

2009 Lenoir-Rhyne PowerSox Invitational - 4/11/2009**Hickory, N.C.****Results****Event 1 Women Hammer Throw**

Name	Team	Finals
Finals		
1 Durham, Carla	ASU	44.75m
2 McGriff, Michaela	ASU	44.72m
3 Hurlston, Kristie	KING	35.79m
4 Bass, Crystal	L-MC	28.66m
5 Lee, Tyler	SAPC	20.71m

Event 2 Men Hammer Throw

Name	Team	Finals
Finals		
1 Nave, Derek	KING	43.71m
2 Stalling, Jared	ASU	42.57m
3 Poplin, Caleb	ASU	37.65m
4 Borden, Hamilton	LR	37.49m
5 Daher, Joe	L-MC	37.24m
6 Rogers, Matt	SAPC	34.21m

Event 3 Women Javelin Throw

Name	Team	Finals
Finals		
1 Tallent, Lily	ASU	35.28m
2 Waldbart, Anna	KING	34.42m
3 Durham, Carla	ASU	29.67m
4 Weeks, Morgan	UNCA	27.55m
5 Lowe, Alyssa	LR	23.52m
6 Tyler, Erin	L-MC	22.16m
7 Tripson, Amy	SAPC	16.37m

Event 4 Men Javelin Throw

Name	Team	Finals
Finals		
1 Borden, Hamilton	LR	42.86m
2 Goodchild, Jake	ASU	41.85m
3 Todt, Anthony	KING	41.10m
4 Poplin, Caleb	ASU	40.58m
5 Hyman, Maxwell	KING	39.89m
6 Tanis, Brad	L-MC	39.64m
7 Pone, James	LR	35.88m
8 Kiefer, Allen	SAPC	35.31m
9 Hogbin, Danny	L-MC	31.15m
10 Cartwright, Jared	KING	27.92m
11 Lail, Zane	ASU	26.38m

Event 5 Women Long Jump

Name	Team	Finals
Finals		
1 Harvey, Bianca	ASU	5.57m
2 Hutchings, Katy	SAPC	3.54m

Event 6 Men Long Jump

Name	Team	Finals
Finals		
1 Wilson, Mike	ASU	6.43m
2 Phillips, Charles	SAPC	6.41m
3 Shuford, Marcus	LR	6.40m
4 Pope, Mike	ASU	6.35m
5 Cofield, Cameron	SAPC	6.27m
6 Ross, Antwain	LR	6.18m
7 Todt, Anthony	KING	6.11m
8 Glenn, Chris	L-MC	6.10m
9 Brown, Joseph	L-MC	5.93m
10 Phillips, Adam	L-MC	5.79m
11 Crawford, Troy	UNA	5.74m

Event 7 Women Pole Vault

Name	Team	Finals
Finals		
1 Ward, Julie	ASU	3.55m
2 Beale, Ashley	ASU	J3.55m
3 Snow, Shea	ASU	3.40m
4 Irwin, Meg	ASU	3.25m
5 Trimble, Hannah	L-MC	3.10m
6 Corbin, Candice	L-MC	2.75m
7 James, Margo	ASU	2.60m
8 Bragman, Karyn	L-MC	2.45m
9 Cooke, Kendall	LR	J2.45m

9Jonas, Michelle	L-MC	J2.45m
11Waldbart, Anna	KING	J2.45m

Event 8 Men Pole Vault

Name	Team	Finals
Finals		
1Arthur, Jonathan	L-MC	5.05m
2Boruff, Matt	ASU	4.85m
3Twiford, Ryan	ASU	4.70m
4Oakes, Ryan	L-MC	J4.70m
5Wilson, Mike	ASU	4.55m
6Smith, Zach	ASU	4.40m
7Bell, Jack	ASU	J4.40m
8Patterson, Landon	ASU	4.25m

Event 9 Women Discus Throw

Name	Team	Finals
Finals		
1Tallent, Lily	ASU	37.44m
2McGriff, Michaela	ASU	32.39m
3Durham, Carla	ASU	31.13m
4Bass, Crystal	L-MC	27.56m
5Lee, Tyler	SAPC	27.54m
6Hurlston, Kristie	KING	19.39m

Event 10 Men Discus Throw

Name	Team	Finals
Finals		
1Poplin, Caleb	ASU	43.37m
2Lail, Zane	ASU	42.49m
3Stalling, Jared	ASU	41.53m
4Borden, Hamilton	LR	36.47m
5Nave, Derek	KING	36.26m
6Rogers, Matt	SAPC	35.46m
7Daher, Joe	L-MC	31.42m
8Todt, Anthony	KING	30.88m

Event 11 Women High Jump

Name	Team	Finals
Finals		
1Hills, Bridgette	ASU	1.60m
2Ward, Julie	ASU	1.55m
3Dukes, Crystal	ASU	1.50m

Event 12 Men High Jump

Name	Team	Finals
Finals		
1Crawford, Troy	UNA	1.90m
2Boruff, Matt	ASU	J1.90m
3Shuford, Marcus	LR	J1.90m
4Phillips, Charles	SAPC	1.85m
5Mozzone, Nick	UNCA	J1.85m
6Kemp, Logan	KING	1.80m
7Goodchild, Jake	ASU	1.75m
8Hollins, Domonique	SAPC	J1.75m
8Cartwright, Jared	KING	J1.75m
10Hogbin, Danny	L-MC	1.70m
11Cofield, Cameron	SAPC	J1.70m
12Rowarnd, Shaun	L-MC	1.60m

Event 13 Women Triple Jump

Name	Team	Finals
Finals		
1Dukes, Crystal	ASU	11.24m
2Harvey, Bianca	ASU	11.11m
3McCoy, Shantra	L-MC	10.13m

Event 14 Men Triple Jump

Name	Team	Finals
Finals		
1Shuford, Marcus	LR	13.83m
2Crawford, Troy	UNA	12.98m
3Cofield, Cameron	SAPC	12.51m
4Alexander, Corey	L-MC	12.42m
5Phillips, Charles	SAPC	12.23m

Event 15 Women Shot Put

Name	Team	Finals
Finals		
1Durham, Carla	ASU	11.54m
2McGriff, Michaela	ASU	11.48m
3Bass, Crystal	L-MC	10.09m
4Tyler, Erin	L-MC	8.80m
5Lee, Tyler	SAPC	8.70m
6Tripson, Amy	SAPC	6.97m

Event 16 Men Shot Put

Name	Team	Finals
Finals		
1Stalling, Jared	ASU	13.80m
2Borden, Hamilton	LR	13.35m
3Nave, Derek	KING	12.67m
Finals ... (Event 16 Men Shot Put)		
4Rogers, Matt	SAPC	12.50m
4Poplin, Caleb	ASU	12.50m
6Daher, Joe	L-MC	12.29m
7Harn, Jeremy	UNCA	11.85m
7Lail, Zane	ASU	11.85m
9Kiefer, Allen	SAPC	10.19m
10Cartwright, Jared	KING	9.91m

Event 17 Women 3000 Meter Steeplechase

Name	Team	Finals
Finals		
1Harris, April	L-MC	12:32.59
2Hanger, Kelsey	ASU	12:48.86
3Peeler, Bekah	LR	13:19.91

Event 18 Men 3000 Meter Steeplechase

Name	Team	Finals
Finals		
1Cooper, Mitch	SAPC	9:57.10
2Campbell, Mason	ASU	10:03.20
3Holt, Doug	SAPC	10:15.89
4Gray, Connor	L-MC	10:35.00
5Harris, Jared	UNA	10:40.00
6Hamilton, Daniel	KING	10:48.20
---Phyfer, Connor	UNA	DNF
---Harris, Ryan	ASU	DNF

Event 19 Women 4x100 Meter Relay

Team	Relay	Finals
Finals		
1Appalachian State University	A	48.69
Dukes, Crystal	Johnson, Monica	
Harvey, Bianca	Parker, Christina	
2King College	A	49.99
Davis, Amanda	Simmons, Brittany	
Weeks, Lauren	Hurlston, Kristie	
---Lees-McRae College	A	DNF
Tyler, Erin	Foard, Rebecca	
McCoy, Shantra	Hall, Joy	

Event 20 Men 4x100 Meter Relay

Team	Relay	Finals
Finals		
1King College	A	42.04
Ingraham, Diverne	Hyman, Kemar	
Hyman, Maxwell	Cuffy, Tyrell	
2Lenoir-Rhyne University	A	43.31
Pone, James	Darity, John	
Ross, Antwain	Komisarski, Bobby	
3Lees-McRae College	A	43.94
Hoots, Jesse	Connor, Michael	
Phillips, Adam	Glenn, Chris	
4Lenoir-Rhyne University	B	46.13
Thwaites, Anthony	Davis, Brandon	
Rouse, CJ	McCombs, Justin	
5St. Andrews Presbyterian	A	48.77
Colle		
Phillips, Charles	Cofield, Cameron	
McKee, Brad	Pickett, Josh	

Event 21 Women 1500 Meter Run

Name	Team	Finals
Finals		
1Trovato, Alyson	SAPC	5:02.61
2Alfano, Danielle	KING	5:15.69
3Payne, Tiffany	LR	5:24.87
4Lowe, Alyssa	LR	5:38.79
5Johnson, Hannah	LR	5:39.28
6Savage, Tierra	SAPC	5:40.14
7Williams, Tiffany	SAPC	5:46.90
8Martin, Danielle	SAPC	6:21.31
9May, Rebecca	SAPC	6:44.57

Event 22 Men 1500 Meter Run

Name	Team	Finals
Finals		
1Moer, Chris	ASU	4:03.18

2Desta, Asmeron	ASU	4:03.53
3Meyer, Alec	ASU	4:08.03
4Maidens, Jakob	LR	4:11.90
5Hamilton, Daniel	KING	4:16.99
6Pierce, Ryan	KING	4:18.35
7Schnapp, Adam	UNCA	4:20.06
8Walls, Jim	SAPC	4:31.49
9Martin, Damon	BREV	4:31.51
10Mooney, Tyler	LR	4:38.57
11Wilson, Tommy	SAPC	4:42.87
12Lloyd, James	SAPC	4:43.87
13Abrahamson, Bobby	UNCA	4:44.99
14Miller, Mykal	KING	4:45.76
15McKee, Brad	SAPC	4:50.67
16Tapia-Lover, Tiffen	BREV	4:51.52
17Lecker, Jon	SAPC	5:04.22

Event 23 Women 400 Meter Dash

Lane	Name	Team	Finals
Finals			
1	Simmons, Brittany	KING	58.16
2	Liriano, Nadia	ASU	1:02.40
3	Colson, Demarea	L-MC	1:06.87
4	Foard, Rebecca	L-MC	1:07.37
5	May, Ashley	L-MC	1:08.77
6	Daniels, Tori	LR	1:11.13
7	Baca, Aurelia	UNCA	1:12.47

Event 24 Men 400 Meter Dash

Lane	Name	Team	Finals
Finals			
1	Krenik, David	KING	49.77
2	Carter, Carlos	ASU	50.18
3	Hoots, Jesse	L-MC	50.65
4	Kilgore, Jeremiah	UNA	50.83
5	Darity, John	LR	53.19
6	Mostella, Steve	L-MC	54.17

Event 25 Women 100 Meter Hurdles

Name	Team	Finals
Finals		
1Evans-Hardy, Porsha'	ASU	14.95
2McCoy, Shantra	L-MC	16.36
3Tyler, Erin	L-MC	16.62
4Weeks, Morgan	UNCA	17.38
5Smith, Kathryn	L-MC	18.86

Event 26 Men 110 Meter Hurdles

Lane	Name	Team	Finals
Finals			
1	Bush, Phillip	ASU	15.08
2	Dohanic, AJ	ASU	15.09
3	Boruff, Matt	ASU	15.13
4	Glenn, Chris	L-MC	15.31
5	Brown, Joseph	L-MC	15.79
6	Thompson, Sean	ASU	15.97
7	Richardson, Glenn	L-MC	16.75
8	Todt, Anthony	KING	17.12
8	Goodchild, Jake	ASU	17.12
---	Short, Andrew	LR	DNF

Event 27 Women 100 Meter Dash

Name	Team	Finals
Finals		
1Dukes, Crystal	ASU	12.26
2Dunlap, Asia	ASU	12.68
3Parker, Christina	ASU	12.74
4Daniels, Tori	LR	14.16

Event 28 Men 100 Meter Dash

Lane	Name	Team	Finals
Finals			
1	Hyman, Kemar	KING	10.46
2	Pone, James	LR	10.76
3	Moore, Dennis	ASU	10.86
4	Pearce, DeSean	ASU	10.92
5	Hyman, Maxwell	KING	11.04
5	Pickett, David	UNA	11.04
7	Rouse, CJ	LR	11.06
8	Ingraham, Diverne	KING	11.07
9	Fleming, Justn	BREV	11.12
10	Ross, Antwain	LR	11.26
11	Phillips, Adam	L-MC	11.30
12	Pone, Mike	ASU	11.32

13Alexander, Corey	L-MC	11.36
14Darity, John	LR	11.62
15Evans, Jeremy	L-MC	11.74
16Davis, Brandon	LR	11.78
17Mostella, Steve	L-MC	11.79
18Cofield, Cameron	SAPC	11.84
19McCollister, Jeff	UNA	12.30

Event 29 Women 800 Meter Run

Name	Team	Finals
Finals		
1Davis, Amanda	KING	2:21.00
2Robertson, Kala	ASU	2:21.37
3Wallace, Amanda	KING	2:24.58
4Kopec, Melissa	ASU	2:26.13
5Reese, Dani	ASU	2:27.35
6Hiller, Lynda	ASU	2:32.26
7Alfano, Danielle	KING	2:32.78
8Payne, Tiffany	LR	2:33.66
9Colson, Demarea	L-MC	2:36.15
10May, Ashley	L-MC	2:38.74
11Zempel, Elycia	LR	2:39.11
12Howard, Sam	LR	2:45.16
13Annas, Miranda	LR	2:51.48
14Shields, Allison	UNCA	2:52.92
15Wilkerson, Kathleen	L-MC	2:57.28
16Zerressen, Kristen	BREV	3:21.42

Event 30 Men 800 Meter Run

Name	Team	Finals
Finals		
1O'Keefe, Nick	ASU	1:55.94
2Davis, Michael	L-MC	1:59.31
3Corbin, Matt	LR	1:59.89
4Williamson, Ryan	KING	2:03.26
5Anton, Luke	L-MC	2:04.11
6Maidens, Jakob	LR	2:06.93
7Stanley, Tyler	KING	2:07.55
8Barrett, Matt	L-MC	2:09.54
9Meyer, Alec	ASU	2:16.09
10Lecker, Jon	SAPC	2:23.30
11Hogan, Patrick	SAPC	2:36.68

Event 31 Women 400 Meter Hurdles

Name	Team	Finals
Finals		
1Irwin, Meg	ASU	1:15.70
2Harris, April	L-MC	1:17.02
3Smith, Kathryn	L-MC	1:19.01

Event 32 Men 400 Meter Hurdles

Lane	Name	Team	Finals
Finals			
1	Komisarski, Bobby	LR	55.63
2	Tanis, Brad	L-MC	55.70
3	Dohanic, AJ	ASU	55.72
4	Thompson, Sean	ASU	57.61
5	Smith, Nate	L-MC	1:01.32
6	Roward, Shaun	L-MC	1:04.42
7	Short, Andrew	LR	1:04.86
8	Gray, Connor	L-MC	1:06.62
9	Richardson, Glenn	L-MC	1:07.44

Event 33 Women 200 Meter Dash

Lane	Name	Team	Finals
Finals			
1	Parker, Christina	ASU	25.25
2	Dunlap, Asia	ASU	25.77
3	Johnson, Monica	ASU	26.03
4	Liriano, Nadia	ASU	26.61
5	Foard, Rebecca	L-MC	27.43
6	Hurd, Jenny	L-MC	28.08
7	Delutis, Rayne	L-MC	28.48
8	Daniels, Tori	LR	30.08

Event 34 Men 200 Meter Dash

Lane	Name	Team	Finals
Finals			
1	Cuffy, Tyrell	KING	21.32
2	Bush, Phillip	ASU	22.22
3	Pone, James	LR	22.29
4	Darity, John	LR	22.76
5	Pearce, DeSean	ASU	22.78
6	McCombs, Justin	LR	22.83

7Hoots, Jesse	L-MC	22.85
8Ingraham, Diverne	KING	23.11
9Clark, Alonzo	L-MC	23.50
10Mostella, Steve	L-MC	23.54
11Kilgore, Jeremiah	UNA	23.58
12Davis, Brandon	LR	23.72
13Phillips, Charles	SAPC	24.00
14McCollister, Jeff	UNA	24.90
---Ross, Antwain	LR	DNF

Event 35 Women 5000 Meter Run

Name	Team	Finals
Finals		
1Griewisch, Kate	LR	18:32.53
2Trovato, Alyson	SAPC	18:42.03
3Nelson, Carrie	KING	18:46.28
4Wallace, Amy	KING	19:50.55
5McDowell, Rebecca	UNA	20:22.81
6Williams, Tiffany	SAPC	21:10.05
7Barnes, Amanda	LR	21:35.30

Event 36 Men 5000 Meter Run

Name	Team	Finals
Finals		
1Cooper, Mitch	SAPC	15:55.90
2Holzaphel, Simon	TUSC	15:58.08
3Holt, Doug	SAPC	16:12.97
4Cochran, Eugene	LR	16:19.71
5Humpherys, Justin	KING	16:55.88
6Stuckey, Jake	LR	16:57.31
7Walls, Jim	SAPC	17:13.27
8Barringer, Jay	UNCA	17:39.98
9Vick, Adam	UNCA	17:42.63
10Wilson, Tommy	SAPC	17:46.62
11Lloyd, James	SAPC	17:55.14
12Ramos, Kevin	UNA	18:05.24
13Fisher, Jamie	LR	18:08.16
14McKee, Brad	SAPC	19:55.16

Event 37 Women 4x400 Meter Relay

Team	Relay	Finals
Finals		
1King College	A	3:57.96
Davis, Amanda	Simmons, Brittany	
Wallace, Amanda	Weeks, Lauren	
2Appalachian State University	A	3:59.95
Liriano, Nadia	Parker, Christina	
Hiller, Lynda	Dunlap, Asia	
3Lees-McRae College	A	4:14.72
Foard, Rebecca	Hurd, Jenny	
May, Ashley	Delutis, Rayne	
4Appalachian State University	B	4:20.51
Reese, Dani	Kopec, Melissa	
Irwin, Meg	Brutus, Michelle	
5Lenoir-Rhyne University	A	4:42.86
Zempel, Elycia	Payne, Tiffany	
Daniels, Tori	Howard, Sam	

Event 38 Men 4x400 Meter Relay

Team	Relay	Finals
Finals		
1King College	A	3:21.39
Hyman, Maxwell	Krenik, David	
Williamson, Ryan	Cuffy, Tyrell	
2Lees-McRae College	A	3:26.93
Hoots, Jesse	Oakes, Ryan	
Connor, Michael	Tanis, Brad	
3Lenoir-Rhyne University	A	3:27.13
Rouse, CJ	Corbin, Matt	
Maidens, Jakob	Komisarski, Bobby	
4Appalachian State University	A	3:27.19
Carter, Carlos	Boruff, Matt	
Bush, Phillip	O'Keefe, Nick	
5Appalachian State University	B	3:33.00
Dohanic, AJ	Thompson, Sean	
Goodchild, Jake	Forsyth, Brooks	
6King College	B	3:45.22
Stanley, Tyler	Hamilton, Daniel	
Pierce, Ryan	Humpherys, Justin	
7Lees-McRae College	B	3:49.08
Gray, Connor	Barrett, Matt	
Anton, Luke	Davis, Michael	

