

Christopher Newport



Track and Field - 2007-08

Captains' Quarters



The Freeman Center



Tennis Complex



Field Hockey/Lacrosse



Baseball Stadium



Pomoco Stadium & Belk Track



Softball Stadium



Soccer Stadium

CNU Athletic Facilities

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Enrollment	4,850
History	Founded, 1961
Colors	Royal Blue & Silver
Nickname	Captains
President	Senator Paul S. Tribble, Jr.
Athletic Director	C.J. Woollum
Athletic Dept. Phone	(757) 594-7025
Trainer	Chris Jones ATC, MS, CSCS
Asst. to A.D. for Comm.	Wayne Block
	Phone (757) 594-7382
	Fax (757) 594-7967
	Home (757) 898-8477
Dir. Athletic Comm.	Francis Tommasino
	Phone (757) 594-7884
	Home (757) 881-9593
Asst. Dir. Ath. Comm	Dave Gosselin
	Phone (757) 594-7886
	Home (757) 566-8411
Student SIDs	Alan Fontane, Chris Inzirillo, Bev Waller, Caroline Morris
Conferences	Mason-Dixon Conference NCAA Division III
Head Track Coach	Tyler Wingard
Assistant Coaches	Richard Drake, Mike Hanks, Louis Johnson, Keith Maurer, John Perrin, Jason Berry and Emily Low
Track Office Phone	(757) 594-7289

STAFF PHONES:

Athletic Director - C.J. Woollum..... (757) 594-7217
 Asst. A.D. - Jon Waters..... (757) 594-8895
 Head Coach - Tyler Wingard (757) 594-7289
 Asst. to A.D.-Comm. - Wayne Block(757) 594-7382
 Home Phone (757) 898-8477
 Dir. Ath. Comm. - Francis Tommasino (757) 594-7884
 Home Phone (757) 872-8851
 Asst. Dir. Ath. Comm. - Dave Gosselin(757) 594-7886
 Home Phone (757) 566-8411
 Trainer - Chris Jones ATC, MS, CSCS .. (757) 594-7023
 Ath. Business Mgr. - Shanika Ellis. (757) 594-7288
 Ath. Secretary - Judy Stenzhorn..... (757) 594-7025
 FAX..... (757) 594-7839

Credits:

Headshots by Stacy Whiting
 Action Photography: Stacy Whiting,
 Jesse Hutcheson
 Cover design by Wayne Block
 Editor: Wayne Block Asst. to the A.D.
 for Communications

On the cover: CNU's men's and women's teams pose at the new statue of Christopher Newport which welcomes guests to the university.

MEDIA SERVICES

The Office of Athletic Communications of Christopher Newport University wishes to make your visit to the campus, or your efforts to cover the university's athletic programs from your office, as easy as possible.

Therefore, we will attempt to provide any service you may need that is within the scope of our abilities.

MEDIA INFORMATION - Complete biographical information on all athletes and coaches, photographs of individuals or meet action, complete statistics and media guides are available upon request.

MEET SERVICES - Complete meet information is available shortly after the completion of a meet.

PHONES, FAX - Telephones and a fax machine are available in the athletic offices at all times.

INTERNET, E-MAIL - CNU has a comprehensive World Wide Web site at <http://www.cnu.edu/athletics>. CNU also offers up-to-date e-mail service with complete results after each meet and a weekly update. To subscribe contact Assistant Director of Communications Dave Gosselin. His e-mail address is dgosseli@cnu.edu.

TRACK SCHEDULES 2007-08

December	Indoor	19	Sat	Lynchburg, Va.
8 Sat.	CNU Holiday Open			CNU Blue & Silver Challenge
January		24-26	Thu-Sat	at Penn Relays Philadelphia, Pa.
25-26 Fri-Sat.	CNU Invitational			at College of New Jersey Inv. Ewing, N.J.
February		25-26	Fri-Sat	
2 Sat	at VMI Winter Relays Lexington, Va.			May
				2-3 Fri-Sat
9 Sat	Vince Brown Inv.			10 Sat
23 Sat	Mason-Dixon Conf.			12 Mon
March				22-24 Thu-Sat
1 Sat	at George Mason Open Fairfax, Va.			NCAA Championships at Oshkosh, Wisc.
8 Sat	at Virginia Tech Last Chance Blacksburg, Va.			June
14-15 Fri-Sat	NCAA Championships Ada, Ohio			20-22 Th-Su
	Outdoor			27 Fri
March				USTAF Jr./Sr. Nationals Columbus, Ohio
27-29 Thu-Sat	at Winthrop Inv. Rock Hill, S.C.			USTAF Olympic Trials Eugene, Ore.
April				Home meets bold
4-5 Fri-Sat	at Colonial Relays Williamsburg, Va.			
12 Sat	at Lynchburg Classic			

CNU ATHLETIC STAFF



PRESIDENT
PAUL S. TRIBBLE, JR.

ATHLETIC
DIRECTOR
C.J. WOOLLUM



Scott Ashworth
Athletic Turf Manager



Lindsay Birch
Volleyball
Coach



Wayne Block
Asst. to the A.D.
Communications



Rush Cole
Men's Tennis
Coach



Greg Dale
Asst. Director
Freeman Center



Jonathan Dean
Strength &
Conditioning Coord.



Dr. Dan Elliott
Team Physician



Shanika Ellis
Business Manager



Erica Flanigan
Cheerleading
Coach



Chad Fraser
Asst. Athletic Trainer



Brenda Giles
Program
Support



Dave Gosselin
Asst. Director
Athletic Comm.



John Harvell
Baseball Coach
Dir. Intramurals



Carolyn Hunter
Women's Basketball
Coach, Asst. to AD



Sandra Johnson
Program
Support



Chris Jones
Athletic Trainer
Conditioning Spec.



Bobby Jordan
Maintenance
Supervisor



Matt Kelchner
Football
Coach



Tina Kihara
Golf
Coach



Kwame Lloyd
Women's Soccer,
Lacrosse Coach



Keith Maurer
Men's and Women's
Cross Country Coach



Carrie Moura
Field Hockey
Coach



Lacey Nordsiden
Head Football, Men's
Lacrosse trainer



Jenny Nuttycombe
Women's Tennis
Coach, Asst. BKB



Keith Parr
Softball
Coach



Roland Ross
Coordinator
Athletic Outreach



Lou Serio
Athletic Materials
Manager



Steve Shaw
Men's Soccer
Coach



Judy Stenzhorn
Administrative
Assistant



Cindy Sutphin
Program
Support



Chris Swanenberg
Men's Lacrosse
Coach



Francis Tommasino
Director Athletic
Communications



Jon Waters
Associate Athletic
Director



Tyler Wingard
Men's & Women's
Track & Field



Lisa Wingfield
Treishmann Fitness
Center Director



Dan Winters
Sailing
Coach

HEAD COACH TYLER WINGARD



What a nice way to begin your career as track coach at a new institution - coach a national champion in your very first year.

That is exactly how Tyler Wingard opened his career as head track and field coach at Christopher Newport when sophomore Rachael Clark captured the Division III national shot put championships at the NCAA Indoor title meet in Terre Haute, Ind.

In addition, his men's team won both the indoor and outdoor Mason-Dixon Conference championships, while the women won indoors as well.

Wingard arrived at CNU prior to the 2006-07 season from Division I Valparaiso, where he had been head coach for six years.

During his tenure Valparaiso athletes won 13 Mid-Continent Conference individual championships and two relay titles, earned 81 all-conference honors and broke 44 school records.

Seven of his athletes qualified for NCAA regional competition. In addition, he coached the men's outdoor conference Athlete of the Year in his final year, and had guided three conference Newcomers of the Year.



Tyler Wingard with Amy Ward, left and Michelle Stauffer

LOUIS JOHNSON - SPRINTS



Christopher Newport has seen much success in track and field over the years, and Louis Johnson has always been a part of it.

Johnson, who served as Interim Head Coach for the 2005-06 season after the retirement of former head coach Vince Brown, has been assisting the track team since 1987 when he joined Brown as a volunteer assistant.

Since that time he has coached 15 national champions in the sprints and 400-meter relay.

In 1990 he had the distinction of becoming the first sprint coach to have his athletes win 55 meter titles for both men and women at the same NCAA championships. Sheila Trice won in 7.07 and Ed Milling in 6.42.

Johnson began his track career in the 1960s, but although his career was cut short by injuries he remained in competition in later years in the U.S. Air Force and as a member of the Newport News, Va., Police Force, representing the department in several Law Enforcement Olympics.

He also represented the United States at the PanAm Masters Games in Toronto, winning silver medals in the 110 hurdles and 100 meters and a gold medal in the 400 meter relay.

He also took the same medals in the same events in the International Law Enforcement Olympics in Sydney, Australia.

Johnson started his coaching career in 1985 at Menchville H.S. in Newport News working with highly-acclaimed coaches Charlie Nuttycombe and Doug Dickinson.

During his 17 years at CNU he has worked with over 300 All-Americans and has coached 34 400-meter relay teams and 80 male and female athletes.

He is a member of the United States Track Coaches Association, the NCAA Track Coaches Association, USA Track and Field and is the Commissioner of the Mason-Dixon Conference, the oldest track conference in the country.

Johnson is a USA Track & Field Level II Certified coach in the sprints, hurdles, relays and jumps and is a Level I Instructor.

He has completed a study on the different phases of the sprint start and designed a program specifically to break down a sprint race in cycles, from the reaction time to the last stride of the race. Using this information he was able to lower two of his female sprinters times from 12.48 to 11.95 before the finals of the 2002 NCAA Championships.

He is a father of two, and a grandfather of four.

KEITH MAURER - HEAD CROSS COUNTRY - DISTANCE



This will be the 15th season that Keith Maurer has worked as an assistant coach for CNU. He has also served as the Head Cross Country Coach at CNU for 11 years.

Since 1993, Maurer has been heavily involved and successfully working with CNU cross country and track. During that span, the men's cross country team has won the USA South Conference Championship every year and the women have won the conference title ten times in the past 12 years. CNU cross country had also taken first place at the Mason-Dixon Men's & Women's Conference Championships in 2001, 2003, 2004 and 2005 before that conference disbanded.

Maurer as been selected USA South Conference's Men's Cross-Country Coach of the Year eight of the past ten years and the Women's Cross-Country Coach of the Year five times as well as Mason-Dixon Coach of the Year in 2001 and 2005.

Maurer received a B.A. in Education from William & Mary and a M.Ed. in Education from West Chester University.

He is a USA Track & Field Level II certified distance coach.

RICHARD DRAKE - HURDLES



Richard Drake is in his 13th year as assistant coach for CNU. Drake's coaching abilities focus on the hurdles. He has coached two national champions, one was the best female hurdler in Division III history, and several All-Americans.

Drake has coached many years with area high schools, beginning with old South Norfolk High School and continuing to positions at Granby, Maury, Manor, and Wilson high schools. He has produced a number of All-State athletes.

He is a graduate of William & Mary where he received both his bachelors and masters degrees. He was a hurdler and relay mem-

ber for William & Mary.

He is retired from the Portsmouth school system where he was a Math supervisor and principal.

JOHN PERRIN - THROWS



John Perrin is now in his seventh season as part of the Christopher Newport track coaching staff and last year had the honor of coaching his first nation champion, Rachael Clark, who won the indoor shot put title.

A graduate of Concord (W.Va.) University, Perrin has coached high school track in the Tidewater area since 1983 and has worked with amateur track and field and other sports.

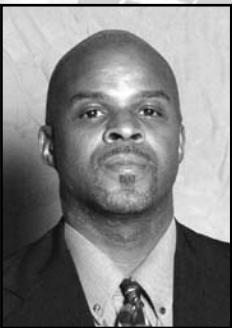
He was track coach at Middlesex H.S. from 1983 until 1991 and won the 1987 State Group A Championship. His teams were also state runners-up in 1989, third place in 1985, regional champions in 1988 and regional runners-up in 1985. He became the

head coach at Gloucester H.S. in 1991 and held the position until 2001. He won the school's only Boys district championship in 1997 since moving to Group AAA.

During his distinguished career he has coached several state championships and numerous district and regional champions.

He has received USA Track & Field Level II certification coaching throws.

MIKE HANKS - JUMPS



Former Appalachian St. standout Mike Hanks joins the CNU coaching staff for his third season.

Hanks earned All-America recognition in the triple jump in 1988 and participated in the Olympic Trials that year. He also jumped in the World University Games qualifier.

He began his coaching career at his alma mater where he assisted with the jumps for three years. He later spent three years at Clemson and most recently coached at nearby Tabb H.S.

He's a native of Henderson, N.C., and is married to former CNU national champion

Lisa Dillard-Hanks. They have two daughters.

JASON BERRY - DISTANCE



Former CNU distance runner and cross country competitor Jason Berry will be with the Christopher Newport coaching staff for the second time this year.

Berry was a first team all-USA South runner twice in cross country and was a member of the second team once.

In track he specialized in the 800 meters, winning the event in the 2003 indoor and outdoor Mason-Dixon Conference championships. His times are among the top ten in CNU history.

EMILY LOW - DISTANCE



One of the top cross country runners in CNU history, Emily Low, joins the Captains' coaching staff for the first time in 2007.

Low earned all-South/Southeast Region honors twice and was USA South Runner of the Year twice.

That came during a career that saw her earn first team all-USA South honors all four years, as well as all-Mason-Dixon Conference accolades in her sophomore and junior years. The conference was disbanded prior to her senior year.

She holds the CNU record for the fastest 6K time ever, a 22:22 that she ran in Salisbury, Md.

MEN'S AND WOMEN'S ROSTER

Men

Name	Cl.	Event	Ht.	Wt.	Hometown	High School
Chris Ables-Sinclair	Fr.	Hurdles/Jumps	6-3	165	Sterling, Va.	Potomac Falls
Chris Banks	So.	Throws	6-5	325	Newport News, Va.	Warwick
Isaac Bell	Jr.	Sprints/Jumps	5-11	155	Yorktown, Va.	York
Dan Berry	Sr.	Distance	5-7	125	Spotsylvania, Va.	Courtland
Cameron Chaplin	Jr.	Throws	6-1	240	Midlothian, Va.	Clover Hill
Erik Clements	Fr.	Middle Dist.	5-10	150	Gainesville, Va.	Battlefield
Andrew Everett	So.	Jumps/Sprints	6-0	160	Richmond, Va.	Godwin
Andrew Giordano	Fr.	Distance	5-8	120	Great Falls, Va.	Langley
Ryan Gordon	So.	Throws	6-1	220	Newport News, Va.	Woodside
Matt Griffis	Sr.	Sprints	5-8	157	Mechanicsville, Va.	Atlee
Leroy Harper	Sr.	Sprints	5-9	160	Chesapeake, Va.	Great Bridge
Ed Hickey	Fr.	Throws	6-0	180	Falls Church, Va.	George Mason
Xavier Higgins	Sr.	Sprints/Hurd.	5-8	170	Columbia, S.C.	Western Branch (Va.)
Roland Hilliard	Sr.	Sprints	5-8	162	Manassas, Va.	Osborn Park
Nathaniel Huffman	Jr.	Distance	6-1	164	Shenandoah, Va.	Page Co.
Gregory Jones	Jr.	Sprints	5-10	155	Richmond, Va.	Monacan
Franklin McCracken	So.	Distance	6-3	155	Richmond, Va.	Godwin
Kody Oakes	Fr.	Mid-Distance	5-10	150	Chesapeake, Va.	Hickory
Kyle Oakes	Jr.	Distance	6-1	160	Chesapeake, Va.	Hickory
Fela-Tunde Ogun	So.	Sprints	6-0	210	Richmond, Va.	Douglas Freeman
Joseph Owens	Sr.	Jumps	6-4	175	Front Royal, Va.	Warren Co.
Jared Rader	So.	Pole Vault	6-2	190	Culpeper, Va.	Culpeper
Rob Rodriguez	Sr.	Jumps	5-8	143	Virginia Beach, Va.	Kempsville
Josh Simmons	Sr.	Sprints	5-11	185	Gainesville, Va.	Stonewall Jackson
Dan Swale	Sr.	Distance	5-8	125	Yorktown, Va.	Grafton
Jack Tierney	Fr.	Distance	5-11	160	O'Fallon, Ill.	O'Fallen Township
Mark Tynan	So.	Distance	6-0	155	Arlington, Va.	Bishop O'Connell
Charles Washington	So.	Jumps/Sprints	5-11	159	Winchester, Va.	Handley
Matthew Winkler	Fr.	Spr./Mid. Dist.	5-11	160	Palmyra, Va.	Fluvanna Co.
David Woodson	Jr.	Distance	6-3	155	Gloucester, Va.	Gloucester
Will Zak	Fr.	Distance	5-5	128	Mechanicsville, Va.	Atlee

Women

Athlete	Cl.	Event	Ht.	Hometown	High School
Devon Alston	Sr.	Hurdles	5-5	Manassas, Va.	Osborn Park
Beth Bartelmes	Jr.	Distance	5-5	Woodbridge, Va.	Woodbridge
Liz Bissell	So.	Distance	5-4	Wycoff, N.J.	Indian Hills
Liz Ciancio	Fr.	Distance	5-3	Wingdale, N.Y.	Arlington
Rachael Clark	Jr.	Throws	5-2	Midland, Va.	Liberty
Christin Didlake	So.	Jumps/Hurd.	5-11	Richmond, Va.	Godwin
Kelsey Farmer	So.	Throws	5-11	Mechanicsville, Va.	Lee-Davis
Amanda Fitzhugh	Jr.	Distance	5-5	Powhatan, Va.	Powhatan
Sarah Hawley	Fr.	Multis	5-8	Roanoke, Va.	Lord Botetourt
Brittany Jacobs	Fr.	Hurd./Jumps	5-6	Warrenton, Va.	Fauquier
Becky May	Fr.	Distance	5-5	Annandale, Va.	Falls Church
Edie Nault	Fr.	Distance	5-4	Poquoson, Va.	Poquoson
Megan Roberts	Fr.	Distance	5-3	Newmarket, Va.	Stonewall Jackson
Sheronda Rose	So.	Hurdles	5-2	Madison Height, Va.	E.C. Glass
Brooke Rowe	So.	Distance	5-6	Yorktown, Va.	Tabb
Michelle Stauffer	Fr.	Distance	5-3	Fort Valley, Va.	Stonewall Jackson
Amy Wampler	So.	Distance	5-3	Spotssylvania, Va.	Courtland
Amy Ward	Jr.	Sprints/Hurd.	5-6	Newport News, Va.	Denbigh Baptist
Candace White	Sr.	Sprints	5-2	Manassas, Va.	Osborn Park

2007-08 SEASON OUTLOOK

Numerous All-Americans, national qualifiers, school record holders and cross country national qualifiers represent a talented squad that Christopher Newport track and field coach Tyler Wingard will work with in 2007-08.

Four of the athletes on the current roster won All-America recognition last season, and one other did so two years ago, giving the Captains a great base to work with.

Led by junior Rachael Clark, the defending indoor national shot put champion, CNU has a large list of athletes looking to participate in this year's nationals.

Clark won the shot put title with a throw of 46-8 1/2 to become the 32nd CNU athlete to earn the title "National Champion."

Meanwhile senior Leroy Harper returns after placing sixth in the 200 last spring with a time of 21.74 and helping the 4X100 relay team to a fifth place finish in 41.09. Two other members of that team, senior Matt Griffis and sophomore Charles Washington, are back, giving the Captains a great

nucleus for a national-quality relay team in 2008 as well.

Senior high jumper Joseph Owens earned All-America status in 2005-06 when he tied for fourth in the indoor high jump at 6-7 1/2. Senior Rob Rodriguez barely missed All-America recognition when he placed ninth in the indoor triple jump in 2006.

Junior Isaac Bell also qualified for nationals last year in the indoor triple jump.

In addition, sophomore Amy Wampler and junior David Woodson both competed in the 2007 national cross country championships and will anchor the distance teams.

Two of this year's Captains also set new school records in 2006-07.

Sophomore Ryan Gordon erased the old indoor shot put record with a toss of 50-10 1/2, while Washington set a new mark in the indoor 400 at 48.89 and tied the outdoor mark with a 47.74 clocking..

Several other key seniors will make important contributions this year. On the women's side Devon Alston will

be a top factor in the hurdles, while sprinter Candace White will help bolster the sprints.

For the men, Josh Simmons will also add to CNU's strength in the sprints.

As usual, the Captains will be participating in numerous important meets.

Indoors CNU hosts a series of events, including the Holiday Open in December, CNU Invitational in January and Vince Brown Invitational and Mason-Dixon Conference Championships in February. Combined with major meets at George Mason and Virginia Tech, it will get the Captains ready for indoor nationals in Ada, Ohio.

Then, during the outdoor season, CNU will host a pair of invitationals, one in April and one in May, sandwiched around the Mason-Dixon Conference Championships.

The Captains will also participate in major competition at the Winthrop Invitational, Colonial Relays at William & Mary, the Penn Relays and College of New Jersey Invitational, all pointing toward nationals in Oshkosh, Wisc.

2006-2007 SEASON IN REVIEW

Led by Christopher Newport's 64th individual national championship, the 2006-07 track and field year was another highly successful one.

The national title belonged to sophomore Rachael Clark who captured the indoor shot put with a toss of 46-8 1/2.

Along with the national title, CNU also captured three of a possible four Mason-Dixon Conference championships and had two other individuals, plus a relay team, earn All-America honors, bringing the program's total to an amazing 461 All-America awards all-time.

Senior Greg Bolton earned his fourth All-America honor when he took sixth place in the 55-meter hurdles at the NCAA Indoor Championships. His time was 7.58.

Meanwhile, junior Leroy Harper earned All-America recognition when he placed 6th in the outdoor 200 meters in 21.74.

He then helped the 400-meter relay team of junior Matt Griffis, senior George Jones and freshman Charles Washington to a fifth place in 41.09 earning all of them All-America status.

But even beyond All-America awards 2006-07 was a very successful year.

The CNU men captured their 11th consecutive indoor Mason-Dixon Con-

ference championship and their sixth straight outdoors. The women won indoors for the ninth time in a row.

For the men, two youngsters had outstanding showings.

Freshman Charles Washington captured both the long jump (22-1) and triple jump championships and fellow freshman Ryan Gordon won both the shot put (48-3 1/2) and weight throw (44-8) at the Mason-Dixon indoors.

CNU won the team title with a total of 193 points, easily out-pacing second place Salisbury which had 104.

Also winning individual titles for the Captains were Harper in the 200 (22.75), Griffis in the 400 (50.81), Bolton in the 55 hurdles (7.60) and Joseph Owens in the high jump (6-5). The 4X400 relay team was also victorious in 3:24.50.

Then CNU matched its indoor crown with an outdoor title, piling up 190 points, edging Salisbury, which had 178.

This time, Gordon won three different events, the shot (48-11 3/4), discus (139-3) and hammer (139-10).

Sophomore Isaac Bell won twice, capturing the long jump (21-9 1/2) and triple jump (47-2 1/2).

Washington won the 200 in 21.94, while junior Justin Loda placed first in the pole vault with a leap of 14-6.

CNU also won the 4X400 relay in 3:20.67.

In addition, Washington represented CNU at the USA Track & Field Junior National Championships in the 400.

The women also easily won indoors with a total of 149 to 93 for second place Salisbury.

Clark flashed a preview of her shot put national title by winning the conference crown with a toss of 43-4 1/4.

Sophomore Devon Alston was victorious in the 200 with a 26.65 clocking, while senior Tiffany Jones won the triple jump in 34-9.

CNU's 4X400 relay took a conference title in 4:14.02.

When the women moved outdoors CNU was edged, 172-163, by Salisbury.

Alston also won two events this time, the long jump (16-9 3/4) and triple jump (34-10 1/2).

Clark captured another shot put title with a 44-11 effort and senior Ashley Ezell was victorious in the 10,000 with a time of 40:50.10.

Two young Captains also set new school records during the year. Washington set a new 400 indoor record of 48.89, while Gordon set a new mark in the shot put at 50-10 1/2.

MEET THE CAPTAINS



Devon Alston

Senior, Hurdles, 5-5
Manassas, Va.
Osborn Park H.S.

2006-2007 - Ran a personal best 14.81 in the 100 hurdles at the Lynchburg Last Chance Meet which gave her a provisional NCAA qualifier. Also set a PR with an 8.71 in the 55 hurdles at the Mason-Dixon Conference Championships where she finished fourth. Placed third at the Mason-Dixon outdoor title meet in 15.11. A member of the USA South all-academic team.

2005-2006 - Placed fifth in the 55 meter hurdles at the Mason-Dixon Conference indoor meet in 8.81. Was also fourth in the outdoor championships with a time of 15.04 in the 100 hurdles and third in the 400 hurdles in 1:08.64. A member of the USA South all-academic team.

2004-2005 - Finished fourth in the 55 meter hurdles at the Mason-Dixon indoor championships in 8.83 seconds. An all-USA South academic team member.

At Osborn Park - A three-time All-State runner for coach Mike Feldmen. Also earned All-Region and All-Cedar Run District honors. She was named the team MVP and captain in both her junior and senior years. Set school records in the 300 intermediate hurdles as well as the 800 and 1600 meter relays. Also an outstanding gymnast. Was named All-Academic in both of her final two years and was a member of the National Honor Society as a senior. Named in Who's Who in 2004 and a member of SCA for three years. Also teaches vacation bible school.

Personal - Devon Elise Alston was born Sept. 22, 1986 in Woodbridge, Va. She's the daughter of Rossie and Carol Alston and is majoring in Political Science. Has a sister Peyton, 17.



Beth Bartelmes

Junior, Distance, 5-5
Woodbridge, Va.
Woodbridge H.S.

2006-2007 - Earned first team all-USA South cross country honors after placing fifth at the conference championships in 25:56.0. A member of the USA South all-academic team and a Dean's List student in both semesters. Set a PR in the mile indoors at 5:40.93 at the Vince Brown Invitational. Outdoors she placed second at the Mason-Dixon Conference championship in the 3,000 with a PR time of 12:31.18. A Dean's List student both semesters and named to the USA South all-academic team.

2005-2006 - A first team All-USA South runner in cross country after placing sixth in the conference championships in 26:08. In track, she placed sixth in the Mason-Dixon Conference outdoor championships in the 1500 meters with a time of 5:16.10.

At Woodbridge: Ran one year in high school. Also an outstanding soccer player both in high school and with the SWYA Predators Club.

Personal: Elizabeth Ellen Bartelmes was born January 31, 1987 in Woodbridge, Virginia. She's the daughter of William and Jane Bartelmes. She has a brother, David, 23 and a sister Jenny, 16. She has not yet chosen her major.

Jesse Hutcheson



Devon Alston



**Liz
Bissell**

Sophomore, Distance, 5-4
Wycoff, N.J.
Indian Hills H.S.

2006-2007 - Did not compete.

2005-2006 - The USA South Rookie of the Year as well as a first team all-conference choice and a member of the all-meet team. Placed second at the conference championships with a time of 23:38. She was also second team all-South/Southeast Region after placing 12th in 23:09 and was second at the Seagull Invitational in 22:30.

At Indian Hills: A four-season track and three-year cross country runner. She was captain of the cross country team in her senior year.

Personal: Elizabeth A. Bissell was born Nov. 27, 1987 in San Diego, Calif. She's majoring in Communications and is the daughter of Mark and Michelle Bissell. She has two brothers and a sister.



**Liz
Ciancio**

Freshman, Distance, 5-3
Wingdale, N.Y.
Arlington H.S.

At Arlington: Team captain for coach Steve Arnett. The team finished tenth in New York State...Also ran track and was first team all-county in the 400 hurdles...A member of the National Honor Society and won the Charles Johnson Award...Did peer tutoring.

Personal: Elizabeth J. Ciancio was born Jan. 10, 1989 in Dover Plains, N.Y...She's a Chemistry major and the daughter of Jane and George Ciancio...Has three sisters: Nora, 17; Christine, 14 and Catherine, 10.



**Rachael
Clark**

Junior, Throws, 5-2
Midland, Va.
Liberty H.S.

2006-2007 - Became the 32nd CNU track and field athlete to win a national championship by capturing the indoor shot put with a toss of 46-8 1/2. Also qualified for nationals in the outdoor season with a top toss of 44-10 3/4. Won the Mason-Dixon Conference indoor (43-4) and outdoor (44-10 3/4) shot put titles and finished third in the outdoor discus (115-7) and fourth in the hammer (110-9).

2005-2006 - Earned All-America honors as a freshman by placing fourth in the outdoor shot put with a toss of 45-10. That was the second best mark in CNU history. Won the Mason-Dixon Conference indoor shot title at 43-9 3/4 and then won again outdoors at 45-4. Also played softball where she hit .333 with three home runs and 17 RBIs.

At Liberty: Was an indoor regional and state champion as well as the state record holder in the shot put as a senior. She was also team MVP and a member of the all-district, region and state teams. Outdoors, she was a district, region and state champion. Clark was named Athlete of the Year by the Fauquier Times and Fauquier Citizen newspapers. Was an honor roll student and a member of the SCA.

Personal: Rachael Frances Clark was born Oct. 31, 1987 in Midland, Va. Her major is Math and she is the daughter of James and Kathy Clark. She has two brothers, Travis, 19 and Ashby, 25.

Jesse Hutcheson



Rachael Clark

CNU Track Magic Moments



National Athlete of the Year Casey Taylor

MEET THE CAPTAINS



Christin Didlake

Sophomore, Jumps/Hurdles, 5-11
Richmond, Va.
Mills Godwin H.S.

2006-2007 - Had a top time in the 60 hurdles of 11.20 and 17.88 in the 100 hurdles outdoors. Indoors she high jumped 5-0 1/2 to take fifth place at the Mason-Dixon Conference championships. A member of the USA South all-academic team.

At Mills Godwin: Competed in track for four years for coaches Daniel Rolfe and Tom Nadeau. A member of Keyettes and Beta Club.

Personal: Christin Reams Didlake was born April 12, 1988 in Richmond, Va. The daughter of Richard and Helen Didlake is majoring in Education. She has a sister Meredith, 15. Her father was a football and baseball player at Chowan and Campbell and her mother played tennis at the same two schools.



Kelsey Farmer

Sophomore, Throws, 5-11
Mechanicsville, Va.
Lee-Davis H.S.

2006-2007 - Took second place at the Mason-Dixon Conference indoor title meet in the shot put with a toss of 36-9 1/2 and was third in the weight throw at 41-4 1/4. Threw a 42-4 1/2 at the George Mason Open. Outdoors she was second in the Mason-Dixon discus (115-8) and fifth in the hammer (104-8). Her best in the event was a 125-7 at the Lou Onesty Invitational.

At Lee-Davis: Twice earned all-state honors and was a four-time all-region and all-Capital District honoree. She was also coach Neil Mathews' team captain. Also played volleyball and basketball. A member of the National Honor Society and BETA as well as Interact, SODA, Pride, FCA and the show and chamber choirs. She was a Sunday School teacher and volunteer with the Miracle League and Relay for Life.

Personal: Kelsey Lee Farmer was born Dec. 9, 1987 in Mechanicsville, Va. She is the daughter of Richard and Frances Farmer and is majoring in English (Teaching). Has a brother Peyton, 17. An uncle, Ken Powell, played football at Ferrum.



Amanda Fitzhugh

Junior, Distance, 5-5
Powhatan, Va.
Powhatan H.S.

2006-2007 - Named first team all-USA South in cross country with a third place finish in the conference championship meet with a 25:34.9 clocking. Took fourth place at the Mason-Dixon Conference indoor mile in 5:27.92, a PR and ran an outdoor 1500 PR of 5:07.60 at the Captains Classic.

2005-2006 - Participated in two meets during the cross country season and was a second team all-conference selection.

At Powhatan: Ran four years of cross country for coach Noechel in the Southside District. She was an All-District cross country runner all four seasons. Also played soccer and ran track. Was captain of cross country and track as a senior.

Personal: Amanda Nicole Fitzhugh was born Sept. 1, 1987 in Jacksonville, North Carolina. Her major is Political Science and she is the daughter of James and Lisa Fitzhugh. She has two sisters, Ashley, 20 and Abby, 17.

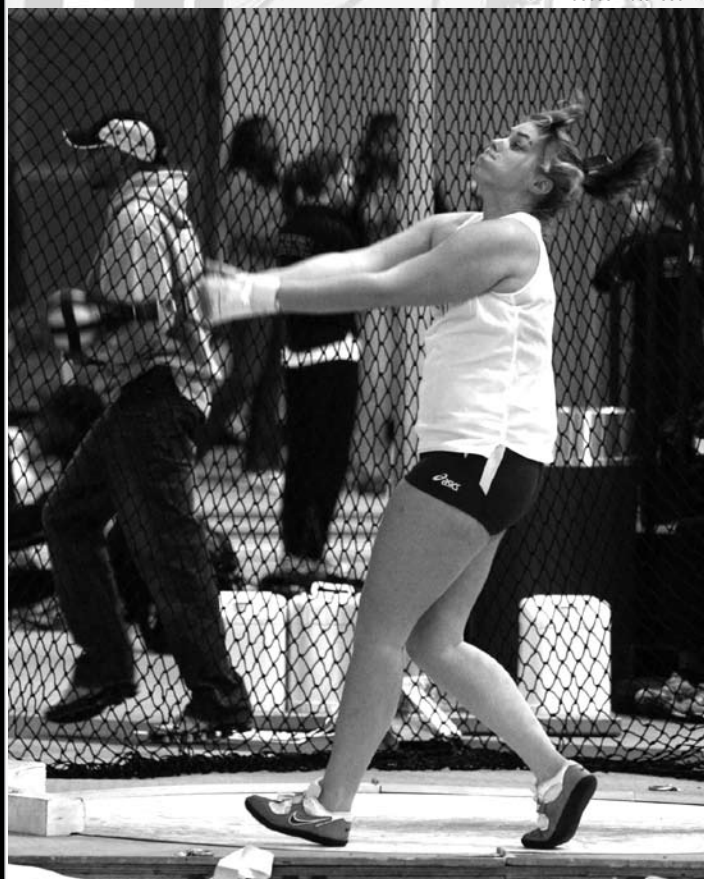


Sarah Hawley

Freshman, Multis, 5-8
Roanoke, Va.
Lord Botetourt H.S.

At Lord Botetourt: An all-Blue Ridge District runner in the 800 and 4X800 relay. Also co-captain of the basketball team. Active with her church at home.

Personal: Sarah Elizabeth Hawley was born Aug. 23, 1988 in Salem, Va. The Psychology major is the daughter of Randy and Dianne Hawley and has a brother Jeffrey, 10.



Kelsey Farmer



Brittany Jacobs

Freshman, Hurd./Jumps, 5-6
Warrenton, Va.
Fauquier H.S.

At Fauquier: Was jumps captain for coach Quentin Jones as a senior. A member of the National Honor Society and a volunteer at Fauquier Hospital for two years. Also did work with her church.

Personal: Brittany Daniel Jacobs was born Feb. 17, 1989 in Alexandria, Va. The daughter of Curtis and the late Angela Jacobs is undecided in her major. She has a brother Erik, 16 and a sister Paige, 15.



Edie Nault

Freshman, Distance, 5-4
Poquoson, Va.
Poquoson H.S.

At Poquoson: Ran four years of cross country and was team captain for the last two...A member of 4-H.

Personal: Edith Madeline Nault was born June 13, 1988 at Wright Pater-son Air Force Base. The daughter of Gary and Elaine Nault is majoring in Biology...She has a brother Andrew, 20.



Rebecca May

Freshman, Distance, 5-5
Annandale, Va.
Falls Church H.S.

At Falls Church: Captain of coach Rebecca Larson's team...Helped set a school record in track in the 4X400 meter relay...Was the track team's MVP as a senior...Did volunteer work with Girls on the Run.

Personal: Rebecca Ann May was born July 4, 1989 in Annandale, Va... The daughter of Larry and Anita May is a Psychology major and has a brother Danny, 9 and two sisters, Audrey, 16 and Mindy, 14.



The Belk Track at Christopher Newport's beautiful POMOCO Stadium is an outstanding home for the Captains' track and field program

Twelve-Time National Champions

MEET THE CAPTAINS



Megan Roberts

Freshman, Distance, 5-3
New Market, Va.
Stonewall Jackson H.S.

2006-2007 - Earned first team all-USA South honors in cross country in her first season. Placed fourth at the conference championships in 25:49.9. Set a PR in the indoor 3,000 with an 11:17.76 clocking at the Maryland Invitational. Named to the Dean's List in both semesters and included on the USA South all-academic team.

At Stonewall Jackson: Ran cross country and track all four years, all under coach Mary Long. She was a three-time All-District and All-Region selection and was All-State in cross country. She was also an All-District and All-Region selection in track and was runner of the year all four years. She was also on the swim team throughout high school and helped her team win the County championship.

Personal: Megan Amanda Roberts was born April 29, 1988 in New Market, Va. and is a Spanish major. She is the daughter of Steven and Donna Roberts. Megan was valedictorian and was in the Art Guild, NAHS and SCA.



Sheronda Rose

Sophomore, Hurdles, 5-2
Madison Heights, Va.
E.C. Glass H.S.

At E.C. Glass: Competed in track for four years for coach Mike Anthony. Was also a cheerleader. An Honor Roll student and won Student of the Week honors once from the Lynchburg News Advance. A member of SADD, SODA, Big Brothers/Big Sisters and ASTRA.

Personal: Sheronda Michelle Rose was born Aug. 18, 1988 in Lynchburg, Va. The Political Science major is the daughter of Thomas and Gail Rose. She has two brothers, Trevor West, 13 and Alonzo Poe, 17 and three sisters, Latisha Rose, 13; Marjckie Rose, 21 and Felisha Poe, 22.

Jesse Hutcheson



Megan Roberts

CNU Track Magic Moments



Sheila Trice, a 32-time All-American, receives one of her 15 national championship awards



Brooke Rowe

Sophomore, Distance, 5-6
Yorktown, Va.
Tabb H.S.

2006-2007 - Named second team all-USA South in cross country. Placed 11th at the conference meet in 28:44.4. Had fourth place finishes in the Mason-Dixon Conference Outdoor Championship 800 (2:32.11) and 1500 (5:08.32) as well as indoors in the 800 (2:32.75). Earned Dean's List honors in both semesters and a member of the USA South all-academic team.

At Tabb: Ran indoor track, outdoor track and cross country all four years, all under coach George Coulter. She is the school record holder in the 1,000 meters and was an All-District and All-Region selection in track and cross country. She also won the team MVP, coach's award and most outstanding runner award for cross country. Brooke also played field hockey for two years and was a second team All-District selection.

Personal: Brooke Ann Rowe was born Jan. 6, 1988 in Newport News, Va. and her major is Mathematics. She is the daughter of Jim and Kay Rowe and has a sister, Jenna, 23. She was an honors graduate and was in the National Honor Society, Latin Honor Society and Math Honor Society.



Michelle Stauffer

Freshman, Distance, 5-3
Fort Valley, Va.
Stonewall Jackson H.S.

At Stonewall Jackson: Qualified for the state championships as a senior, when she was also all-region and all-Shenandoah District...All-county and all-district as a junior for coach Long...Also a state qualifier in track in the 400 and 4X400 relay...A member of the National Honor Society...Graduated Cum Laude...A member of FBLA, FCCLA, SADD and the yearbook staff.

Personal: Michelle Erin Stauffer was born March 17, 1989 in Woodstock, Va...The Biology major is the daughter of Peter Stauffer and Karen Maschke...She has a brother Philip, 11.



Amy Wampler

Sophomore, Distance, 5-3
Spotsylvania, Va.
Courtland H.S.

2006-2007 - Named Rookie of the Year, and was first team all-conference, in the USA South in cross country. Took second place in the conference championship meet with a time of 25:18.1. Took at third place finish at the Mason-Dixon Conference indoor meet in the mile at 5:27.68, a PR, and was fourth in the 5000 in 20:01.12. Outdoors she was fifth at the Mason-Dixon 1500 in 5:10.98. Set her PR at the CNU Blue and Silver Challenge at 5:08.06. Made the Dean's List in the Fall and was a member of the USA South all-academic team.

At Courtland: Ran track for three years and cross country for two years under coach Jesse Johnson. She was the team captain for both cross country and track and was the cross country team MVP. She won a team state championship in track and played field hockey throughout high school, where she won two state titles.

Personal: Amy Leigh Wampler was born May 30, 1988 in Spotsylvania, Va. and is a Math major. She is the daughter of Keith and Jeannine Wampler and has two sisters, Kacie, 21 and Lori Beth, 15. Amy was also a member of the National Honor Society.

Jesse Hutcheson



Amy Wampler

MEET THE CAPTAINS



Amy Ward

Junior, Sprints/Hurdles, 5-6
Newport News, Va.
Denbigh Baptist H.S.

2006-2007 - Placed fifth at the Mason-Dixon Conference Indoor Championships in the 55 hurdles in 9.04. Also set a PR in the indoor 200 with a 29.53 at the CNU Invitational.

2005-2006 - Took sixth place in the 55-meter hurdles in the Mason-Dixon Conference indoor championships in 9.01 and was seventh in the 400 in 1:03.11. Outdoors she placed second in the 400 with a time of 1:00.63.

At Denbigh Baptist: Ran the hurdles throughout high school and was the state champion in the 100 and 300 hurdles.

Personal: Amy Michele Ward was born April 15, 1987 in Wichita Falls, Texas. Her major is Communications and she is the daughter of Mike and Teresa Davis. She has three brothers, Jason, 22, Brendon, 12 and Ryan, 10, and three sisters, Nicole, 26, Sarah, 22 and Stephanie, 10.

Jesse Hutcheson



Amy Ward



Candace White

Senior, Sprints, 5-2
Manassas, Va.
Osborn Park H.S.

2006-2007 - Ran fourth in the 55 meters at the Mason-Dixon Conference indoor meet in 7.76. Outdoors she set a PR in the 100 of 12.87 at the CNU Blue & Silver Challenge.

2005-2006 - Finished in eighth place at the Mason-Dixon Conference indoor championships at 200 meters in 28.97.

2004-2005 - Placed fifth in the 55 meter dash at the Mason-Dixon Conference Indoor Championships in 7.75 seconds.

At Osborn Park - Was a member of the school record-setting 800 meter relay team and participated in the VHSL State Championships twice. Was named Most Improved for coach Mike Feldman in 2002 and 2003 and won the Coaches' Award in 2000 and 2001. She was a Scholar-Athlete for three years, a member of the Key Club and Mentoring Program.

Personal - Candace Nicole White was born Jan. 10, 1986 in Fayetteville, N.C. She is majoring in Sociology with a concentration in Criminology. She is the daughter of Rebecca Crocker. Has a sister Tavarez, 11.

Jesse Hutcheson



Candace White



**Chris
Ables-Sinclair**

Freshman, Hurdles/Jumps, 6-3, 165
Sterling, Va.
Potomac Falls H.S.

At Potomac Falls: Participated in track and field for four years for coach Courtney Cornwall.

Personal: Chris Alexander Ables-Sinclair was born May 20, 1989 in Miami, Fla. He is the son of William and Linda Ables and is majoring in Accounting. He has three brothers, Will, 6; Kyle, 4 and Luke, 2 and two sisters, Kyra, 12 and Taylor, 5.



**Isaac
Bell**

Junior, Sprints/Jumps, 5-11, 155
Yorktown, Va.
York H.S.

2006-2007 - Qualified for nationals in the triple jump both indoors and outdoors. Indoors he placed fourth in his flight with a jump of 45-9, but did not qualify for the finals. He had set a PR of 47-11 earlier at the Maryland Invitational. Outdoors he won the Mason-Dixon Conference title at 47-2 1/2 and also captured the long jump with a leap of 21-9 1/2. His outdoor triple jump mark did not make the national field.

2005-2006 - Won the Mason-Dixon Conference outdoor long jump championship with a leap of 21-10 and was second in the triple jump at 45-5. Also placed seventh in the 100 meters with a time of 11.23.

At York: Ran track for four years for coach Sam Jackson, earning All-Bay Rivers District and All-Region honors his junior and senior years. He also was a state runner-up in the indoor triple jump as a senior.

Personal: Isaac Lamontae Bell was born March 30, 1987 in Newport News, Va and graduated with honors. The son of Lloyd and Joyce Bell. He is a Business Management major. Has two brothers, Jacob, 25 and Lloyd Jr., 27 and a sister, Tasha, 25.

Jesse Hutcheson



**Chris
Banks**

Sophomore, Throws, 6-5, 235
Newport News, Va.
Warwick H.S.

2006-2007 - Placed second in the weight throw at the indoor Mason-Dixon Conference Championships with a toss of 44-7 3/4, a PR. During the outdoor season he was third at the Mason-Dixon in the shot with a 42-7. He had set his PR earlier in the CNU Blue & Silver Challenge at 44-1 3/4. He also had a PR in the discus at that meet of 104-1.

At Warwick: Competed in track as a senior for coach Painter.

Personal: Christopher DeAngelo Banks was born Dec. 30, 1987 in Newport News, Va. He is the son of Rebecca Pennington-Banks and Glenn Potter. He is majoring in Business. Has a brother Charles Pennington, 18 and three sisters, Jennifer Pennington, Bianca Banks and Kaitlyn Potter.



Isaac Bell

MEET THE CAPTAINS



Daniel Berry

Senior, Distance, 5-7, 125
Spotsylvania, Va.
Courtland H.S.

2006-2007 - In cross country he placed ninth at the USA South championships in 29:20.6. A member of the USA South all-academic team. A sixth place finisher in the 5000 at the Mason-Dixon Conference indoor title meet in 16:24.94, a PR. He also set an indoor PR of 9:32.70 in the Vince Brown Invitational. Had an outdoor PR in the 5000 at the Colonial Relays where he ran 16:38.10.

2005-2006 - Finished 13th at the USA South championships in 29:57. Had his best run at the Sea Gull Invitational where he was timed in 29:53. On the USA South all-academic team.

2004-2005 - Competed in six cross country meets with his top finish a 16th place at the USA South Conference Championships. Participated in the 3,000 meters at the College Lid-Lifter and the Winter Frolic as well as the 5,000 meters at the College Indoor Classic. Ran the 10,000 and 5000 in the outdoor season. In cross country, he placed 13th at the USA South championships in 29:57.

At Courtland: Ran four years of cross country for coach Jesse Johnson and ran track and played soccer as well. An Honors graduate.

Personal: Daniel Ryan Berry was born Dec. 4, 1985 in Brussels, Belgium. He is the son of Dennis and Linda Berry and is majoring in Psychology. He has two sisters, Brittany, 15 and Haliegh, 13.



Cameron Chaplin

Junior, Throws, 6-1, 240
Midlothian, Va.
Clover Hill H.S.

2006-2007 - Placed seventh at the Mason-Dixon Conference indoor championships in the weight throw with a toss of 36-3 1/4 and was second at the outdoor championships in the hammer at 126-0. Both were PRs as was his 37-5 shot put at the indoor Mason-Dixon and his 108-1 discus at the Mason-Dixon outdoors.

2005-2006 - was ninth at the Mason-Dixon Conference outdoor championships in the shot put at 35-10 1/2 and tenth indoors with a toss of 34-3.

At Midlothian - Participated in the shot and discus throughout high school and also played football. He was a second team All-District center in football.

Personal - Cameron Chaplin was born in Midlothian, Va. The son of Charles Chaplin and Alison Curtis is majoring in Accounting. Has two brothers, Jarrod and Michael.

Jesse Hutcheson

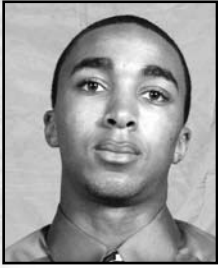
CNU Track Magic Moments



Sheila Trice prepares for another national title



Cameron Chaplin



**Erik
Clements**

Freshman, Mid. Distance, 5-10, 170
Gainesville, Va.
Battlefield H.S.

At Battlefield: All-state, all-Cedar Run District and all-region in the 800 and 500 for coach Huddle. Ran a 50.0 in the 400, 1:08 in the 500 and 1:57 in the 800.

Personal: Erik Tyler Clements was born Oct. 28, 1988 in Stafford, Va. The son of Charles and Lisa Clements is majoring in Business. He has a brother Adam, 15.



**Andrew
Everett**

Freshman, Jumps/Sprints, 6-0, 160
Richmond, Va.
Mills Godwin H.S.

At Mills Godwin: Twice all-region and three times all-Colonial District for coaches Kelly Pace and Dan Rolfe. A member of the district championship 4X200 meter relay team as a senior and on the team that set the school mark in the 4X100.

Personal: Andrew W. Everett was born Nov. 5, 1987 in Carlisle, Pa. He's a Psychology major and the son of Mark and Lori Everett. He has a brother Aaron, 9 and two sisters, Ariello, 20 and Andrea, 13.



**Andrew
Giordano**

Freshman, Distance, 5-8, 120
Essex, Va.
Tappahannock H.S.

At Essex: Participated in track and field and cross country for four years for coaches Marcellus Nixon and Astrid Howell. A member of the Young Republicans, FBLA and Catholic Youth Organization.

Personal: Andrew Reidmyer Giordano was born Jan. 16, 1989 in Great Falls, Va. He's an Accounting major and the son of Joseph and Diane Giordano. He has two sisters, Emily, 16 and Maggie, 13.



**Ryan
Gordon**

Sophomore, Throws, 6-1, 220
Newport News, Va.
Woodside H.S.

2006-2007 - Set a school record in the indoor shot at 50-10 1/2 at the Vince Brown Invitational. Won the Mason-Dixon Conference indoor title in the shot at 48-3 1/2 as well as the weight throw with a 44-7 3/4 toss. Outdoors he was Mason-Dixon Conference champion in three events: the shot (48-11 3/4), discus (139-3) and hammer (139-10).

At Woodside: Three times an all-state selection outdoors and twice indoors. Placed second in the shot and fourth in the discus outdoors as a senior. First team all-Peninsula District a total of four times and second team twice. Elite rankings by both milestat.com and dyestat.com from his freshman year on. Set numerous school, district and meet records.

Personal: Ryan J. Gordon was born Jan. 2, 1986 in Hampton, Va. He is the son of Anthony and Nancy Gordon and has two sisters, Candice, 24 and Ashley, 23. He is majoring in Business.

Jesse Hutcheson



Ryan Gordon

MEET THE CAPTAINS



Matt Griffis

Senior, Sprints, 5-8, 157
Mechanicsville, Va.
Atlee H.S.

2006-2007 - Ran with the 4X100 relay team that took fifth place at the NCAA Division III Outdoor National Championships in 41.09. That earned him All-America recognition. Won the indoor Mason-Dixon Conference Championships in the 400 at 50.81 and was second in the 200 with a time of 22.87. Outdoors he was third at 400 meters in 49.75 and fifth in the 200 with a 22.61 clocking.

2005-2006 - Won the Mason-Dixon Conference outdoor 200 meter championship with a 22.32 clocking and placed second indoors in the 400 in 51.08.

2004-2005 - Named CNU's Outdoor Track MVP. Placed second in the 400 meters at the Mason-Dixon Championships in 50.91. Won the outdoor 400 in the Mason-Dixon meet in 50.42 and was second in the 200 with a time of 22.55. Ran a 49.73 400 at the CNU Invitational.

At Atlee - Regional champion in the 500 meters for coach Jim Triemplair. Also ran with the Capital District and Regional champion 1600 meter relay team that placed second in the state. A member of the District and Region All-Academic teams. Does volunteer work at church.

Personal - Matthew Lee Griffis was born Jan. 4, 1985 in Pennsville, N.J. He is the son of Lee and Cheryl Griffis and is majoring in Biology. He has a brother Jonathan, 19.

Jesse Hutcheson



Matt Griffis



Leroy Harper

Senior, Sprints, 5-9, 160
Chesapeake, Va.
Great Bridge H.S.

2006-2007 - Became an All-American in the 200 meters at the NCAA Division III Outdoor National Championships with a sixth place finish in the 200 with a time of 21.74. He had qualified for the finals in a PR 21.31. Also earned All-America honors with CNU's fifth place 4X100 meter relay which was timed in 41.09. Mason-Dixon Conference champion indoors in the 200 at 22.75, and placed second outdoors in the 200 (21.95) and 100 (11.05).

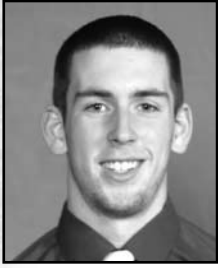
At Great Bridge - Team captain for coach B. Boerboom after playing three years. Played in the Elite Athletes All-Star Game. Also an outstanding track athlete. He was an Honors graduate.

PERSONAL - Leroy Harper was born April 29, 1986 in Chesapeake, Va. He's the son of Leroy, Sr., and Linda Harper and is majoring in History. He has a brother Isaiah, 11 and two sisters, Rasheeda, 26 and Defeyon, 30.

Jesse Hutcheson



Leroy Harper



Ed Hickey

Freshman, Throws, 6-0, 180
Falls Church, Va.
George Mason H.S.

At George Mason: Won the Bull Run District discus championship in his senior year and was all-district for three seasons. Had a top discus toss of 135 feet and a best in the shot at 38 feet. An Honor Roll student. Also a first team all-district football player.

Personal: Edward Vincent Hickey was born July 11, 1989 in San Diego, Calif. The son of Ed and Mary Lynn Hickey is majoring in Business Management. He has two brothers, Thomas, 16 and James, 13.



Xavier Higgins

Senior, Hurdles/Sprints, 5-8, 170
Columbia, S.C.
Western Branch (Va.) H.S.

2005-2006 - Won the 55 meter hurdles title at the Mason-Dixon Conference indoor championships.

2004-2005 - Had a strong showing at the Mason-Dixon Championships, placing fifth in both the 200 meters (23.56) and 55 hurdles (8.05). Ran the sprints for CNU during the outdoor season.

At Western Branch: Twice an all-state runner, both indoors and outdoors. Placed fourth in the 55-meter hurdles as a junior and ran with 1600 meter relay teams as both a senior and a junior. Won the Southeastern District indoors and outdoors for three years. Ran for coaches Brian Rountree, Franco Brett and Greg Jones. An Honor Society member and Honors Graduate. Member DECA, FBLA and CHROME and a YMCA Summer Program volunteer.

Personal: Xavier R. Higgins was born May 7, 1986 in Columbia, S.C. He is the son of Sharon and William Lampkin and is majoring in Communications/Business. Has two brothers, Trenton, 27 and Bernard, 22 and a sister, Ebony, 23.



Roland Hilliard

Senior, Sprints, 5-8, 162
Manassas, Va.
Osborn Park H.S.

2006-2007 - Ran the qualifier on CNU's 400 meter relay team at the NCAA Division III National Championships. Finished fifth indoors in the 55 (6.56) and sixth in the 200 (23.35).

2005-2006 - Placed third in both the 100 meters (11.04) and 200 meters (22.54) at the Mason-Dixon Conference outdoor championships and was sixth in the indoor 200 in 23.46.

2004-2005 - Placed ninth in the 200 at the Mason-Dixon Championships with a time of 24.05. Competed in the 100 and 200 outdoors.

2003-2004 - Placed sixth in the 200 at the Mason-Dixon Conference Outdoor Championships with a time of 23.33. He also ran a 22.87 at the CNU Invitational. In the 100 his top time was 11.24 at the Captains Classic.

At Osbourne Park - A second team All-Region selection and twice first team all Cedar Run District for coach Brian Beaty. Set a school record by rushing for 1,539 yards in his junior year and added 1,435 more as a senior. Also ran track. A member of DECA and FBLA.

Personal - Roland Dean Hilliard was born Nov. 2, 1984 at Offutt Air Force Base in Nebraska. He's the son of Craig and Alana Hilliard and has two brothers, Craig, Jr., 22 and Kyle, 16. He is majoring in Information Science. Also played football at CNU where he was the school's all-time leading rusher.



Nathaniel Huffman

Junior, Distance, 6-1, 164
Shenandoah, Va.
Page Co. H.S.

2006-2007 - Earned all-USA South honors in cross country. Placed 26th at the NCAA South/Southeast Regional in 27:04.8. A member of the Dean's List in the Spring semester and on the USA South all-academic team. Indoors he placed second in the 5000 at the Mason-Dixon Conference Championships at 15:52.50, a PR. He also set a 3000 PR of 9:02.36 at the Vince Brown Invitational.

2005-2006 - In track he placed third at the Mason-Dixon Conference outdoor title meet in the 5000 meters with a time of 16:11.13. In cross country, he was a second team All-USA South selection.

At Page County: Participated in Outdoor Track for 5 years, starting in the 8th grade. Ran cross country all four years in high school for coach Stan Price. Was an All-District cross country runner three times and All-Region twice. All-State, All-Region and All-District three times in outdoor track. Set the school record in the 800 in outdoor track at 1:59.28.

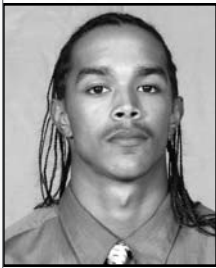
Personal: Nathaniel David Huffman was born March 1, 1987 in Reston, Va. He is the son of Michael Huffman and Katrina Nelson and has a brother Jacob, 14 and a sister Chelsea, 18. Majoring in Biology.

CNU Track Magic Moments



Four-time shot put national champion Claudia Stanley helped usher in the era of CNU women's track dominance

MEET THE CAPTAINS



Gregory Jones

Junior, Sprints, 5-10, 155
Richmond, Va.
Monacan H.S.

2006-2007 - Took seventh place at the Mason-Dixon Conference Indoor Championships in the 200 in 23.61 and was eighth at 55 with a 6.74. Set a PR indoors in the 60 with a 7.20 at the CNU Holiday Open.

2005-2006 - Earned a fifth place finish in 11.20 at the Mason-Dixon Conference outdoor championships and was eighth in the indoor 200 in 23.58.

At Monacan: Earned first team All-Dominion District honors for four years and was All-Central Region three times. A member of the all-state 1600 meter relay team twice. Won the Coaches Award as a senior. An Honor Roll student for four years. A member of FBLA, JAC and SAC. Also did volunteer work with the mentally disabled.

Personal: Gregory S. Jones was born March 26, 1987 in Richmond, Va. He is the son of Greg and Kim Jones. He's majoring in Information Science. Has a sister Naitia, 23.



Franklin McCracken

Sophomore, Distance, 6-3, 155
Richmond, Va.
Mills Godwin H.S.

2006-2007 - In cross country he took 12th place at the USA South championships with a time of 30:16.0. Earned a seventh place finish at the Mason-Dixon Conference indoor championships with a time of 2:01.72 and was also seventh outdoors in the 1500 in 4:15.53. Both were PRs.

At Mills Godwin: Ran outdoor track for four years and indoor track for two years for coach Tom Nadeau. He was All-District, All-Region and participated in the state meet his senior year. He also played football for four years and was on the wrestling team for two years.

Personal: Franklin Vernon McCracken was born April 24, 1988 in Richmond, Va. and his major is undecided. He is the son of Melissa McCracken and has a brother, Christopher, 22. Was an honor roll student and in the Beta Club.



Kody Oakes

Freshman, Mid-Distance, 5-10, 150
Chesapeake, Va.
Hickory H.S.

At Hickory: A member of the school-record-setting 4X800 relay team. Was coach Patrick Troia's team captain for two years as well as cross country team captain for three. Also played two years of football. An honors student in Chemistry, he was once Student of the Year. Did volunteer work at Norfolk Hospital.

Personal: Kody Alan Oakes was born Jan. 2, 1989 in Fallon, Nev...He is the son of Kevin and Kelly Oakes and is majoring in Computer Science...His brother Kyle, 21, is also on the CNU track and field team...His father played football at Grinnell.

Jesse Hutcheson



Franklin McCracken

CNU Track Magic Moments



Former CNU President Dr. Anthony Santoro presents the Lady Captains' first national championship trophy to head coach Vince Brown



Kyle Oakes

Junior, Distance, 6-1, 160
Chesapeake, Va.
Hickory H.S.

2006-2007 - Finished third outdoors in the 1500 at the Mason-Dixon Conference Championships with a time of 4:08.66. A Dean's List student in the Fall semester and included on the USA South all-academic team.

At Hickory: Ran three years of cross country and track and was All-State in the 800 meters, a three-time All-District and All-Region selection and team captain in track and cross country. He was also on the Dean's list in the spring of 2006.

Personal: Kyle Christopher Oakes was born Feb. 4, 1987 in Chesapeake, Va. and is a Biology and Chemistry major. He is the son of Kevin and Kelly Oakes and has a brother, Kody, 18, who also is a member of the CNU track and field team...Kyle was in the National Honor Society, the Key Club and was on the Dean's List. He transferred from Coastal Carolina where he ran on the cross country team.



Joseph Owens

Senior, Jumps, 6-4, 175
Front Royal, Va.
Warren Co. H.S.

2006-2007 - Mason-Dixon Conference indoor high jump champion with a year of 1.96 meters. He was second outdoors at 6-5 1/2.

2005-2006 - Earned All-America honors in the high jump by placing fourth at the NCAA Indoor National Championships with a leap of 6-7 1/2. Won both the Mason-Dixon Conference indoor and outdoor championships with jumps of 6-8.

2004-2005 - Placed first in the high jump at the Mason-Dixon Championships with a height of 6 feet, 8 1/2 inches. Also the Mason-Dixon champ outdoors at 6-4, but produced a leap of 6-8 at the Captains Classic.

At Warren Co. - State champion and 11th place finisher at nationals in the high jump. Also All-Region and All-Northwest District in the 400 and triple jump. Team captain for coach Jeremy Bornworth as a senior.

Personal - Henry Joseph Owens was born Oct. 15, 1985 in Front Royal, Va. He is the son of Mary and the late Joe "Ace" Owens who was captain of the track team at the University of Richmond for two years. He has a brother Joshua, 11 and a sister Faith, 18. He is majoring in Sociology with a minor in Psychology.



Fela-Tunde Ogun

Sophomore, Sprints, 6-0, 210
Richmond, Va.
Douglas Freeman H.S.

At Douglas Freeman: An all-district runner for four years. Part of school-record-setting relays at 4X100 and 4X400. Participated in the state meet in the 4X400 as a senior.

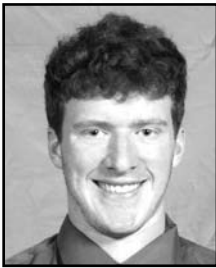
Personal: Fela-Tunde Ogun was born Nov. 30, 1986, in Richmond, Va. He is a Business major and the son of Samuel and Sherrie Ogun. Has four brothers, Taj, 20; Derek, 17; Curtis, 16 and Marquis, 14 and two sisters, Sheyi, 18 and Kelly, 15. Also plays football at CNU.

Jesse Hutcheson



Joseph Owens

MEET THE CAPTAINS



Jared Rader

Sophomore, Pole Vault, 6-2, 190
Culpeper, Va.
Culpeper H.S.

2006-2007 - Earned a second place finish in the pole vault at the Mason-Dixon Conference Championships with a leap of 13-4. He had set his PR at the CNU Holiday Open at 13-5 3/4. Was also second outdoors at the Mason-Dixon with a jump of 14-0, a PR. Also set a PR in the javelin at 104-7 at the Lou Onesty Invitational.

At Culpeper: Competed for coach Kim Williams as a pole vaulter, earning all-region honors. Also an all-district wrestler.

Personal: Jared Storm Rader was born Feb. 27, 1988 in Irvine, Va. He is the son of Lisa Rader and has not yet selected a major. Has a sister Janine Searls, 25.



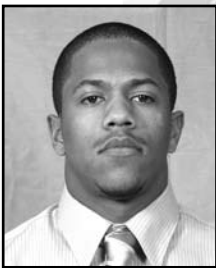
Josh Simmons

Senior, Sprints, 5-11, 185
Gainesville, Va.
Stonewall Jackson H.S.

2006-2007 - Ran a 7.34 60 at the CNU Holiday Open, as well as a 23.94 200, and had an 11.62 100 at the Lou Onesty Invitational.

At Stonewall Jackson: Played basketball and football for one year each and two years of baseball. He was a second team all-district linebacker his sophomore year and his baseball team was district champion his sophomore year.

Personal: Joshua Stephen Simmons was born Dec. 2, 1986 in Atlanta, Ga. The son of Stephen and Debra Simmons is majoring in Communications. Has two brothers, Jared, 17 and Michael, 14 and a sister, Stephani, 22.



Rob Rodriguez

Senior, Jumps, 5-8, 143
Virginia Beach, Va.
Kempsville H.S.

2006-2007 - Second at the Mason-Dixon Conference outdoor meet in the triple jump with a mark of 45-7 3/4. He also placed fifth in the javelin with a throw of 153-6, a PR. Indoors he long jumped a PR of 21-11 3/4 at the CNU Invitational. Was an All-American in football for CNU.

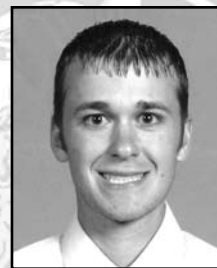
2005-2006 - Barely missed earning All-American honors in the triple jump when he placed ninth at the NCAA Indoor Championships. The top eight are considered All-America. His jump there was 45-9 3/4. He was the Mason-Dixon Conference outdoor triple jump champion at 48-7 3/4 and indoors at 44-2 1/2 and he placed second in the long jump (21-6 1/4) and high jump (6-4). Indoors he was second in the long jump (21-5 1/2) and third in the high jump (6-2).

2004-2005 - In outdoor track he was second in the Mason-Dixon Conference championships in the triple jump (45-4 1/4), third in the long jump (21-10 1/2) and fourth in the high jump (6-2). In football he was named the USA South Conference defensive player of the year after setting a school record with six blocked kicks. Also had three interceptions and broke up seven passes at the defensive back position.

2003-2004 - Won the indoor Mason-Dixon Conference high jump championship at 6-4, placed second in the long jump with a leap of 21-4 and third in the triple jump with a mark of 43-11 1/2. His best triple jump was 44-7 at the CNU Winter Frolic. Outdoors he captured the conference triple jump title at 45-1 and was second in the high jump (6-0) and long jump (20-10). Had an outdoor best of 6-2 in the high jump at the Captains Classic, 23- 3/4 in the long jump at the Liberty Twi-light and 47-3 in the triple jump at the James Madison Invitational.

At Kempsville - First team All-District and All-Region at defensive back playing for coach Jeff Beard. He also played basketball and ran track.

Personal - Robert E. Rodriguez was born June 23, 1985 in Fort Knox, Ky. He's the son of Anthony and Kristen Rodriguez and has a sister Regina, 25. He's majoring in Computer Engineering. Also an outstanding defensive back on the CNU football team. Helped lead the United States to the championship of the World Cup of American Football, played in Japan. Named to the all-cup team.



Dan Swale

Senior, Distance, 5-8, 125
Yorktown, Va.
Grafton H.S.

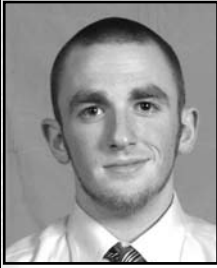
2006-2007 - Took first team all-USA South cross country honors and was third at the conference championships in 28:05.0. A fifth place finisher at the Mason-Dixon Conference Indoor Championships in the mile with a time of 4:36.44. At the Mason-Dixon outdoors he was second in the steeplechase in 9:54.76. A member of the USA South all-academic team.

2005-2006 - Finished second in the 3000-meter steeplechase at the Mason-Dixon Conference championships with a time of 10:04.73. He was sixth indoors in the mile at 4:33.99. A first team All-USA South runner in cross country after placing third in the conference championships in 27:31. Also placed 22nd in the regional meet with a time of 26:12. Earned Dean's List honors in the Spring semester and was listed on the USA South all-academic team.

2004-2005 - Earned first team All-USA South honors and All-Mason-Dixon Conference recognition in his rookie year. Placed eighth at the USA South title meet in 28:40 and ninth at the Mason-Dixon with a time of 26:11. Placed fourth in the 5,000 meters at the Mason-Dixon Conference championships in 16:14.84. Competed primarily in the 3000 meter steeplechase outdoors. Named to the USA South All-Academic team.

At Grafton: Twice first team All-Region and All-Bay Rivers District running for coach Virgil King. A two-time All-State runner at 1600 meters and track and cross country MVP twice as well as Athlete of the Year once. Graduated with honors.

Personal: Daniel Robert Swale was born Sept. 10, 1986 at Shaw Air Force Base in South Carolina. The son of Robert and Charla Swale is majoring in Biology. He has a brother Adam, 17 and two sisters, Emily, 13 and Katelyn, 11.



Jack Tierney

Freshman, Distance, 5-11, 160
O'Fallon, Ill.
O'Fallon Township H.S.

At O'Fallon Township: First team all-area and all-Southwestern Conference for coach Jon Burnett...Helped set a school record in track in the distance medley relay...All-area and all-conference in track in the 800 as well as conference champion...A member of FCA, the Spanish Club and Players with a Passion...Assisted with Sunday services at the O'Fallon Nursing home for five years.

Personal: John Williamson Tierney was born Aug. 4, 1989 in O'Fallon, Ill...He's an Environmental Science major and the son of John and Courtney Tierney...Has a sister Kindle, 22.



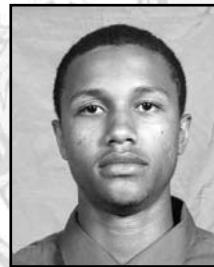
Mark Tynan

Sophomore, Distance, 6-0, 155
Arlington, Va.
Bishop O'Connell H.S.

2006-2007 - Finished in seventh place at the USA South cross country championships with a time of 29:05.2. Set a PR and placed seventh at the Mason-Dixon Conference outdoor meet with a time of 35:47.91.

At Bishop O'Connell: Ran three years of cross country and track for coach Mike Hardy. He was a two time All-Conference and All-State selection and was the team captain and MVP. He helped his track team win the conference championship and finish third in the state.

Personal: Mark Robert Tynan was born Sept. 15, 1987 in Arlington, Va. and is a Political Science major. He is the son of Tim and Carey Tynan and has a sister, Kelly, 17. Mark was a member of the Young Republican Club and the Key Club. He earned his Eagle Scout in February 2006.



Charles Washington

Sophomore, Jumps/Sprints, 5-11, 159
Winchester, Va.
Handley H.S.

2006-2007 - Became an All-American with CNU's 4X100 relay team which placed fifth at the NCAA Division III National Championships in 41.09. He had also qualified individually in the 400 and barely missed All-America status with a ninth place finish in 48.07. Took second place at the Mason-Dixon Conference Outdoor Championships in the 400 with what was at the time a PR of 48.85.

At Handley: Twice an all-state selection, three times all-region and four times an all-Northwest District honoree for coach Derick Dowlely. Set district records at 100 and 200 meters and the school record in the 200. His top times were 10.7 in the 100, 21.7 in the 200 and 50.0 in the 400 as well as a 44-5 triple jump.

Personal: Charles Harrison Washington was born July 20, 1988 in Arlington, Va. He is the son of Charles and Debra Washington and is majoring in Computer Science. Has a brother Vance, 16.



Jesse Hutcheson

Charles Washington

CNU Track Magic Moments



The men's 400 meter relay competes at the national championships

MEET THE CAPTAINS



Matthew Winkler

Freshman, Spints/Mid. Dist, 5-11, 160
Palmyra, Va.
Fluvanna Co. H.S.

At Fluvanna Co.: Placed third at the state championships in the 500 after winning the regional title. All-region in the 400, 500, 800, 4X200 and 4X400. Set school records in the 500, 800, 1000 and 4X800. Won two Jefferson District 800 championships. The first athlete from Fluvanna Co. to make it to nationals.

Personal - Matthew Winkler was born Oct. 17, 1988 in Guelph, Ontario, Canada. He's the son of Armin and Fiona Winkler and has a sister Anita. He has not yet chosen his major.



David Woodson

Junior, Distance, 6-3, 155
Gloucester, Va.
Gloucester H.S.

2006-2007 - Second team all-USA South in cross country. Placed fifth in the conference championship meet in 28:34.9. Placed third at the Mason-Dixon Conference Indoor Championships in the 5000 with a time of 16:11.00, his PR. Also set a PR outdoors in the steeplechase at the CNU Blue & Silver Challenge with a clocking of 10:01.60.

2005-2006 - Earned a sixth place finish at the Mason-Dixon Conference outdoor championships at 10,000 meters with a time of 36:01.21. He was also tenth at 5,000 meters in 16:54.67. In cross country he was USA South Rookie of the Year. A first team All-USA South choice. Placed seventh at the conference championships with a time of 27:58.

At Gloucester: Ran cross country and indoor track for three years and competed in outdoor track all four years all under head coach Heidi Overbay. Helped Gloucester to district championship titles in both his junior and senior seasons. Personally was 1st team all district cross country in both of those seasons and an All-Region Honorable Mention in all three of his sports.

Personal: David Michael Woodson was born March 17, 1987 in Honolulu, HI. and is a biology major. He is the son of Rickie and Adell Woodson and has a brother Christopher, 22, and two sisters Andrea, 25, and Melissa, 23.



Will Zak

Freshman, Distance, 5-5, 128
Mechanicsville, Va.
Atlee H.S.

At Atlee: Ran three years of cross country for coach Jim Triemplar, whose team placed 13th in the state championships, fourth in the region and was Capital District champions...A member of the school record setting 4X1600 meter relay team in track...Won the English Award and was Concertmaster of YCO...A violinist in the school orchestra... Did volunteer work with the Maymont Foundation and Church of the Redeemer.

Personal: William Albert Zak was born July 13, 1989 in Chesterfield, Va...The Biology major is the son of Bill and Evelyn Zak and has a sister Angela, 16.

Jesse Hutcheson



David Woodson

CNU Track Magic Moments



CNU on the victory stand after winning the 1988 outdoor national championship at Carleton College

LADY CAPTAINS AMONG THE NCAA ELITE

The track team at Christopher Newport University has been a record setter for numerous years. From the first champion in Claudia Stanley in the shot put in 1985, to Casey Taylor's Athlete of the Year honors in 2000, the CNU Lady Captains track program has been setting the standard for track and field for many years.

As the saying goes, "numbers don't lie."

CHASING THE NCAA CROWN(S)

All-time NCAA Championship leaders according to the 2006-2007 National Collegiate

Championships Guide

Team Titles (All Sports)

- 1. College of New Jersey 31
- 2. Kenyon 24
- 3. Wisconsin-Oshkosh 19
- 4. UC San Diego 16
- 5. Cortland St. 13
- Middlebury 13
- 7. CHRISTOPHER NEWPORT 12

Individual Titles (All Sports)

- 1. Kenyon 220
- 2. Williams 86
- 3. CHRISTOPHER NEWPORT 57
- 4. Wisconsin-Oshkosh 56
- 5. Cortland St. 40

Individual Titles (One Sport)

- 1. Kenyon Swimming 217
- 2. Williams Swimming 67
- 3. CNU, Outdoor Track 29
- Dennison, Swimming 29
- 5. CNU, Indoor Track 28

LADY CAPTAIN NCAA RECORD HOLDERS

Outdoor 100 hurdles

Bridget Cochran, 13.60, 5/22/98, St. Paul, Minn.

ALL-TIME TRACK TEAM TITLES

Women's Indoor Track Team Championships

- 6 CNU
- 5 Wheaton (Mass.), Wisconsin-Oshkosh
- 3 UMass-Boston
- 2 Wisconsin-Lacrosse
- 1 Cortland St., Lincoln, Williams

Women's Outdoor Track Team Championships

- 7 Wisconsin-Oshkosh
- 6 CNU
- 4 Lincoln (Pa.),
- 3 Wheaton (Mass.), Wis.-LaCrosse
- 1 Central (Iowa), Cortland St., UMass-Boston, Wartburg

CNU'S CHAMPIONSHIP HUNT

This list, according to the 2006-2007 National Collegiate Championships Guide, shows where CNU ranks with other Division III schools according to championships won individually.

Indoor Track Individual Championships

- 28 Christopher Newport
- 24 Wisconsin-Oshkosh
- 19 Wheaton (Mass.)
- 13 Lincoln, Cortland St.
- 9 Massachusetts-Boston
- 8 CCNY
- 7 Brandeis, Tufts
- 6 Nebraska Wesleyan, North Central, Williams, Wisconsin-Stevens Point, Wartburg,
- 5 St. Thomas (Minn.), Illinois Wesleyan, Wisconsin-Lacrosse
- 4 Baldwin-Wallace, Carthage, Montclair St., New Jersey City, Rochester, Wisconsin-Platteville, Wisconsin-Whitewater
- 3 Amherst, Augsburg, Loras, Macalester, Wisconsin-Eau Claire,
- 2 Binghamton, Carleton, Coe, Col. of New Jersey, Eastern Mennonite, Fitchburg St., Geneseo St., Hamline, Keene St., Luther, Methodist, MIT, Norbert, Stony Brook, Wesleyan (Conn.), Wilmington (O.), Wisconsin-Stout
- 1 Adrian, Augustana (Ill.), Bates, Bethel (Minn.), Bowdoin, Brockport St., Buena Vista, Carroll (Wisc.), Case Reserve, Central (Iowa), Chicago, DeSales, Dubuque, Fisk, Frostburg St., Hamilton, Hartwick, Ithaca, Kenyon, Lawrence, Lehman, Manchester, McMurry, Medgar Evers, Middlebury, Moravian, Mt. Union, Ohio Northern, Richard Stockton, Salve Regina, Sewanee, Smith, Springfield, SUNY-Farmingdale, Texas Lutheran, Trinity (Tx.), Washington (Mo.)

Outdoor Track Individual Championships

- 29 Christopher Newport
- 26 Wisconsin-Oshkosh
- 24 Lincoln
- 22 Cortland St.
- 18 Wisconsin-LaCrosse
- 17 St. Thomas (Minn.)
- 15 Wheaton (Mass.)
- 13 Calvin
- 12 Col. of New Jersey
- 10 UMass-Boston, Occidental, Central (Iowa), Wartburg
- 8 Carthage, Nebraska Wesleyan, Williams
- 7 Amherst, Brandeis, CCNY, North Central, Tufts, Wisconsin-Stevens Point
- 6 Concordia-Morehead, Macalester, McMurry
- 5 Augsburg, Keene St., Redlands, Wisconsin-Eau Claire
- 4 Baldwin-Wallace, UC-San Diego, Carleton, Frostburg St., Grinnell, Mt. Union, Rowan, Wheaton (Ill.)
- 3 Albany (NY), Bates, Binghamton, Bowdoin, Buena Vista, Claremont M-S, Emory, Johns Hopkins, LaVerne, Luther, Montclair St., Moravian, Pomona-Pitzer, Salem St., Simpson, Smith, Southern, Trinity (Texas)
- 2 Augustana (Ill.), Brockport St., Brooklyn, Case Reserve, Chicago, Coe, Cornell Col., Eastern Mennonite, Fitchburg St., Geneseo St., Gustavus-Adolphus, Illinois Wesleyan, Lehman, Loras, Manchester, Methodist, Middlebury, Mt. Holyoke, New Jersey City, St. Olaf, Salve Regina, Richard Stockton, Susquehanna, Westfield St., William Paterson, Wilmington, Wisconsin-Platteville, Wisconsin-River Falls, York (NY)
- 1 Adrian, Alfred, Alma, Anderson (Ind.), Cal St. Stanislaus, Carnegie Mellon, Carroll (Wisc.), Catholic, Colby, Colorado Col., Concordia (Wisc.), Defiance, Dickinson, Eastern Oregon, Fisk, Hamline, Hartwick, Heidelberg, John Carroll, Juniata, Kenyon, Lewis & Clark, Linfield, Mary Washington, Massachusetts-Dartmouth, Merchant Marine, Notre Dame (Cal.), Ohio Wesleyan, Oneonta St., Plattsburgh St., Principia, Roanoke, Rochester, Rochester Tech, St. Lawrence, Sewanee, Sonoma St., Springfield, Stony Brook, Trinity (Conn.), Washington (Mo.), Washington & Jefferson, Wesleyan (Conn.), Whitworth, Willamette, William Penn, Wisconsin-Whitewater, Worcester St.

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A familiar sight - Sheila Trice atop an NCAA championship winner's stand. It is something that happened 15 times during her career, including 12 individual events.

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Sandy Shelton soars to the 1988 NCAA Division III long jump championship with a leap of 19-2. Shelton eventually won four long jump titles, indoors and outdoors.



One of the best hurdlers in NCAA Division III history, Briget Cochran won five national championships in either the 55 or 100 meter hurdles. She still holds the Division III record in the 100 hurdles at 13.60 which she set at the 1998 national championships in St. Paul, Minn.

NATIONAL CHAMPIONS; ALL-AMERICANS

NATIONAL CHAMPIONS GALLERY



Tynesia
Alston



Sonia
Archer



Antoinette
Bass



Cynthia
Bryant



David
Bullock



Anita
Burley



Rachael
Clark



Bridget
Cochran



Cusetta
Corridon



Edna
Davis



Michelle
Dickens



Lisa
Dillard



Denita
Eason



Carey
Foor



Jenita
Harris



LaNeatra
Johnson



Vanessa
Lindsay



Kaystyle
Madden



Leema
Madden



Jennifer
Martin



Dominique
McLaughlin



Ed
Milling



Candress
Mitchell



Tamiko
Patterson



Meshailay
Robinson



Sandy
Shelton



Claudia
Stanley



Damon
Talley



Casey
Taylor



Sheila
Trice



Tina
Walton



Vandisha
Wilder

CHRISTOPHER NEWPORT UNIVERSITY

ALL-AMERICA ROW

Sheila Trice	32	Lisa Dillard	8	David Bullock	4	Kaystyle Madden	2	Teresa Hudson	1	Megan Fogarty	1
Vandisha Wilder	21	Meshailay Robinson	8	Anita Burley	4	Maurá McColgan	2	Montez Kaufman	1	Karen Simon	1
Sandy Shelton	19	Tony Smith	8	Edna Davis	4	Debbie Muckle	2	Vanessa Lindsay	1	Joseph Owens	1
Casey Taylor	19	Silvia Douglas	7	Clyde Lewis	4	Deanna Naylor	2	Tim Marshall	1	Matt Griffis	1
Michelle Dickens	17	Claudia Stanley	7	Greg Bolton	4	Stacey Proctor	2	Anthony Mungin	1	George Jones	1
Bridget Cochran	14	LaNeatra Johnson	7	Sonia Archer	3	Jim Williams	2	Leo Pinkard	1	Charles Washington	1
Antoinette Bass	13	Marilyn Cochran	7	Jeanette Brown	3	Matt Mertz	2	Mike Pitts	1		
Denita Eason	13	Tamiko Patterson	6	Jennifer Gilmartin	3	Jarrell Warthen	2	Dwayne Punter	1		
Jennifer Martin	13	Calvin Bunch	5	Michael Kenny	3	Vanessa Tabor	2	William Sanderlin	1	current athletes in bold	
Dominique McLaughlin	11	Jenita Harris	5	Jarmon Mayes	3	Rachael Clark	2	Warner Seay	1		
Tina Walton	10	Lai Madden	5	Kevin Myers	3	Leroy Harper	2	Cindy Smith	1		
Damon Talley	10	Ed Milling	5	Prennis Page	3	Mike Boucher	1	Adjoa Taylor	1		
Stephanie Andrews	10	Candress Mitchell	5	Russell Waller	3	Mark Clark	1	Jerome Valree	1		
Happy Darcus	10	Steven Roberts	5	Tab Brown	2	Franco Fox	1	Crystal Walker	1		
Cusetta Corridon	9	Tamika Lomax	5	Terry Crumble	2	Mike Franklin	1	Brandon Whitaker	1		
Leema Madden	9	Marquitta Mines	5	Carey Foor	2	Karla Harmon	1	Derrick Faison	1		
Barbara Robb	9	Tynesia Alston	4	Maureen Gallagher	2	Carolyn Hilliard	1	David Briggs	1		
Greg Boothe	8	Cynthia Bryant	4	Donna Green	2	Debi Hodges	1	Brandy King	1		

WOMEN - INDOORS

1985 at Lewiston, Me.

10th of 27 scoring teams (11 pts)

Shot put - 1st Claudia Stanley - 44-7
200M - 6th Silvia Douglas - no time

1986 at St. Paul, Minn.

3rd of 30 scoring teams (21 pts)

Shot put - 1st Claudia Stanley - 47-7.5
Long jump - 1st Michelle Dickens - 18-5.5
55M - 5th Michelle Dickens - 7.36

1987 at Chicago, Ill.

2nd of 31 scoring teams

55M - 1st Lisa Dillard - 7.01
55M - 3rd Michelle Dickens - 7.37
Shot put - 1st Claudia Stanley - 47-2/14
Long jump - 1st Lisa Dillard - 19-5 1/2
Long jump - 3rd Sandy Shelton - 18-2 1/2
Long jump - 5th Michelle Dickens - 17-10 1/2
1600MR - 2nd Michelle Dickens, Sheila Trice, Sandy Shelton, Lisa Dillard - 3:55.58

1988 at Northampton, Mass.

1st of 30 scoring teams (66 pts)

Long jump - 1st Sandy Shelton - 18-7.25
Long jump - 4th Michelle Dickens - 18-3.75
Long jump - 8th Anita Burley - 17-0.75
Long jump - 9th Sheila Trice - 17-0.25
Triple jump - 1st Sheila Trice - 37-7.75
Triple jump - 11th Anita Burley - 36-5
55MH - 4th Sheila Trice - 8.21
55MH - 5th Donna Green - 8.35
55M - 1st Sheila Trice - 7.03
55M - 2nd Tynesia Alston - 7.15
55M - 3rd Michelle Dickens - 7.21
400M - 4th Sandy Shelton - 57.52
400M - 5th Tina Walton - 57.94
1600MR - 3rd Sheila Trice, Terry Crumble, Tina Walton, Sandy Shelton - 3:57.14

1989 at Brunswick, Me.

1st of 33 scoring teams (50 pts)

55M - 1st Sheila Trice - 7.09
55MH - 1st Sheila Trice - 8.00
Long jump - 1st Sheila Trice - 19-1
Triple jump - 1st Sheila Trice - 39-1.25
400M - 3rd Tina Walton - 58.57
1600MR - 4th Jennifer Martin, Barbara Robb, Maura McColgan, Tina Walton - 4:00.5

1990 at Northampton, Mass.

1st of 30 scoring teams (59 pts)

Long Jump - 2nd Sheila Trice - 18-6
Long Jump - 10th Anita Burley - 17-3.25
Long Jump - 13th Jennifer Martin - 16-11.5

Triple Jump - 3rd

Triple Jump - 7th

55M - 1st

55M - 2nd

55M - 6th

55MH - 1st

400M - 2nd

1600 MR - 2nd

1991 at Middletown, Conn.

3rd of 34 scoring teams (35 pts)

Long Jump - 1st Sandy Shelton - 18-8.5
Triple Jump - 6th Antoinette Bass - 35-10
55M - 3rd Jennifer Martin - 7.37
400M - 3rd Sandy Shelton - 57.46
400 M - 4th Barbara Robb - 58.52
1600MR - 2nd Sandy Shelton, Jennifer Martin, Candress Mitchell, Barbara Robb - 3:57.01

1992 at Stevens Point, Wisc.

1st of 30 scoring teams (46 pts)

55M - 2nd Antoinette Bass - 7.33
55M - 3rd Jennifer Martin - 7.36
55MH - 1st Antoinette Bass - 8.35
Long Jump - 3rd Jennifer Martin - 18-0.25
Triple Jump - 2nd Antoinette Bass - 38-0.25
1600MR - 2nd Vandisha Wilder, Cusetta Corrdon, Carey Floor, Candress Mitchell - 3:57.16

1993 at Bowdoin, Me.

17th of 38 scoring teams (16 pts)

55M - 1st Vandisha Wilder - 7.24
1600MR - 3rd Vandisha Wilder, Cusetta Corrdon, Teresa Hudson, Sonia Archer - 3:59.17

1994 at Oshkosh, Wisc

2nd of 38 scoring teams (36 pts)

Long Jump - 3rd Antoinette Bass - 17-10.5
Long Jump - 5th Lai Madden - 17-8.5
Triple Jump - 2nd Lai Madden - 38-8.25
55 hurdles - 6th Antoinette Bass - 8.46
400M - 2nd Cusetta Corrdon - 58.06
55M - 6th Vandisha Wilder - 7.34
1600MR - 1st Cusetta Corrdon, Vanessa Lindsey, Dominique McLaughlin, Vandisha Wilder - 3:58.87

1995 at Ada, Ohio

7th of 35 scoring teams (14 pts)

Triple Jump - 7th Tamiko Patterson - 11-02M
55 M - 5th Vandisha Wilder - 7.44
Long Jump - 3rd Tamiko Patterson - 5.43M
1600 MR - 3rd Dominique McLaughlin,

Sheila Trice - 38-5

Anita Burley - 36-6.25

Sheila Trice - 7.07

Michelle Dickens - 7.29

Jeannette Brown - 7.32

Sheila Trice - 8.06

Barbara Robb - 58.53

Michelle Dickens, Sheila

Trice, Barbara Robb, Jennifer

Martin - 3:58.16

Bridget Cochran, Debbie Muckle, Vandisha Wilder - 4:00.77

1996 at Northampton, Mass.

T33rd of 45 scoring teams (3 pts)

55 hurdles - 5th Bridget Cochran - 8.37
55M - 6th Leema Madden - 7.33

1997 at Oshkosh, Wisc.

1st of 42 scoring teams (47 pts)

55M - 1st Meshailay Robinson - 7-16
55M - 3rd Tamiko Patterson - 7-27
55 hurdles - 1st Bridget Cochran - 8-21
55 hurdles - 6th Jennifer Gilmartin - 8-40
Long jump - 1st Tamiko Patterson - 18- 21/2
Triple jump - 1st Tamiko Patterson - 40 - 1/2

1998 at Waltham, Mass.

1st of 51 scoring teams (31 pts)

55M - 1st Meshailay Robinson - 7-10
55 hurdles - 1st Bridget Cochran - 8-07
Long jump - 6th Denita Eason - 17-11 1/2
1600 MR - 2nd Denita Eason, Meshailay Robinson, Jenita Harris, Bridget Cochran - 3:54.35

1999 at Ada, Ohio

3rd of 38 scoring teams (27 pts)

55 hurdles - 5th Casey Taylor - 8-44
55 hurdles - 6th Denita Eason - 8-63
Long jump - 2nd Denita Eason - 18-7 3/4
Long jump - 3rd Casey Taylor - 18-7 1/4
Triple jump - 1st Casey Taylor - 39-4 1/2

2000 at Bloomington, Ill.

4th of 39 scoring teams (29 pts)

55 hurdles - 4th Casey Taylor - 8-17
Long jump - 2nd Casey Taylor - 19-0
Triple jump - 2nd Casey Taylor - 40-5
High jump - 3rd Casey Taylor - 5-7
1600 MR - 4th Stephanie Andrews, Tamika Lomax, Marilyn Cochran, Casey Taylor - 3:56.17

2002 at Ada, Ohio

T20th of 59 scoring teams (8 pts)

Triple jump - 2nd LaNeatra Johnson - 38-8 3/4

2003 at Greencastle, Ind.

T8th of 60 scoring teams (18 pts)

Triple jump - 1st LaNeatra Johnson - 40-7
55M - 2nd Happy Darcus - 7-12

2004 at Whitewater, Wisc.

T44th of 59 scoring teams (3 pts)

Long jump - 6th Marquitta Mines - 17-9 3/4

2005 at Bloomington, Ill.

T28th of 60 scoring teams (7 pts)

55M - 8th Happy Darcus - 7-23
Long jump - 3rd Marquitta Mines - 18-7 1/4

2006 at Northfield, Minn.

T36th of 53 scoring teams (4 pts)

55 Hurdles - 8th Megan Fogarty - 5:00.14
55 Hurdles - 8th Karen Simon - 8.44

2007 at Terre Haute, Ind.

T16th of 56 scoring teams (10 pts)

Shot Put - 1st Rachael Clark - 46-8 1/2

WOMEN - OUTDOORS

1981 (AIAW) at Hayward, Calif.

6th of 53 scoring teams (20 pts)

200M - 1st Edna Davis - 24.70
400M - 1st Edna Davis - 54.2

1982 (AIAW) at Bloomsburg, Pa.

8th of 46 scoring teams (20 pts)

200M - 1st Edna Davis - 25.21
400M - 1st Edna Davis - 56.31

1983 at Naperville, Ill.

14th of 75 scoring teams (26 pts)

200M - 4th Silvia Douglas - 25.23
400M - 3rd Silvia Douglas - 55.99
1600MR - 6th Silvia Douglas, Karla Harmon, Maureen Gallagher, Cindy Smith - 3:57.68

1984 at Northfield, Minn.

52nd of 73 scoring teams (7 pts)



CNU's first national champions in 1987, left to right, Claudia Stanley, Michelle Dickens, coach Vince Brown, Lisa Dillard, Sheila Trice, Sandy Shelton

ALL-TIME NCAA RESULTS

Shot put - 6th Claudia Stanley - 44-8.75

1985 at Granville, Oh.

12th of 66 scoring teams (16 pts)

200M - 6th Silvia Douglas - 25.31
 400M - 5th Silvia Douglas - 56.68
 400MH - 8th Deanna Naylor - 1:04.62
 Shot put - 3rd Claudia Stanley - 44-3.5
 400MR - 7th Debi Hodges Maureen Gallagher, Deanna Naylor, Silvia Douglas - 50.84

1986 at LaCrosse, Wisc.

21st of 62 scoring teams (11 pts)

Shot put - 1st Claudia Stanley - 48-3.5
 100M - 8th Michelle Dickens - 13.53

1987 at Naperville, Ill.

1st of 62 scoring teams (80 pts)

100M - 1st Lisa Dillard - 11.85
 100M - 5th Michelle Dickens - 12.52
 200M - 1st Lisa Dillard - 24.01
 200M - 3rd Michelle Dickens - 25.28
 400M - 2nd Sandy Shelton - 55.43
 Shot put - 2nd Claudia Stanley - 45-2.5
 Long jump - 1st Lisa Dillard - 19-6.5
 Long jump - 3rd Michelle Dickens - 19-3
 400MR - 1st Michelle Dickens, Sandy Shelton, Sheila Trice, Lisa Dillard - 46.44
 1600MR - 2nd Michelle Dickens, Sandy Shelton, Sheila Trice, Lisa Dillard - 3:51.04

1988 at Northfield, Minn.

1st of 51 scoring teams (95 pts)

100M - 1st Sheila Trice - 12.18
 100M - 3rd Tynesia Alston - 12.46
 100M - 4th Michelle Dickens - 12.57
 200M - 3rd Tynesia Alston - 25.21
 200M - 6th Tina Walton - 25.73
 400M - 3rd Sandy Shelton - 55.83
 100MH - 5th Sheila Trice - 15.00
 100MH - 6th Donna Green - 15.13
 400MH - 3rd Sheila Trice - 1:00.68
 400MR - 1st Sheila Trice, Sandy Shelton, Anita Burley, Tynesia Alston - 46.84
 1600MR - 3rd Michelle Dickens, Tina Walton, Sandy Shelton, Terry Crumble - 3:50.55
 Triple jump - 3rd Sheila Trice - 38-8.75
 Long jump - 1st Sandy Shelton - 19-2
 Long jump - 2nd Sheila Trice - 18-7.5
 Long jump - 3rd Anita Burley - 18-5.25

1989 at Naperville, Ill.

1st of 57 scoring teams (58 pts)

100M - 1st Sheila Trice - 12.46
 200M - 3rd Sheila Trice - 25.05
 200M - 6th Tina Walton - 25.42
 400M - 3rd Tina Walton - 56.16
 100MH - 4th Sheila Trice - 14.72
 Long jump - 4th Sheila Trice - 19-1.5
 Long jump - 7th Anita Burley - 18-3.75
 Triple jump - 5th Sheila Trice - 37-8
 400MR - 1st S. Trice, A. Burley, J. Martin, T. Walton - 47.57
 1600MR - 3rd Jennifer Martin, Tina Walton, Barbara Robb, Maura McColgan - 3:54.30

1990 at Naperville, Ill.

15th of 54 scoring teams (40 pts)

Long Jump - 3rd Sheila Trice - 18-4.5
 Long Jump - 7th Jennifer Martin - 17-8.25
 Long Jump - 12th Anita Burley - 16-5.25
 Triple Jump - 11th Anita Burley - 35-2.5
 100M - 1st Sheila Trice - 11.99
 100M - 3rd Jeannette Brown - 12.37
 100MH - 8th Cynthia Bryant - 15.03
 200M - 1st Sheila Trice - 25.02
 1600MR - 4th Jeannette Brown, Cynthia Bryant, Jennifer Martin, Barbara Robb - 3:52.09

1991 at Berea, Ohio

7th of 60 scoring teams (28 pts)

Long Jump - 1st Sandy Shelton - 18-11.5
 Triple Jump - 4th Antoinette Bass - 36-11.5
 400M - 5th Sandy Shelton - 56.79
 400MR - 2nd Sandy Shelton, Barbara Robb, Toni Bass, Candress Mitchell - 47.93
 1600MR - 8th Sandy Shelton, Barbara



Sheila Trice, second from left, 32-time All-American, wins another national title

Robb, Toni Bass, Candress Mitchell - 3:55.40

400 relay - 1st

Kaystyle Madden, Sonia Archer, D. McLaughlin, Vandisha Wilder - 47.32

1992 at Waterville, Me.

1st of 61 scoring teams (61 pts)

100M - 7th Jennifer Martin - 12.37
 200M - 2nd Vandisha Wilder - 25.14
 200M - 7th D. McLaughlin - 25.67
 400M - 7th Vandisha Wilder - 56.44
 100MH - 4th Antoinette Bass - 14.93
 100MH - 8th Cynthia Bryant - 23.3
 Long Jump - 1st Jennifer Martin - 19-7
 Triple Jump - 3rd Lai Madden - 38-7.5
 Triple Jump - 4th Antoinette Bass - 38-1.25
 400MR - 1st Cynthia Bryant, Vandisha Wilder, D. McLaughlin, Jennifer Martin - 46.78
 1600MR - 1st Candress Mitchell, Cusetta Corridon, Carey Foor, Vandisha Wilder - 3:49.53

1996 at Naperville, Ill.

4th of 71 scoring teams (43 pts)

100 hurdles - 1st Bridget Cochran - 14.25
 Triple jump - 2nd Tamiko Patterson - 38-10
 Long jump - 5th Tamiko Patterson - 17-4
 100 M - 3rd Meshailay Robinson - 12.12
 200 M - 4th Meshailay Robinson - 24.55
 400 MR - 4th Jennifer Gilmartin, Meshailay Robinson, Bridgett Cochran, Leema Madden - 47.66
 1600MR - 4th Jennifer Gilmartin, Bridgett Cochran, Crystal Walker, Adjoa Taylor - 3:54.24

1997 at Lacrosse, Wisc.

6th of 73 scoring teams (32 pts)

100 M - 1st Leema Madden - 12.01
 200 M - 5th Leema Madden - 25.02
 100 hurdles - 1st Bridgett Cochran - 13.93
 400 MR - 2nd M. Robinson, Bridgett Cochran, Jenita Harris, Leema Madden - 47.52

1998 at St. Paul, Minn.

1st of 76 scoring teams (69 pts)

100 hurdles - 1st Bridget Cochran - 13.60
 100 hurdles - 8th Jenita Harris - 14.72
 100 M - 1st Leema Madden - 12.19
 100 M - 4th Denita Eason - 12.28
 400 MR - 1st Leema Madden, Denita Eason, M. Robinson, Bridget Cochran - 46.20
 400 hurdles - 1st Jenita Harris - 1:01.27
 200 M - 3rd Denita Eason - 25.18
 Long Jump - 5th Casey Taylor - 18-61/2
 Triple Jump - 4th Casey Taylor - 38-61/2
 1600 MR - 2nd Leema Madden, Denita Eason, Bridget Cochran, Jenita Harris - 3:46.05

1999 at Berea, Ohio

9th of 70 scoring teams (23 pts)

100 hurdles - 7th Casey Taylor - 14.86
 100 hurdles - 8th Denita Eason - 15.09
 400 MR - 3rd Tamika Lomax, Casey Taylor, Denita Eason, Leema Madden - 47.08
 Long jump - 2nd Casey Taylor - 18-7 3/4
 Triple jump - 4th Casey Taylor - 38-6 3/4
 Triple jump - 8th Denita Eason - 37-9 1/4

1993 in Cleveland, Oh.

112th of 67 scoring teams (16 pts)

100M - 4th Vandisha Wilder - 12.19
 200M - 3rd Vandisha Wilder - 24.69
 Long Jump - 7th Vandisha Wilder - 18-6.75
 400 - 7th Cusetta Corridon - 57.53

1994 in Naperville, Ill.

1st out of 66 scoring teams (73 pts)

200M - 1st Vandisha Wilder - 24.41
 200M - 3rd Dominique McLaughlin - 24.82
 200M - 4th Cusetta Corridon - 24.83
 Long Jump - 3rd D. McLaughlin - 18-4.5
 Long Jump - 5th Antoinette Bass - 18-1.5
 Long Jump - 6th Lai Madden - 18-1.5
 Triple Jump - 4th Antoinette Bass - 37-8.75
 Triple Jump - 5th Lai Madden - 37-3.25
 Triple Jump - 7th Carolyn Hilliard - 37-2.5
 400M - 3rd Cusetta Corridon - 56.16
 400M - 5th Vandisha Wilder - 56.42
 400MR - 1st Sonia Archer, Kaystyle Madden, D. McLaughlin, Vandisha Wilder - 47.01
 1600MR - 2nd Vandisha Wilder, D. McLaughlin, C. Corridon, Debbie Muckle - 3:49.33

1995 at Northfield, Mn.

3rd of 72 scoring teams (43 pts)

100 M - 1st Vandisha Wilder - 12.12
 100 M - 6th D. McLaughlin - 12.47
 200 M - 1st Vandisha Wilder - 24.62
 200 M - 7th D. McLaughlin - 25.45
 hurdles - 3rd Bridget Cochran - 14.45
 Triple Jump - 7th Tamiko Patterson - 35-11.5

2000 at Naperville, Ill.

2nd of 76 scoring teams (50 pts)

100 hurdles - 2nd Casey Taylor - 14.10
 Long jump - 1st Casey Taylor - 19-5 1/4
 Long jump - 3rd Tamika Lomax - 18-9
 Long jump - 6th Denita Eason - 18-6
 Triple jump - 2nd Casey Taylor - 39-6 1/2
 Triple jump - 4th LaNeatra Johnson - 38-3 1/2
 High jump - 7th Casey Taylor - 5-5 3/4
 400 MR - 2nd Tamika Lomax, Casey Taylor, Denita Eason, Marilyn Cochran

2001 at Decatur, Ill.

T31st of 72 scoring teams (8 pts)

100M - 6th Stephanie Andrews - 12.44
 Triple jump - 5th LaNeatra Johnson - 38-9 3/4
 400MR - 8th Tamika Lomax, Stephanie Andrews, Antionette Stowers, Marilyn Cochran - 50.68

2002 at St. Paul, Minn.

5th of 78 scoring teams (34 pts)

100 M - 5th Stephanie Andrews - 11.95
 100 M - 6th Happy Darcus - 11.95
 200 M - 2nd Stephanie Andrews - 24.00
 400MR - 2nd Happy Darcus, Marilyn Cochran, Marquitta Mines, Stephanie Andrews - 47.09
 1600MR - 6th Marilyn Cochran, Marquitta Mines, Vanessa Tabor, Stephanie Andrews - 3:48.57
 Triple jump - 2nd LaNeatra Johnson - 40-6 1/4

2003 at Canton, N.Y.

4th of 83 scoring teams (32 pts)

100 M - 6th Happy Darcus - 12.30
 100 M - 8th Stephanie Andrews - 12.45
 200 M - 6th Happy Darcus - 25.17
 200 M - 7th Stephanie Andrews - 25.23
 100 hurdles - 4th LaNeatra Johnson - 14.74
 400MR - 3rd Happy Darcus, Marilyn Cochran, Marquitta Mines, Stephanie Andrews - 46.64
 1600MR - 5th Happy Darcus, Vanessa Tabor, Marilyn Cochran, Stephanie Andrews - 3:49.28
 Triple jump - 2nd LaNeatra Johnson - 41-8

2004 at Decatur, Ill.

T45th of 70 scoring teams (4 pts)

Pole vault - 4th Brandy King - 11-8 1/2

2005 at Waverly, Iowa

T29th of 76 scoring teams (9 pts)

100 M - 6th Happy Darcus - 12.11
 200 M - 7th Happy Darcus - 24.87
 Long jump - 5th Marquitta Mines - 18-8 3/4

2006 at Lisle, Ill.

T46th of 74 scoring teams (5 pts)

Shot Put - 4th Rachael Clark - 45-10

MEN-OUTDOORS

1982 at Naperville, Ill.

44th of 87 scoring teams (10 pts)

Triple jump - 3rd Mark Clark - 49-5.75

1983 at Naperville, Ill.

23rd of 96 scoring teams (22 1/2 pts)

Long jump - 3rd Jim Williams - 24-0.5
 400MR - 10th Randy Bungard, Steve Carroll, Mark Clark, William Washington - 42.36

1984 at Northfield, Minn.

51st of 85 scoring teams (9 pts)

Long jump - 4th Jim Williams - 23-5.75

1986 at LaCrosse, Wisc.

56th of 72 scoring teams (3 pts)

400MR - 6th Michael Kenny, Mike Pitts, Kevin Myers, Mike Franklin - 41.66

1988 at Northfield, Minn.

31st of 72 scoring teams (8 pts)

400MR - 6th Michael Kenny, Stacey Proctor, Kevin Myers, Ed Milling - 41.64
 Discus - 7th William Sanderlin - 154-5
 Javelin - 11th Carl Braun - 187-10

1989 at Naperville, Ill.

T53rd of 76 scoring teams (3 pts)

400MR - 6th Ed Milling, Stacey Proctor, Kevin Myers, Michael Kenny - 42.27

1990 at Naperville, Ill.

Did not score

Triple jump - 9th Tony Rodriguez - 46-4.25

1991 at Berea, Ohio

T56th of 63 scoring teams (1 pt)

800M - 8th Jerome Valree - 1:55.04

1992 at Waterville, Me.

T59th of 64 scoring teams (1 pt)

Triple Jump - 8th David Bullock - 47-4.5

1994 at Naperville, Ill.

T57th of 73 scoring teams (3 pts)

400MR - 8th D. Bullock, C. Lewis, T. Marshall, C. Bunch - 42.14
 Long Jump - 7th Mike Boucher - 22-7.25

1995 at Northfield, Mn.

T40th of 70 scoring teams (7 pts)

100 dash - 8th Calvin Bunch - 11.06
 Triple Jump - 3rd Montez Kaufman - 47-4.25

1996 at Naperville, Ill.

T47th of 73 scoring teams (4 pts)

100H - 7th Franco Fox - 14.89
 Triple Jump - 8th Leo Pinkard - 45-10
 100M - 8th Russell Waller - 10.89

1997 at Lacrosse, Wisc.

T5th of 70 scoring teams (28 pts)

100 M - 5th Greg Boothe - 10.82
 200 M - 7th Greg Boothe - NT
 110 hurdles - 8th Jarmon Mayes - 14.67
 400 hurdles - 2nd Tony Smith - 51.99
 400 hurdles - 3rd Jarmon Mayes - 52.11
 400 MR - 6th T. Brown, C. Bunch, R. Waller, G. Boothe - 41.35
 1600 MR - 5th T. Smith, D. Punter, P. Page, J. Mayes - 3:15.56

1998 at St. Paul, Minn.

T14th of 68 scoring teams (14 pts)

400 MR - 3rd Russell Waller, Tab Brown, Greg Boothe, T. Smith - 40.98
 1600 MR - 8th T. Smith, Clyde Lewis, Greg Boothe, P. Page - 3:16.20
 100 M - 6th Greg Boothe - 10.79
 200 M - 8th Greg Boothe - 21.79
 400 hurdles - 7th Tony Smith - 53.21
 110 hurdles - 8th Tony Smith - 14.73

2000 at Bloomington, Ill

9th of 41 scoring teams (14 pts)

Triple jump - 2nd Steven Roberts - 48-5 1/2
 Triple jump - 3rd Damon Talley - 48-1 1/4

2001 at Decatur, Ill.

10th of 74 scoring teams (19 pts)

Long jump - 1st Damon Talley - 24-7 3/4
 Triple jump - 4th Steven Roberts - 49-1
 Triple jump - 5th Damon Talley - 48-8 3/4

2002 at St. Paul, Minn.

T72nd of 74 scoring teams (1 pt)

Triple jump - 8th Damon Talley - 47-2 1/4

2003 at Canton, N.Y.

T13th of 71 scoring teams (15 pts)

400 M - 7th Jarrell Warthen - 47.93
 110 hurdles - 8th Greg Bolton - 14.95
 1600MR - 5th Brandon Whitaker, Derrick Faison, David Briggs, Jarrell Warthen - 3:12.58

2005 at Waverly Iowa

T36th of 64 scoring teams (6 pts)

110 H - 3rd Greg Bolton - 14.42

2007 at Oshkosh, Wisc.

T37th of 79 scoring teams (7 pts)

200 M - 6th Leroy Harper - 21.74
 400MR - 5th Matt Griffis, George Jones, Leroy Harper, Charles Washington - 41.09

MEN - INDOORS

1989 at Brunswick, Me.

T15th of 37 scoring teams (8 pts)

55M - 2nd Ed Milling - 6.41

1990 at Northampton, Mass.

11th of 39 scoring teams (10 pts)

55M - 1st Ed Milling - 6.42
 Long Jump - 11th Bernard Wallace - 21-11

1991 at Middletown, Conn.

T13th of 35 scoring teams (10 pts)

55M - 2nd Ed Milling - 6.46
 55M - 5th Anthony Mungin - 6.53

1992 at Stevens Point, Wisc.

T29th of 35 scoring teams (2 pts)

55M - 5th Warner Seay - 6.52

1994 at Oshkosh, Wisc.

T32nd of 40 scoring teams (2 pts)

Triple Jump - 6th David Bullock - 47-2.5

1995 at Ada, Ohio

T7th of 39 scoring teams (14 pts)

Triple Jump - 1st David Bullock - 14.37M
 55 dash - 4th Calvin Bunch - 6.54

1997 at Oshkosh, Wisc.

T28th of 37 scoring teams (4 pts)

55M - 4th Calvin Bunch - 6.44

1998 at Waltham, Mass.

T3rd of 43 scoring teams (20 pts)

400M - 2nd Clyde Lewis - 49.35
 55 hurdles - 4th Tony Smith - 7.60
 1600MR - 2nd T. Smith, G. Boothe, P. Page, C. Lewis - 3:16.86

1999 at Ada, Ohio

T40th of 43 scoring teams (1 pt)

Triple jump - 6th Steven Roberts - 47-11 3/4

2000 at Naperville, Ill.

12th of 76 scoring teams (19 pts)

Long jump - 3rd Damon Talley - 24-7 1/4
 Triple jump - 7th Steven Roberts - 49-4 1/2
 Triple jump - 4th Damon Talley - 47-6 1/2

2001 at Oshkosh, Wisc.

T19th of 44 scoring teams (7 pts)

Long jump - 4th Damon Talley - 23-8 1/4
 Triple jump - 5th Steven Roberts - 47-11
 Triple jump - 6th Damon Talley - 47-10

2002 at Ada, Ohio

T35th of 54 scoring teams (4 pts)

Long jump - 6th Damon Talley - 22-8
 Triple jump - 8th Damon Talley - 47-8 1/2

2003 at Greencastle, Ind.

T33rd of 52 scoring teams (6 pts)

Triple jump - 3rd Matt Mertz - 47-6 1/2

2005 at Bloomington, Ill.

T23rd of 52 scoring teams (8 pts)

55M hurdles - 2nd Greg Bolton - 7.46

2006 at Northfield, Minn.

T39th of 52 scoring teams (4.5 pts)

High Jump - T4th Joseph Owens - 6-7 1/2

2007 at Terre Haute, Ind.

T38th of 57 scoring teams (3 pts)

55M hurdles - 6th Greg Bolton - 7.58

ALL-TIME BEST PERFORMANCES

With it's dozens of national champions and hundreds of All-Americans, the Christopher Newport track program has spawned some great performances.

Below are the top five marks in events in which the CNU men and women normally compete during indoor meets, with the five best athletes listed. On the following page are the outdoor lists. They were compiled by CNU assistant track coach, and head cross country coach, Keith Maurer.

Men - Indoors

55 meter Dash

1. Ed Milling - 6.29 - 1990
2. David Banks - 6.30 - 1985
3. Calvin Bunch - 6.32 - 1995
4. John Clark - 6.35 - 1984
5. David Bullock - 6.40 - 1995

200 meter Dash

1. Clyde Lewis - 22.00 - 1995
2. Greg Boothe - 22.10 - 1998
3. Charles Washington - 22.53 - 2007
4. Leroy Harper - 22.59 - 2007
5. Calvin Bunch - 22.64 - 1995

400 meter Dash

1. Charles Washington - 48.89 - 2007
2. David Banks - 49.02 - 1986
3. Clyde Lewis - 49.05 - 1998
4. Jarrell Warthen - 49.07 - 2003
5. Clarence Banks - 49.62 - 1988

800 meter Run

1. Jerome Valree - 1:54.60 - 1991
2. Jason Smith - 1:56.23 - 1996
3. Kevin Allardice - 1:56.90 - 1985
4. Tim Scott - 1:57.52 - 2005
5. Jarrell Warthen - 1:58.34 - 2002

Mile Run

1. Cary Chaffee - 4:16.87 - 2005
1. Keith Melanson - 4:17.28c - 1991
2. Dan Pittman - 4:19.24c - 1985
3. Andy Riley - 4:20.96c - 1999
5. David Barham - 4:23.78c - 2004

3000 meter Run

1. Matt Sinclair - 8:37.26 - 2003
2. GW Dameron - 8:50.20 - 1991
3. James Ratcliff - 8:56.30 - 1995
4. Andy Riley - 9:02.40 - 2000
5. Jim Highsmith - 9:02.91 - 2002

5000 meter Run

1. Matt Sinclair - 14:55.34 - 2003
2. James Ratcliff - 15:00.20 - 1995
3. Dan Pittman - 15:03.00 - 1985
4. Ron Borsheim - 15:16.00 - 1985
5. Nathaniel Huffman - 9:02.36 - 2007

55 meter Hurdles

1. Greg Bolton - 7.46 - 20045
2. Tony Smith - 7.51 - 2000
3. Tyrone Walker - 7.55 - 1984
4. Jarmon Mayes - 7.60 - 1998
5. Waris Wade - 7.70 - 1998

Shot Put

1. Ryan Gordon - 50-10 3/4
2. Troy King - 49'2.25" - 1987
3. Billy Boulden - 48'2.75" - 2006
4. Chris Waller - 47'8.5" - 2003
5. Kevin Boggs - 45' 6.5" - 2006

35 pound Weight Throw

1. Billy Boulden - 49-1.75 - 2005
2. David Rhue - 46-11.25 - 2005.
3. Carl Braun - 45' - 1988
4. Ryan Gordon - 44' 8" - 2007
4. Chris Banks - 44' 8" - 2007

Long Jump

1. Jim Williams - 24'2" - 1983
2. Damon Talley - 23'10" - 2001
3. Bernard Wallace - 23'2" - 1990
4. Nick Robinson - 23'1.5" - 2004
5. Mike Boucher - 22'11" - 1994

Triple Jump

1. Steve Roberts - 49'2" - 2002
2. Matt Mertz - 48'10.5" - 2002
3. Damon Talley - 48'6.5" - 2000
4. Isaac Bell - 47' 11" - 2007
5. David Bullock - 47'8.5" - 1995

High Jump

1. Joe Owens - 6-8.5 - 2005
2. Mike Boucher - 6'8" - 2002
3. Greg Winbush - 6'6" - 1985
3. Prennis Page - 6'6" - 1998
5. Chris Vest - 6'4" - 1982
5. Steve Barlow - 6'4" - 1988
5. Tony Rodriguez - 6'4" - 1990
5. Mike Lee - 6'4" - 1996
5. Damon Talley - 6'4" - 2000
5. Rob Rodriguez - 6'4" - 2004

Pole Vault

1. Bobby Wilson - 15'1.25" - 1996
2. Justin Loda - 15-0 - 2005
3. John Humphrey - 14'6" - 1984
3. Carl Stuart - 14-6 - 2005
5. Chris Middleton - 13'6" - 1985
5. Christian Leitz - 13'6" - 2000

Women - Indoors

55 meter Dash

1. Sheila Trice - 6.80 - 1990
2. Lisa Dillard - 6.87 - 1987
3. Meshailay Robinson - 7.10 - 1997
4. Happy Darcus - 7.12 - 2003
5. Tynesia Alston - 7.13 - 1988

200 meter Dash

1. Michelle Dickens - 25.29 - 1990
2. Stephanie Andrews - 25.38 - 2003
3. Karen Simon - 25.72 - 2006
4. Happy Darcus - 25.92 - 2003
5. Sheila Trice - 26.03 - 1990

400 meter Dash

1. Edna Davis - 56.24 - 1982
2. Stephanie Andrews - 56.96 - 2003
3. Sandy Shelton - 57.46 - 1991
4. Tina Walton - 57.94 - 1988
5. Cuseda Corridon - 58.06 - 1994
5. Marilyn Cochran - 58.06 - 2003

800 meter Run

1. Karen Humphrey - 2:17.04 - 1986
2. Adjoa Taylor - 2:20.39 - 1996
3. Megan Fogarty - 2:21.41 - 2006
4. Faith Swanson - 2:22.00 - 2001
5. Carey Foor - 2:22.30 - 1991

Mile Run

1. Megan Fogarty - 4:57.27 - 2006
2. Emily Low - 5:19.58 - 2006
3. Karen Humphrey - 5:23.05c - 1985
3. Aimee Gibbs - 5:25.22c - 2004
4. Bridgett Dryer - 5:27.11c - 2005

3000 meter Run

1. Megan Fogarty - 10:08.92 - 2006
2. Aimee Gibbs - 10:31.63 - 2003
3. Emily Low - 10:38.02 - 2006
4. Liz Bissell - 10:55.31 - 2006
5. Nicole Horn - 10:59.15 - 1996

5000 meter Run

1. Aimee Gibbs - 17:44.77 - 2001
2. Megan Fogarty - 17:55.64 - 2006
3. Emily Low - 18:21.07 - 2004
4. Liz Bissell - 18:46.96 - 2006
5. Ashley Ezell - 19:18.44 - 2004

55 meter Hurdles

1. Sheila Trice - 8.00 - 1989
2. Bridgett Cochran - 8.07 - 1997
3. Casey Taylor - 8.17 - 2000
4. Donna Green - 8.22 - 1988
5. Karen Simon - 8.29 - 2006

Shot Put

1. Claudia Stanley - 47'7.5" - 1987
2. Rachael Clark - 44' 7" - 2007
3. Latoya Porter - 40'11.25" - 2002
4. Lisa Molineaux - 38'6.75" - 1990
5. Leigh Trayers - 38'6" - 2002

20 pound Weight Throw

1. Sandra Gibbs - 44'9.5" - 1990
2. Kelsey Farmer - 41" 4.5" - 2007
3. Sharon Boyd - 41'1.5" - 1996
4. Leigh Trayers - 40'10" - 2003
5. Rachael Clark - 39' 8.75" - 2007

Long Jump

1. Lisa Dillard - 19'5.5" - 1987
2. Marquita Mines - 19'2.75" - 2003
3. Sandy Shelton - 19' .5" - 1988
3. Sheila Trice - 19' .5" - 1989
5. Casey Taylor - 19' - 2000

Triple Jump

1. Laneatra Johnson - 40'7" - 2003
2. Casey Taylor - 40'5" - 2000
3. Tamiko Patterson - 40' .5" - 1997
4. Sheila Trice - 39'1.25" - 1989
5. Lai Madden - 38'8.25" - 1994

High Jump

1. Casey Taylor - 5'8" - 2000
2. Maureen Gallagher - 5'3" - 1984
3. Debbie Hodges - 5'2" - 1985
3. Laneatra Johnson - 5'2" - 2000
3. Teresa McGuire - 5'2" - 2001
3. Lori Sheaks - 5'2" - 2001

Pole Vault

1. Brandy King - 11'7" - 2004
2. Stephanie Prakken - 10'6" - 2004
3. Shannon Crane - 10' - 2003
3. Kristine Schreiner - 10' - 2004
5. Krista Graham - 8-6 - 2005



ALL-TIME BEST PERFORMANCES

Women - Outdoors

- 100 Meter Dash**
 1. Lisa Dillard - 11.78 - 1987 *
 2. Sheila Trice - 11.89 - 1992
 3. Stephanie Andrews - 11.95 - 2002
 3. Happy Darcus - 11.95 - 2002
 5. Leema Madden - 11.98 - 1997
- 200 Meter Dash**
 1. Stephanie Andrews - 23.80 - 2002 *
 2. Lisa Dillard - 24.01 - 1987 *
 3. Shelia Trice - 24.31 - 24.31 - 1990
 4. Vandisha Wilder - 24.41 - 1994
 5. Karen Simon - 24.64 - 2006
- 400 Meter Dash**
 1. Edna Davis - 54.34 - 1980
 2. Sandy Shelton - 55.43 - 1987
 3. Silvia Douglas - 55.99 - 1983
 4. Pam Walton - 56.16 - 1989
 4. Cusetta Coridon - 56.16 - 1994
- 800 Meter Run**
 1. Cindy Smith - 2.16.50 - 1983
 2. Adjoa Taylor - 2.16.90 - 1996
 3. Karen Humphrey - 2.17.45 - 1987
 4. Megan Fogarty - 2.19.88 - 2006
 5. Maura McCoglan - 2.20.18 - 1989
- 1500 Meter Run**
 1. Megan Fogarty - 4:39.89 - 2006
 2. Nicole Horn - 4.49.05 - 1996
 3. Karen Humphrey - 4.49.60 - 1986
 4. Bridgett Dryer - 4:51.57 - 2005
 5. Cindy Smith - 4.56.60 - 1983
- 3000 Meter Steeplechase**
 1. Emily Low - 11:19.93 - 2005
 2. Lindsay Newell - 11.31.00 - 2002
- 5000 Meter Run**
 1. Aimee Gibbs - 17.49.60 - 2001
 2. Emily Low - 17:59.81 - 2004
 3. Megan Fogarty - 18:20.22 - 2006
 4. Amy Wampler - 19:08.63 - 2007
 5. Ashley Ezell - 19:13.96 - 2006
- 10,000 Meter Run**
 1. Aimee Gibbs - 37:04.86 - 2002
 2. Emily Low - 39:50.43 - 2004
 3. Liz Bissell - 40:31.40 - 2006
 4. Ashley Ezell - 41:04.9 - 2007
 5. Elizabeth Browning - 42:41.74 - 2004
- 100 Meter Hurdles**
 1. Bridgett Cochran - 13.60 - 1998 * #
 2. Casey Taylor - 14.10 - 2000 *
 3. Karen Simon - 14.42 - 2006
 4. Laneatra Johnson - 14.65 - 2002
 4. Jenita Harris - 14.65 - 1998
- 400 Meter Hurdles**
 1. Bridgett Cochran - 1.00.65 - 1998
 2. Shelia Trice - 1.00.68 - 1988
 3. Jenita Harris - 1.01.27 - 1998
 4. Vanessa Tabor - 1.03.13 - 2003
 5. Casey Taylor - 1.03.29 - 2000
- Long Jump**
 1. Casey Taylor - 19'11.25" - 1999 *
 2. Sheila Trice - 19'10" - 1990
 3. Jennifer Martin - 19'7" - 1992
 4. Antoinette Bass - 19'6.75" - 1994
 5. Lisa Dillard - 19'6.5" - 1987
- Triple Jump**
 1. Laneatra Johnson - 41'8" - 2003 *
 2. Casey Taylor - 40'5.5" - 1999 *
 3. Shelia Trice - 39'9" - 1989
 2. Brandy Fertita - 39'25" - 1994
 5. Tamiko Patterson - 38'11" - 1996
- High Jump**
 1. Casey Taylor - 5'10" - 2000 *
 2. Tia Johnson - 5'4" - 1990
 2. Brandy Fertita - 5'4" - 1994
 4. Maureen Gallagher - 5'2" - 1983
 4. Laneatra Johnson - 5'2" - 2002
 4. Lori Sheaks - 5'2" - 2002
- Pole Vault**
 1. Brandy King - 11'7" - 2002
 2. Stephanie Prakken - 10'6" - 2003
 3. Kristine Schreiner - 10-0 - 2005
 4. Shannon Crane - 9'6" - 2003
 5. Krista Graham - 8-6 - 2004
- Shot Put**
 1. Claudia Stanley - 48'3.5" - 1986
 2. Rachael Clark - 45'10.75" - 2006
 3. Lisa Molineaux - 42'6.5" - 1990
 4. Latoya Porter - 42'1.5" - 2002
 5. Maria Bailey - 38'9.5" - 1988
- Discus**
 1. Leigh Trayers - 140'5 3/4" - 2004
 2. Claudia Stanley - 133'3" - 1986
 3. Sharon Boyd - 124'2" - 1996
 4. Clara Gooatee - 123'8" - 1986
 5. Latoya Porter - 120'5" - 2002
- Javelin**
 1. Annette Glasser - 125'8" - 1999
 2. Sandra Gibbs - 120" - 1990
 3. Lisa Molineaux - 117'8" - 1991
 4. Darlene Best - 104'8" - 1984
 5. Brandy Fertita - 98'10" - 1994
- Hammer**
 1. Leigh Trayers - 147-10 - 2004
 2. Sharon Boyd - 139'5" - 1997
 3. Kelsey farmer - 125-8 - 2007
 4. Rachael Clark - 121-10 - 2007
 5. Colandra Rollins - 111-7 - 2007
- Heptathlon**
 1. Casey Taylor - 4,325 points - 1998
 2. Brandy Fertita - 4,139 points - 1994
 3. Rose Charris - 3,487 points - 1994

Men - Outdoors

- 100 Meter Dash**
 1. Greg Boothe - 10.46 - 1997
 2. Calvin Bunch - 10.59 - 1997
 3. Ed Milling - 10.60 - 1991
 4. Mike Franklin - 10.65 - 1986
 5. Russell Waller - 10.76 - 1996
- 200 Meter Dash**
 1. Clyde Lewis - 21.05 - 1995 *
 2. Greg Boothe - 21.30 - 2000
 3. Calvin Bunch - 21.46 - 1995
 4. Charles Washington - 21.85 - 2007
 5. David Banks - 21.89 - 1985
- 400 Meter Dash**
 1. David Banks - 47.74 - 1985
 1. Jarrell Warthen - 47.93 - 2003
 3. Clyde Lewis - 48.21 - 1995
 4. Will Robertson - 48.39 - 2001
 5. Jon Besecker - 48.85 - 2004
- 800 Meter Run**
 1. Jerome Valree - 1.51.65
 2. Andy Riley - 1.54.00 - 2000
 3. Joe Hembrook - 1.54.44 - 1999
 4. Jason Berry - 1.54.50 - 2003
 5. Warren Hedgepath - 1.54.86 - 1994
- 1500 Meter Run**
 1. Dan Pittman - 3.50.42 - 1985
 2. Mark Earnest - 3.54.70 - 1994
 3. Andy Riley - 3.56.30 - 1999
 4. Cary Chaffee - 3:58.60 - 2004
 5. Steve Fuller - 4.02.70 - 1984
- 3000 Meter Steeplechase**
 1. Dan Swale - 9:44.09 - 2006
 2. Jim Highsmith - 9.44.90 - 2003
 3. Rob Borsheim - 9.46.00 - 1984
 4. Keith Marshall - 9.47.00 - 1986
 5. David Baer - 9.57.30 - 2003
- 5000 Meter Run**
 1. Matt Sinclair - 14.45.01 - 2003
 2. Keith Melanson - 15.06.70 - 1985
 3. GW Dameron - 15.10.80 - 1991
 4. Sean Smith - 15:13.04 - 2005
 5. James Ratcliff - 15.14.66 - 1995
- 10,000 Meter Run**
 1. Rob Borsheim - 31:40.95 - 1984
 2. Jim Highsmith - 33:14.83 - 2003
 3. Brandon Miles - 33:23.76 - 2004
 4. Jon Leggett - 33:39.50 - 1999
 5. Matt Sinclair - 33:57.90
- 110 Meter Hurdles**
 1. Greg Bolton - 14.28 - 2004
 2. Mike Franklin - 14.45 - 1986
 3. Tony Smith - 14.47 - 1998
 4. Matt MacDonald - 14.61 - 2004
 5. Jarmon Mayes - 14.67 - 1997
- 400 Meter Hurdles**
 1. Tony Smith - 51.99 - 1997
 2. Jarmon Mayes - 52.11 - 1997
 3. Dan Frizzell - 53.33 - 1987
 4. Ted Brown - 54.81 - 1986
 5. Ed Hardy - 55.08 - 1988
- Long Jump**
 1. Jim Williams - 24'8" - 1983
 2. Damon Talley - 24'7.75" - 2001
 3. Tony Smith - 23'7.5" - 1997
 4. Mike Boucher - 23'5" - 1995
 5. Mike Lee - 23'2.75" - 1997
- Triple Jump**
 1. Damon Talley - 50'.75" - 2001
 2. Steve Roberts - 49'9.75" - 2000
 3. Mark Clark - 49'5.75" - 1982
 4. Matt Mertz - 49'1.5" - 2003
 5. David Bullock - 48'9.5" - 1994
- High Jump**
 1. Mike Lee - 6'8" - 1996
 2. Joe Owens - 6-9 - 2005
 3. Damon Talley - 6'6" - 1999
 4. Mike Boucher - 6'5" - 1995
 5. Jerome Gunter - 6'4" - 1992
 5. Eric Rogers - 6'4" - 1994
 5. Prenis Page - 6'4" - 1996
 5. Steve Roberts - 6'4" - 1999
- Pole Vault**
 1. Justin Loda - 15-3 - 2006
 2. John Humphrey - 14'6" - 1983
 2. Bobby Wilson - 14'6" - 1996
 4. Erik Hasty - 14' - 1987
 5. Jared Rader - 13-6 1/4 - 2007
- Shot Put**
 1. Troy King - 51'1" - 1987
 2. Ryan Gordon - 49-11 - 2007
 3. Chris Waller - 49'4" - 2003
 4. Billy Bouldin - 46-10.5" - 2006
 5. Matt Eckstein - 45'4" - 1993
- Discus**
 1. Kevin Boggs - 161'6" - 2006
 2. William Sanderlin - 158'10" - 1988
 3. Troy King - 154'6" - 1987
 4. Bob Cleaver - 152'8.5" - 1988
 4. Ryan Gordon - 152-8 - 2007
- Javelin**
 1. Ed McSweeney - 203'3" - 1977
 2. Carl Braun - 184'7" - 1987
 3. Horace Boykins - 165'10" - 1999
 4. Donta Wade - 155'4" - 2002
 5. Rob Rodriguez - 152'3" - 2006
- Hammer**
 1. Billy Boulden - 149'9.25" - 2006
 2. Ryan Gordon - 135-5 - 2007
 3. David Rhue - 132-11 - 2005
 4. Mark Sisak - 128'10" - 1990
 5. Curtis Parker - 124'10" - 1994
- Decathlon**
 1. Mike Boucher - 6,245 points - 1995



ALL-TIME BEST PERFORMANCES

In an effort to quantify, in an unscientific way, Christopher Newport's top overall male and female athletes indoors and outdoors, CNU assistant track coach, and head cross country coach Keith Maurer, used the rankings on the preceeding two pages and assigned the scoring system described below to create athlete rankings.

WOMEN - Indoors

1. Sheila Trice (1987-1990) - 41 points - First in the 55 Dash & 55 Hurdles, third in Long Jump, and fourth in 200 Dash and Triple Jump, fifth in 200
2. Megan Fogarty (2003-2006) - 37 points - First in 3000 and mile, second in 5000, third in 800
3. Casey Taylor (1997-2000) - 33 points - First in High Jump, second in Triple Jump, third in 55 Hurdles, and fifth in Long Jump
4. Emily Low (2003-2006) - 27 points - Second in mile, third in 3000 and 5000, ninth in 800
5. Aimee Gibbs (2001-2004) - 26 points - First in 5000, second in 3000, fourth in mile
6. Michelle Dickens (1986-1990) - 24 points - First in 200, sixth in 55 Dash & Long Jump, seventh in High Jump
7. Karen Humphrey (1984-1987) - 23 points - First in 800, third in mile, sixth in 3000
8. Lisa Dillard (1987) - 19 points - First in Long Jump, second in 55 Dash
9. Sandy Shelton (1987-1991) - 18 points - Third in 400 & Long Jump, ninth in 200
9. Stephanie Andrews (2000-2002) - 18 points - Second in 200 & 400

MEN - Indoors

1. Damon Talley (1999-2002) - 26 points - Second in Long Jump, third in Triple Jump, fifth in High Jump, eighth in 55 Hurdles
2. Matt Sinclair (2000-2002) - 24 points - First in 3000 & 5000, ranked seventh in mile
3. Mike Boucher (1993-1995, 2002) - 20 points - Second in High Jump, fifth in Long Jump, sixth in 55 Hurdles
3. Clyde Lewis (1995-1998) - 20 points - First in 200, second in 400, tenth in 55
5. Billy Boulden (2003-2006) - 19 points - First in weight throw and second in the shot put
5. James Ratcliff (1994-1995) - 18 points - Second in 5000, third in 3000, tenth in mile
7. Andy Riley (1998-2000) - 17 points - Fourth in mile & 3000, eighth in 800
8. Dan Pittman (1985-1986) - 16 points - Third in mile, third in 5000
8. Calvin Bunch (1994-1997) - 16 points - Third in 55 Dash & 200
10. Cary Chaffee (2004) - 15 points - First in the mile and sixth in the 5000

SCORING SYSTEM

First Place - 10 points
Second Place - 9 points
Third Place - 8 points
Fourth Place - 7 points
Fifth Placer - 6 points

Sixth Place - 5 points
Seventh Place - 4 points
Eighth Place - 3 points
Ninth Place - 2 points
Tenth Place - 1 point

WOMEN - Outdoors

1. Casey Taylor (1997-2000) - 69 points - First in Long Jump*, High Jump*, & Heptathlon, second in Triple Jump & 100 Hurdles*, and fifth in 400 Hurdles
2. Shelia Trice (1987-1990) - 48 points - Second in 100, 400 Hurdles, & Long Jump, third in 200 and Triple Jump, and sixth in 100 Hurdles
3. Lisa Dillard (1987) - 35 points - First in 100*, second in 200*, and fifth in Long Jump
4. Emily Low (2003-present) - 34 points - First in 3000 steeplechase, second in 5000 and 10,000, sixth in 1500, tenth in 800
5. Bridget Cochran (1995-1998) - 30 points - First in 100 Hurdles# and 400 Hurdles
6. Laneatra Johnson (2000-2003) - 29 points - First in Triple Jump*, fourth in 100 Hurdles, and fourth in High Jump
7. Stephanie Andrews (2000-2003) - 27 points - First in 200*, third in 100, and eighth in 400
8. Megan Fogarty (2003-2006) - 25 points - First in 1500, third in 5000, fourth in 800
9. Aimee Gibbs (2001-2004) - 24 points - First in 5000 & 10,000, and seventh in 1500
10. Brandy Fertita (1992-1994) - 23 points - Second in heptathlon and high jump and fifth in javelin

Men - Outdoors

1. Damon Talley (1999-2002) - 28 points - First in Triple Jump, second in Long Jump & High Jump
2. Tony Smith (1997-2000) - 26 points - First in 400 Hurdles, and third in 110 Hurdles & Long Jump
3. Mike Boucher (1993-1995 & 2002) - 25 points - First in Decathlon, third in High Jump, fourth in Long Jump
4. Carl Braun (1985-1988) - 24 points - Second in Javelin, fifth in Shot Put & Hammer, sixth in Discus
5. Mark Earnest (1992-1995) - 19 points - Second in 1500, sixth in 800 & 5000
5. Billy Boulden (2003-2006) - 19 points - First in hammer, third in shot, tenth in discus
7. Troy King (1987) - 18 points - First in Shot Put, third in Discus
7. Clyde Lewis (1995-1998) - 18 points - First in 200, third in 400
7. Jim Highsmith (2002-2005) - 18 points - second in 10,000 and steeplechase
10. Calvin Bunch (1994-1997) - 17 points - Second in 100, third in 200

* - a performance that ranks in the top 10, All-Time, Nationally - 5 bonus points

- the current NCAA Division III National Record - 10 bonus points

BELK TRACK FACILITY RECORDS

MEN'S RECORDS

Event	Athlete	Affiliation	Meet	Date	Record
100	Greg Boothe	CNU	Captains Classic	4/5/97	10.47
200	Tony Wheeler	Kecoughtan H.S.	Captains Classic	1992	21.0
400	James Carter	Rolling Thunder	CNU Inv.	4/26/97	47.99
800	Alan Webb	South Lakes H.S.	Captains Classic	4/8/00	1:50.41
1500	Kip Cheruiyot	Mt. St. Mary's	Mason-Dixon Conf.	5/3/86	3:46.5
1600	Alan Webb	South Lakes H.S.	Captains Classic	4/10/99	4:13.7
3000 Steeple.	Jason Dunn	William & Mary	CNU Inv.	4/29/95	9:09.6
3000	Bryan Dunn	William & Mary	CNU Inv.	4/30/94	8:34.1
3200	Bryce Ruiz	Jamestown H.S.	Captains Classic	4/13/02	9:11.46
5000	Matt Lane	Unattached	CNU Inv.	4/26/97	14:27.1
10,000	Tim Billo	Williams	Captains Classic	4/1/95	31:17.4
110 Hurdles-42"	Karriem Pierre	Unattached	Mason-Dixon Conf.	5/4/03	14.19
110 Hurdles-39"	Gemayel Hazzard	Bethel H.S.	Captains Classic	4/7/01	14.34
300 Hurdles	Jerel Williams	Menchville H.S.	Captains Classic	4/1/93	37.98
400 Hurdles	Tony Smith	CNU	Mason-Dixon Conf.	5/3/97	52.33
400 Relay	Lincoln		Captains Classic	4/1/00	41.07
1600 Relay	Mary Washington		Mason-Dixon Conf.	5/5/01	3:15.20
3200 Relay	Lafayette H.S.		Captains Classic	4/1/93	7:59.9
Pole Vault	Bradley Hicks	Methodist	Captains Classic	4/1/98	16-6
High Jump	Keith Moffatt	Unattached	CNU Inv.	4/26/03	7-2
Long Jump	Curtis Porter	Virginia Union	CNU Inv.	4/26/97	24-6
Triple Jump	Lemar Bowers	Virginia Union	CNU Inv.	4/29/00	49-1
Discus - 2 kg	Ethan Brooks	Williams	Captains Classic	4/1/95	155-4
Discus - 1 kg	James Eberhardt	Mary Washington	CNU Inv.	4/30/05	159-3
Javelin	Brian Kollar	Unattached	CNU Inv.	4/25/98	213-1
Hammer	Eric Frasure	East Carolina	CNU Inv.	4/24/04	181-7
Shot Put - 16 lb	Steve Huntzinger	Unattached	CNU Inv.	/30/05	56- 4 3/4
Shot Put - 12 lb	Ralph Bell	Great Bridge H.S.	Captains Classic	4/1/98	57-1 1/2



David Bullock



Bridget Cochran



Leema Madden



Claudia Stanley

WOMEN'S RECORDS

Event	Athlete	Affiliation	Meet	Date	Record
100	Leema Madden	CNU	Captains Classic	4/5/97	11.98
200	Janelle Johnson	Bethel H.S.	Captains Classic	1992	24.30
400	Marie Giles	Bethel H.S.	Captains Classic	4/8/00	54.46
800	Amy Gediman	Radford	CNU Inv.	4/26/03	2:12.89
1500	Hunt	Liberty	Mason-Dixon Conf.	5/3/86	4:37.3
1600	Jennifer Boyd	Hickory H.S.	Captains Classic	4/5/03	4:57.40
3000	Betsy Bachtel	Gallaudet	Mason-Dixon Conf.	5/3/86	10:08.6
3000 Steeple.	Ashlyn Sinclair	Unattached	CNU Inv.	4/30/05	11:23.05
3200	Krystin Shiring	North Stafford H.S.	Captains Classic	4/13/02	10:59.00
5000	Danielle Kramer	Bloomsburg	Captains Classic	4/5/03	17:33.72
10,000	Aimee Gibbs	CNU	Captains Classic	4/6/02	37:04.86
100 Hurdles	Bridget Cochran	CNU	Mason-Dixon Conf.	5/2/98	13.79
300 Hurdles	Tonya Williams	Norview H.S.	Captains Classic	1992	42.10
400 Hurdles	Zandra Berry	Lincoln	Captains Classic	4/1/00	1:01.05
400 Relay	CNU		Mason-Dixon Conf.	5/3/03	47.26
1600 Relay	Menchville H.S.		Captains Classic	4/9/94	3:47.16
3200 Relay	Kellam H.S.		Captains Classic	4/5/03	9:29.10
High Jump	Casey Taylor	CNU	Captains Classic	4/3/99	5-7 1/2
Long Jump	Casey Taylor	CNU	Mason-Dixon Conf.	5/1/99	19-11 1/4
Triple Jump	LaNeatra Johnson	CNU	Mason-Dixon Conf.	5/3/03	41-5
Discus	Amy Brown	Unattached	CNU Inv.	4/25/98	166-2
Javelin	Ann Crouse	Unattached	CNU Inv.	4/25/98	156-0
Hammer	Dawn Barrows	Roberts Wesleyan	Captains Classic	4/5/97	156-6
Shot Put	Angela Bertholdt	Unattached	CNU Inv.	4/24/04	50-1 1/2
Pole Vault	Tammie Mentzel	East Carolina	CNU Inv.	4/24/04	12-0
	Brandy King	CNU	Mason-Dixon Conf.	5/1/04	12-0
Heptathlon	Gabrielle DeShong	VCU	CNU Inv.	4/24/99	4,800

FREEMAN CENTER FACILITY RECORDS

MEN'S RECORDS

Event	Athlete	Affiliation	Meet	Date	Record
55	Jason Smoots	North Carolina Central	CIAA Championship	2/7/02	6.25
55 - HS	Lashawn Merritt	Wilson H.S.	Eastern Regional	2/23/04	6.36
60	Jason Smoots	N.C. Central	CIAA Championship	2/11/04	6.55
55 Hurdles - 42"	Anwar Moore	St. Augustine's	CIAA Championship	2/7/02	7.38
55 Hurdles - 39"	Esteban Guzman	Nansemond River H.S.	Captains Classic	2/12/02	7.35
60 Hurdles	Gabrielle Bennett	Unattached	Lid-Lifter	12/8/01	7.62
200	Phillippe DeRosier	St. Augustine	CIAA Championship	2/11/07	21.64
300	Lashawn Merritt	Wilson H.S.	Showcase	1/10/04	34.60
400	Charles Shoffner	North Carolina A&T	Lid-Lifter	12/8/01	48.08
500	Derron Floyd	Deep Creek H.S.	Eastern Regional	2/18/03	1:04.16
800	Curtis Parker	Hampton U.	Lid-Lifter	12/8/01	1:53.43
1000	Richard Smith	South Lakes H.S.	Showcase	1/12/02	2:30.37
1500	Steve Gross	Virginia	Winter Frolic	2/10/01	3:55.83
1600	Alex Tatu	Thomas Dale H.S.	Showcase	1/12/02	4:17.04
Mile	Matt Wolak	William & Mary	Vince Brown Inv.	2/10/07	4:11.86
3000	Mike Ryan	Unattached	Winter Frolic	2/7/03	8:26.01
3200	Alan Webb	South Lakes H.S.	Showcase	1/31/01	9:06.00
5000	Ed Moran	Unattached	CNU Holiday Open	12/3/06	13:50.97
800 Relay		Deep Creek H.S.	Southeastern Dist.	1/30/03	1:29.51
1600 Relay		Hampton Track Club	Captains Classic	1/24/04	3:14.99
1600 Relay - HS		Deep Creek	Eastern Regional	2/18/03	3:27.07
800 Relay - HS		Deep Creek H.S.	Eastern Regional	2/18/03	3:27.07
3200 Relay		William & Mary	Winter Frolic	2/7/03	7:48.09
3200 Relay - HS		Midlothian H.S.	Showcase	1/10/03	8:03.30
Dist. Med. Relay		Norfolk St.	Captains Classic	1/25/03	9:47.00
Long jump	Marcus O'Neal	Unattached	Winter Frolic	2/9/02	25-11
Long jump - HS	Toriano Moody	Indian River	Eastern Regional	2/18/06	23-4
Triple jump	Tim Rusan	St. Augustine's	Lid-Lifter	12/2/00	52-10 1/2
Triple jump - HS	Melvin Woodhouse	Landstown H.S.	Eastern Regional	2/18/02	48-11 1/2
High jump	Jermichael Watts	North Carolina A&T	Lid-Lifter	12/1/00	7-2
High jump - HS	Keith Moffatt	Menchville H.S.	Eastern Regional	2/18/02	7-2 1/4
Pole vault	Brent Calloway	North Carolina	Lid-Lifter	12/1/00	16-4 3/4
Pole vault - HS	Mike Morrison	Great Bridge	Showcase	1/8/05	15-6
Men's 12 lb. shot	Frede Spellman	Oscar Smith H.S.	Southeastern District	2/7/07	61-11 1/2
Men's 16 lb shot	Sean Duggan	Catholic U.	Mason-Dixon Conf.	2/21/04	57-0
Men's 35 lb Wt.	Chris Crawford	North Carolina St.	CNU Holiday Open	12/3/06	60-5 1/2

WOMEN'S RECORDS

Event	Athlete	Affiliation	Meet	Date	Record
55	Anna Teschemaker	St. Augustine's	CIAA Championship	2/7/02	7.03
55 - HS	Francena McCrory	Bethel H.S.	Eastern Regional	2/18/06	6.86
60	Rachelle Boone	HATC	Captains Classic	1/24/04	7.40
55 Hurdles	Samayah Islam	St. Augustine's	CIAA Championship	2/7/02	8.12
55 Hurdles - HS	Kali Watkins	Menchville H.S.	Eastern Regional	2/18/07	7.95
60 Hurdles	Kia Davis	Elite Athletes International	Captains Classic	1/24/04	8.23
200	Rachelle Boone	HATC	Captains Classic	1/24/04	24.20
300	Francena McCrory	Bethel H.S.	Eastern Regional	2/18/06	38.06
400	Johnsie Liles	St. Augustine	CIAA Championship	2/11/07	55.10
500	Francena McCrory	Bethel H.S.	Eastern Regional	2/18/06	1:11.97
800	Elizabeth Rocks	Pittsburgh	Lid-Lifter	12/8/01	2:12.31
1000	Kristy Tobin	Great Bridge	Eastern Regional	2/18/06	2:56.30
1500	Ruth Chege	Richmond	Winter Frolic	2/9/02	4:35.68
1600	Jennifer Boyd	Hickory H.S.	Eastern Regional	2/18/03	4:54.84
Mile	Emily Schroeder	William & Mary	Vince Brown Inv.	2/10/07	5:02.88
3000	Kathy Newberry	Unattached	Captains Classic	1/24/04	9:34.92
3200	Melissa Dewey	Hayfield	Showcase	1/8/05	10:42.81
5000	Jackie Kosakowski	William & Mary	Lid-Lifter	12/4/04	16:58.72
800 Relay		Bethel H.S.	Eastern Regional	2/23/04	1:40.77
1600 Relay		Elite Athletes International	Captains Classic	1/24/04	3:47.78
1600 Relay - HS		Bethel H.S.	Showcase	1/10/04	3:58.68
3200 Relay		Pittsburgh	Lid-Lifter	12/2/00	9:12.88
3200 Relay - HS		Kellam H.S.	Eastern Regional	2/18/03	9:36.12
Dist. Med. Relay		Richmond	Winter Frolic	2/7/03	12:01.99
Long jump	Ola Secay	North Carolina	Lid-Lifter	12/1/00	20-10 1/2
Long jump - HS	Yvette Lewis	Menchville H.S.	Eastern Regional	2/18/03	19-4 1/2
Triple jump	Yvette Lewis	Unattached	Winter Frolic	2/8/04	41-11 3/4
Triple jump - HS	Yvette Lewis	Menchville H.S.	H.S. Winter Frolic	12/21/02	41-4 1/2
High jump	Stacy Taylor	Pittsburgh	Lid-Lifter	12/1/00	5-9 3/4
High jump - HS	Ashley Haislip	Lake Braddock	H.S. Winter Frolic	12/11/04	5-8
	Ashley Gatling	Deep Creek	Southeastern Dist.	2/9/05	5-8
	DeShana Briggs	Booker T. Washington	Winter Frolic	12/9/06	5-8
Pole vault	Andrea Wildrick	Liberty	Winter Frolic	2/9/02	14-0
Pole vault - HS	Ann Marie Gordon	Mills Godwin	Winter Frolic	12/9/06	11-3
Women's 4 kg shot	Amanda Walker	Pittsburgh	Lid-Lifter	12/8/01	48-2 3/4
Women's shot - HS	L. Neuberger	Cox H.S.	Eastern Regional	2/19/01	45-5 1/2
Women's 20 lb Wt.	Kelly Smoke	North Carolina St.	Lid-Lifter	12/8/01	56-1 1/2

WOMEN - INDOORS

Event	Athlete	Time/Dist.	Year
50Y Hurdles	Debi Hodges	7.68	1985
55M Hurdles	Sheila Trice	8.00	1989
55M	Sheila Trice	6.80	1990
200M	Michelle Dickens	25.29	1990
300Y	Silvia Douglas	38.7	1985
300M	Sandy Shelton	40.99	1988
400M	Edna Davis	56.24	1982
440Y	Edna Davis	1:00.18	1982
500M	Vandisha Wilder	1:22.8	1993
600Y	Silvia Douglas	1:42.8	1983
600M	Karen Rutherford	2:04.5	1983
800M	Karen Humphrey	2:17.04	1986
880Y	Karen Humphrey	2:25.4	1986
1000Y	Kim Angevine	2:52.9	1987
1500M	Megan Fogarty	4:52.33	2004
1 Mile	Megan Fogarty	4:57.27	2006
3000M	Megan Fogarty	10:08.92	2006
2 miles	Karen Humphrey	12:04	1985
5000M	Aimee Gibbs	17:44.77	2001
440Y Relay	Debi Hodges, Maureen Gallagher,	52.2	1985
	Deanna Naylor, Silvia Douglas		
1600M Relay	Denita Eason, Jenita Harris	3:54.4	1998
	Meshailay Robinson, Bridget Cochran		
3200M Relay	Karen Humphrey, Cindy Smith,		
	Kim Angevine, Leigh Anne Beale	10:05.4	1986
Dist. Medley	Emily Low, Leah Clark		
Relay	Beth Bartelmes, Megan Fogarty	13:00.17	2006
Shot put	Claudia Stanley	47-7 1/2	1985
High jump	Casey Taylor	5-8	2000
Long jump	Lisa Dillard	19-5 1/2	1987
Triple jump	LaNeatra Johnson	40-7	2003
20 lb weight	Saundra Gibbs	44-9 1/2	1990
Pole vault	Brandy King	11-9 3/4	2004

MEN - INDOORS

Event	Athlete	Time/Dist.	Yr.
50Y Hurdles	Joe Holland	6.63	1985
55M Hurdles	Greg Bolton	7.46	2005
50Y	Jim Williams	5.56	1984
55M	Ed Milling	6.29	1990
200M	Clyde Lewis	22.00	1995
300M	John Clark	36.4	1986
400M	Charles Washington	48.89	2007
500M	Clarence Banks	1:06.8	1986
600Y	Clarence Banks	1:11.1	1986
880Y	Dirl Riddle	2:01.1	1973
800M	Jerome Valree	1:54.6	1991
1000Y	Dirl Riddle	2:21.6	1973
1000M	Gene Shum	2:34.8	1992
1500M	Keith Melanson	3:58.29	1991
1 Mile	Cary Chaffee	4:16.87	2005
3000M	Matt Sinclair	8:37.26	2003
2 miles	Dan Pittman	9:34.8	1985
5000M	Matt Sinclair	14:55.34	2003
440Y Relay	Randy Bungard, Datus Young,	45.7	1983
	Steve Carroll, William Washington		
800M Relay	Jim Williams, Datus Young,	1:35.6	1983
	Steve Carroll, Stuart Spears		
1600M Relay	Tony Smith, Greg Boothe	3:16.86	1998
	Prennis Page, Clyde Lewis		
3200M Relay	Jerome Valree, Keith Melanson,	8:03.7	1991
	Chris Moore, Gene Shum		
Shuttle Hurdle	Tyrone Walker, Jeff Bowyer,	31.86	1983
Relay	Eric Zidenberg, Datus Young		
Distance	Steve Kast, Kevin Allardice,	10:33.1	1985
Medley Relay	Ron Borsheim, Dan Pittman		
High jump	Joe Owens	6-8 1/2	2005
Long jump	Jim Williams	24-2	1983
Triple jump	Steve Roberts	49-2	2002
Shot put	Ryan Gordon	50-10 1/2	2007
35lb Weight	Billy Boulden	49-1 3/4	2005
Pole vault	Bobby Wilson	15-1 1/4	1996

WOMEN - OUTDOORS

Event	Athlete	Time/Dist.	Yr
100M	Lisa Dillard	11.78	1987
200M	Stephanie Andrews	23.80	2002
400M	Edna Davis	54.34	1980
800M	Cindy Smith	2:16.5	1983
1500M	Megan Fogarty	4:39.89	2006
3000M	Megan Fogarty	9:53.47	2006
3000 Steepl.	Emily Low	11:19:93	2005
5000M	Aimee Gibbs	17:49.60	2001
10,000M	Aimee Gibbs	37:04.86	2002
100M Hurdles	Bridget Cochran	13.60	1998
400M Hurdles	Bridget Cochran	1:00.65	1998
400M Relay	Meshailay Robinson, Denita	46.20	1998
	Eason, Bridget Cochran,		
	Leema Madden		
800M Relay	Sheila Trice, Tina Walton,	1:40.94	1989
	Barbara Robb, Jennifer Martin		
1600M Relay	Denita Eason, Bridget Cochran,	3:46.05	1998
	Leema Madden, Jenita Harris		
3200M Relay	Candress Mitchell, Jennifer Freeburn,		
	Stephanie Baker, Carey Foor	10:01.2	1992
Sprint Medley	Antoinete Bass, Cynthia Bryant,	1:50.7	1992
Relay	Jennifer Martin, Candress Mitchell		
Distance	Faith Swanson, Jen Watkins	13:12.6	2001
Medley Relay	Alicia Burns, Aimee Gibbs		
Shot put	Claudia Stanley	48-3 1/2	1986
Discus	Leigh Trayers	140-5 3/4	2004
Javelin	Annette Glaser	125-8	1999
Hammer	Leigh Trayers	147-10	2004
High jump	Casey Taylor	5-10	2000
Long jump	Casey Taylor	19-11 1/4	1999
Triple jump	LaNeatra Johnson	41-8	2003
Heptathlon	Casey Taylor	4,325	1998
Pole vault	Brandy King	12-0	2004

MEN - OUTDOORS

Event	Athlete	Time/Dist.	Year
100M	Greg Boothe	10.46	1997
200M	Clyde Lewis	21.05	1995
400M	David Banks	47.74	1985
	Charles Washington	47.74	2007
800M	Jerome Valree	1:51.65	1990
1500M	Dan Pittman	3:50.44	1985
3000M Steepl.	Jim Highsmith	9:44.90	2003
5000M	Matt Sinclair	14:45.01	2003
10,000M	Ron Borsheim	31:40.95	1984
110M Hurdles	Greg Bolton	14.28	2004
400M Hurdles	Tony Smith	51.99	1997
400M Relay	Russell Waller, Greg Boothe,	40.98	1998
	Tony Smith, Tab Brown		
800M Relay	Russell Waller, James Roseboro,		
	Calvin Bunch, Greg Boothe	1:27.76	1997
1600M Relay	Tony Smith, Greg Boothe,	3:10.95	1997
	Prennis Page, Clyde Lewis		
3200M Relay	Dan Pittman, Kevin Allardice	7:51.5	1986
	Steve Kast, Clarence Banks		
Spring Medley	Andy Riley, Jose Pettaway,	3:28.0	2000
Relay	Will Robertson, Greg Boothe		
Shuttle Hurd.	Waris Wade, Scott Calhoun,	1:00.64	1997
	Jarmon Mayes, Tony Smith		
Distance	Dan Pittman, Kevin Allardice,	10:23.84	1986
Medley Relay	Steve Kast, Clarence Banks		
Shot put	Troy King	51-1	1987
Discus	Kevin Boggs	161-6	2006
High jump	Mike Lee	6-8	1996
Javelin	Ed McSweeney	203-3	1977
Long jump	Jim Williams	24-8	1983
Triple jump	Damon Talley	50- 3/4	2001
Pole vault	JJustin Loda	15-3	2006
Hammer	Billy Boulden	149-9 1/4	2006
Decathlon	Mike Boucher	6,245	1995

MASON-DIXON CONFERENCE CHAMPIONS

MEN - INDOORS

1985 at George Mason, 2/23/85
Champion - Frostburg St. 156. CNU 4th 36

1986 at VMI, 2/24/86
Champion - Mt. St. Mary's 196. CNU 4th 50

1987 at VMI, 2/21/87
Champion - Liberty - 217 1/2. CNU 3rd 40

1988 at Virginia Tech, 2/27/88
Champion - Liberty - 193 1/2. CNU T4th 27

1989 at Virginia Tech, 2/17/89
Champion Liberty - 214. CNU 5th 38
55 - Ed Milling - 6.39

1990 at Virginia Tech, 2/16/90
Champion - Liberty - 207. CNU 2nd 70
5000 - G.W. Dameron - 15:35.6
Long jump - Bernard Wallace - 23-2

1991 at Virginia Tech, 2/15/91
Champion - Frostburg St. - 217. CNU 2nd 90
55 hurdles - Brian Gwaltney - 7.95
55 - Ed Milling, 6.43
400 - Greg Davenport - 51.3
800 - Jerome Valree - 1:55.9
5000 - G.W. Dameron - 15:22

1992 at Virginia Tech, 2/16/92
Champion - Frostburg St. - 216. CNU 2nd 100
55 - Warner Seay - 6.44
800 Jerome Valree - 1:55.2
200 - Warner Seay - 22.9
1600 Relay - 3:27.7

1993 at Virginia Tech, 2/14/93
Champion - Frostburg St. - 119. CNU 2nd 99
High jump - Mike Boucher - 6-6
55 hurdles - Mike Boucher - 7.72
1500 - Mark Earnest - 4:04.7

1994 at Virginia Tech, 2/20/97
Champion - CNU - 140
Long jump - Mike Boucher - 22-1/2
Triple jump - David Bullock - 46-8 1/2
High jump - Mike Boucher - 6-4
55 - Calvin Bunch - 6.51
5000 - James Ratcliff - 16:02.9
1600 Relay - 3:29.6

1995 at Virginia Tech, 2/26/97
Champion - CNU - 143
400 - Clyde Lewis - 49.9
200 - Clyde Lewis - 22.0
1600 Relay - 3:25

1996 at VMI, 2/25/96
Champion - CNU - 197 1/3
55 hurdles - Franco Fox - 7.88
400 - Clyde Lewis - 50.2
800 - Jason Smith - 2:00.6
200 - Clyde Lewis - 22.3
1600 Relay - 3:30.9
3200 Relay - 8:33.12
Long jump - Arthur Alexander - 22-9 3/4
Triple jump - Arthur Alexander - 46-7 1/2

1997 at VMI, 2/23/97
Champion - Frostburg St. - 137.5. CNU 2nd 135
55 hurdles - Tony Smith - 7.75
400 - Tony Smith - 51.8
55 - Calvin Bunch - 6.44
800 - Jason Smith - 1:59.2
Long jump - Tony Smith - 22-7
High jump - Mike Lee - 6-4
1600 Relay - 3:30.1
3200 Relay - 8:20.4

1998 at VMI, 2/28/98
Champion - CNU - 153
High jump - Mike Lee - 6-4
55 hurdles - Tony Smith - 7.68
400 - Clyde Lewis - 49.9
55 - Greg Boothe - 6.45
200 - Clyde Lewis - 22.5
1600 Relay - 3:31.9

1999 at VMI, 2/21/99
Champion - CNU 175
Pole Vault - Horace Boykins - 12'
Long Jump - Damon Talley - 23'2"
High Jump - Damon Talley - 6'4"
1500 - Andy Riley - 4:01.7
400 - David Daniels - 52.9
55 - Dwayne Punter - 6.61
800 - Andy Riley - 2:00.2
3200 Relay - 8:20.9

2000 at VMI, 2/20/00
Champion - CNU 184
Pole vault - Christian Lietz - 13-6
Long jump - Damon Talley - 23-3/4
Triple jump - Steven Roberts - 47-2
55 - Greg Boothe - NT
200 - Greg Boothe - 23.00
55 hurdles - Steven Roberts - 7.93
1600 Relay - 3:31.4

2001 at Freeman Center, 2/18/01
Champion - CNU 168
55 hurdles - Tony Smith - 7.75
High jump - Damon Talley - 6-4
Pole vault - Brian Rafter - 13-0
Long jump - Damon Talley - 23-10
Triple jump - Damon Talley - 48-3 1/2
Distance Medley Relay - 11:00.18

2002 at Freeman Center, 2/23/02
Champion - CNU 185
Long jump - Mike Boucher - 22-10 1/2
400 - Antonio Pelham - 50.11
800 - Jarrell Warthen - 1:58.3
1500 - Steve Hinton - 4:05.9
5000 - Matt Sinclair - 14:57.1
1600 Relay - 3:24.2
Distance Medley Relay - 10:58.2

2003 at Freeman Center, 2/22/03
Champion - CNU 181
55 hurdles - Greg Bolton - 7.68
400 - Jarrell Warthen - 49.51
800 - Jason Berry - 1:58.57
1500 - Matt Sinclair - 4:04.78
5000 - Matt Sinclair - 15:23.99
Long jump - Nick Robinson - 22-6 1/2
Triple jump - Matt Mertz - 48-0
1600 Relay - 3:23.37

2004 at CNU, 2/21/04
Champion - CNU - 181
400 - Matt Weissenborn - 51.59
55 hurdles - Greg Bolton - 7.55
1600 Relay - 3:28.22
High jump - Rob Rodriguez - 6-4
Pole vault - Justin Loda - 14-0
Long jump - Nick Robinson - 23-1 1/2
Triple jump - Nick Robinson - 45-8

2005 at CNU, 2/27/05
Champion - CNU - 194
200 - Matt Weissenborn - 22.87
400 - Matt Weissenborn - 50.47
1500 - Cary Chaffee - 3:59.00
55 hurdles - Greg Bolton - 7.54
Distance Medley Relay - 10:28.41
High jump - Joseph Owens - 6-8 1/2
Pole vault - Justin Loda - 15-0
Triple jump - Nick Robinson - 44-0
1600 Relay - 3:28.26

2006 at Freeman Center, 2/19/06
Champion - CNU - 183
200 - Matt Weissenborn - 22.83
400 - Matt Weissenborn - 50.31
55 hurdles - Xavier Higgins - 7.91
1600 Relay - 3:27.47
High jump - Joseph Owens - 6-8
Pole vault - Justin Loda - 14-0
Long jump - Nick Robinson - 21-7 1/5
Triple jump - Rob Rodriguez - 44-2 1/2
Shot put - Billy Boulden - 48-2 3/4
Weight throw - Billy Boulden - 45-5

2007 at Freeman Center, 2/18/07
Champion - CNU - 193
200 - Leroy Harper - 22.75
400 - Matt Griffis - 50.81
55 hurdles - Greg Bolton - 7.60
1600 Relay - 3:24.50
High jump - Joe Owens - 6-5
Long jump - Charles Washington - 22-1
Triple jump - Charles Washington - 43-7
Shot put - Ryan Gordon - 48-3 1/2
Weight throw - Ryan Gordon - 44-8

WOMEN - INDOORS

1985 at George Mason, 2/23/85
Champion - George Mason 165. CNU 5th 36 1/2
Shot put - Claudia Stanley - 46-11 3/4 *

1986 at VMI, 2/24/86
Champion - Mt. St. Mary's. CNU 4th 64
Long jump - Michelle Dickens - 5.57
55 - Michelle Dickens - 7.34
Shot put - Claudia Stanley - 13.89

1987 at VMI, 2/21/87
Champion - Mt. St. Mary's - 148. CNU 3rd 98
Shot put - Claudia Stanley - 45-9
Long jump - Lisa Dillard - 18-6 1/2
Triple jump - Sheila Trice - 35-7 3/4
55 - Lisa Dillard - 6.9

1988 at Virginia Tech, 2/27/88
Champion - Liberty 140. CNU 2nd 130
Long jump - Sandy Shelton - 18-9 1/2
55 hurdles - Sheila Trice - 8.21
400 - Sandy Shelton - 57.64
300 - Sandy Shelton - 40.99
55 - Sheila Trice - 7.08

1989 at Virginia Tech, 2/17/89
Champion - Liberty - 109 1/2. CNU 2nd 109
Long jump - Sheila Trice - 18-9 1/2
55 hurdles - Sheila Trice - 8.17 *T
55 - Sheila Trice - 7.1
400 Patina Walton - 58.6
Triple jump - Sheila Trice - 37-7 1/4
200 - Sheila trice - 25.1

1990 at Virginia Tech, 2/26/90
Champion - CNU 162
Long jump - Sheila Trice - 18-3 3/4
high jump - Michelle Dickens - 5-1
55 hurdles - Sheila Trice - 8.23
55 - Sheila Trice - 6.9 *
Triple jump - Sheila Trice - 36-10 1/2
200 - Michelle Dickens - 25.29

1991 at Virginia Tech, 2/15/91
Champion - CNU - 169
Long jump - Sandy Shelton - 18-1
Shot put - Jennifer Martin - 29-7 1/2
55 hurdles - Cynthia Bryant - 8.50
55 Jennifer Martin - 7.40
400 Barbara Robb - 59.6
200 - Sandy Shelton - 26.4

1992 at Virginia Tech, 2/16/92
Champion - CNU 172
55 hurdles - Antoinette Bass - 8.29
400 - Candress Mitchell - 59.7
55 meters - Jennifer Martin - 7.32
800 - Carey Foor - 2:23.2
200 - Jennifer Martin - 26.7
1600 Relay - 4:08.5
Triple jump - Lai Madden - 11.44
Long jump - Jennifer Martin - 5.55

1993 at Virginia Tech, 2/14/93
Champion - Mary Washington - 139 1/2. CNU 2nd 113
400 - Hudson - 1:00.5
Long jump - Vandisha Wilder - 5.24
200 - Vandisha Wilder - 26.3
1600 Relay - 4:07.2

1994 at Virginia Tech, 2/20/97
Champion - CNU - 152
Long jump Madden - 17-7 1/4
Triple jump - Madden - 38-1 1/4
55 hurdles - Antoinette Bass - 8.61
400 - Cusetta Corridor - 1:00.1
1600 Relay - 4:10.3

1995 at Virginia Tech, 2/26/95
Champion - CNU - 134
Long jump - Tamiko Patterson - 5.46
Triple jump - Tamiko Patterson - 11.43
55 - Dominique McLaughlin - 7.44
55 hurdles - Bridget Cochran - 8.44
400 - Debbie Mucke - 1:01.7
200 - Vanisha Wilder - 26.2
1600 Relay - 4:10.3

1996 at VMI, 2/25/96
Champion - CNU - 134
1500 - Nicole Horn - 5:03
55 hurdles - Bridget Cochran - 8.37
400 Adjoa Taylor - 1:01.3
55 - Leema Madden - 7.33
800 - Adjoa Taylor - 3:32.1
200 - Meshailay Robinson - 27.0
1600 Relay - 4:21.22
3200 Relay - 10:34.2

1997 at VMI, 2/23/97
Champion - CNU - 121
55 hurdles - Bridget Cochran - 8.29
400 - Jenita Harris - 1:02.3
55 - Meshailay Robinson - 7.24
200 Meshailay Robinson - 27.01
Shot put - Matasha Harris - 38-2
Triple jump - Tamiko Patterson - 38-11 1/2
1600 Relay - 4:17.3

1998 at VMI, 2/28/98
Champion - CNU - 154
Long jump - Casey Taylor - 17-11 1/2

MASON-DIXON CONFERENCE CHAMPIONS

High jump - Casey Taylor - 5-2
55 hurdles - Bridget Cochran - 8.27
400 - Bridget Cochran - 1:01.6
55 - Meshailay Robinson - 7.17
200 - Meshailay Robinson - 26.3
1600 Relay - 4:20.6

1999 at VMI, 2/21/99

Champion - MWC 149.5, CNU 2nd 112
Long jump - Denita Eason - 18'8 1/2
High jump - Casey Taylor - 5'7
55 Hurdles - Denita Eason - 8.37
400 - Denita Eason - 1:02.9
55 - Meshailay Robinson - 7.25
200 - Meshailay Robinson - 26.5

2000 at VMI, 2/20/00

Champion - CNU 187
Long jump - Casey Taylor - 17-11 1/2
High jump - Casey Taylor - 5-4
Triple jump - Casey Taylor - 38-1
200 - Stephanie Andrews - 26.9
400 - Marilyn Cochran - 1:00.6
55 hurdles - Casey Taylor - 8.32
1600 Relay - 4:14.5

2001 at Freeman Center, 2/18/01

Champion - CNU 256
55 - Tamika Lomax - 7.30
55 hurdles - LaNeatra Johnson - 8.66
200 - Stephanie Andrews - 25.93
400 Marilyn Cochran - 59.20
5000 - Aimee Gibbs - 18:02.65
1600 Relay - 4:06.89
High jump - Theresa McGuire - 5-2
Pole vault - Brandy King - 9-6
Long jump - Tamika Lomax - 18-3
Triple jump - LaNeatra Johnson - 37-2 1/2
Shot - Alana Meek - 37-10 1/2
Distance Medley Relay - 13:19.33
Weight - Leigh Trayers - 35-5

2002 at Freeman Center, 2/23/02

Champion - CNU 202
Pole vault - Brandy King - 11-1
Long jump - Marilyn Cochran - 17-5 3/4
High jump - Lori Sheaks - 5-2
Shot put - LaToya Porter - 39-11
Triple jump - LaNeatra Johnson - 39-2
200 - Stephanie Andrews - 25.51
5000 - Aimee Gibbs - 18.21.2
55 hurdles - LaNeatra Johnson - 8.58
1600 Relay - 4:00.3

2003 at Freeman Center, 2/22/03

Champion - CNU 218
55 - Happy Darcus - 7.14
55 hurdles - LaNeatra Johnson - 8.61
200 - Stephanie Andrews - 25.38
5000 - Aimee Gibbs - 18:17.19
High jump - Lori Sheaks - 5-0
Pole vault - Brandy King - 11-0
Long jump - Marquitta Mines - 18-3 1/4
Triple jump - LaNeatra Johnson - 40-1 3/4
1600 Relay - 3:58.09

2004 - at Freeman Center, 2/21/04

Champion - CNU - 215
200 - Karen Simon - 26.30
400 - Michaela Morton - 59.74
800 - Megan Fogarty - 2:29.11
1500 - Megan Fogarty - 4:52.33
5000 - Aimee Gibbs - 18:05.44
55 hurdles - Karen Simon - 8.51
1600 Relay - 4:01.46
Pole vault - Brandy King - 11-6
Long jump - Marquitta Mines - 18-3 1/2
Triple jump - Marquitta Mines - 35-9 3/4

2005 - at Freeman Center, 2/27/05

Champion - CNU - 179
55 - Happy Darcus - 7.32
200 - Karen Simon - 26.59
400 - Mara Winters - 1:01.74
55 hurdles - Tiffany Jones - 8.56
Pole vault - Stephanie Prakken - 10-0
Long jump - Marquitta Mines - 18-3
Triple jump - Nicole Mangano - 34-3
1600 Relay - 4:11.87

2006 at Freeman Center, 2/19/06

Champion - CNU - 186 1/2
200 - Karen Simon - 25.72
800 - Megan Fogarty - 2:21.41
Mile - Megan Fogarty - 5:07.5
5000 - Ashley Ezell - 19:23.04
55 Hurdles - Karen Simon - 8.40
1600 Relay - 4:05.26
Distance Medley Relay - 13:00.17
Pole Vault - Stephanie Prakken - 10-6
Long Jump - Tiffany Jones - 16-5 1/4
Triple Jump - Tiffany Jones - 34-0

Shot Put - Rachael Clark - 43-9 3/4

2007 at Freeman Center, 2/18/07

Champion - CNU - 149
200 - Devon Alston - 26.65
1600 Relay - 4:14.02
Triple jump - Tiffany Jones - 34-9
Shot put - Rachael Clark - 43-4 1/4

MEN - OUTDOORS

1985 at Mt. St. Mary's, 5/3-4/85

Champion - Mt. St. Mary's 190, CNU 5th 48
1500 - Dan Pittman - 3:50.42

1986 at CNU, 5/2-3/86

Champion - CNU 156
Long jump - Banks - 21-8 1/2
400 Relay - CNU - 42.3
110 Hurdles - Mike Franklin - 14.90
Triple jump - Noel - 46-4
100 - Mike Pitts - 11.10
400 - Banks - 50.20
200 - Mike Pitts - 22.1
Discus - David Willis - 140-10 1/2
1600 Relay - CNU - 3:18.2

1987 at Mt. St. Mary's, 5/1-2/87

Champion - Frostburg St. 163, CNU 6th 27

1988 at Mary Washington, 5/6-7/88

Champion - Liberty - 147, CNU 2nd 144
Discus - William Sanderlin - 158-0

1989 at Salisbury St., 5/5/89

Champion - Liberty - 268, CNU 8th 26
400 Relay - CNU - 41.90

1990 at Mt. St. Mary's, 5/4-5/90

Champion - Liberty - 180, CNU 4th 78
Long jump - Tony Rodriguez - 6.96
Triple jump - Tony Rodriguez - 47-7 1/2
800 - Jerome Valree - 1:54.31

1991 at CNU, 5/4/91

Champion - Mary Washington - 163, CNU 3rd 120
110 hurdles - Brian Gwaltney - 14.99
800 - Jerome Valree - 1:53.27

1992 at Frostburg St., 5/1-2/92

Champion - Frostburg St. - 198, CNU 2nd 117
5000 - Mark Earnest - 4:06.98
400 - Greg Davenport - 48.7
High jump - Jerome Gunter - 6-4

1993 at Salisbury St., 5/1/93

Champion - Frostburg St. - 153, CNU 2nd 102
1500 - Mark Earnest - 3:59.6
100 - Dale Seay - 11.12
Triple jump - David Bullock - 17-1 3/4

1994 at CNU, 5/7/97

Champion - Frostburg St. - 193, CNU 2nd 157
100 - Calvin Bunch - 10.94
200 - Calvin Bunch - 22.00
1500 - Mark Earnest - 4:00.25
High jump - Mike Boucher - 6-4
Long jump - Mike Boucher - 23-1 1/4
Triple jump - David Bullock - 48-9 1/2

1995 at Frostburg St., 5/5-6/95

Champion - CNU - 162
400 Relay - 41.3
400 - Clyde Lewis - 49.01
200 - Clyde Lewis - 21.05
5000 - Mark Earnest - 16:08.3
1600 Relay - 3:18.10
Triple jump - David Bullock - 47-9

1996 at Mary Washington, 5/3-4/96

Champion - Frostburg St. - 177, CNU 2nd 142
100 - Russell Waller - 10.76
110 hurdles - Franco Fox - 14.79
1600 Relay - 3:23.87
400 - Prennis Page - 49.30
800 - Jason Smith - 1:57.5
Pole vault - Bobby Wilson - 14-6

1997 at CNU, 5/2-3/97

Champion - Frostburg St. - 252, CNU 2nd 195
100 - Greg Boothe - 10.83
200 - Calvin Bunch - 21.89
800 - Jason Smith - 1:55.5
110 hurdles - Tony Smith - 14.83
400 hurdles - Tony Smith - 52.33
High jump - Prennis Page - 6-4
400 Relay - 41.39
1600 Relay - 3:15.36

1998 at CNU, 5/2-3/98

Champion - Frostburg - 244, CNU 2nd - 194

100 - Greg Boothe - 10.63
200 - Greg Boothe - 21.76
400 - Prennis Page - 48.23
800 - Andy Riley - 1:56.42
110 hurdles - Tony Smith - 14.49
400 hurdles - Tony Smith - 52.82
High jump - Prennis Page - 6-4
400 relay - 41.64
1600 relay - 3:18.53

1999 at CNU, 5/1/99

Champion - CNU - 216
100 - Delvin Jones - 10.97
200 - Delvin Jones - 21.94
800 - Andy Riley - 1:58.10
1500 - Andy Riley - 3:58.80
400 Hurdles - Uyen Nguyen - 57.81
High Jump - Damon Talley - 6'6
Long Jump - Ray Washington - 22'11
Triple Jump - Steven Roberts - 48'6.50
Javelin - Horace Boykins - 165'10
400 Relay - 42.94
1600 Relay - 3:26.70

2000 at Frostburg St., 5/5-6/00

Champion - Frostburg St. 247; CNU 198
200 - Greg Boothe - 21.30
400 - Will Robertson - 48.62
800 - Andy Riley - 1:55.55
1500 - Andy Riley - 4:03.39
5000 - Jon Leggett - 16:23.7
10,000 - Jon Leggett - 34:03.7
110 hurdles - Damon Talley - 15.34
High jump - Steven Roberts - 6-4
Pole vault - Christian Lietz - 12-6
Long jump - Damon Talley - 22-10
Triple jump - Steven Roberts - 49-9 3/4
1600 Relay - 3:22.07

2001 at CNU, 5/5/01

Champion - Frostburg St. - 195, CNU 2nd - 182
110 hurdles - Damon Talley - 15.65
400 Jose Pettaway - 48.96
Pole vault - Christian Lietz - 13-3
Long jump - Damon Talley - 23-3
Steeplechase - C.L. George - 10:04.3

2002 at CNU, 5/4/02

Champion - CNU - 194
Steeplechase - Mike Jensen - 9:57.20
5000 - Matt Sinclair - 16:13.67
10000 - Matt Sinclair - 33:57.90
High jump - Mike Boucher - 6-4
Long jump - Damon Talley - 22-10

2003 at CNU, 5/2-3/03

Champion - CNU - 256
400 - Jarrell Warthen - 48.20
800 - Jason Berry - 1:55.28
1500 - Matt Sinclair - 4:08.81
5000 - Matt Sinclair - 15:44.35
110 hurdles - Greg Bolton - 14.71
Long jump - Nick Robinson - 21-11 1/2
Triple jump - Nick Robinson - 45-4
1600 Relay - 3:18.82

2004 at Freeman Center

Champion - CNU - 218
100 - George Jones - 11.25
200 - George Jones - 22.10
400 - Jon Besecker - 48.85
10,000 - Brandon Miles - 33:23.76
110 hurdles - Greg Bolton - 14.52
400 hurdles - Ben Smith - 55.15
1600 Relay - 3:19.42
High jump - Nick Robinson - 6-2
Long jump - Nick Robinson - 21-2 1/2
Triple jump - Rob Rodriguez - 46 - 1/2

2005 - at Salisbury, Md., 5/7/05

Champion - CNU - 209 1/2
400 - Matt Griffin - 50.42
5000 - Sean Smith - 15:37.27
110 hurdles - Greg Bolton - 14.35
400 Relay - 42.80
High jump - Joseph Owens - 6-4
Pole vault - Justin Loda - 14-6
1600 Relay - 3:24.55

2006 - at CNU, 5/6/06

Champion - CNU - 226
200 - Matt Griffin - 22.32
400 - Matt Griffin - 48.91
800 - Tim Scott - 1:55.83
110 hurdles - Nick Robinson - 15.27
400 Relay - 42.67
1600 Relay - 3:20.42
High jump - Joseph Owens - 6-8
Pole vault - Justin Loda - 14-0

MASON-DIXON CONFERENCE CHAMPIONS

Long jump - Issac Bell - 21-10
Triple jump - Rob Rodriguez - 48-7 1/4
Shot put - Billy Boulden - 46-10 1/2
Discus - Kevin Boggs - 161-6
Hammer - Billy Boulden - 148-5 1/2

2007 at Salisbury, Md., 5/4-5/07

Champion - CNU - 190
200 - Charles Washington - 21.94
1600 Relay - 3:20.67
Pole vault - Justin Loda - 14-6
Long jump - Isaac Bell - 21-9 1/2
Triple jump - Isaac Bell - 47-2 1/2
Shot put - Ryan Gordon - 48-11 3/4
Discus - Ryan Gordon - 139-3
Hammer - Ryan Gordon - 139-10

WOMEN - OUTDOORS

1985 at Mt. St. Mary's, 5/3-4/85
Champion - Mt. St. Mary's 132, CNU 4th 88
Discus - Clara Gootee - 122-1
Shot put - Claudia Stanley - 44-11 1/2
400 - Silvia Douglas - 56.82
200 - Silvia Douglas - 24.99

1986 at CNU, 5/2-3/86
Champion - Frostburg St. 126, CNU 4th 76
Discus - Claudia Stanley - 125-2
Long jump - Michelle Dickens - 18-5 1/2
Shot put - Claudia Stanley - 43-10 3/4
100 - Michelle Dickens - 12.40

1987 at Mt. St. Mary's, 5/1-2/87
Champion - CNU 145
400 Relay - CNU - 47.52 *
100 - Lisa Dillard - 12.25
200 - Lisa Dillard - 25.64
Triple jump - Sheila Trice - 37-3 *
Shot put - Claudia Stanley - 43-6
Long jump - Lisa Dillard - 19-3 3/4

1988 at Mary Washington, 5/6-7/88
Champion - Liberty - 215, CNU 3rd 63
Long jump - Sandy Shelton - 19-3 3/4
100 hurdles - Sheila Trice - 14.5
400 - Sandy Shelton - 55.4
100 - Tynesia Alston - 12.0
400 hurdles - Sheila Trice - 1:03.8
200 - Tynesia Alston - 24.5

1989 at Salisbury St., 5/5/89
Champion - Liberty - 193, CNU 2nd 109
Triple jump - Sheila Trice - 39-9 *
Long jump - Sheila Trice - 18-10
100 - Sheila Trice - 12.34
400 Relay - CNU - 47.81

1990 at Mt. St. Mary's, 5/4-5/90
Champion - CNU - 151
Discus - Lisa Molineaux - 33.95
Triple jump - Sheila Trice - 10.77
400 Relay - CNU - 48.3
100 hurdles - Cynthia Bryant - 14.8
Long jump - Sheila Trice - 19-10
400 hurdles - Cynthia Bryant - 1:05.35

1991 at CNU, 5/4/91
Champion - MWC - 163, CNU 3rd 120
Javelin - Lisa Molineaux - 117-8
Long jump - Sandy Shelton - 19-1
400 - Sandy Shelton - 57.17
100 hurdles - Antoinette Bass - 15.88
Shot put - Lisa Molineaux - 36-1/2
200 Sandy Shelton - 25.60

1992 at Frostburg St. - 5/1-2/92
Champion - CNU 249
400 Relay - 47.43
Long jump - Antoinette Bass - 19-2 1/2
400 - Vandisha Wilder - 58.56
Discus - Lisa Molineaux - 111-9
100 hurdles - Antoinette Bass - 14.77
100 Jennifer Martin - 12.38
400 hurdles - Sonia Archer - 1:08.59
800 - Carey Foor - 2:25.06
200 - Vandisha Wilder - 25.52
Triple jump - Lai Madden - 37-2 1/2
1600 Relay - 4:06.64

1993 at Salisbury St., 5/1/93
Champion - Mary Washington - 186, CNU 2nd 115
400 - Cusetta Corridon - 57.9
100 - Vandisha Wilder - 12.0
100 hurdles - Rose Charris - 15.65
400 Relay - 48.9
200 - Vandisha Wilder - 24.7
1600 Relay - 4:06.17

1994 at CNU, 5/7/97

Champion - CNU - 219
100 - Dominique McLaughlin - 12.58
200 - Vandisha Wilder - 25.10
400 - Vandisha Wilder - 57.08
100 hurdles - Antoinette Bass - 14.85
400 hurdles - Carol Hilliard - 1:06.41
Long jump - Antoinette Bass - 19-6 3/4
Triple jump - Carol Hilliard - 37-10
400 Relay - 47.60
1600 Relay - 3:55.61

1995 at Frostburg St., 5/5-6/95
Champion - Frostburg St. - 173, CNU 2nd 114
100 - Vandisha Wilder - 12.05
400 Relay - 48.46
400 hurdles - Bridget Cochran - 1:04.99
200 - Vandisha Wilder - 25.22
3000 - Nicole Horn - 11:02.4
1600 Relay - 4:04.47

1996 at Mary Washington, 5/3-4/96
Champion - Frostburg St. - 183, CNU 2nd 158
Hammer - Sharon Boyd - 139-5
100 - Meshailay Robinson - 12.31
100 hurdles - Bridget Cochran - 14.26
400 Relay - 48.65
1500 - Nicole Horn - 4:55.5
400 hurdles - Bridget Cochran - 1:04.95
200 - Meshailay Robinson - 25.58
400 - Adjoa Taylor - 58.97

1997 at CNU, 5/2-3/97
Champion - Frostburg St. - 177, CNU 3rd 108
100 - Leema Madden - 12.59
200 - Leema madden - 25.50
400 - Bridget Cochran - 1:00.09
400 hurdles - Jenita Harris - 1:03.92
Long jump - Casey Taylor - 18-2 1/2
Triple jump - Casey Taylor - 37-5 1/4
400 Relay - 48.67

1998 at CNU, 5/2-3/98
Champion - CNU 174
100 - Leema Madden - 12.23
200 - Denita Eason - 25.00
400 - Denita Eason - 56.84
100 hurdles - Bridget Cochran - 13.79
400 hurdles - Bridget Cochran - 1:01.69
High Jump - Casey Taylor - 5-4
Long Jump - Denita Eason - 18'2
Triple Jump - Casey Taylor - 37'8.50
400 relay - 47.46
1600 relay - 3:51.40

1999 at CNU, 5/1/99
Champion - Frostburg St. 152, CNU 2nd - 142
100 - Leema Madden - 12.23
200 - Leema Madden - 25.80
100 Hurdles - Casey Taylor - 14.46
High Jump - Casey Taylor - 5'4
Long Jump - Casey Taylor - 19'11.25
Triple Jump - Casey Taylor - 40'2
Javelin - Annette Glaser - 119'2
400 Relay - 49.26
1600 Relay - 4:11.90

2000 at Frostburg St., 5/5-6/00
Champion - CNU 264
400 - Marilyn Cochran - 56.38
1500 - Faith Swanson - 5:00.6
100 hurdles - Casey Taylor - 14.40
400 hurdles - Casey Taylor - 1:08.21
400 Relay - 47.43
High jump - Casey Taylor - 5-10
Long jump - Casey Taylor - 18-5 3/4
Triple jump - Casey Taylor - 38-2 3/4
1600 Relay - 3:58.03

2001 at CNU, 5/5/01
Champion - CNU - 262
100 hurdles - LaNeatra Johnson - 15.26
200 - Stephanie Andrews - 25.00
400 - Marilyn Cochran - 56.93
800 - Faith Swanson - 2:24.26
1500 - Aimee Gibbs - 17:59.42
High jump - Lori Sheaks - 5-2
Long jump - Tamika Lomax - 18-1 1/2
Triple jump - LaNeatra Johnson - 38-9
400 Relay - 47.66
Steeplechase - Aimee Gibbs - 10:40.7
400 hurdles - Lori Sheaks - 1:06.95

2002 at CNU, 5/4/02
Champion - CNU - 285
200 - Stephanie Andrews - 24.97
400 - Marilyn Cochran - 57.36
Steeplechase - Lindsay Newell - 11:31.0
5000 - Aimee Gibbs - 19:48.35
10000 - Aimee Gibbs - 37:28.0
100 hurdles - LaNeatra Johnson - 15.41
400 hurdles - Vanessa Tabor - 1:04.60

400 Relay - 47.59
1600 Relay - 3:53.13
High jump - Lori Sheaks - 5-2
Pole vault - Brandy King - 10-6
Long jump - LaNeatra Johnson - 17-8
Triple jump - LaNeatra Johnson - 39-7 1/5
Discus - Leigh Trayers - 121-10
Shot put - LaToya Porter - 36-4 1/4

2003 at CNU, 5/2-3/03
Champion - CNU - 300
100 - Happy Darcus - 12.15
200 - Happy Darcus - 24.95
400 - Marilyn Cochran - 56.95
1500 - Megan Fogarty - 5:01.83
3000 Steeplechase - Lindsay Newell - 11:43.28
5000 - Aimee Gibbs - 17:55.71
10,000 - Aimee Gibbs - 40:39.40
100 hurdles - LaNeatra Johnson - 15.29
400 hurdles - Vanessa Tabor - 1:05.66
High jump - Lori Sheaks - 5-0
Pole vault - Brandy King - 11-3
Long jump - Marquitta Mines - 18-1
Triple jump - LaNeatra Johnson - 41-5
Discus - Leigh Trayers - 120-5 1/2
400 Relay - 47.26
1600 Relay - 3:50.83

2004 - at CNU, 4/30-5/1
Champion - CNU - 253
100 - Marquitta Mines - 12.75
200 - Karen Simon - 25.66
400 - Michaela Morton - 57.85
1500 - Megan Fogarty - 4:58.58
5000 - Aimee Gibbs - 18:02.33
10,000 - Aimee Gibbs - 38:33.07
100 hurdles - Mara Winters - 15.20
400 hurdles - Vanessa Tabor - 1:06.33
3000 steeplechase - Emily Low - 11:23.55
400 Relay - 49.87
1600 Relay - 3:59.02
Pole vault - Brandy King - 12-0
Long jump - Marquitta Mines - 17-7
Triple jump - Tiffany Jones - 34-11 1/2
Discus - Leigh Trayers - 128-9
Hammer - Leigh Trayers - 134-2

2005 - at Salisbury, Md., 5/7/05
Champion - CNU - 190
100 - Karen Simon - 12.60
200 - Karen Simon - 25.65
800 - Bridgett Dryer - 2:24.73
10,000 - Ashley Ezell - 42:39.40
100 hurdles - Mara Winters - 14.99
3000 steeplechase - Emily Low - 11:47.19
High jump - Karen Simon - 4-10
Pole vault - Stephanie Prakken - 10-6
Long jump - Mara Winters - 16-7 1/2
Triple jump - Tiffany Jones - 34-7
1600 Relay - 4:10.38

2006 - at CNU, 5/6/06
Champion - CNU - 181
100 - Karen Simon - 12.28
200 - Karen Simon - 24.97
400 - Michaela Morton - 58.53
800 - Megan Fogarty - 2:19.88
1500 - Megan Fogarty - 4:42.57
100 hurdles - Karen Simon - 14.58
3000 steeplechase - Emily Low - 11:26.89
1600 Relay - 3:58.22
Pole vault - Stephanie Prakken - 10-0
Long jump - Tiffany Jones - 17-2
Shot put - Rachael Clark - 45-4

2007 - at Salisbury, Md., 5/4-5/07
Champion - Salisbury 172, CNU 2nd 163
10000 - Ashley Ezell - 40:50.10
400 Relay - 49.29
Long jump - Devon Alston - 16-9 3/4
Triple jump - Devon Alston - 34-10 1/2
Shot put - Rachael Clark - 44-11

CABRINI

LOCATION: Radnor, Pa.
 ENROLLMENT: 1,500
 COLORS: Royal Blue & White
 NICKNAME: Cavaliers
 HEAD COACH: James Williams
 SID: Lynn Busby (610) 902-1000



CATHOLIC UNIVERSITY

LOCATION: Washington, D.C.
 ENROLLMENT: 2,400
 COLORS: Cardinal Red & Black
 NICKNAME: Cardinals
 HEAD COACHES: Joe Fisher & Mark Robinson
 SID: Barbara Jonas (202) 319-5610



FROSTBURG ST.

LOCATION: Frostburg, MD
 ENROLLMENT: 4,500
 COLORS: Red, White, & Black
 NICKNAME: Bobcats
 HEAD COACH: Dale Luy
 SID: Noah Becker (301) 687-4371



GALLAUDET

LOCATION: Washington, D.C.
 ENROLLMENT: 2,200
 COLORS: Buff & Blue
 NICKNAME: Bison
 HEAD COACH: Ryan Hite
 SID: Oscar Ocuto (202) 651-5602



GWYNEDD-MERCY

LOCATION: Gwynedd Valley, Pa.
 ENROLLMENT: 1,300
 COLORS: Red, White & Gold
 NICKNAME: Griffins
 HEAD COACH: Mike Dager
 SID: Chris Panter (215) 646-7300 Ext. 251



KEYSTONE

LOCATION: LaPlume, Pa.
 ENROLLMENT: 1,650
 COLORS: Navy Blue, Orange & White
 NICKNAME: Giants
 HEAD COACH: Matt vanLierop
 SID: J.R. Rupp (570) 945-8233



MARY WASHINGTON

LOCATION: Fredericksburg, VA
 ENROLLMENT: 4,000
 COLORS: Navy Blue & Gray
 NICKNAME: Eagles
 HEAD COACH: Stan Soper
 SID: Clint Often (540) 654-1743



METHODIST

LOCATION: Fayetteville, NC
 ENROLLMENT: 2,100
 COLORS: Dark Green & Gold
 NICKNAME: Monarchs
 HEAD COACH: Duane Ross
 SID: Kirbie Britt (910) 630-7172



MISERICORDIA

LOCATION: Dallas, Pa.
 ENROLLMENT: 1,355
 COLORS: Royal Blue & Gold
 NICKNAME: Cougars
 HEAD COACH: Chris Wadas
 SID: Scott Crispell (570) 674-6398



PENN ST.-BEHREND

LOCATION: Erie, Pa.
 ENROLLMENT: 3,900
 COLORS: Blue & White
 NICKNAME: Behrend Lions
 HEAD COACH: Greg Cooper
 SID: Paul Benim (814) 898-6322



SALISBURY

LOCATION: Salisbury, MD
 ENROLLMENT: 6,700
 COLORS: Maroon & Gold
 NICKNAME: Sea Gulls
 HEAD COACH: Jim Jones
 SID: Sam Atkinson (410) 543-6016



Home of Champions

Few, if any, Division III schools have had the overall success of the Christopher Newport athletic program.

Through the end of the 2006-07 season, CNU teams had won 12 national championships, either won or shared 150 conference titles and have produced an amazing number of individual accomplishments.

CNU athletes have won All-America recognition an amazing 516 times and have captured 64 individual national championships.

In the USA South Athletic Conference, CNU has won ten consecutive President's Cups and 16 of the last 24. Statewide, in Virginia, Christopher Newport has had the best win-loss record of any school in the state for six of the last ten years.

Nationally, CNU teams have made 59 NCAA appearances since 1982, not counting hundreds of individuals in track, cross country and golf.



ROSTER OF CHAMPIONSHIPS

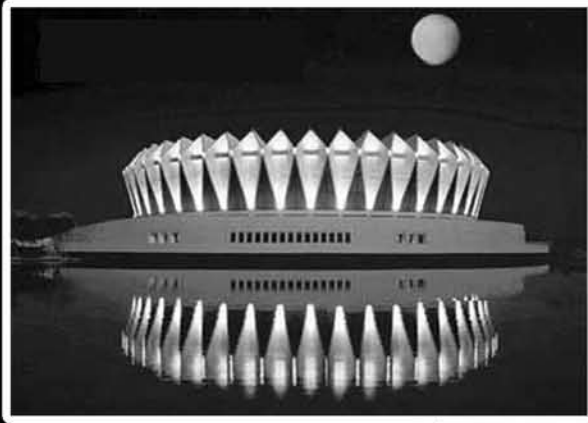
A LIST OF CHAMPIONSHIPS AND NCAA APPEARANCES

BY CHRISTOPHER NEWPORT TEAMS OVER THE YEARS

FOOTBALL	1999 Dixie Conference	2006 USA South
2001 Dixie Conference	2000 Dixie Conference	
2001 NCAA	2001 Dixie Conference	MEN'S TRACK & FIELD
2002 Dixie Conference	2001 Mason-Dixon Conf.	1980 Dixie Conference
2002 NCAA	2002 Dixie Conference	1981 Dixie Conference
2003 USA South	2003 Mason-Dixon Conf.	1982 Dixie Conference
2003 NCAA	2003 USA South	1983 Dixie Conference
2004 USA South	2004 Mason-Dixon Conf.	1984 Dixie Conference
2004 NCAA	2004 USA South	1985 Dixie Conference
2006 USA South	2005 USA South	1986 Dixie Conference
2006 NCAA	2006 USA South	1986 Mason-Dixon Conf. Out.
		1994 Mason-Dixon Conf. Ind.
BASEBALL	WOMEN'S CROSS COUNTRY	1995 Mason-Dixon Conf. Ind.
2001 Dixie Conference	1994 Dixie Conference	1995 Mason-Dixon Conf. Out.
2001 NCAA Regional	1995 Dixie Conference	1996 Mason-Dixon Conf. Ind.
2002 Dixie Conference	1998 Dixie Conference	1998 Mason-Dixon Conf. Ind.
2002 NCAA 3rd place	1999 Dixie Conference	1999 Mason-Dixon Conf. Ind.
2003 NCAA Regional	2000 Dixie Conference	1999 Mason-Dixon Conf. Out.
2003 NCAA 2nd place	2001 Dixie Conference	2000 Mason-Dixon Conf. Ind.
	2001 Mason-Dixon Conf.	2001 Mason-Dixon Conf. Ind.
MEN'S BASKETBALL	2002 Dixie Conference	2001 Mason-Dixon Conf. Out.
1986 Dixie Conference	2003 Mason-Dixon Conf.	2002 Mason-Dixon Conf. Ind.
1986 NCAA First Round	2003 USA South	2002 Mason-Dixon Conf. Out.
1988 Dixie Conference	2004 Mason-Dixon Conf.	2003 Mason-Dixon Conf. Ind.
1988 NCAA First Round	2004 USA South	2003 Mason-Dixon Conf. Out.
1989 Dixie Conference	2005 USA South	2004 Mason-Dixon Conf. Ind.
1989 NCAA First Round	2006 USA South	2004 Mason-Dixon Conf. Out.
1990 NCAA First Round		2005 Mason-Dixon Conf. Ind.
1991 Dixie Conference	GOLF	2005 Mason-Dixon Conf. Out.
1991 NCAA Sweet 16	1990 NCAA Nationals	2006 Mason-Dixon Conf. Ind.
1993 Dixie Conference	1991 NCAA Nationals	2006 Mason-Dixon Conf. Out.
1993 NCAA Sweet 16	1992 NCAA Nationals	2007 Mason-Dixon Conf. Ind.
1994 NCAA Second Round	1994 NCAA Nationals	2007 Mason-Dixon Conf. Out.
1995 NCAA First Round	1995 NCAA Nationals	
1996 Dixie Conference	1996 NCAA Nationals	WOMEN'S TRACK & FIELD
1996 NCAA Sweet 16	2000 NCAA Nationals	1987 Mason-Dixon Conf. Out.
1997 NCAA Second Round		1987 NCAA Outdoor Champs
1998 Dixie Conference	FIELD HOCKEY	1988 NCAA Indoor Champs
1998 NCAA Sweet 16	2006 NCAA Elite 8	1988 NCAA Outdoor Champs
1999 Dixie Conference		1989 NCAA Indoor Champs
1999 NCAA First Round	WOMEN'S SOCCER	1989 NCAA Outdoor Champs
2000 Dixie Conference	2000 Dixie Conference	1990 Mason-Dixon Conf. Ind.
2000 NCAA Second Round	2000 NCAA First Round	1990 NCAA Indoor Champs
2001 Dixie Conference	2004 USA South	1990 Mason-Dixon Conf. Out.
2001 NCAA Elite 8	2004 NCAA Elite 8	1991 Mason-Dixon Conf. Ind.
2003 Dixie Conference	2005 USA South	1991 Mason-Dixon Conf. Out.
2003 NCAA First Round	2005 NCAA	1992 Mason-Dixon Conf. Ind.
2006 USA South	2006 USA South	1992 NCAA Indoor Champs
2006 NCAA First Round	2006 NCAA	1992 NCAA Outdoor Champs
		1992 Mason-Dixon Conf. Out.
WOMEN'S BASKETBALL	MEN'S SOCCER	1994 Mason-Dixon Conf. Ind.
1980 AIAW Regionals	1986 NCAA First Round	1994 Mason-Dixon Conf. Out.
1982 NCAA First Round	2000 Dixie Conference	1994 NCAA Outdoor Champs
1986 Dixie Conference	2000 NCAA Elite 8	1995 Mason-Dixon Conf. Ind.
1986 NCAA Regional	2006 NCAA Second Round	1996 Mason-Dixon Conf. Ind.
1990 Dixie Conference		1997 NCAA Indoor Champs
1992 NCAA Sweet 16	SOFTBALL	1998 Mason-Dixon Conf. Ind.
1993 Dixie Conference	1993 Dixie Conference	1998 Mason-Dixon Conf. Out.
1993 NCAA First Round	1993 NCAA Regionals	1998 NCAA Indoor Champs
1995 NCAA First Round	1994 Dixie Conference	1998 NCAA Outdoor Champs
1997 NCAA First Round	1995 Dixie Conference	2000 Mason-Dixon Conf. Ind.
1998 Dixie Conference	1995 NCAA Regionals	2000 Mason-Dixon Conf. Out.
1998 NCAA Second Round	1997 Dixie Conference	2001 Mason-Dixon Conf. Ind.
2001 Dixie Conference	1998 NCAA Regionals	2002 Mason-Dixon Conf. Ind.
2001 NCAA First Round	2001 Dixie Conference	2002 Mason-Dixon Conf. Out.
2002 NCAA Second Round	2001 NCAA Regionals	2003 Mason-Dixon Conf. Ind.
2006 USA South	2006 NCAA Regionals	2003 Mason-Dixon Conf. Out.
2006 NCAA Second Round		2004 Mason-Dixon Conf. Ind.
	WOMEN'S LACROSSE	2004 Mason-Dixon Conf. Out.
MEN'S CROSS COUNTRY	2006 USA South	2005 Mason-Dixon Conf. Ind.
1980 Dixie Conference	2006 NCAA First Round	2005 Mason-Dixon Conf. Out.
1981 Dixie Conference	2006 USA South	2006 Mason-Dixon Conf. Ind.
1982 Dixie Conference	2006 NCAA Regionals	2006 Mason-Dixon Conf. Out.
1983 Dixie Conference		2007 Mason-Dixon Conf. Ind.
1984 Dixie Conference	MEN'S TENNIS	
1984 NCAA Nationals	1976 Dixie Conference	VOLLEYBALL
1985 Dixie Conference	1977 Dixie Conference	2001 Dixie Conference
1986 Dixie Conference	1978 Dixie Conference	2001 NCAA Regionals
1988-92 No competition	1979 Dixie Conference	2002 Dixie Conference
1993 Dixie Conference	1980 Dixie Conference	2002 NCAA Regionals
1993 Mason-Dixon Conf.	1982 Dixie Conference	2004 USA South
1994 Dixie Conference	1983 Dixie Conference	2004 NCAA Regionals
1994 NCAA Nationals	1990 Dixie Conference	2005 USA South
1994 Mason-Dixon Conf.	1993 Dixie Conference	2005 NCAA Regionals
1995 Dixie Conference	2006 USA South	
1996 Dixie Conference	WOMEN'S TENNIS	
1997 Dixie Conference	1993 Dixie Conference	
1998 Dixie Conference		

The Virginia Peninsula

A Great Place To Live



The Virginia Peninsula is an exciting place to live with all kinds of entertainment and history right at your doorstep.

Some of the best entertainment in the world can be found in numerous venues, as well as on the CNU campus.

Then, of course, there are the beaches, many historical attractions, pro sports, theme parks such as Busch Gardens and Water Country and much more.

There's always lots to do on the Peninsula and in the Tidewater area.

Christopher Newport University

Fast Facts

Christopher Newport University is a small, selective public university. It offers baccalaureate programs through its College of Liberal Arts and Sciences and the Joseph W. Luter, III School of Business, which earned international accreditation in 2005 by the world's top business accrediting organization – the Association to Advance Collegiate Schools of Business. The University also offers a five-year bachelor's to masters program in teaching and graduate programs in applied physics and computer science and environmental science.

Location

CNU's 260-acre campus is located in Newport News, Va., two and a half hours south of Washington, D.C., less than an hour from Williamsburg and Virginia Beach, and just a few blocks from where the tidal James River flows into the Chesapeake Bay.

Student Profile

Forty-five percent of CNU's 4,800 students are male; 55 percent are female. Students come to CNU from every region in Virginia, 32 other states, and several foreign nations. The average high school GPA is 3.4 (on a 4.0 scale). The average SAT score is 1165 (critical reading and math sections).

History

Founded in 1960 as a two-year branch of the College of William and Mary, CNU became independent in 1977 and gained university status in 1991. Today, CNU is the youngest comprehensive university in the Commonwealth.

Class Size

With an average class size of 25 students, CNU has much smaller classes than most state universities. More than 90 percent of classes are seminars, and no classes are taught by graduate teaching assistants.

Facilities

With a \$400 million building campaign nearly complete, CNU's campus is bursting with new buildings and



CNU's Residence Halls offer students the latest state-of-the-art accommodations.

improvements. Recent additions include state-of-the-art residential facilities, a \$16 million sports and convocation center, the new Ferguson Center for the Arts, and residential facility restaurants and stores. Opening in fall 2006 is a state-of-the-art student union; and an expansion project that will double the size of CNU's library is scheduled for completion in fall 2007.

Ferguson Center for the Arts

The \$60 million Ferguson Center for the Arts is the crowning jewel of Christopher Newport University. Teaching and learning are celebrated in the 1,700-seat Concert Hall, 440-seat Music and Theatre Hall, 200-seat Studio Theatre, classrooms, sound-isolated music practice spaces, rehearsal halls, dance studios, costume shops, lighting labs and set design studios. The Center's inaugural season, which began in September 2005, included world-class classical, pop, Broadway and dance performances, attracting more than 120,000 patrons and ticket revenue in excess of \$3.2 million.

Athletics

CNU athletes compete in 21 NCAA sports, including football, lacrosse and sailing. The University ranks fifth nationally in NCAA Division III Team Championships, and the school has produced 500 All-Americans.

Residence Halls

Nearly 3,000 students are housed in the University's state-of-the-art residential facilities that include four new resi-

dence halls and two new apartment complexes that win raves from students and parents, as well as architectural awards. New residential living includes CNU Village, a unique mixed-use development on campus that houses restaurants and stores that serve the entire community as well as students, faculty and staff. Every residential room has high-speed Internet, basic satellite cable TV, digital local phone service, 24-hour security, and electronic room access. All rooms are equipped with a microwave and mini-refrigerator or have kitchen access.

Faculty

Eighty-five percent of CNU's 932 faculty members hold the Ph.D. or highest degree in their fields. Fifty-five new faculty members have been added since 2003.

Cost

For in-state, full-time undergraduates, tuition and fees are \$6,460, and room and board is \$8,100. Christopher Newport University offers a variety of financial aid programs to help students and their parents pay for college; 43 percent of students receive some form of aid.

Campus Life

CNU's 100 clubs and organizations include academic organizations, fraternities and sororities, and special-interest groups. From Altered Xpressionz to Vibes of Our Vernacular, students are sure to find something to spark their interests.



Outstanding teaching with a strong commitment to undergraduate education and the liberal studies core are the hallmarks of Christopher Newport University. A dramatic transformation spanning the past decade has placed it among the United States' pre-eminent liberal arts universities. As the youngest university in the Commonwealth of Virginia's excellent system of higher education, CNU is getting better, not bigger.

CNU offers an unbeatable combination of great teaching, small classes and a commitment to placing students first, which means that the quality of teaching, advising and student life is the University's first concern. Classes average only 25 students, and are taught by faculty members – 85 percent of which hold a doctorate or the highest degree in their field – not teaching assistants. These scholars desire to engage and challenge students inside and outside the classroom and are committed to playing an active role in campus life.

**www.cnu.edu
(757) 594-7000**


CHRISTOPHER NEWPORT
UNIVERSITY

Track and Field Schedule 2007-08

Indoor

December			
8	Sat.	CNU Holiday Open	Freeman Center
January			
25-26	Fri-Sat.	CNU Invitational	Freeman Center
February			
2	Sat	at VMI Winter Relays	Lexington, Va.
9	Sat	Vince Brown Inv.	Freeman Center
23	Sat	Mason-Dixon Conf.	Freeman Center
March			
1	Sat	at George Mason Open	Fairfax, Va.
8	Sat	at Virginia Tech Last Chance	Blacksburg, Va.
14-15	Fri-Sat	at NCAA Championships	Ada, Ohio

Outdoor

March			
27-29	Thu-Sat	at Winthrop Inv.	Rock Hill, S.C.
April			
4-5	Fri-Sat	at Colonial Relays	Williamsburg, Va.
12	Sat	at Lynchburg Classic	Lynchburg, Va.
19	Sat	CNU Blue & Silver Challenge	Belk Track
24-26	Thu-Sat	at Penn Relays	Philadelphia, Pa.
25-26	Fri-Sat	at College of New Jersey Inv.	Ewing, N.J.
May			
2-3	Fri-Sat	Mason-Dixon Conf.	Belk Track
10	Sat	New Captains Classic	Belk Track
12	Mon	at Swarthmore Last Chance	Swarthmore, Pa.
22-24	Thu-Sat	at NCAA Championships	Oshkosh, Wisc.
June			
20-22	Th-Su	at USTAF Jr./Sr. Nationals	Columbus, Ohio
27	Fri	at USTAF Olympic Trials	Eugene, Ore.
Home meets bold			