er Classic)
- 9:09.93 – Josh Wyatt (49er Classic)
- 9:11.38 – Josh Wyatt (Carolina Fast Times)
- 9:21.13 – Keith Gruchacz (Carolina Fast Times)

3000m Steeplechase

10:07.64 – Ryan Rodd (SoCon Championships)
10:32.50 – Ryan Rodd (Carolina Fast Times)

5000m

14:57.65 – Xavier Rutz (Duke Twilight) – **school record**
14:57.88 – Xavier Rutz (Duke Invitational)
15:13.85 – Xavier Rutz (SoCon Championships)
15:15.15 – Xavier Rutz (Raleigh Relays)
15:35.00 – Josh Wyatt (SoCon Championships)
15:39.58 – Josh Wyatt (Raleigh Relays)
15:45.52 – Keith Gruchacz (Raleigh Relays)

10000m

32:33.88 – Josh Wyatt (Duke Invitational)
32:44.61 – Josh Wyatt (SoCon Championships)
32:51.30 – Keith Gruchacz (Duke Invitational)
33:18.34 – Keith Gruchacz (SoCon Championships)

Long Jump

6.48m or 21'3.25" – Ramon Jobson-Brown (49er Classic)
6.44m or 21'1.5" – Ramon Jobson-Brown (Raleigh Relays)
6.44m or 21'1.5" – Ramon Jobson-Brown (Elon Invitational)
6.31m or 20'8.5" – Charles Jones (49er Classic)
6.20m or 20'4.25" – Ramon Jobson-Brown (Carolina Fast Times)
6.18m or 20'3.5" – Ramon Jobson-Brown (SoCon Championships)

Triple Jump

15.21m – Charles Jones (NCAA East Regional)
15.13m or 49'7.75" – Charles Jones (Elon Invitational)
14.84m or 48'8.25" – Charles Jones (49er Classic)
14.59m – Charles Jones (North Carolina A&T Last Chance Meet)
13.09m or 42'11.5" – Ramon Jobson-Brown (SoCon Championships)

Hammer Throw

43.48m or 142'8" – Brandon Spencer (Carolina Fast Times) – **school record**
42.03m or 137'11" – Brandon Spencer (Elon Invitational)
41.29m or 135'5" – Brandon Spencer (SoCon Championships)
33.29m or 109'3" – Brandon Spencer (49er Classic)

Discus

36.1m or 118'5" – Scott Bellamy (Elon Invitational)

Shot Put

9.32m or 30'7" – Joe Sheffield (Elon Invitational)

2006 UNCG Women's Outdoor Track & Field Results

3/17-3/18/06	49er Classic (Charlotte)	Charlotte, NC
3/24-3/25/06	Raleigh Relays (North Carolina State)	Raleigh, NC
4/1/06	Elon Invitational (Elon)	Elon, NC
4/7-4/8/06	Duke Invitational (Duke)	Durham, NC
4/15/06	Carolina Fast Times (UNC)	Chapel Hill, NC
4/29-4/30/06	Southern Conference Championship (GSU)	Statesboro, GA
5/7/06	Duke Twilight (Duke)	Durham, NC
5/26-5/27/06	NCAA East Regional Championship (NC A&T)	Greensboro, NC
6/22-6/25/06	NCAA Outdoor Championships (Sac. State)	Sacramento, CA

49er Classic; Charlotte, NC

Individual Results

- 9. Heidi Pinkerton, 3000m (10:30.74)
- T14. Jess Weber, 1500m (4:54.62)
- T17. Erin Lord, 1500m (4:59.76)
- 22. Tricia O'Connell, 1500m (5:02.73)
- 26. Mary Ann Rutz, 3000m (11:36.22)
- 29. Naomi D'Amours, 3000m (11:48.32)
- 30. Stephanie Maltais, 3000m (11:51.95)

Raleigh Relays; Raleigh, NC

Individual Results

- 9. Jess Weber, 1500m (4:45.08) – **school record**
- 14. Heidi Pinkerton, 3000m steeplechase (11:21.99) – **school record**
- 31. Mary Ann Rutz, 5000m (19:57.96)
- 38. Naomi D'Amours, 5000m (20:45.97)
- 53. Erin Lord, 1500m (5:03.92)

Elon Invitational; Elon, NC

Individual Results

- 2. Jess Weber, 800m (2:19.23)
- 2. Heidi Pinkerton, 1500m (5:15.55)
- 3. Mary Ann Rutz, 1500m (5:18.78)
- 4. Erin Lord, 800m (2:26.97)
- 4. 4x400m relay - Weber, O'Connell, Lord, Rutz (4:23.78)
- 5. Naomi D'Amours, 1500m (5:20.20)
- 5. Tricia O'Connell, 800m (2:30.98)
- 7. Christin Heverly, 100m (15:29)
- 8. Hilary Overby, 100m (15.50)

Duke Invitational; Durham, NC

Individual Results

- 10. Jess Weber, 800m – Development (2:18.93) – **school record**
- 14. Heidi Pinkerton, 3000m steeplechase (11:11.08) – **school record**
- 20. Erin Lord, 1500m – Development (4:57.45)
- 30. Jess Weber, 1500m (4:45.10)
- 49. Tricia O'Connell, 1500m – Development (5:15.60)

Carolina Fast Times; Chapel Hill, NC

Individual Results

- 5. Heidi Pinkerton, 3000m Steeplechase (11:27.41)
- 8. Jess Weber, 1500m (4:47.76)
- 8. Jess Weber, 800m (2:20.93)
- 12. Naomi D'Amours, 3000, (11:31.49)
- 14. Erin Lord, 1500m (4:58.36)
- 15. Erin Lord, 800m (2:24.06)
- 16. Tessa Dispennette, 3000m (12:01.39)
- 17. Mary Ann Rutz, 3000m (12:02.79)
- 19. Kaitlyn Nortz, long jump (4.59m or 15'0.75")
- 20. Tricia O'Connell, 1500m (5:14.04)
- No Distance. Liz Benzschawel, discus

Southern Conference Championships; Statesboro, GA

Individual Results

- 7. Jess Weber, 1500m (4:44.97)
- 14. Erin Lord, 1500m (4:54.19)
- 17. Tricia O'Connell, 1500m (4:59.01)
- 19. Naomi D'Amours, 5000m (19:43.59)
- 20. Tessa Dispennette, 5000m (19:45.30)
- 22. Mary Ann Rutz, 5000m (20:09.09)
- Heidi Pinkerton, 3000m Steeplechase (DNF)
- Heidi Pinkerton, 5000m (DNF)

Team Results

- | | |
|--------------------------|-------|
| 1. Appalachian State | 197.5 |
| 2. Georgia Southern | 182.5 |
| 3. Western Carolina | 144 |
| 4. Chattanooga | 79 |
| 5. Elon | 55 |
| 6. The Citadel | 48 |
| 7. Furman | 40 |
| 8. Davidson | 39 |
| 9. College of Charleston | 20 |
| 10. Wofford | 10 |
| 11. UNCG | 2 |

Duke Twilight; Durham, NC

Individual Results

- 5. Jess Weber, 1500m (4:45.84)

Top times by Event

4x400m relay

4:23.78 - Weber, O'Connell, Lord, Rutz (Elon Invitational)

100m

15.29 – Christin Heverly (Elon Invitational)

15.50 – Hilary Overby (Elon Invitational)

800m

2:18.93 – Jess Weber (Duke Invitational) – **school record**

2:19.23 – Jess Weber (Elon Invitational)

2:20.93 – Jess Weber (Carolina Fast Times)

2:24.06 – Erin Lord (Carolina Fast Times)

2:26.97 – Erin Lord (Elon Invitational)

2:30.98 – Tricia O'Connell (Elon Invitational)

1500m

4:44.97 – Jess Weber (SoCon Championships) – **school record**

4:45.08 – Jess Weber (Raleigh Relays)

4:45.10 – Jess Weber (Duke Invitational)

4:45.84 – Jess Weber (Duke Twilight)

4:47.76 – Jess Weber (Carolina Fast Times)

4:54.19 – Erin Lord (SoCon Championships)

4:54.62 – Jess Weber (49er Classic)

4:57.45 – Erin Lord (Duke Invitational)

4:58.36 – Erin Lord (Carolina Fast Times)

4:59.01 – Tricia O'Connell (SoCon Championships)

4:59.76 – Erin Lord (49er Classic)

5:02.73 – Tricia O'Connell (49er Classic)

5:03.92 – Erin Lord (Raleigh Relays)

5:14.04 – Tricia O'Connell (Carolina Fast Times)

5:15.55 – Heidi Pinkerton (Elon Invitational)

5:15.60 – Tricia O'Connell (Duke Invitational)

5:18.78 – Mary Ann Rutz (Elon Invitational)

5:20.20 – Naomi D'Amours (Elon Invitational)

3000m

10:30.74 – Heidi Pinkerton (49er Classic)

11:31.49 – Naomi D'Amours (Carolina Fast Times)

11:36.22 – Mary Ann Rutz (49er Classic)

11:48.32 – Naomi D'Amours (49er Classic)

11:51.95 – Stephanie Maltais (49er Classic)

12:01.39 – Tessa Dispennette (Carolina Fast Times)

12:02.79 – Mary Ann Rutz (Carolina Fast Times)

3000m steeplechase

11:11.08 – Heidi Pinkerton (Duke Invitational) – **school record**

11:21.99 – Heidi Pinkerton (Raleigh Relays)

11:27.41 – Heidi Pinkerton (Carolina Fast Times)

5000m

19:43.59 – Naomi D'Amours (SoCon Championships)

19:45.30 – Tessa Dispennette (SoCon Championships)

19:57.96 – Mary Ann Rutz (Raleigh Relays)

20:09.09 – Mary Ann Rutz (SoCon Championships)

20:45.97 – Naomi D'Amours (Raleigh Relays)

Long Jump

4.59m or 15'0.75" – Kaitlyn Nortz (Carolina Fast Times)

2005 UNCG Men's Cross Country Results

9/3/05	Virginia Tech Invitational	5 th /8 Teams
9/17/05	Winthrop Invitational	4 th /7 Teams
10/1/05	Paul Short Invitational (hosted by Lehigh)	
10/14/05	Blue Ridge Mountain Open	10 th /12 Teams
10/30/05	SoCon Championship	5 th /10 Teams
11/12/05	NCAA Southeast Regional	27 th /30 Teams

Virginia Tech Invitational; Blacksburg, VT (6K)

Team Results

1. Liberty	29
2. Virginia Tech	33
3. ETSU	80
4. Radford	116
5. UNCG	125
6. Alderson-Broaddus	132
7. Concord	209
8. Longwood	219

Individual Results, School

1. Josh McDougal, Liberty	19:20.54
20. Nic Vaccaro	20:15.69
22. Keith Gruchacz	20:23.21
30. Charles Gibson	20:35.64
33. Xavier Rutz	20:38.60
45. Josh Wyatt	21:02.87
66. Ryan Rodd	21:46.83

Winthrop Invitational; Rock Hill, SC (8K)

Team Results

1. High Point	39
2. Davidson	54
3. Winthrop	58
4. UNCG	88
5. Gardner Webb	108
6. Wofford	187
7. South Carolina State	209

Individual Results, School

1. Tamas Kovacs, High Point	25:26
11. Keith Gruchacz	27:14
15. Charles Gibson	27:30
16. Nic Vaccaro	27:33
21. Josh Wyatt	27:59
25. Xavier Rutz	28:45
38. Ryan Rodd	30:41

Paul Short Invitational; Bethlehem, PA (8K)

Team Results

1. Georgetown	123
UNCG	did not compete as a team

Individual Results, School

1. Ryan Sheehan, St. Francis	23:52.6
183. Keith Gruchacz	25:59.7
220. Charles Gibson	26:17.5
239. Josh Wyatt	26:27.9
293. Ryan Rodd	27:57.6

Blue Ridge Open; Boone, NC (8K)

Team Results

1. Texas	15
2. Appalachian State	86
3. North Carolina	90
4. High Point	125
5. Mars Hill	132
6. Davidson	179
7. Western Carolina	208
8. Elon	214
9. Gardner Webb	242
10. UNCG	247
11. UNC Wilmington	291
12. King	352

Individual Results, School

1. Erik Stanley, Texas	24:31.7
42. Charles Gibson	26:55.0
49. Nic Vaccaro	27:08.7
65. Josh Wyatt	27:31.7
71. Keith Gruchacz	28:07.4
79. Ryan Rodd	28:38.0

SoCon Championship; Statesboro, GA (8K)

Team Results

1. Appalachian State	34
2. Chattanooga	67
3. Furman	84
4. Davidson	106
5. UNC Greensboro	151
6. Western Carolina	154
7. Elon	164
8. College of Charleston	175
9. The Citadel	234
10. Wofford	313

Individual Results, School

1. Ian Mayne, Chattanooga	24:37.25
21. Nic Vaccaro	26:04.16
22. Charles Gibson	26:04.76
27. Josh Wyatt	26:30.44
35. Keith Gruchacz	26:44.49
59. Ryan Rodd	28:33.08

NCAA Southeast Regional; Greenville, NC (10K)

Team Results

1. William & Mary	68
2. Virginia	91
3. North Carolina State	96
4. Duke	198
5. James Madison	204
6. Louisville	214
7. Wake Forest	216
8. Norfolk State	221
9. Liberty	276
10. Clemson	279
11. Appalachian State	289
12. Eastern Kentucky	311
13. Virginia Tech	317
14. North Carolina	334
15. High Point	346
16. Charlotte	368
17. Coastal Carolina	454
18. Richmond	463
19. VMI	546
20. Davidson	609
21. Western Kentucky	632
22. Western Carolina	644
23. Radford	647
24. UNC Asheville	651
25. Morehead State	683
26. Elon	708
27. UNCG	725
28. College of Charleston	788
29. Gardner-Webb	792
30. East Carolina	800

Individual Results, School

1. Josh McDougal, Liberty	29:40.01
125. Josh Wyatt	32:54.8
138. Keith Gruchacz	33:15.7
139. Nicolas Vaccaro	33:17.6
183. Charles Gibson	34:42.7
189. Ryan Rodd	35:04.9

Individual Results

Charles Gibson

Virginia Tech Invitational (6K)	20:35.64
SoCon Championship (8K)	26:04.76
Paul Short Invitational (8k)	26:17.5
Blue Ridge Open (8K)	26:55.0
Winthrop Invitational (8K)	27:30
NCAA Southeast Regional (10K)	34:42.7

Keith Gruchacz

Virginia Tech Invitational (6K)	20:23.21
Paul Short Invitational (8K)	25:59.7
SoCon Championship (8K)	26:44.49
Winthrop Invitational (8K)	27:14
Blue Ridge Open (8K)	28:07.4
NCAA Southeast Regional (10K)	33:15.7

Ryan Rodd

Virginia Tech Invitational (6K)	21:46.83
Paul Short Invitational (8k)	27:57.6
SoCon Championship (8K)	28:33.08
Blue Ridge Open (8K)	28:38.0
Winthrop Invitational (8K)	30:41
NCAA Southeast Regional (10K)	35:04.9

Xavier Rutz

Virginia Tech Invitational (6K)	20:38.60
Winthrop Invitational (8K)	28:45

Nic Vaccaro

Virginia Tech Invitational (6K)	20:15.69
SoCon Championship (8K)	26:04.16
Blue Ridge Open (8K)	27:08.7
Winthrop Invitational (8K)	27:33
NCAA Southeast Regional (10K)	33:17.6

Josh Wyatt

Virginia Tech Invitational (6K)	21:02.87
Paul Short Invitational (8k)	26:27.9
SoCon Championship (8K)	26:30.44
Blue Ridge Open (8K)	27:31.7
Winthrop Invitational (8K)	27:59
NCAA Southeast Regional (10K)	32:54.8

2005 UNCG Women's Cross Country Results

9/3/05	Virginia Tech Invitational	5 th /8 Teams
9/17/05	Winthrop Invitational	4 th / 7 Teams
10/1/05	Paul Short Invitational (hosted by Lehigh)	44 th /47 Teams
10/14/05	Blue Ridge Mountain Open	4 th /11 Teams
10/30/05	SoCon Championship	6 th /11 Teams
11/12/05	NCAA Southeast Regional	19 th /25 Teams

Virginia Tech Invitational; Blacksburg, VA (4K)

Team Results

1. Virginia Tech	21
2. Liberty	64
3. Milligan	99
4. Alderson-Broaddus	112
5. UNC Greensboro	130
6. ETSU	153
7. Longwood	188
8. Radford	214
9. Concord	233

Individual Results, School

1. Kristin Hart, Virginia Tech	18:18.20
14. Jess Weber	16:06.79
26. Eleanor Wilson	16:35.55
33. Stephanie Malatais	16:52.56
38. Tricia O'Connell	17:05.28
39. Erin Lord	17:05.95
47. Kathy Oldham	17:45.64
50. Naomi D'Amours	17:49.67
52. Mary Grace Putnam	18:02.62
55. Mary Ann Rutz	18:09.56

Winthrop Invitational; Rock Hill, SC (5K)

Team Results

1. High Point	33
2. Winthrop	60
3. South Carolina	80
4. UNCG	103
5. Gardner Webb	124
6. Wofford	128
7. South Carolina State	202

Individual Results, School

1. Jennifer Povick, Winthrop	18:26
8. Jess Weber	20:17
18. Eleanor Wilson	20:47
23. Kathy Oldham	21:14
26. Erin Lord	21:27
29. Heidi Pinkerton	21:38
33. Naomi D'Amours	22:08
42. Mary Grace Putnam	22:48

Paul Short Invitational; Bethlehem, PA (6K)

Team Results

1. Columbia	121
44. UNC Greensboro	1174

Individual Results, School

1. Elizabeth Maloy, Georgetown	20:28.0
156. Jess Weber	22:52.2
218. Heidi Pinkerton	23:28.1
235. Stephanie Maltais	23:37.8
270. Kathy Oldham	24:18.9
295. Erin Lord	24:52.3
307. Naomi D'Amours	25:56.6

Blue Ridge Open; Boone, NC (5K)

Team Results

1. Davidson	38
2. Appalachian State	70
3. High Point	104
4. UNCG	140
5. UNC Wilmington	144
6. Elon	154
7. South Carolina	158
8. Mars Hill	205
9. Gardner-Webb	228
10. Western Carolina	236
11. King	280

Individual Results, School

1. Brenna Burns, Davidson	18:01.3
16. Jess Weber	19:22.4
20. Heidi Pinkerton	19:28.0
25. Stephanie Maltais	19:45.2
45. Mary Ann Rutz	20:24.7
52. Naomi D'Amours	20:31.4
63. Erin Lord	20:49.3
103. Tessa Dispennette	22:25.3

SoCon Championship; Statesboro, GA (5K)

Team Results

1. Davidson	46
2. Chattanooga	47
3. Appalachian State	75
4. Furman	105
5. Elon	130
6. UNC Greensboro	163
7. College of Charleston	215
8. Western Carolina	230
9. The Citadel	231
10. Georgia Southern	257
11. Wofford	293

Individual Results, School

1. Shannon Wommack, UTC	16:53.47
18. Jess Weber	19:03.42
28. Heidi Pinkerton	19:30.75
34. Eleanor Wilson	19:45.17
39. Stephanie Maltais	19:50.57
46. Kathy Oldham	20:00.51
56. Erin Lord	20:22.78
60. Mary Ann Rutz	20:28.07
78. Naomi D'Amours	21:24.83

SoCon Southeast Regional; Greenville, NC (6K)**Team Results**

1. Duke	33
2. North Carolina State	78
3. Virginia	149
4. Wake Forest	151
5. William & Mary	180
6. North Carolina	182
7. Coastal Carolina	234
8. James Madison	235
9. Kentucky	297
10. Charlotte	298
11. Davidson	329
12. Appalachian State	407
13. Western Kentucky	434
14. Clemson	479
15. Eastern Kentucky	483
16. Campbell	493
17. High Point	513
18. Elon	566
19. UNCG	646
20. UNC Wilmington	664
21. South Carolina	676
22. Gardner-Webb	707
23. East Carolina	756
24. Western Carolina	758
25. College of Charleston	786

Individual Results, School

1. Shannon Rowbury, Duke	19:55.2
91. Heidi Pinkerton	22:43.0
138. Jess Weber	23:36.1
147. Mary Ann Rutz	23:56.8
149. Erin Lord	23:59.4
161. Kathy Oldham	24:13.5
186. Naomi D'Amours	24:53.2

Individual Results

Naomi D'Amours

Virginia Tech Invitational (4K)	17:49.67
Blue Ridge Open (5K)	20:31.4
SoCon Championship (5K)	21:24.83
Winthrop Invitational (5K)	22:08
NCAA Southeast Regional (6K)	24:53.2
Paul Short Invitational (6K)	25:56.6

Tessa Dispennette

Blue Ridge Open (5K)	22:25.3
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Erin Lord

Virginia Tech Invitational (4K)	17:05.95
SoCon Championship (5K)	20:22.78
Blue Ridge Open (5K)	20:49.3
Winthrop Invitational (5K)	21:27
NCAA Southeast Regional (6K)	23:59.4
Paul Short Invitational (6K)	24:56.3

Stephanie Maltais

Virginia Tech Invitational (4K)	16:52.56
Blue Ridge Open (5K)	19:45.2
SoCon Championship (5K)	19:50.57
Paul Short Invitational (6K)	23:37.8

Tricia O'Connell

Virginia Tech Invitational (4K)	17:05.28
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Kathy Oldham

Virginia Tech Invitational (4K)	17:45.64
SoCon Championship (5K)	20:00.51
Winthrop Invitational (5K)	21:14
NCAA Southeast Regional (6K)	24:13.5
Paul Short Invitational (6K)	24:18.9

Heidi Pinkerton

Blue Ridge Open (5K)	19:28.0
SoCon Championship (5K)	19:30.75
Winthrop Invitational (5K)	21:38
NCAA Southeast Regional (6K)	22:43.0
Paul Short Invitational (6K)	23:28.1

Mary Grace Putnam

Virginia Tech Invitational (4K)	18:02.62
Winthrop Invitational (5K)	22:48

Mary Ann Rutz

Virginia Tech Invitational (4K)	18:09.56
Blue Ridge Open (5K)	20:24.7
SoCon Championship (5K)	20:28.07
NCAA Southeast Regional (6K)	23:56.8

Jess Weber

Virginia Tech Invitational (4K)	16:06.79
SoCon Championship (5K)	19:03.42
Blue Ridge Open (5K)	19:22.4
Winthrop Invitational (5K)	20:17
Paul Short Invitational (6K)	22:52.2
NCAA Southeast Regional (6K)	23:36.1

Eleanor Wilson

Virginia Tech Invitational (4K)	16:35.55
SoCon Championship (5K)	19:45.17
Winthrop Invitational (5K)	20:47

2006 UNCG Men's Indoor Track & Field Results

1/20-1/21/06	Niswonger Foundation Invitational (ETSU)	Johnson City, TN
1/27-1/28/06	UNC Invitational (UNC)	Chapel Hill, NC
2/4/06	Carolina Invitational (UNC)	Chapel Hill, NC
2/11/06	Carolina Classic (UNC)	Chapel Hill, NC
2/18/06	Virginia Tech Invitational (Virginia Tech)	Blacksburg, VA
2/24-2/25/06	Southern Conference Championship	Clemson, SC
3/10-3/11/06	NCAA Indoor Championships	Fayetteville, AR

Niswonger Foundation Invitational; Johnson City, TN

Individual Results

- 3. Charles Jones, triple jump (15.04m or 49' 4.25")
- 3. Charles Jones, long jump (6.88m or 22' 07")
- 4. Xavier Rutz, 5000m (15:12.76)
- 10. Jeff Williams, 800m (1:56.20)
- 10. Nicolas Vaccaro, 3000m (8:52.78)
- 16. Keith Gruchacz, 5000m (15:47.49)
- 16. Ramon Jobson-Brown, long jump (6.17m or 20' 03")
- 20. Josh Wyatt, 5000m (16:00.65)
- 25. Ryan Rodd, 3000m (9:13.93)
- 41. Chris Cousins, 800m (2:12.00)
- ND. Ramon Jobson-Brown, triple jump (foul)
- ND. Brandon Spencer, weight throw (foul)

UNC Invitational; Chapel Hill, NC

Individual Results

- 4. Jeff Williams, 800m (1:54.82)
- 6. Charles Jones, long jump (6.94m or 22'9.25) – **school record**
- 11. Brandon Spencer, weight throw (13.06m or 42'10.25")
- 12. Nic Vaccaro, mile (4:21.59)
- 13. Ramon Jobson-Brown, long jump (6.40 or 21')
- 13. Scott Bellamy, weight throw (10.78m or 35'4.5")
- 27. Ryan Rodd, mile (4:28.97)

Carolina Invitational; Chapel Hill, NC

Individual Results

- 2. Charles Jones, triple jump (15.35m or 50-4.50) – **school record**
- 5. Nic Vaccaro, 800m (1:57.53)
- 6. Xavier Rutz, 3000m (8:47.39)
- 7. Jeff Williams, 400m (50.10)
- 7. Brandon Spencer, weight throw (13.46m or 44-2.00)
- 14. Scott Bellamy, weight throw (10.97m or 36-0)
- 15. Ryan Rodd, 800m (2:03.79)
- 16. Jeff Williams, 200m (23.29)
- 17. Keith Gruchacz, 3000m (9:03.78)
- 18. Josh Wyatt, 3000m (9:04.26)
- 24. Chris Cousins, 800m (2:08.08)
- ND. Ramon Jobson-Brown, triple jump (foul)

Virginia Tech Invitational; Blacksburg, VA

Individual Results

3. Charles Jones, triple jump (15.03m or 50-6.00)
7. Jeff Williams, 800m (1:54.21)
14. Nick Vaccaro, Mile (4:16.32)
23. Xavier Rutz, 3000m (8:45.53)
28. Ramon Jobson-Brown, long jump (6.17m or 20-3.00)
30. Josh Wyatt, 3000m (8:53.86)
39. Keith Gruchacz, 3000m (9:01.85)

SoCon Indoor Championships; Clemson, SC

Team Results

1. Western Carolina 277
2. Appalachian State 213
3. The Citadel 43
4. Chattanooga 40
5. Davidson 33
6. UNCG 30
7. Wofford 13.

Individual Results

1. Jeff Williams, 800m (1:53.57)
2. Charles Jones, triple jump (15.05m or 49-4.50)
4. Nick Vaccaro, Mile (4:20.01)
5. UNCG (Rodd, Jobson-Brown, Williams, Vaccaro), Distance Medley Relay (10:37.64)
9. Ramon Jobson-Brown, long jump (6.39m or 20-11.75)
10. Brandon Spencer, weight throw (11.86m or 38-11.00)
12. Josh Wyatt, 5000m (15:42.96)
13. Keith Gruchacz, 5000m (15:59.95)
14. Ryan Rodd, Mile (4:32.67)

Top times by Event

200m

23.29 – Jeff Williams (Carolina Invitational)

400m

50.10 – Jeff Williams (Carolina Invitational)

800m

1:53.57 – Jeff Williams (SoCon Championship) – **school record**

1:54.21 – Jeff Williams (Virginia Tech Invitational)

1:54.82 – Jeff Williams (UNC Invitational)

1:56.20 – Jeff Williams (Niswonger Invitational)

1:57.53 – Nic Vaccaro (Carolina Invitational)

2:03.79 – Ryan Rodd (Carolina Invitational)

2:08.08 – Chris Cousins (Carolina Invitational)

2:12.00 – Chris Cousins (Niswonger Invitational)

3000m

8:45.53 – Xavier Rutz (Virginia Tech Invitational) – **school record**
8:47.39 – Xavier Rutz (Carolina Invitational)
8:52.78 – Nicolas Vaccaro (Niswonger Invitational)
8:53.86 – Josh Wyatt (Virginia Tech Invitational)
9:01.85 – Keith Gruchacz (Virginia Tech Invitational)
9:03.78 – Keith Gruchacz (Carolina Invitational)
9:04.26 – Josh Wyatt (Carolina Invitational)
9:13.93 – Ryan Rodd (Niswonger Invitational)

5000m

15:12.76 – Xavier Rutz (Niswonger Invitational)
15:42.96 – Josh Wyatt (SoCon Championship)
15:47.49 – Keith Gruchacz (Niswonger Invitational)
15:59.95 – Keith Gruchacz (SoCon Championship)
16:00.65 – Josh Wyatt (Niswonger Invitational)

Mile

4:16.32 – Nic Vaccaro (Virginia Tech Invitational) – **school record**
4:20.01 – Nic Vaccaro (SoCon Championship)
4:21.59 – Nic Vaccaro (UNC Invitational)
4:28.97 – Ryan Rodd (UNC Invitational)
4:32.67 – Ryan Rodd (SoCon Championship)

Long Jump

6.94m or 22'9.25" – Charles Jones (UNC Invitational) – **school record**
6.88m or 22' 07"6.9 – Charles Jones (Niswonger Invitational)
6.40m or 21' – Ramon Jobson-Brown (UNC Invitational)
6.39m or 20' 11.75" – Ramon Jobson-Brown (SoCon Championship)
6.17m or 20' 3" – Ramon Jobson-Brown (Niswonger Invitational)
6.17m or 20' 3" – Ramon Jobson-Brown (Virginia Tech)

Triple Jump

15.35m or 50' 4.5" – Charles Jones (Carolina Invitational)
15.05m or 49'4.5" – Charles Jones (SoCon Championship)
15.04m or 49' 4.25" – Charles Jones (Niswonger Invitational)
15.03m or 50' 6" – Charles Jones (Virginia Tech)

Distance Medley

10:37.64 - Rodd, Jobson-Brown, Williams, Vaccaro (SoCon Championship)

Weight Throw

13.46m or 44'2" – Brandon Spencer (Carolina Invitational)
13.06m or 42'10.25" – Brandon Spencer (UNC Invitational)
11.86m or 38'11" – Brandon Spencer (SoCon Championship)
10.97m or 36' – Scott Bellamy (Carolina Invitational)
10.78m or 35'4.5" - Scott Bellamy (UNC Invitational)

2006 UNCG Women's Indoor Track & Field Results

1/20-1/21/06	Niswonger Foundation Invitational (ETSU)	Johnson City, TN
1/27-1/28/06	UNC Invitational (UNC)	Chapel Hill, NC
2/4/06	Carolina Invitational (UNC)	Chapel Hill, NC
2/11/06	Carolina Classic (UNC)	Chapel Hill, NC
2/18/06	Virginia Tech Invitational (Virginia Tech)	Blacksburg, VA
2/24-2/25/06	Southern Conference Championship	Clemson, SC
3/10-3/11/06	NCAA Indoor Championships	Fayetteville, AR

Niswonger Foundation Invitational; Johnson City, TN

Individual Results

9. Jess Weber, mile (5:29.01)
10. Kathy Oldham, mile (5:29.83)
11. Heidi Pinkerton, 5000m (19:31.00)
22. Stephanie Maltais, 5000m (20:43.80)
25. Tricia O'Connell, mile (5:45.54)
26. Erin Lord, mile (5:46.32)

UNC Invitational; Chapel Hill, NC

Individual Results

15. Jess Weber, mile (5:25.11)
16. Erin Lord, 800m (2:28.07)
18. Kathy Oldham, mile (5:32.28)
19. Tricia O'Connell, mile (5:33.59)

Carolina Invitational; Chapel Hill, NC

Individual Results

11. Jess Weber, 800m (2:22.37)
20. Kathy Oldham, 800m (2:27.29)
25. Tricia O'Connell, 800m (2:28.72)
13. Heidi Pinkerton, 3000m (10:40.02)
26. Stephanie Maltais, 3000m (11:25.03)
12. Naomi D'Amours, 5000m (20:38.04)
14. Mary Ann Rutz, 5000m (21:36.81)

Virginia Tech Invitational; Blacksburg, VA

Individual Results

14. Jess Weber, mile (5:15.41)
17. Kathy Oldham, mile (5:17.89)
26. Tricia O'Connell, mile (5:36.52)
22. Jess Weber, 800m (2:22.71)
31. Erin Lord, 800m (2:26.26)
11. Heidi Pinkerton, 3000m (10:35.85)

SoCon Indoor Championships; Clemson, SC

Team Results

1. Appalachian State	148.5
2. Western Carolina	122
3. Georgia Southern	118
4. Chattanooga	108
5. Furman	42
6. Elon	40
7. College of Charleston	26.5
8. The Citadel	25
9. Davidson	22
10. UNCG	8.

Individual Results

- 6. Jess Weber, Mile (5:13.71)
- 10. Kathy Oldham, Mile (5:26.45)
- 12. Tricia O'Connell, Mile (5:29.42)
- 7. Erin Lord, 800m (2:27.91)
- 9. Heidi Pinkerton, 3000m (10:31.0)
- 5. Heidi Pinkerton, 5000m (18:17.17)
- 19. Stephanie Maltais, 5000m (20:17.60)
- 20. Naomi D'Amours, 5000m (20:19.67)
- 21. Mary Rutz, 5000m (20:35.46)
- 7. UNCG (Oldham, Lord, O'Connell, Weber), Distance Medley Relay (12:50.72).

Events top times

800m

- 2:22.37 – Jess Weber (Carolina Invitational)
- 2:22.71 – Jess Weber (Virginia Tech Invitational)
- 2:26.26 – Erin Lord (Virginia Tech Invitational)
- 2:27.29 – Kathy Oldham (Carolina Invitational)
- 2:27.91 – Erin Lord (SoCon Championship)
- 2:28.07 – Erin Lord (UNC Invitational)
- 2:28.72 – Tricia O'Connell (Carolina Invitational)

3000m

- 10:31.00 – Heidi Pinkerton (SoCon Championship)
- 10:35.85 – Heidi Pinkerton (Virginia Tech Invitational)
- 10:40.02 – Heidi Pinkerton (Carolina Invitational)
- 11:25.03 – Stephanie Maltais (Carolina Invitational)

5000m

- 18:17.17 – Heidi Pinkerton (SoCon Championship)
- 19:31.00 – Heidi Pinkerton (Niswonger Invitational)
- 20:17.60 – Stephanie Maltais (SoCon Championship)
- 20:19.67 – Naomi D'Amours (SoCon Championship)
- 20:35.46 – Mary Rutz (SoCon Championship)
- 20:38.04 – Naomi D'Amours (Carolina Invitational)
- 20:43.80 – Stephanie Maltais (Niswonger Invitational)
- 21:36.81 – Mary Ann Rutz (Carolina Invitational)

Mile

5:13.71 – Jess Weber (SoCon Championship)
5:15.41 – Jess Weber (Virginia Tech Invitational)
5:17.89 – Kathy Oldham (Virginia Tech Invitational)
5:25.11 – Jess Weber (UNC Invitational)
5:26.45 – Kathy Oldham (SoCon Championship)
5:29:01 – Jess Weber (Niswonger Invitational)
5:29.42 – Tricia O'Connell (SoCon Championship)
5:29.83 – Kathy Oldham (Niswonger Invitational)
5:32.28 – Kathy Oldham (UNC Invitational)
5:33.59 – Tricia O'Connell (UNC Invitational)
5:36.52 – Tricia O'Connell (Virginia Tech Invitational)
5:45.54 – Tricia O'Connell (Niswonger Invitational)
5:46.32 – Erin Lord (Niswonger Invitational)

Distance Medley

12:50.72 - Oldham, Lord, O'Connell, Weber (SoCon Championship).

2006 UNCG Men's Outdoor Track & Field Results

3/17-3/18/06	49er Classic (Charlotte)	Charlotte, NC
3/24-3/25/06	Raleigh Relays (North Carolina State)	Raleigh, NC
4/1/06	Elon Invitational (Elon)	Elon, NC
4/7-4/8/06	Duke Invitational (Duke)	Durham, NC
4/15/06	Carolina Fast Times (UNC)	Chapel Hill, NC
4/29-4/30/06	Southern Conference Championship (GSU)	Statesboro, GA
5/7/06	Duke Twilight (Duke)	Durham, NC\
5/13/06	North Carolina A&T Last Chance Meet (NC A&T)	Greensboro, NC
5/26-5/27/06	NCAA East Regional Championship (NC A&T)	Greensboro, NC
6/22-6/25/06	NCAA Outdoor Championships (Sac. State)	Sacramento, CA

49er Classic; Charlotte, NC

Individual Results

3. Charles Jones, triple jump (14.84m or 48'8.25")
6. Xavier Rutz, 3000m (8:38.54) – **school record**
10. Jeff Williams, 800m (1:55.0)
12. Ramon Jobson-Brown, long jump (6.48m or 21'3.25")
17. Charles Jones, long jump (6.31m or 20'8.5")
21. Brandon Spencer, hammer throw (33.29m or 109'3")
26. Keith Gruchacz, 3000m (9:06.74)
28. Josh Wyatt, 3000m (9:09.93)
31. Nic Vaccaro, 1500m (4:12.61)
38. Ryan Rodd, 1500m (4:14.76)
44. Chris Cousins, 800m (2:05.06)

Raleigh Relays; Raleigh, NC

Individual Results

10. Jeff Williams, 800m (1:55.18)
11. Xavier Rutz, 5000m (15:15.15)
21. Ramon Jobson-Brown, long jump (6.44m or 21'1.5")
26. Nic Vaccaro, 1500m (4:04.55)
39. Ryan Rodd, 1500m (4:08.43)
41. Josh Wyatt, 5000m (15:39.58)
48. Keith Gruchacz, 5000m (15:45.52)

Elon Invitational; Elon, NC

Individual Results

1. Brandon Spencer, hammer throw (42.03m or 137'11")
1. Nic Vaccaro, 800m (1:59.59) – **meet record**
1. Xavier Rutz, 1500m (4:07.89) – **meet record**
1. Scott Bellamy, discus (36.1m or 118'5")
1. Ramon Jobson-Brown, long jump (6.44m or 21'1.5")
1. Charles Jones, triple jump (15.13m or 49'7.75")
2. Jeff Williams, 1500m (4:13.86)
2. 4x400m relay (3:33.73)
4. Ryan Rodd, 800m (2:04.10)
4. Josh Wyatt, 1500m (4:15.28)
5. Joe Sheffield, shot put (9.32m or 30'7")
6. Tim Kwak, 800m (2:10.74)

Duke Invitational; Durham, NC

Individual Results

- 13. Josh Wyatt, 10000m (32:33.88)
- 14. Jeff Williams, 800m (1:51.63) – **school record**
- 15. Keith Gruchacz, 10000m (32:51.30)
- 23. Nic Vaccaro, 1500m – Development (4:02.36)
- 27. Xavier Rutz, 5000m (14:57.88) – **school record**
- 56. Ryan Rodd, 1500m – Development (4:08.96)
- 109. Chris Cousins, 800m – Development (2:03.37)
- 130. Tim Kwak, 800m – Development (2:07.38)
- Foul. Charles Jones, triple jump

Carolina Fast Times; Chapel Hill, NC

Individual Results

- 1. Jeff Williams, 800m (1:52.11)
- 1. Xavier Rutz, 3000m (8:48.72)
- 2. Ryan Rodd, 3000m Steeplechase (10:32.50)
- 4. Josh Wyatt, 3000m (9:11.38)
- 7. Nick Vaccaro, 1500m (3:59.91)
- 9. Keith Gruchacz, 3000m (9:21.13)
- 9. Brandon Spencer, hammer throw (43.48m or 142'8")
- 12. Ramon Jobson-Brown, long jump (6.20m or 20'4.25")
- 28. Tim Kwak, 800m (2:10.06)
- Foul. Ryan Clark, discus

Southern Conference Championships; Statesboro, GA

Individual Results

- 1. Jeff Williams, 800m (1:51.79)
- 5. Josh Wyatt, 10000m (32:44.61)
- 5. Ramon Jobson-Brown, long jump (6.18m or 20'3.5")
- 8. Nicolas Vaccaro, 1500m (4:02.31)
- 9. Ryan Rodd, 3000m Steeplechase (10:07.64)
- 9. Brandon Spencer, hammer throw (41.29m or 135'5")
- 9. Xavier Rutz, 5000m (15:13.85)
- 10. Keith Gruchacz, 10000m (33:18.34)
- 12. Ramon Jobson-Brown, triple jump (13.09m or 42'11.5")
- 13. Ryan Rodd, 1500m (4:09.53)
- 15. Josh Wyatt, 5000m (15:35.00)

Team Results

- | | |
|----------------------|-------|
| 1. Western Carolina | 258.5 |
| 2. Appalachian State | 244 |
| 3. Davidson | 84 |
| 4. The Citadel | 77 |
| 5. Furman | 58 |
| 6. Chattanooga | 51 |
| 7. Wofford | 18 |
| 8. UNCG | 15 |

Duke Twilight; Durham, NC

Individual Results

- 1. Jeff Williams, 400m (48.56)
- 6. Xavier Rutz, 5000m (14:57.65)

North Carolina A&T Last Chance Meet; Greensboro, NC

Individual Results

1. Jeff Williams, 800m (1:54.00)
1. Charles Jones, triple jump (14.59m)

NCAA East Regional; Greensboro, NC

Individual Results

11. Charles Jones, triple jump (15.21)
21. Jeff Williams, 800m (1:54.19)

Top times by Event

4x400meter relay

3:33.73 – Elon Invitational

400m

48.56 – Jeff Williams (Duke Twilight) – **school record**

800m

- 1:51.63 – Jeff Williams (Duke Invitational) – **school record**
- 1:51.79 – Jeff Williams (SoCon Championships)
- 1:52.11 – Jeff Williams (Carolina Fast Times)
- 1:54.00 – Jeff Williams (North Carolina A&T Last Chance Meet)
- 1:55.00 – Jeff Williams (49er Classic)
- 1:55.18 – Jeff Williams (Raleigh Relays)
- 1:59.59 – Nic Vaccaro (Elon Invitational)
- 2:03.37 – Chris Cousins (Duke Invitational)
- 2:04.10 – Ryan Rodd (Elon Invitational)
- 2:05.06 – Chris Cousins (49er Classic)
- 2:07.38 – Tim Kwak (Duke Invitational)
- 2:10.06 – Tim Kwak (Carolina Fast Times)
- 2:10.74 – Tim Kwak (Elon Invitational)

1500m

- 3:59.91 – Nic Vaccaro (Carolina Fast Times)
- 4:02.31 – Nic Vaccaro (SoCon Championships)
- 4:02.36 – Nic Vaccaro (Duke Invitational)
- 4:04.55 – Nic Vaccaro (Raleigh Relays)
- 4:07.89 – Xavier Rutz (Elon Invitational)
- 4:08.43 – Ryan Rodd (Raleigh Relays)
- 4:08.96 – Ryan Rodd (Duke Invitational)
- 4:09.53 – Ryan Rodd (SoCon Championships)
- 4:12.61 – Nic Vaccaro (49er Classic)
- 4:13.86 – Jeff Williams (Elon Invitational)
- 4:14.76 – Ryan Rodd (49er Classic)
- 4:15.28 – Josh Wyatt (Elon Invitational)

3000m

- 8:38.54 – Xavier Rutz (49er Classic) – **school record**
- 8:48.72 – Xavier Rutz (Carolina Fast Times)
- 9:06.74 – Keith Gruchacz (49er Classic)
- 9:09.93 – Josh Wyatt (49er Classic)
- 9:11.38 – Josh Wyatt (Carolina Fast Times)
- 9:21.13 – Keith Gruchacz (Carolina Fast Times)

3000m Steeplechase

10:07.64 – Ryan Rodd (SoCon Championships)
10:32.50 – Ryan Rodd (Carolina Fast Times)

5000m

14:57.65 – Xavier Rutz (Duke Twilight) – **school record**
14:57.88 – Xavier Rutz (Duke Invitational)
15:13.85 – Xavier Rutz (SoCon Championships)
15:15.15 – Xavier Rutz (Raleigh Relays)
15:35.00 – Josh Wyatt (SoCon Championships)
15:39.58 – Josh Wyatt (Raleigh Relays)
15:45.52 – Keith Gruchacz (Raleigh Relays)

10000m

32:33.88 – Josh Wyatt (Duke Invitational)
32:44.61 – Josh Wyatt (SoCon Championships)
32:51.30 – Keith Gruchacz (Duke Invitational)
33:18.34 – Keith Gruchacz (SoCon Championships)

Long Jump

6.48m or 21'3.25" – Ramon Jobson-Brown (49er Classic)
6.44m or 21'1.5" – Ramon Jobson-Brown (Raleigh Relays)
6.44m or 21'1.5" – Ramon Jobson-Brown (Elon Invitational)
6.31m or 20'8.5" – Charles Jones (49er Classic)
6.20m or 20'4.25" – Ramon Jobson-Brown (Carolina Fast Times)
6.18m or 20'3.5" – Ramon Jobson-Brown (SoCon Championships)

Triple Jump

15.21m – Charles Jones (NCAA East Regional)
15.13m or 49'7.75" – Charles Jones (Elon Invitational)
14.84m or 48'8.25" – Charles Jones (49er Classic)
14.59m – Charles Jones (North Carolina A&T Last Chance Meet)
13.09m or 42'11.5" – Ramon Jobson-Brown (SoCon Championships)

Hammer Throw

43.48m or 142'8" – Brandon Spencer (Carolina Fast Times) – **school record**
42.03m or 137'11" – Brandon Spencer (Elon Invitational)
41.29m or 135'5" – Brandon Spencer (SoCon Championships)
33.29m or 109'3" – Brandon Spencer (49er Classic)

Discus

36.1m or 118'5" – Scott Bellamy (Elon Invitational)

Shot Put

9.32m or 30'7" – Joe Sheffield (Elon Invitational)

2006 UNCG Women's Outdoor Track & Field Results

3/17-3/18/06	49er Classic (Charlotte)	Charlotte, NC
3/24-3/25/06	Raleigh Relays (North Carolina State)	Raleigh, NC
4/1/06	Elon Invitational (Elon)	Elon, NC
4/7-4/8/06	Duke Invitational (Duke)	Durham, NC
4/15/06	Carolina Fast Times (UNC)	Chapel Hill, NC
4/29-4/30/06	Southern Conference Championship (GSU)	Statesboro, GA
5/7/06	Duke Twilight (Duke)	Durham, NC
5/26-5/27/06	NCAA East Regional Championship (NC A&T)	Greensboro, NC
6/22-6/25/06	NCAA Outdoor Championships (Sac. State)	Sacramento, CA

49er Classic; Charlotte, NC

Individual Results

- 9. Heidi Pinkerton, 3000m (10:30.74)
- T14. Jess Weber, 1500m (4:54.62)
- T17. Erin Lord, 1500m (4:59.76)
- 22. Tricia O'Connell, 1500m (5:02.73)
- 26. Mary Ann Rutz, 3000m (11:36.22)
- 29. Naomi D'Amours, 3000m (11:48.32)
- 30. Stephanie Maltais, 3000m (11:51.95)

Raleigh Relays; Raleigh, NC

Individual Results

- 9. Jess Weber, 1500m (4:45.08) – **school record**
- 14. Heidi Pinkerton, 3000m steeplechase (11:21.99) – **school record**
- 31. Mary Ann Rutz, 5000m (19:57.96)
- 38. Naomi D'Amours, 5000m (20:45.97)
- 53. Erin Lord, 1500m (5:03.92)

Elon Invitational; Elon, NC

Individual Results

- 2. Jess Weber, 800m (2:19.23)
- 2. Heidi Pinkerton, 1500m (5:15.55)
- 3. Mary Ann Rutz, 1500m (5:18.78)
- 4. Erin Lord, 800m (2:26.97)
- 4. 4x400m relay - Weber, O'Connell, Lord, Rutz (4:23.78)
- 5. Naomi D'Amours, 1500m (5:20.20)
- 5. Tricia O'Connell, 800m (2:30.98)
- 7. Christin Heverly, 100m (15:29)
- 8. Hilary Overby, 100m (15.50)

Duke Invitational; Durham, NC

Individual Results

- 10. Jess Weber, 800m – Development (2:18.93) – **school record**
- 14. Heidi Pinkerton, 3000m steeplechase (11:11.08) – **school record**
- 20. Erin Lord, 1500m – Development (4:57.45)
- 30. Jess Weber, 1500m (4:45.10)
- 49. Tricia O'Connell, 1500m – Development (5:15.60)

Carolina Fast Times; Chapel Hill, NC

Individual Results

- 5. Heidi Pinkerton, 3000m Steeplechase (11:27.41)
- 8. Jess Weber, 1500m (4:47.76)
- 8. Jess Weber, 800m (2:20.93)
- 12. Naomi D'Amours, 3000, (11:31.49)
- 14. Erin Lord, 1500m (4:58.36)
- 15. Erin Lord, 800m (2:24.06)
- 16. Tessa Dispennette, 3000m (12:01.39)
- 17. Mary Ann Rutz, 3000m (12:02.79)
- 19. Kaitlyn Nortz, long jump (4.59m or 15'0.75")
- 20. Tricia O'Connell, 1500m (5:14.04)
- No Distance. Liz Benzschawel, discus

Southern Conference Championships; Statesboro, GA

Individual Results

- 7. Jess Weber, 1500m (4:44.97)
- 14. Erin Lord, 1500m (4:54.19)
- 17. Tricia O'Connell, 1500m (4:59.01)
- 19. Naomi D'Amours, 5000m (19:43.59)
- 20. Tessa Dispennette, 5000m (19:45.30)
- 22. Mary Ann Rutz, 5000m (20:09.09)
- Heidi Pinkerton, 3000m Steeplechase (DNF)
- Heidi Pinkerton, 5000m (DNF)

Team Results

- | | |
|--------------------------|-------|
| 1. Appalachian State | 197.5 |
| 2. Georgia Southern | 182.5 |
| 3. Western Carolina | 144 |
| 4. Chattanooga | 79 |
| 5. Elon | 55 |
| 6. The Citadel | 48 |
| 7. Furman | 40 |
| 8. Davidson | 39 |
| 9. College of Charleston | 20 |
| 10. Wofford | 10 |
| 11. UNCG | 2 |

Duke Twilight; Durham, NC

Individual Results

- 5. Jess Weber, 1500m (4:45.84)

Top times by Event

4x400m relay

4:23.78 - Weber, O'Connell, Lord, Rutz (Elon Invitational)

100m

15.29 – Christin Heverly (Elon Invitational)

15.50 – Hilary Overby (Elon Invitational)

800m

2:18.93 – Jess Weber (Duke Invitational) – **school record**

2:19.23 – Jess Weber (Elon Invitational)

2:20.93 – Jess Weber (Carolina Fast Times)

2:24.06 – Erin Lord (Carolina Fast Times)

2:26.97 – Erin Lord (Elon Invitational)

2:30.98 – Tricia O'Connell (Elon Invitational)

1500m

4:44.97 – Jess Weber (SoCon Championships) – **school record**

4:45.08 – Jess Weber (Raleigh Relays)

4:45.10 – Jess Weber (Duke Invitational)

4:45.84 – Jess Weber (Duke Twilight)

4:47.76 – Jess Weber (Carolina Fast Times)

4:54.19 – Erin Lord (SoCon Championships)

4:54.62 – Jess Weber (49er Classic)

4:57.45 – Erin Lord (Duke Invitational)

4:58.36 – Erin Lord (Carolina Fast Times)

4:59.01 – Tricia O'Connell (SoCon Championships)

4:59.76 – Erin Lord (49er Classic)

5:02.73 – Tricia O'Connell (49er Classic)

5:03.92 – Erin Lord (Raleigh Relays)

5:14.04 – Tricia O'Connell (Carolina Fast Times)

5:15.55 – Heidi Pinkerton (Elon Invitational)

5:15.60 – Tricia O'Connell (Duke Invitational)

5:18.78 – Mary Ann Rutz (Elon Invitational)

5:20.20 – Naomi D'Amours (Elon Invitational)

3000m

10:30.74 – Heidi Pinkerton (49er Classic)

11:31.49 – Naomi D'Amours (Carolina Fast Times)

11:36.22 – Mary Ann Rutz (49er Classic)

11:48.32 – Naomi D'Amours (49er Classic)

11:51.95 – Stephanie Maltais (49er Classic)

12:01.39 – Tessa Dispennette (Carolina Fast Times)

12:02.79 – Mary Ann Rutz (Carolina Fast Times)

3000m steeplechase

11:11.08 – Heidi Pinkerton (Duke Invitational) – **school record**

11:21.99 – Heidi Pinkerton (Raleigh Relays)

11:27.41 – Heidi Pinkerton (Carolina Fast Times)

5000m

19:43.59 – Naomi D'Amours (SoCon Championships)

19:45.30 – Tessa Dispennette (SoCon Championships)

19:57.96 – Mary Ann Rutz (Raleigh Relays)

20:09.09 – Mary Ann Rutz (SoCon Championships)

20:45.97 – Naomi D'Amours (Raleigh Relays)

Long Jump

4.59m or 15'0.75" – Kaitlyn Nortz (Carolina Fast Times)