

## 2018 MEN'S TRACK AND FIELD IN REVIEW

### CAA Championship Results (May 4-5, 2018 at College of William & Mary)

Northeastern 320, William & Mary 214, UNCW 98

**Meet Outstanding Performer Track Events:** Kyle Darrow, Northeastern

**Meet Outstanding Performer Field Events:** Tom Parker, William & Mary

#### **Track Athlete of the Year**

JP Trojan, William & Mary

#### **Field Athlete of the Year**

Kyle Darrow, Northeastern

#### **Coach of the Year**

Tramaine Shaw, Northeastern

#### **Rookie of the Year**

KJ Cook, William & Mary

### Individual Champions

<b>Event</b>	<b>Athlete, School</b>	<b>Result</b>
<b>Decathlon:</b>	Nick Fofana, Northeastern	6,370 points
<b>Pole Vault:</b>	Michael Fairbanks, William & Mary	13'11.25" (4.25m)
<b>High Jump:</b>	Dylan Wood, UNCW	6'03.50" (1.92 m)
<b>Long Jump:</b>	Kyle Darrow, Northeastern	25'09.25" (7.85m)
<b>Triple Jump:</b>	Jordan Samuels, Northeastern	46'11.75" (14.32m)
<b>Shot Put:</b>	Eric Mellusi, Northeastern	55'08.25" (16.97m)
<b>Discus:</b>	Eric Mellusi, Northeastern	173'05" (52.87m)
<b>Hammer Throw:</b>	Tom Parker, William & Mary	212'09" (64.86m)
<b>Javelin:</b>	Derek Trott, William & Mary	202'04" (61.67m)
<b>100 Meter Dash:</b>	Naukym Morton, Northeastern	10.41
<b>200 Meter Dash:</b>	Kyle Darrow, Northeastern	21.39
<b>400 Meter Dash:</b>	RJ Russell, UNCW	47.28
<b>800 Meter Run:</b>	Raul Chavez-Gutierrez, William & Mary	1:50.34
<b>1,500 Meter Run:</b>	Marc Rienas, Northeastern	3:47.40
<b>5,000 Meter Run:</b>	JP Trojan, William & Mary	15:00.46
<b>10,000 Meter Run:</b>	Faris Sakallah, William & Mary	32:42.43
<b>110 Meter Hurdles:</b>	David Adams, Northeastern	14.49
<b>400 Meter Hurdles:</b>	David Adams, Northeastern	52.38
<b>3,000 Meter Steeplechase:</b>	Dan Romano, Northeastern	9:09.80
<b>4x100 Meter Relay:</b>	Northeastern (Naukym Morton, Kyle Darrow, Dametrius O'Connor, Anthony Roderick)	40.60
<b>4x400 Meter Relay:</b>	UNCW (Rian Fowler, Earl Green, Josh Cooper, RJ Russell)	3:13.90

### NCAA Track and Field Championships (June 6-9, University of Oregon):

Kyle Darrow, Northeastern - Long Jump - 6th Place - 25'10.25" (7.88m) - **First Team All-America**

## PAST CAA MEN'S TRACK AND FIELD CHAMPIONS

Year	Champion	Coach	Score	Runner-up	Score	Site
1990	George Mason	John Cook	175.5	Navy	154.5	James Madison
1991	Navy	Steve Cooksey	174	George Mason	161	George Mason
1992	William & Mary	Dan Stimson	234	George Mason	107	James Madison
1993	William & Mary	Dan Stimson	174	George Mason	138	UNCW
1994	George Mason	John Cook	86	William & Mary	69	William & Mary
1995	George Mason	John Cook	99.5	William & Mary	50	George Mason
1996	VCU	Julian Spooner	146	William & Mary	118	James Madison
1997	UNCW	Jim Sprecher	169	George Mason	109	UNCW
1998	UNCW	Jim Sprecher	151.5	William & Mary	124	William & Mary
1999	UNCW	Jim Sprecher	160	William & Mary	122.5	George Mason
2000	UNCW	Jackie Grimes	211.5	William & Mary	185	VCU
2001	UNCW	Kevin Ankrom	178	William & Mary	150	VCU
2002	UNCW	Kevin Ankrom	174.5	William & Mary	164	VCU
2003	William & Mary	Andrew Gerard	237	Delaware	147.5	VCU
2004	William & Mary	Alex Gibby	185	VCU	161	VCU
2005	UNCW	Jim Sprecher	218.5	VCU	172	George Mason
2006	VCU	Julian Spooner	181	UNCW	172	VCU
2007	UNCW	Jim Sprecher	215.5	William & Mary	183	James Madison
2008	UNCW	Jim Sprecher	194.5	William & Mary	190	William & Mary
2009	UNCW	Jim Sprecher	184	William & Mary	158	Towson
2010	George Mason	Andrew Gerard	215	William & Mary	186	George Mason
2011	George Mason	Andrew Gerard	239	UNCW	143.5	VCU
2012	George Mason	Andrew Gerard	267	UNCW	166	George Mason
2013	William & Mary	Stephen Walsh	185	UNCW	178	Towson
2014	UNCW	Jim Sprecher	265	Northeastern	221	James Madison
2015	Northeastern	Cathrine Erickson	232	William & Mary	221	William & Mary
2016	Northeastern	Cathrine Erickson	307	William & Mary	262	Elon
2017	Northeastern	Cathrine Erickson	273	William & Mary	247	Delaware
2018	Northeastern	Tramaine Shaw	320	William & Mary	214	William & Mary

### Past CAA Championships

#### **1990 Championship (April 14 at James Madison)**

George Mason 175.5, Navy 154.5, William & Mary 100, James Madison 93, East Carolina 47, UNCW 41

##### **Athlete of the Year**

Tony Barton, Mason

##### **Coach of the Year**

John Cook, Mason

#### **1991 Championship (April 13 at George Mason)**

Navy 174, George Mason 161, William & Mary 113, James Madison 93, East Carolina 24, UNCW 24, Richmond 9

##### **Athlete of the Year**

Jerry Roney, JMU

##### **Coach of the Year**

Steve Cooksey, Navy

#### **1992 Championship (April 11 at James Madison)**

William & Mary 234, George Mason 107, James Madison 94, UNCW 60, Richmond 47, East Carolina 38, Old Dominion 10

##### **Athlete of the Year**

Jerry Roney, JMU

##### **Coach of the Year**

Dan Stimson, W&M

#### **1993 Championship (April 10 at UNCW)**

William & Mary 174, George Mason 138, James Madison 130, East Carolina 61, UNCW 47, Richmond 43, Old Dominion 10

##### **Athlete of the Meet**

Charles Miles, ECU

##### **Athlete of the Year**

Jerry Roney, JMU

##### **Coach of the Year**

Bill Walton, JMU

#### **1994 Championship (April 16 at William & Mary)**

George Mason 86, William & Mary 69, UNCW 54, East Carolina 50, Richmond 21, James Madison 19

##### **Athlete of the Meet**

Dwight Henry, ECU

##### **Athlete of the Year**

Alex Morgan, Mason

##### **Coach of the Year**

John Cook, Mason

##### **Rookie of the Year**

Perry Gaskins, Mason

**1995 Championship (April 15 at George Mason)**

George Mason 99.5, William &amp; Mary 50, UNCW 48, James Madison 43, East Carolina 29.5, Richmond 17

**Athlete of the Meet**

Chris McKinney, ECU

**Athlete of the Year**

Greg Haughton, Mason

**Coach of the Year**

John Cook, Mason

**Rookie of the Year**

Curtis Lassiter, JMU

**1996 Championship (April 20-21 at James Madison)**

VCU 146, William &amp; Mary 118, UNCW 114, George Mason 106, James Madison 53, East Carolina 44, Richmond 5

**Athlete of the Meet**

Ron Jones, VCU

**Athlete of the Year**

Julius Achon, Mason

**Coach of the Year**

John Cook, Mason

**Rookie of the Year**

Damon Davis, Mason

**1997 Championship (April 20-21 at James Madison)**

UNCW 169, George Mason 109, William &amp; Mary 90, VCU 83.5, East Carolina 80.5, James Madison 50, Richmond 4

**Athlete of the Meet**

Darrick Ingram, ECU

**Athlete of the Year**

Andy Christiansen, W&amp;M

**Coach of the Year**

Jim Sprecher, UNCW

**Rookie of the Year**

Darrick Ingram, ECU

**1998 Championship (April 17-18 at William & Mary)**

UNCW 151.50, William &amp; Mary 124, East Carolina 107, VCU 93, James Madison 60, George Mason 38, Richmond 15.50

**Athlete of the Meet**

Bryant Lowe, UNCW

**Co-Athletes of the Year**

Jesus Ortega, VCU

Darrick Ingram, ECU

**Coach of the Year**

Jim Sprecher, UNCW

**Rookie of the Year**

Tyrone Dozier, ECU

**1999 Championship (April 16-17 at George Mason)**

UNCW 160, William &amp; Mary 122.5, James Madison 89, George Mason 85, East Carolina 76, VCU 56, Richmond 30.5

**Athlete of the Meet**

Maurice Wignall, Mason

**Athlete of the Year**

Maurice Wignall, Mason

**Co-Coaches of the Year**

Jim Sprecher, UNCW

Bill Walton, JMU

**Rookie of the Year**

Lawrence Ward, ECU

**2000 Championship (April 21-22 at VCU)**

UNCW 211.5, William &amp; Mary 185, James Madison 97, East Carolina 96, George Mason 81, VCU 78, Richmond 55.5, American 9

**Athlete of the Meet**

Darrick Ingram, ECU

**Athlete of the Year**

Matt Lane, W&amp;M

**Coach of the Year**

Jackie Grimes, UNCW

**Rookie of the Year**

Joe Dinozzi, Mason

**2001 Championship (April 20-22 at VCU)**

UNCW 178, William &amp; Mary 150, James Madison, 113.5, George Mason 108, VCU 83.5

**Co-Athletes of the Meet**

Matt Lane, W&amp;M

Allen Simms, Mason

**Athlete of the Year**

Matt Lane, W&amp;M

**Coach of the Year**

Kevin Ankrom, UNCW

**Rookie of the Year**

Allen Simms, Mason

**2002 Championship (April 19-20 at VCU)**

UNCW 174.5, William &amp; Mary 164, Delaware 117.5, George Mason 110, James Madison 97, VCU 75.5, Towson 73.5

**Meet Outstanding Performer**

Brandon Simpson, Mason

**Athlete of the Year**

Brandon Simpson, Mason

**Coach of the Year**

Kevin Ankrom, UNCW

**Rookie of the Year**

David Flueckiger, VCU

**2003 Championship (April 18-19 at VCU)**

William &amp; Mary 237, Delaware 147.5, George Mason 130.5, UNCW 96.5, James Madison 72, Towson 65, VCU 21.5

**Meet Outstanding Performer**

Richard Phillips, Mason

**Athlete of the Year**

Ed Moran, W&amp;M

**Coach of the Year**

Andrew Gerard, W&amp;M

**Rookie of the Year**

Matthew Keally, W&amp;M

**2004 Championship (April 16-17 at VCU)**

William &amp; Mary 185, VCU 161, UNCW 136.50, Delaware 94, James Madison 87.5, George Mason 81.5, Towson 69.5

**Meet Outstanding Performer**

Richard Phillips, Mason

**Athlete of the Year**

Richard Phillips, Mason

**Coach of the Year**

Julian Spooner, VCU

**Rookie of the Year**

Keith Bechtol, W&amp;M

**2005 Championship (April 22-23 at George Mason)**

UNCW 218.5, VCU 172, George Mason 140, William &amp; Mary 132, Delaware 77.5, James Madison 72

**Meet Outstanding Performer**

Ricardo Melbourne, Mason

**Co-Athletes of the Year**

Marc Kellman, Mason

Davion Lambert, VCU

**Coach of the Year**

Jim Sprecher, UNCW

**Rookie of the Year**

Christo Landry, W&amp;M

**2006 Championship (April 20-22 at VCU)**

VCU 181, UNCW 172, William &amp; Mary 158, Northeastern 111.5, George Mason 83, Delaware 66, James Madison 31.5, Georgia State 12

<b>Meet Outstanding Performers</b> James Frierson, VCU Davion Lambert, VCU	<b>Athletes of the Year</b> Marc Kellman, Mason	<b>Coach of the Year</b> Julian Spooner, VCU	<b>Rookie of the Year</b> Nate Hunter, NU
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**2007 Championship (April 20-21 at James Madison)**

UNCW 215.5, William &amp; Mary 183, VCU 163, Northeastern 103.5, Delaware 61.5, George Mason 39.5, James Madison 30, Georgia State 19

<b>Meet Outstanding Performer Field Events:</b> Davion Lambert, VCU	<b>Meet Outstanding Performer Track Events:</b> James Frierson, VCU
<b>Athlete of the Year</b> Keith Bechtol, W&M	<b>Coach of the Year</b> Jim Sprecher, UNCW
	<b>Rookie of the Year</b> Michael Pachella, Mason

**2008 Championship (April 18-19 at William & Mary)**

UNCW 194.5, William &amp; Mary 190, VCU 144, Delaware 87.5, Northeastern 85, George Mason 67, Georgia State 36

<b>Meet Outstanding Performer Field Events:</b> Jacob English, GSU	<b>Meet Outstanding Performer Track Events:</b> DeAngelo Wilson, VCU
<b>Athlete of the Year</b> Mark Steeds, GSU	<b>Coach of the Year</b> Jim Sprecher, UNCW
	<b>Rookie of the Year</b> Dwight Webley, Mason

**2009 Championship (April 17-18 at Towson)**

UNCW 184, William &amp; Mary 158, VCU 145, George Mason 106, Delaware 104, Northeastern 87, Georgia State 26

<b>Meet Outstanding Performer Track Events:</b> Jon Grey, W&M	<b>Meet Outstanding Performer Field Events:</b> Nate Hunter, NU
<b>Athlete of the Year</b> Nate Hunter, NU	<b>Coach of the Year</b> Jim Sprecher, UNCW
	<b>Rookie of the Year</b> Brandon Heroux, W&M

**2010 Championship (April 30-May 1 at George Mason)**

George Mason 215, William &amp; Mary 186, UNCW 154, Delaware 95, VCU 80, Northeastern 73, Georgia State 12

<b>Meet Outstanding Performer Track Events:</b> Devon Watlington, UNCW	<b>Meet Outstanding Performer Field Events:</b> Nate Hunter, NU
<b>Athlete of the Year</b> Nate Hunter, NU	<b>Coach of the Year</b> Andrew Gerard, Mason
	<b>Rookie of the Year</b> David Verburg, Mason

**2011 Championship (May 6-7 at VCU)**

George Mason 239, UNCW 143.5, Northeastern 125.5, Delaware 112, William &amp; Mary 109, VCU 67, Georgia State 14

<b>Meet Outstanding Performer Track Events:</b> Rachaunn Ruffin, Mason	<b>Meet Outstanding Performer Field Events:</b> Lavell Handy, Mason
<b>Athlete of the Year</b> Lavell Handy, Mason	<b>Coach of the Year</b> Andrew Gerard, Mason
	<b>Rookie of the Year</b> Eric Jenkins, NU

**2012 Championship (May 4-5 at George Mason)**

George Mason 267, UNCW 166, William &amp; Mary 122, Northeastern 117, VCU 102, Georgia State 13

<b>Meet Outstanding Performer Track Events:</b> David Verburg, Mason	<b>Meet Outstanding Performer Field Events:</b> Lavell Handy, Mason
<b>Athlete of the Year</b> David Verburg, Mason	<b>Coach of the Year</b> Andrew Gerard, Mason
	<b>Rookie of the Year</b> Brandon Ruffin, VCU

**2013 Championship (May 3-4 at Towson)**

William &amp; Mary 185, UNCW 178, Northeastern 158 (George Mason not eligible for team championship)

<b>Meet Outstanding Performer Track Events:</b> David Verburg, Mason	<b>Meet Outstanding Performer Field Events:</b> Brian Waterfield, W&M
<b>Athlete of the Year</b> David Verburg, Mason	<b>Coach of the Year</b> Stephen Walsh, W&M
	<b>Rookie of the Year</b> Bob Smutsky, W&M

**2014 Championship (May 2-3 at James Madison)**

UNCW 265, Northeastern 221, William &amp; Mary 151

<b>Meet Outstanding Performer Track Events:</b> Stephen Sollowin, NU	<b>Meet Outstanding Performer Field Events:</b> Cam Walton, UNCW
<b>Athlete of the Year</b> Wesley Gallagher, NU	<b>Coach of the Year</b> Jim Sprecher, UNCW
	<b>Rookie of the Year</b> Brandon McLean, UNCW

**2015 CAA Championship Results (May 1-2, 2015 at William & Mary)**

Northeastern 232, William & Mary 221, UNCW 182

**Meet Outstanding Performer Track Events:** Cameron Shaw, UNCW

**Meet Outstanding Performer Field Events:** Cam Walton, UNCW

**Athlete of the Year**  
Bob Smutsky, W&M

**Coach of the Year**  
Cathrine Erickson, NU

**Rookie of the Year**  
Derek Trott, W&M

**All-Academic Team:** Cody Love, UNCW; Kevin Rosenberg, NU; Lucas Wratschko, W&M

**2016 CAA Championship Results (May 6-7, 2016 at Elon University)**

Northeastern 307; William & Mary 262, UNCW 68

**Meet Outstanding Performer Track Events:** Kyle Darrow, NU

**Meet Outstanding Performer Field Events:** Brian Waterfield, W&M

**Athlete of the Year**  
Brian Waterfield, W&M

**Coach of the Year**  
Cathrine Erickson, NU

**Rookie of the Year**  
Marc Rienas, NU

**All-Academic Team:** William Bunch, UNCW; Derek O'Connell, W&M; Christopher Reider, NU

**2017 CAA Championship Results (May 5-6, 2017 at University of Delaware)**

Northeastern 273; William & Mary 247, UNCW 115

**Meet Outstanding Performer Track Events:** David Adams, NU

**Meet Outstanding Performer Field Events:** Taylor Frenia, W&M

**Co-Athletes of the Year**  
Taylor Frenia, W&M  
Moe Holmes, UNCW

**Coach of the Year**  
Cathrine Erickson, NU

**Rookie of the Year**  
David Adams, NU

**All-Academic Team:** Alex Boseman, UNCW; Lucas Wratschko, W&M; Dan Romano, NU

**2018 CAA Championship Results (May 4-5, 2018, at College of William & Mary)**

Northeastern 320; William & Mary 214, UNCW 98

**Meet Outstanding Performer Track Events:** Kyle Darrow, Northeastern

**Meet Outstanding Performer Field Events:** Tom Parker, William & Mary

**Track Athlete of the Year**  
JP Trojan, William & Mary

**Field Athlete of the Year**  
Kyle Darrow, Northeastern

**Coach of the Year**  
Tramaine Shaw, Northeastern

**Rookie of the Year**  
KJ Cook, William & Mary

## **All-Time Individual Champions (\* meet record)**

*A meet record cannot exceed a 2 meter per second wind factor. To convert hand time to FAT add 0.24 seconds.*

### **Discus**

1990	Rob Sehnert, Navy	163-5
1991	Rob Sehnert, Navy	163-11
1992	Michael Howell, William & Mary	148-3
1993	Michael Howell, William & Mary	150-2
1994	Perry Gaskins, George Mason	150-0
1995	Adam Williams, William & Mary	145-8
1996	Perry Gaskins, George Mason	166-10*
1997	Steven Sarigiannis, UNCW	151-06
1998	Steven Sarigiannis, UNCW	157-10
1999	Steven Sarigiannis, UNCW	152-3
2000	Dennis Caldwell, UNCW	156-6 (47.70m)
2001	Dennis Caldwell, UNCW	161-7 (49.26m)
2002	Dennis Caldwell, UNCW	153-1 (46.69m)
2003	Dennis Caldwell, UNCW	186-5 (50.84m)
2004	Steve Huntzinger, William & Mary	150-0 (45.72m)
2005	Mike Yost, Delaware	151-7 (46.21m)
2006	Nate Hunter, Northeastern	152-0 (46.32m)
2007	Nate Hunter, Northeastern	155-9 (47.48m)
2008	Ed Reardon, Northeastern	149-6 (45.56m)
2009	Nate Hunter, Northeastern	157-5 (47.98m)
2010	Chase Renoll, Delaware	155-10.9 (47.52m)
2011	John Viotto, Delaware	165-1.5 (50.34m)
2012	Patrick Jablonski, Northeastern	165-10 (50.55m)
2013	Kyle Barbour, UNCW	158-3 (48.24m)
2014	Taylor Frenia, William & Mary	151-11 (46.32m)
2015	Taylor Frenia, William & Mary	170-6 (51.98m)
2016	Preston Richardson, William & Mary	158-0 (48.16m)
2017	Taylor Frenia, William & Mary	192-07 (58.70m)*
2018	Eric Mellusi, Northeastern	173-05 (52.87m)

### **Hammer Throw**

1990	Matt Howard, Navy	178-2
1991	Matt Howard, Navy	179-4
1992	Michael Howell, William & Mary	194-4
1993	Michael Howell, William & Mary	185-11
1994	Dan Keltner, UNCW	145-0
1995	Adam Williams, William & Mary	187-2
1996	Adam Williams, William & Mary	190-9
1997	Tyler Steel, William & Mary	160-5
1998	Tyler Steel, William & Mary	166-6
1999	Tyler Steel, William & Mary	163-10
2000	Tyler Steel, William & Mary	174-11 (53.32m)
2001	Chad Joyner, UNCW	175-11 (53.62m)
2002	Chad Joyner, UNCW	181-3 (55.28m)
2003	Chad Joyner, UNCW	186-5 (56.82m)
2004	Chris Parsons, William & Mary	184-09 (56.32m)
2005	Matthew Roden, UNCW	188-8 (57.52m)
2006	Joe Welliver, UNCW	186-10 (56.94m)
2007	Bamidele Faboyede, Northeastern	187-3 (57.07m)
2008	Connor Whitesel, Delaware	167-0 (50.90m)
2009	Bamidele Faboyede, Northeastern	188-3 (57.38m)
2010	Jim Schwendtner, Delaware	181-10.67 (55.44m)
2011	Jim Schwendtner, Delaware	188-6.8 (57.51m)
2012	Max Milder, Northeastern	194-0 (59.15m)
2013	Max Milder, Northeastern	185-0 (56.38m)
2014	Max Milder, Northeastern	198-9 (60.58m)
2015	Brian Waterfield, William & Mary	203-1 (61.89m)
2016	Brian Waterfield, William & Mary	215-11 (65.82m)*
2017	Taylor Frenia, William & Mary	191-11 (58.50m)
2018	Tom Parker, William & Mary	212-09 (64.86m)

### **High Jump**

1990	Tony Barton, George Mason	7-1 3/4 *
1991	Gary Doyle, William & Mary	6-4 1/4
1992	Eric Young, UNCW	6-8 1/4
1993	Alex Rosen, George Mason	6-9 3/4
1994	Alex Rosen, George Mason	6-11
1995	Alex Rosen, George Mason	6-7 1/2
1996	Ron Jones, VCU	6-8
1997	Robbie Moss, UNCW	6-11
1998	Peter Rae, UR	6-5
1999	Travis Corpening, UNCW	6-7
2000	Travis Corpening, UNCW	6-5 (1.96m)
2001	Kris Jones, UNCW	6-9 (2.06m)
2002	Patrick Bullock, UNCW	6-9 (2.06m)
2003	Wayne Wright, George Mason	6-6.75 (2.00m)
2004	Quentin Matthews, George Mason	6-10.75 (2.10m)
2005	Davion Lambert, VCU	6-10.75 (2.10m)
2006	Davion Lambert, VCU	6-4.75 (1.95m)
2007	Davion Lambert, VCU	6-10.75 (2.10m)
2008	Adrian Li, Northeastern	6-6.75 (2.00m)
2009	Cam Shriver, William & Mary	6-8.75 (2.05m)
2010	Andrew Staples, Northeastern	6-6.25 (1.99m)
2011	Ben Katz, William & Mary	6-8.25 (2.04m)
2012	Andrew Staples, Northeastern	6-8.25 (2.04m)
2013	Jackson MacDonald, Northeastern	6-6.25 (1.99m)
2014	Jackson MacDonald, Northeastern	6-2.75 (1.90m)
2015	Moe Holmes, UNCW	6-7 (2.01m)
2016	Chris Manning, Northeastern	6-5 (1.96m)
2017	Moe Holmes, UNCW	6-7.50 (2.02m)
2018	Dylan Wood, UNCW	6-3.50 (1.92m)

### **Javelin**

1990	Scott Young, William & Mary	193-3
1991	Stan Duplaga, Navy	167-6
1992	Scott Young, William & Mary	190-1
1993	Ben Montgomery, William & Mary	174-3
1994	Mike Vaughn, UR	176-0
1995	Mike Vaughan, UR	191-6
1996	Joseph Hardee, UNCW	184-7
1997	Todd Doughty, William & Mary	194-10
1998	Bryant Lowe, East Carolina	178-5
1999	Allen Bowman, UR	176-8
2000	John Hanley, William & Mary	185-10 (56.64m)
2001	Chris Parsons, William & Mary	199-3 (60.74m)
2002	Andy Smith, William & Mary	188-4 (57.43m)
2003	Andy Smith, William & Mary	189-11 (57.88m)
2004	Andy Smith, William & Mary	206-06 (62.94m)
2005	Brett Frykberg, VCU	185-8 (56.60m)
2006	Andy Smith, William & Mary	186-02 (56.75m)
2007	Alex Heacock, William & Mary	195-2 (59.50m)
2008	Bruce Smith, UNCW	193-0 (58.83m)
2009	Brandon Heroux, William & Mary	227-5 (69.33m)
2010	Brandon Heroux, William & Mary	222-9.25 (67.90m)
2011	Brandon Heroux, William & Mary	227-5.9 (69.37m)
2012	Brandon Heroux, William & Mary	234-0 (71.34m)*
2013	Robert Smutsky, William & Mary	216-7 (66.02m)
2014	Tucker Rizzi, William & Mary	190-9 (58.15m)
2015	Derek Trott, William & Mary	199-5 (60.78m)
2016	Derek Trott, William & Mary	218-5 (66.58m)
2017	Dan Caffrey, UNCW	218-03 (66.53m)
2018	Derek Trott, William & Mary	202-04 (61.67m)



**Long Jump**

1990	Eugene Koranteng, George Mason	25-6 (WA)
1991	Eugene Koranteng, George Mason	24-4.25
1992	Ryan Harris, William & Mary	22-9.75
1993	Ryan Harris, William & Mary	23-3.25
1994	Sam Davis, George Mason	22-5.75
1995	Chris McKinney, East Carolina	23-2.75
1996	Sam Davis, George Mason	26-2.25
1997	Maurice Wignall, George Mason	24-4.25
1998	Bryant Lowe, East Carolina	22-11
1999	Maurice Wignall, George Mason	25-10.75
2000	Travis Corpening, UNCW	23-9 (7.24m)
2001	Allen Simms, George Mason	26-3 (8.00m)*
2002	Anthony Wallace, James Madison	24-3 (7.41m)
2003	Javionni Gooden, Towson	23-0.75 (7.03m)
2004	Davion Lambert, VCU	24-02.25 (7.37m)
2005	Davion Lambert, VCU	24-5 (7.44m)
2006	Davion Lambert, VCU	24-3.75 (7.40m)
2007	Travis Midgette, UNCW	24-9 (7.54m)
2008	Dwight Webley, George Mason	23-10 (7.26m)
2009	Brandyn Mitchell, UNCW	24-7.75 (7.51m)
2010	Dwight Webley, George Mason	24-9.75 (7.56m)
2011	Lavell Handy, George Mason	24-10.5 (7.58m)
2012	Lavell Handy, George Mason	25-9.25 (7.85m)
2013	Cameron Walton, UNCW	24-5.75 (7.46m)
2014	Cameron Walton, UNCW	23-10.25 (7.27m)
2015	Kyle Darrow, Northeastern	24-6.25 (7.47m)
2016	Kyle Darrow, Northeastern	24-5 (7.44m)
2017	Moe Holmes, UNCW	22-7.25 (6.89m)
2018	Kyle Darrow, Northeastern	25-9.25 (7.85m)

**Pole Vault**

1990	Istvan Bagula, George Mason	16-2.75
1991	Jeff Nordstrom, Navy	14-5.25
1992	Braxton Davenport, George Mason	17-0.25*
1993	Stuart Sheppard, George Mason	13-5.25
1994	Zoltan Bujtor, George Mason	14-3.25
1995	Paul Calton, UNCW	10-6
1996	Zoltan Bujtor, George Mason	14-11
1997	Brendal Curl, UNCW	15-3
1998	Bobby Wilson, VCU	14-11
1999	Brendan Curl, UNCW	14-3.25
2000	Jon Dinozzi, George Mason	15-5.75 (4.72m)
2001	Matthew Price, UNCW	15-9 (4.80m)
2002	Matthew Price, UNCW	16-6.75 (5.05m)
2003	Jon DiNozi, Delaware	16-6.75 (5.05m)
2004	Pat Barron, James Madison	14-11 (4.55m)
2005	Michael Hulme, UNCW	15-1 (4.60m)
2006	Jonathan Scott, UNCW	15-7 (4.75m)
2007	Michael Hulme, UNCW	15-11 (4.85m)
2008	Colton Weaver, UNCW	15-7 (4.75m)
2009	Jordan Thull, Northeastern	16-2.75 (4.95m)
2010	Aaron Wiggins, UNCW	16-3 (4.95m)
2011	Wes Sun, George Mason	15-3.5 (4.66m)
2012	Patrick Dietrick, George Mason	15-9 (4.80m)
2013	Austin Vegas, William & Mary	15-3 (4.65m)
2014	Derek O'Connell, William & Mary	15-9 (4.80m)
2015	Derek O'Connell, William & Mary	17-4.5 (5.30m)*
2016	Derek O'Connell, William & Mary	17-0.75 (5.20m)
2017	Travis Kartz, Northeastern	15-5 (4.70m)
2018	Michael Fairbanks, William & Mary	13-11.25 (4.25m)

**Shot Put**

1990	Rob Sehnert, Navy	56-0
1991	Rob Sehnert, Navy	55-0.75
1992	Michael Howell, William & Mary	52-0.50
1993	Scott Wenk, UR	52-2.75
1994	Perry Gaskins, George Mason	52-8.75
1995	Perry Gaskins, George Mason	54-5.50
1996	Perry Gaskins, George Mason	53-11.25
1997	Perry Gaskins, George Mason	54-10.25
1998	Donnie Watkins, UNCW	51-7.75
1999	Donnie Watkins, UNCW	52-4
2000	Barnabas Svalina, William & Mary	46-6 (14.17m)
2001	Chris Parsons, William & Mary	51-9.25 (15.78m)
2002	Chris Parsons, William & Mary	50-5 (15.42m)
2003	Aaron Mitchell, William & Mary	52-7 (16.03m)
2004	Chris Parsons, William & Mary	54-07.50 (16.65m)
2005	Greg Jachym, UNCW	53-6.25 (16.31m)
2006	Nate Hunter, Northeastern	53-11 (16.43)
2007	Nate Hunter, Northeastern	54-6.75 (16.63m)
2008	Chase Renoll, Delaware	49-11 (15.21m)
2009	Nate Hunter, Northeastern	60-10.5 (18.55m)*
2010	Nate Hunter, Northeastern	60-2.5 (18.35m)
2011	John Viotto, Delaware	56-3.25 (17.15m)
2012	Brandon Ruffin, VCU	55-2.75 (16.83m)
2013	Brian Waterfield, William & Mary	53-7.5 (16.34m)
2014	Taylor Frenia, William & Mary	53-8.25 (16.36m)
2015	Taylor Frenia, William & Mary	55-2.75 (16.83m)
2016	Ryan Kim, Northeastern	54-6.75 (16.63m)
2017	Taylor Frenia, William & Mary	59-9 (18.21m)
2018	Eric Mellusi, Northeastern	55-08.25 (16.97m)

**Triple Jump**

1990	Tony Barton, George Mason	48-7.50
1991	Anthony Terrell, Navy	49-7
1992	Ryan Harris, William & Mary	48-6.75
1993	Ryan Harris, William & Mary	48-10.75
1994	Chris McKinney, East Carolina	49-11
1995	Chris McKinney, East Carolina	49-2.25
1996	Michael McDuffie, UNCW	51-0
1997	Michael McDuffie, UNCW	50-1.25
1998	Michael McDuffie, UNCW	49-2.50
1999	Bryant Lowe, UNCW	48-5.25
2000	Otis Wilson, UNCW	48-8.75 (14.85m)
2001	Allen Simms, George Mason	52-5.50* (15.99m)
2002	Javionni Gooden, Towson	48-4 (14.77m)
2003	Javionni Gooden, Towson	50-1.25 (15.27m)
2004	Marc Kellman, George Mason	49-3.75 (15.03m)
2005	Marc Kellman, George Mason	51-3.50 (15.63m)
2006	Ryan McCoy, George Mason	51-1.75 (15.59m)
2007	Davion Lambert, VCU	51-0 (15.54m)
2008	Jacob English, GSU	50-2 (15.29m)
2009	Brian Wallace, VCU	49-0.75 (14.95m)
2010	Lavell Handy, George Mason	49-1.75 (14.98m)
2011	Lavell Handy, George Mason	50-10 (15.49m)
2012	Lavell Handy, George Mason	51-0.75 (15.56m)
2013	Aerial Chatman, UNCW	48-0 (14.63m)
2014	Cameron Walton, UNCW	49-9.25 (15.17m)
2015	Cameron Walton, UNCW	48-11.50 (14.92m)
2016	Trey Jones, UNCW	47-7 (14.50m)
2017	Moe Holmes, UNCW	46-1.50 (14.06m)
2018	Jordan Samuels, Northeastern	46-11.75 (14.32m)

**100 Meters**

1990	John Myles-Mills, George Mason	10.30 (WA 3.90 mps)
1991	Kelly Hawkins, James Madison	10.79
1992	Eric Akogyiram, George Mason	10.50 (WA)
1993	Charles Miles, East Carolina	10.40
1994	Charles Miles, East Carolina	10.63
1995	Sam Davis, George Mason	10.86
1996	Barry Douglas, George Mason	10.34
1997	Titus Haygood, East Carolina	10.84
1998	Titus Haygood, East Carolina	10.65
1999	Vaughn Monroe, East Carolina	10.71
2000	Xzavier Chisholm, UNCW	10.60
2001	Xzavier Chisholm, UNCW	10.68
2002	Xzavier Chisholm, UNCW	10.71
2003	Serge Bengono, George Mason	10.35
2004	Mike Garner, Towson	10.46
2005	Mike Garner, George Mason	10.40
2006	James Frierson, VCU	10.85
2007	DeAngelo Wilson, VCU	10.63
2008	DeAngelo Wilson, VCU	10.60
2009	Rachaunn Ruffin, George Mason	10.34
2010	Rachaunn Ruffin, George Mason	10.52
2011	Rachaunn Ruffin, George Mason	10.32*
2012	Rachaunn Ruffin, George Mason	10.60
2013	Jeremy Johnson, UNCW	10.60
2014	Brandon McLean, UNCW	10.61
2015	Cameron Shaw, UNCW	10.55
2016	Kyle Darrow, Northeastern	10.63
2017	Naukym Morton, Northeastern	11.08
2018	Naukym Morton, Northeastern	10.41

**200 Meters**

1990	Patrick O'Connor, George Mason	21.01 (WA 6.38 mps)
1991	Jerry Roney, James Madison	21.73
1992	Damon DeSue, East Carolina	21.21
1993	Charles Miles, East Carolina	20.6*
1994	Lewis Harris, East Carolina	21.29
1995	Brian Johnson, East Carolina	21.88
1996	Shelby Crawley, VCU	21.30
1997	Darrick Ingram, East Carolina	21.20
1998	Darrick Ingram, East Carolina	21.41
1999	Paul Lewis, James Madison	21.04
2000	Darrick Ingram, East Carolina	21.10
2001	Xzavier Chisholm, UNCW	21.60
2002	Xzavier Chisholm, UNCW	21.46
2003	Richard Phillips, George Mason	21.26
2004	Richard Phillips, George Mason	21.59
2005	Mike Garner, George Mason	21.42
2006	James Frierson, VCU	21.31
2007	James Frierson, VCU	21.12
2008	DeAngelo Wilson, VCU	21.13
2009	Rachaunn Ruffin, George Mason	21.15
2010	Ja-Vell Bullard, George Mason	21.07
2011	Rachaunn Ruffin, George Mason	21.48
2012	Adrian Vaughn, George Mason	21.15
2013	David Verburg, George Mason	20.69
2014	Donovan Henry, Northeastern	21.53
2015	Cameron Shaw, UNCW	21.29
2016	Kyle Darrow, Northeastern	21.32
2017	Kwame Fordwor, Northeastern	21.99
2018	Kyle Darrow, Northeastern	21.39

**400 Meters**

1990	Desi Wynter, James Madison	47.51
1991	Anthony Wallace, George Mason	47.22
1992	Dwight Roberts, George Mason	47.01
1993	Brad Meade, James Madison	47.02
1994	Dwight Henry, East Carolina	46.97
1995	Paul Henry, George Mason	46.49
1996	Dwight Henry, East Carolina	46.63
1997	Darrick Ingram, East Carolina	46.73
1998	Tyrone Dozier, East Carolina	46.68
1999	Darrick Ingram, East Carolina	46.22
2000	Darrick Ingram, East Carolina	46.6
2001	Brandon Simpson, George Mason	46.94
2002	Brandon Simpson, George Mason	45.97
2003	Eric Braxton, James Madison	47.86
2004	Zeickia Ledwell, UNCW	47.47
2005	Zeickia Ledwell, UNCW	46.92
2006	James Frierson, VCU	47.31
2007	James Frierson, VCU	47.21
2008	Uri Robinson, UNCW	47.44
2009	Ja-Vell Bullard, George Mason	47.04
2010	David Verburg, George Mason	46.27
2011	David Verburg, George Mason	46.61
2012	David Verburg, George Mason	45.06*
2013	David Verburg, George Mason	45.37
2014	Donovan Henry, Northeastern	48.20
2015	Donovan Henry, Northeastern	47.75
2016	Donovan Henry, Northeastern	47.61
2017	Chris Jewett, Northeastern	47.91
2018	RJ Russell, UNCW	47.28

**800 Meters**

1990	Ernest Barrett, George Mason	1:52.52
1991	Mario Watson, George Mason	1:55.27
1992	Paul Vandegrift, William & Mary	1:49.12
1993	Alex Morgan, George Mason	1:50.50
1994	Mario Watson, George Mason	1:53.35
1995	Mario Vernon-Watson, George Mason	1:52.59
1996	Julius Achon, George Mason	1:49.47
1997	O'Neil Duncan, George Mason	1:47.10*
1998	Anders Christiansen, William & Mary	1:50.18
1999	Anders Christiansen, William & Mary	1:47.48
2000	Kevin Nishiyama, George Mason	1:51.36
2001	Jason Long, James Madison	1:50.42
2002	Kevin Nishiyama, George Mason	1:49.96
2003	Chris Wilber, William & Mary	1:51.67
2004	Matt Wolak, William & Mary	1:53.01
2005	Ricardo Cunningham, George Mason	1:51.60
2006	Mariusz Mostrag, VCU	1:53.25
2007	Matt Warco, William & Mary	1:53.29
2008	Michael Pachella, George Mason	1:52.87
2009	Sam Horn, George Mason	1:52.08
2010	Tyler Golden, George Mason	1:50.44
2011	Bob Vanderham, UNCW	1:48.67
2012	Bob Vanderham, UNCW	1:51.21
2013	Eric Jenkins, Northeastern	1:52.06
2014	Dylan Skinner, UNCW	1:50.46
2015	Paul Duffey, Northeastern	1:52.50
2016	Marc Rienas, Northeastern	1:52.51
2017	Connor Donovan, Northeastern	1:53.26
2018	Raul Chavez-Gutierrez, William & Mary	1:50.34



**1,500 Meters**

1990	Pete Weilenmann, James Madison	3:46.83
1991	Todd Rosenberg, George Mason	3:54.6
1992	Paul Vandegrift, William & Mary	3:45.32
1993	Matt Holthaus, James Madison	3:49.40
1994	Mike Marshall, James Madison	3:52.53
1995	Brian Hyde, William & Mary	3:45.49
1996	Brian Hyde, William & Mary	3:44.67
1997	Miklos Arpasi, George Mason	3:55.56
1998	Jesus Ortega, VCU	3:48.71
1999	Jason Long, James Madison	3:43.30*
2000	Matt Lane, William & Mary	3:48.70
2001	Matt Lane, William & Mary	3:47.30
2002	John O'Connor, William & Mary	3:47.71
2003	John O'Connor, William & Mary	3:47.81
2004	John Fraser, James Madison	3:50.76
2005	Dave Baxter, James Madison	3:49.57
2006	Jeff Hedley, William & Mary	3:50.95
2007	David Groff, William & Mary	3:52:17
2008	Mark Steeds, Georgia State	3:45.62
2009	Mark Steeds, Georgia State	4:00.05
2010	Anthony LaMastro, George Mason	3:48.27
2011	Brian Sklodowski, William & Mary	3:47.22
2012	Chris Tyson, William & Mary	3:49.98
2013	Eric Jenkins, Northeastern	3:47.33
2014	Stephen Sollowin, Northeastern	3:57.75
2015	Kurtis Steck, William & Mary	3:50.65
2016	Dawson Connell, William & Mary	3:47.26
2017	David Barney, William & Mary	3:46.09
2018	Marc Rienas, Northeastern	3:47.40

**5,000 Meters**

1990	Tim Barkdoll, Navy	14:29.26
1991	Jeff Hough, William & Mary	14:15.64
1992	Kevin Krouse, William & Mary	14:46.14
1993	Tim Cox, UNCW	14:57.41
1994	Steve Swift, William & Mary	14:43.3
1995	Eric Burns, William & Mary	14:55.48
1996	Brian Eigel, William & Mary	14:38.1
1997	Alex Gibby, William & Mary	14:58.70
1998	Matt Lane, William & Mary	14:15.0
1999	Matt Lane, William & Mary	14:38.39
2000	Gene Manner, William & Mary	14:31.83
2001	Matt Lane, William & Mary	13:39.21*
2002	Jacob Frey, William & Mary	14:50.32
2003	Jacob Frey, William & Mary	14:32.65
2004	Keith Bechtol, William & Mary	14:42.46
2005	Ed Moran, William & Mary	14:12.31
2006	Matt Keally, William & Mary	14:23.85
2007	Keith Bechtol, William & Mary	14:45.16
2008	Patterson Wilhelm, William & Mary	14:27.80
2009	Jon Grey, William & Mary	14:11.91
2010	Colin Leak, William & Mary	14:25.64
2011	Eric Jenkins, Northeastern	14:27.04
2012	Alex McGrath, William & Mary	14:24.92
2013	Josh Hardin, William & Mary	14:13.80
2014	Stephen Sollowin, Northeastern	14:46.95
2015	Stephen Sollowin, Northeastern	15:15.80
2016	Nathaniel Hermsmeier, William & Mary	14:50.98
2017	Trevor Sleight, William & Mary	14:45.42
2018	JP Trojan, William & Mary	15:00.46

**10,000 Meters**

1990	Kevin Krause, William & Mary	31:08.80
1991	Rob Lotwis, George Mason	31:29.57
1992	Chris Layton, William & Mary	31:46.97
1993	Jeff Greene, ODU	31:02.20
1994	Was not contested	
1995	Was not contested	
1996	Was not contested	
1997	Was not contested	
1998	Was not contested	
1999	Gene Manner, William & Mary	30:48.22
2000	Justin England, East Carolina	31:34.64
2001	Daniel Ndungu, VCU	31:07.60
2002	Pat Riley, Delaware	31:24.55
2003	West Garrett, William & Mary	31:18.57
2004	Matt Keally, William & Mary	31:04.87
2005	Pat Comstock, William & Mary	30:44.02
2006	Keith Bechtol, William & Mary	30:28.87
2007	Matt Keally, William & Mary	30:17.02
2008	Ben Massam, William & Mary	30:39.80
2009	Jon Grey, William & Mary	30:06.17*
2010	Jon Grey, William & Mary	30:45.05
2011	Alex McGrath, William & Mary	30:48.87
2012	Joseph Mercado-Reigh, William & Mary	30:50.25
2013	Josh Hardin, William & Mary	30:17.64
2014	Wesley Gallagher, Northeastern	30:37.60
2015	Faris Sakallah, William & Mary	31:22.86
2016	Nathaniel Hermsmeier, William & Mary	31:51.51
2017	JP Trojan, William & Mary	31:44.98
2018	Faris Sakallah, William & Mary	32:42.43

**3,000 Meter Steeplechase**

1990	Shawn Brinton, UNCW	9:07.40
1991	Shawn Brinton, UNCW	9:22.1
1992	Andy Wilson, William & Mary	9:14.93
1993	Scott Miller, William & Mary	9:27.10
1994	Scott Miller, William & Mary	9:13.0
1995	Jeff Menago, James Madison	9:18.12
1996	Jason Dunn, William & Mary	9:15.26
1997	Pat Anderson, James Madison	9:25.00
1998	Matt Moran, William & Mary	9:00.97
1999	Michael Fox, James Madison	9:07.75
2000	Michael Fox, James Madison	9:04.73
2001	Michael Fox, James Madison	8:55.76*
2002	Pius Stucki, VCU	9:09.42
2003	Michael Keeling, William & Mary	9:08.01
2004	Bill Meadoer, James Madison	9:31.65
2005	Adam Otstot, William & Mary	9:12.62
2006	Mike Dominquez, William & Mary	9:20.40
2007	Anthony Arena, William & Mary	9:11.90
2008	Rob Dennis, William & Mary	9:17.06
2009	Piotr Dybas, VCU	8:59.02
2010	Peter Asaro, William & Mary	9:12.82
2011	Daniel Callan, George Mason	9:12.33
2012	Daniel Callan, George Mason	9:24.06
2013	Sean Anastasia-Murphy, William & Mary	9:33.00
2014	Ryan Gousse, William & Mary	9:23.35
2015	Ryan Gousse, William & Mary	9:18.22
2016	MacKenzie Haight, William & Mary	9:23.43
2017	Cavender Salvadori, William & Mary	9:30.97
2018	Dan Romano, Northeastern	9:09.80

**110-Meter High Hurdles**

1990	Manny Newman, George Mason	14.06 (WA 5.97 mps)
1991	Jerry Roney, James Madison	14.11
1992	Jerry Roney, James Madison	13.8
1993	Jerry Roney, James Madison	13.50*
1994	Todd Doughty, William & Mary	15.49
1995	Alex Rosen, George Mason	15.25
1996	Stephon Carroll, VCU	14.86
1997	Maurice Wignall, George Mason	13.80
1998	Andy Ryda, James Madison	14.53
1999	Maurice Wignall, George Mason	14.13
2000	Chris Stokes, George Mason	14.19
2001	Kurt Duncan, George Mason	14.81
2002	Chris Stokes, George Mason	14.05
2003	Richard Phillips, George Mason	14.27
2004	Richard Phillips, George Mason	13.81
2005	Ricardo Melbourne, George Mason	14.23
2006	Richard Phillips, George Mason	14.02
2007	Zeickia Ledwell, UNCW	14.27
2008	Ernest Asante, UNCW	14.50
2009	Devon Watlington, UNCW	14.67
2010	Devon Watlington, UNCW	14.31
2011	Lavell Handy, George Mason	14.37
2012	David Lindsay, UNCW	14.19
2013	Anthony Williams, George Mason	14.09
2014	Matt Foster, UNCW	14.38
2015	Jared Lane, Northeastern	14.60
2016	Jared Lane, Northeastern	14.56
2017	Matt Foster, UNCW	14.58
2018	David Adams, Northeastern	14.49

**400-Meter Intermediate Hurdles**

1990	Brian Williams, East Carolina	53.14
1991	Kevin Bosma, William & Mary	53.06
1992	Jerry Roney, James Madison	54.15
1993	Jerry Roney, James Madison	52.71
1994	Freddie Gaines, UNCW	55.54
1995	Louis Sales, George Mason	51.79
1996	Ian Weakley, George Mason	51.08
1997	Ian Weakley, George Mason	50.00*
1998	George Ashton, William & Mary	51.76
1999	George Ashton, William & Mary	52.42
2000	George Ashton, William & Mary	51.75
2001	Kurt Duncan, George Mason	51.53
2002	Dwight Norris, James Madison	53.88
2003	Dwight Norris, James Madison	54.39
2004	Paul Cawley, James Madison	53.78
2005	Ricardo Melbourne, George Mason	52.20
2006	Chris Dixon, Delaware	52.99
2007	Zeickia Ledwell, UNCW	52.46
2008	Ernest Asante, UNCW	52.59
2009	Jonathan Hall, Northeastern	52.82
2010	Devon Watlington, UNCW	52.84
2011	Jonathan Hall, Northeastern	51.65
2012	George Empty, George Mason	52.23
2013	Anthony Colon, UNCW	54.26
2014	Cody Love, UNCW	53.52
2015	Cody Love, UNCW	52.66
2016	Dylan Anderson, William & Mary	55.26
2017	David Adams, Northeastern	52.55
2018	David Adams, Northeastern	52.38

**Decathlon**

2000	Phil Agee, William & Mary	5,749 points
2001	Will Lawrence, VCU	5,147 points
2002	Phil Agee, William & Mary	6,457 points
2003	Phil Agee, William & Mary	6,424 points
2004	Aaron Spicer, William & Mary	5,893 points
2005	John Gross, UNCW	5,790 points
2006	Jack Sherman, Northeastern	6,318 points
2007	Matt Miller, UNCW	6,268 points
2008	Brian Blumenstein, UNCW	6,581 points
2009	Brian Blumenstein, UNCW	6,687 points
2010	Doug Zimmer, William & Mary	6,322 points
2011	David Wellington, George Mason	6,479 points
2012	Gustavo Osorio, George Mason	6,428 points
2013	Gustavo Osorio, George Mason	6,303 points
2014	Caleb Mathis, UNCW	5,605 points
2015	Alex Hedrick, William & Mary	5,935 points
2016	Nick Fofana, Northeastern	6,691 points*
2017	Nick Fofana, Northeastern	6,536 points
2018	Nick Fofana, Northeastern	6,370 points

**4 X 100 Meter Relay**

1990	George Mason	Manny Newman, Tim Hesse, Patrick O'Connor, John Mills	40.16*
1991	James Madison	Kelly Hawkins, Jerry Roney, Marcel Davis, Terence Sheppard	41.52
1992	James Madison	Eric Jones, Kelly Hawkins, Tevis Brunson, Jerry Roney	40.79
1993	James Madison	Eric Jones, Kelly Hawkins, Brad Meade, Jerry Roney	40.75
1994	East Carolina	Lewis Harris, Charles Miles, Kareem Lamb, Dwight Henry	40.73
1995	George Mason	Sam Davis, Lazlo Kiss, Chris Abrahams, Louis Sales	41.20
1996	VCU	Ron Jones, Shelby Crawley, Charles Williams, Mustapha Jinadu	40.28
1997	East Carolina	Titus Haygood, Bevan Foster, Christia Rey, Vaughn Monroe	40.85
1998	East Carolina	Titus Haygood, Marcus Gladden, Vaughan Monroe, Chris Justice	41.21
1999	George Mason	Adrian Cumberbatch, Donald Samuel, Jermaine Mason, Maurice Wignall	40.64
2000	UNCW	Otis Wilson, Tyson Gardin, Brian Harge, Xzavier Chisholm	41.25
2001	James Madison	Phil Acosta, Roscoe Coles, Mike Washington, Byron Dunham	41.01
2002	James Madison	Phil Acosta, Anthony Wallace, Mike Washington, Byron Dunham	41.20
2003	George Mason	Sammy Sesay, Serge Bengono, Henry Harris, Richard Phillips	41.24
2004	VCU	James Frierson, Eric Coleman, Marcus Tyus, Juron Williams	40.88
2005	George Mason	Brian Hay, Ricardo Melbourne, Sammy Sesay, Mike Garner	40.58
2006	VCU	Derek Altizer, Jason Gallo, James Frierson, Jackie DeShazo	40.83
2007	VCU	Derek Altizer, Jason Gallo, James Frierson, DeAngelo Wilson	41.14
2008	VCU	Antonio Norvell, DeAngelo Wilson, Jamal Blyden, Jason Gallo	41.09
2009	VCU	Brandon Allen, Kyle Jones, Allan Moody, Antonio Norvell	41.49
2010	UNCW	Jeremy Johnson, Justin Prevette, Jordan Reed, Kadeem Harmon	40.59
2011	George Mason	Adrian Vaughn, Rachuann Ruffin, Travaughn Baker-Johnson, Nick Vaughn	40.54
2012	George Mason	Lavell Handy, Adrian Vaughn, Travaughn Baker-Johnson, Nick Vaughn	40.82
2013	UNCW	Cameron White, Jeremy Johnson, Jordan Reed, David Lindsay	41.17
2014	UNCW	Johnathan Nixon, Cameron Shaw, Cameron Walton, Brandon McLean	41.49
2015	Northeastern	Kyle Darrow, Damani Wilson, Donovan Henry, Jared Lane	40.74
2016	Northeastern	Kyle Darrow, Damani Wilson, Donovan Henry, Kwame Fordwor	40.32
2017	Northeastern	Shawn Bleichert, Collins Ebozue, Chris Jewett, Kwame Fordwor	42.82
2018	Northeastern	Naukym Morton, Kyle Darrow, Dametrius O'Connor, Anthony Roderick	40.60

**4 X 400-Meter Relay**

1990	George Mason	Kevin Schindel, Marty Walker, Anthony Wallace, Shawn Vass	3:10.80
1991	George Mason	Dwight Roberts, Anthony Wallace, Mario Watson, Mike Meyers	3:15.04
1992	George Mason	Dwight Roberts, Mike Meyer, Curtis Cornwall, Lance Page	3:17.34
1993	James Madison	Shawn Foreman, Brad Meade, Paul Moye, Rob Hoadley	3:16.36
1994	George Mason	Laszlo Kiss, Louis Sales, Alex Morgan, Paul Henry	3:12.00
1995	George Mason	Paul Henry, Curtis Cornwall, Louis Sales, Mike Hillman	3:16.07
1996	UNCW	John Fernandez, Darak Pryde, Stephen Sinko, Detron Burch	3:17.64
1997	East Carolina	Dwight Henry, James Alexander, Mike Miller, Damon Davis	3:09.10
1998	East Carolina	Michael Miller, Von Johnson, Darrick Ingram, Tyrone Dozier	3:13.55
1999	East Carolina	Lawrence Ward, Terry Speller, Michael Miller, Damon Davis	3:08.72*
2000	UNCW	Charlie Shoffner, Eric Rosen, Xzavier Chisholm, Tyson Gardin	3:13.23
2001	James Madison	Dwight Norris, Eric Braxton, Chris Willis & Roscoe Coles	3:11.73
2002	George Mason	Dominique Brown, Chris Baker, Mashel Jackson, Kevin Nishiyama	3:13:48
2003	George Mason	Kevin Nishiyama, Dominique Brown, Henry Harris, Ricardo Cunningham	3:13.13
2004	UNCW	A.J. Kaschak, John Gross, Eric Templeton, Zeickia Ledwell	3:16.57
2005	UNCW	Jon Krysa, Chris Courson, A.J. Kaschak, Zeickia Ledwell	3:15.39
2006	UNCW	William Mattocks, A.J. Kaschak, Uri Robinson, Chris Courson	3:15.36
2007	UNCW	Zeickia Ledwell, Jared Clark, Uri Robinson, Chris Courson	3:13.38
2008	UNCW	Justin Anderson, Jared Clark, Nick Pederzoli, Chris Courson	3:13.18
2009	George Mason	Kevin Wilson, Marcus Wyche, Tom Troxell, Ja-Vell Bullard	3:12.71
2010	George Mason	Kevin Wilson, David Verburg, Nick Vaughn, Ja-Vell Bullard	3:10.37
2011	Northeastern	Alex Shapiro, Jonathan Hall, Evan Whetsell, Kaylin Miranda	3:15.99
2012	George Mason	Nick Vaughn, George Empty, Ja-Vell Bullard, David Verburg	3:12.01
2013	Northeastern	Donovan Henry, Alex Shapiro, Josh Norris, Kevin Hunter	3:15.64
2014	UNCW	Trip Foreman, Dylan Skinner, Jamar Collins-Hall, Cody Love	3:13.72
2015	UNCW	Jamar Collins-Hall, Aaron Combs, Trip Foreman, Cody Love	3:14.06
2016	Northeastern	Marc Rienas, David Johnston, Chris Jewett, Donovan Henry	3:21.42
2017	William & Mary	Connor Atkinson, Skander Ballard, Dylan Anderson, Troy Sevachko	3:17.71
2018	UNCW	Rian Fowler, Earl Green, Josh Cooper, RJ Russell	3:13.90