

Athlete	Time / Mark	Meet
100 Meters		
Richard Ibeh	10.84	NCCAA Championships
Diverne Ingraham	10.85	NCCAA Championships
Shavar Watson	11.02*	Lenoir-Rhyne Inv.
Richard Ibeh	11.03*	Catamount Classic
Quardarius Clark	11.11*	Catamount Classic
Diverne Ingraham	11.18*	Lenoir-Rhyne Inv.
Quardarius Clark	11.23	NCCAA Championships
Diverne Ingraham	11.29*	Charlotte 49er Classic
Richard Ibeh	11.31*	Charlotte 49er Classic
Diverne Ingraham	11.54	Western Carolina Inv.
Quardarius Clark	11.82	Charlotte 49er Classic
Grayson Elmore	11.91	Catamount Classic
Quardarius Clark	11.94	Lenoir-Rhyne Inv.
Grayson Elmore	13	Western Carolina Inv.
200 Meters		
Richard Ibeh	22.27	NCCAA Championships
Shavar Watson	22.29*	Lenoir-Rhyne Inv.
Diverne Ingraham	22.38	NCCAA Championships
Diverne Ingraham	22.78*	Lenoir-Rhyne Inv.
Diverne Ingraham	22.79*	Western Carolina Inv.
Richard Ibeh	23.06	Charlotte 49er Classic
Richard Ibeh	23.07	Catamount Classic
Quardarius Clark	23.11	Catamount Classic
Quardarius Clark	23.12	Lenoir-Rhyne Inv.
Diverne Ingraham	23.16	Charlotte 49er Classic
Diverne Ingraham	23.55	Catamount Classic
Quardarius Clark	23.87	Charlotte 49er Classic
400 Meters		
Shavar Watson	49.34#	NCCAA Championships
Shavar Watson	49.73*#	Catamount Classic
Shavar Watson	49.74*#	Charlotte 49er Classic
Ryan Williamson	50.04*#	Charlotte 49er Classic
Ryan Williamson	50.06	NCCAA Championships
Ryan Williamson	50.64*	Lenoir-Rhyne Inv.
Shavar Watson	50.65*	Western Carolina Inv.
Ryan Williamson	50.69*	Catamount Classic
Ryan Williamson	51.15	Western Carolina Inv.
Richard Ibeh	51.64	Lenoir-Rhyne Inv.
Richard Ibeh	52.52	Western Carolina Inv.
Josh Dallas	53.92	Lenoir-Rhyne Inv.
Diverne Ingraham	54.7	Catamount Classic
Josh Dallas	54.72	Catamount Classic
800 Meters		
David Smith	1:58.15*#	Lenoir-Rhyne Inv.
David Smith	01:58.9	NCCAA Championships
David Smith	1:59.27*	Western Carolina Inv.

David Smith	02:01.3	Catamount Classic
Daniel Hamilton	02:02.2	Lenoir-Rhyne Inv.
David Smith	02:02.9	Charlotte 49er Classic
Justin Humphreys	2:03.15#	Lenoir-Rhyne Inv.
Daniel Hamilton	02:03.4	Western Carolina Inv.
Carson Mendez	02:04.6	Western Carolina Inv.
Carson Mendez	02:04.9	Lenoir-Rhyne Inv.
Naseem Haje	02:05.1	Lenoir-Rhyne Inv.
Justin Humphreys	02:05.2	Western Carolina Inv.
Carson Mendez	02:07.7	Catamount Classic
Carson Mendez	02:07.9	Charlotte 49er Classic
Tyler Stanley	02:08.5	Western Carolina Inv.
Ryan Pierce	02:13.2	Lenoir-Rhyne Inv.
Mykal Miller	02:19.4	Lenoir-Rhyne Inv.

1500 Meters

Daniel Hamilton	4:03.78#!	NCCAA Championships
Daniel Hamilton	4:04.43*#!	Charlotte 49er Classic
Daniel Hamilton	4:05.14*	Lenoir-Rhyne Inv.
Daniel Hamilton	4:06.23*	Catamount Classic
Naseem Haje	4:06.29*#	Charlotte 49er Classic
Daniel Hamilton	4:08.17*	Western Carolina Inv.
Naseem Haje	4:09.13*	Lenoir-Rhyne Inv.
Justin Humpherys	04:12.4	Charlotte 49er Classic
Justin Humpherys	04:12.9	Lenoir-Rhyne Inv.
Justin Humpherys	04:13.3	Catamount Classic
Justin Humpherys	04:14.1	Western Carolina Inv.
Andrew Dibb	4:15.94#	Charlotte 49er Classic
Andrew Dibb	04:17.2	Lenoir-Rhyne Inv.
Ryan Pierce	04:18.3	Lenoir-Rhyne Inv.
Ryan Pierce	04:20.3	Charlotte 49er Classic
Mykal Miller	4:35.7#	Lenoir-Rhyne Inv.
Mykal Miller	4:36.43#	Catamount Classic
Mykal Miller	04:36.8	Western Carolina Inv.

3,000 Meters

Naseem Haje	8:51.70#!	Charlotte 49er Classic
Daniel Hamilton	9:00.72#	Charlotte 49er Classic
Justin Humpherys	09:22.8	Charlotte 49er Classic
Andrew Dibb	09:23.6	Charlotte 49er Classic
Mykal Miller	10:31.0	Charlotte 49er Classic

5,000 Meters

Naseem Haje	15:43.84*#	Western Carolina Inv.
Naseem Haje	15:55.54*	Catamount Classic
Ryan Pierce	16:06.3	Catamount Classic
Andrew Dibb	16:13.37#	Western Carolina Inv.
Andrew Dibb	16:16.66#	Catamount Classic

10,000 Meters

Naseem Haje	33:00.23#!	NCCAA Championships
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110 Meter Hurdles

Alfonso Banks	16.65	NCCAA Championships
Alfonso Banks	16.67	Charlotte 49er Classic
Alfonso Banks	16.96	Catamount Classic
Alfonso Banks	17.26	Lenoir-Rhyne Inv.
Alfonso Banks	17.97	Western Carolina Inv.

400 Meter Hurdles

Alfonso Banks	56.39*	Catamount Classic
Alfonso Banks	56.58*	Lenoir-Rhyne Inv.
Alfonso Banks	57.12	NCCAA Championships
Alfonso Banks	57.50*	Charlotte 49er Classic
Alfonso Banks	58.59*	Western Carolina Inv.

4 x 100 Meters Relay

King	.42.21	NCCAA Championships
(Ibeh, Watson, Ingraham, Banks)		
King	.42.90	Western Carolina Inv.
(Ibeh, Watson, Ingraham, Banks)		
King	.43.11	Lenoir-Rhyne Inv.
(Ibeh, Watson, Ingraham, Banks)		
King	72.74.	Catamount Classic
(Williamson, Watson, Ibeh, Banks)		

4 x 400 Meters Relay

King	03:21.0	Charlotte 49er Classic
(Williamson, Watson, Ibeh, Banks)		
King	03:21.9	Lenoir-Rhyne Inv.
(Williamson, Watson, Ibeh, Banks)		
King	03:22.4	Catamount Classic
(Williamson, Watson, Ibeh, Banks)		
King	03:22.6	NCCAA Championships
(Williamson, Watson, Ibeh, Banks)		
King	03:37.4	Western Carolina Inv.
(Stanley, Mendez, Hamilton, Humphreys)		

Long Jump

Shavar Watson	6.70m/21-11.75ft.#	NCCAA Championships
Quaderius Clark	6.67m/21-10.75ft.#	NCCAA Championships
Shavar Watson	6.59m/21-07.50ft.	Lenoir-Rhyne Inv.
Quaderius Clark	6.30m/20-08.00ft.	Catamount Classic
Quaderius Clark	6.28m/20-07.25ft.	Western Carolina Inv.
Shavar Watson	6.19m/20-03.75ft	Western Carolina Inv.
Quaderius Clark	6.18m/20-03.60ft.	Charlotte 49er Classic
Quaderius Clark	6.05m/19-10.25ft.	Lenoir-Rhyne Inv.
Shavar Watson	5.93m/19-05.00ft.	Catamount Classic
Grayson Elmore	5.42m/17-09.50ft.	Western Carolina Inv.
Grayson Elmore	5.17m/16-11.50ft	Catamount Classic
Grayson Elmore	5.16m/16-11.20ft.	Charlotte 49er Classic

Triple Jump

Quaderius Clark	13.42m/44-00.50ft.	NCCAA Championships
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High Jump

Quarderius Clark	1.95m/6-04.75ft.#!	NCCAA Championships
Logan Kemp	1.90m/6-02.75	NCCAA Championships
Quarderius Clark	1.82m/5-11.50.00ft.	Western Carolina Inv.
Quarderius Clark	1.80m/5-10.75ft.	Lenoir-Rhyne Inv.

Hammer

Derek Nave	50.33m/165-01.00ft.	NCCAA Championships
Derek Nave	50.30m/165-00.00ft.*#	Charlotte 49er Classic
Derek Nave	48.29m/158-05.00ft.*	Western Carolina Inv.
Derek Nave	48.11m/157-10.00ft.*	Catamount Classic
Derek Nave	45.95m/150-09.00ft.	Lenoir-Rhyne Inv.

Shot Put

Derek Nave	13.15m/43-01.75ft.	Lenoir-Rhyne Inv.
Derek Nave	13.13m/43-01.00ft.	NCCAA Championships
Derek Nave	13.06m/42-10.25ft.	Western Carolina Inv.
Derek Nave	12.64m/41-05.75ft.	Charlotte 49er Classic
Derek Nave	12.45m/40-10.25ft.	Catamount Classic

Discus

Derek Nave	42.90m/140-01.00ft.*#!	Lenoir-Rhyne Inv.
Derek Nave	41.47m/136-11.00ft.	NCCAA Championships
Derek Nave	40.63m/133-04.00ft.*	Western Carolina Inv.
Derek Nave	40.11m/131-11.00ft.*#!	Catamount Classic
Derek Nave	36.25m/118-11.00ft.	Charlotte 49er Classic
Richard Ibeh	35.24m/115-07.00ft.ft	Western Carolina Inv.

Javelin

Ryan Williamson	36.40m/119-05.00ft	Western Carolina Inv.
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Pole Vault

Aaron Smith	2.90m/9-06.25ft.	Lenoir-Rhyne Inv.
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Key:

School Record - !

Outdoor Personal Record - #

NCCAA National Quailifier - *

NCCAA All-American