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Conference Carolinas Championships 2009 - 4/17/2009 to 4/18/2009  
Results at www.cfpitiming.com  
Hosted by Lees McRae College  
Results

Men 100 Meter Dash

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World: W 9.69 8/16/2008 Usain Bolt, JAM  
American: A 9.77 6/28/2008 Tyson Gay, adidas  
Collegiate: C 9.92 1996 Ato Boldon, UCLA

=====  
Name Year School Finals Wind H#  
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Finals

1	Wilkins, Jovan	FR Mount Olive	10.87	0.9	2
2	Glenn, Chris	JR Lees-McRae	10.97	0.9	2
3	Philips, Adam	JR Lees-McRae	11.21	0.9	2
4	Grissom, Cameron	FR Limestone	11.28	0.9	1
5	Clark, Alonzo	FR Lees-McRae	11.60	0.9	1
6	Alexander, Corey	SO Lees-McRae	11.74	0.9	2
7	Scott, Kortez	FR Limestone	11.99	0.9	1
8	Atkinson, Eric	SR Limestone	12.15	0.9	1
9	Smith, Derrick	FR Limestone	12.22	0.9	1
10	Baggett, Christopher	FR Mount Olive	12.33	0.9	1
11	Lipscomb, Antonio	FR Limestone	15.24	0.9	1
--	Cofield, Cameron	SR St. Andrews	FS	0.9	2

Men 200 Meter Dash

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World: W 19.30 8/20/2008 Usain Bolt, JAM  
American: A 19.32 1996 Michael Johnson, Nike  
Collegiate: C 19.69 2007 Walter Dix, Florida State

=====  
Name Year School Finals Wind H#  
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1	Wilkins, Jovan	FR Mount Olive	22.25	1.1	3
2	Hoots, Jesse	SO Lees-McRae	22.53	1.1	3
3	Glenn, Chris	JR Lees-McRae	22.54	1.4	1
4	Thurmond, D'Juan	SO Limestone	22.85	1.4	1
5	Philips, Adam	JR Lees-McRae	22.94	0.8	2
6	Lipscomb, Antonio	FR Limestone	23.12	1.1	3
7	Mostella, Stephen	SR Lees-McRae	23.20	1.1	3
8	Mwangi, Nelson	FR Queens (N.C.)	23.50	1.4	1
9	Phillips, Charles	SR St. Andrews	23.83	0.8	2
10	Hamrick, Tanner	FR Limestone	24.18	1.4	1
11	Smith, Derrick	FR Limestone	25.06	0.8	2
12	Grantham, Preston	JR Mount Olive	25.39	0.8	2
13	Clark, Alonzo	FR Lees-McRae	27.80	1.1	3

-- Crayton, Deandre	FR Pfeiffer	X23.56	1.1	3
-- Havens, T.J.	SO Pfeiffer	X28.37	0.8	2

Men 400 Meter Dash

=====  
World: W 43.18 8/26/1999 Michael Johnson, USA  
American: A 43.18 1999 Michael Johnson, Nike  
Collegiate: C 44.00 1992 Quincy Watts, U. of So. Cal.

Name	Year	School	Finals	H#
1 Hoots, Jesse	SO	Lees-McRae	50.06	3
2 Thurmond, D'Juan	SO	Limestone	50.09	3
3 Oakes, Ryan	SO	Lees-McRae	50.11	3
4 Tanis, Brad	JR	Lees-McRae	51.47	3
5 Mostella, Stephen	SR	Lees-McRae	51.82	3
6 Lipscomb, Antonio	FR	Limestone	52.13	3
7 McCombs, Cort	SO	Mount Olive	52.68	3
8 Connor, Michael	JR	Lees-McRae	52.76	3
9 Makupson, Brian	FR	Limestone	53.86	2
10 Kelley, Devin	SO	Queens (N.C.)	54.45	1
11 Boston, Greg	FR	Limestone	54.53	2
12 Grantham, Preston	JR	Mount Olive	56.20	1
13 Rowdy, Perry	FR	Queens (N.C.)	56.47	2
14 Pack, Johnathan	FR	Anderson (S.C.)	56.66	2
-- Hamrick, Tanner	FR	Limestone	FS	2
-- Havens, T.J.	SO	Pfeiffer	X59.38	1

Men 800 Meter Run

=====  
World: W 1:41.11 8/24/1997 Wilson Kipketer, DEN  
American: A 1:42.60 1985 Johnny Gray, Santa Monica TC  
Collegiate: C 1:44.55 1996 Julius Achon, George Mason

Name	Year	School	Finals
1 Mwangi, Nelson	FR	Queens (N.C.)	1:56.40
2 Robinson, Chase	FR	Anderson (S.C.)	2:03.06
3 Pickett, Josh	SO	St. Andrews	2:05.41
4 Mahaffey, Drew	FR	Anderson (S.C.)	2:06.98
5 Davis, Micheal	FR	Lees-McRae	2:07.34
6 Anton, Luke	FR	Lees-McRae	2:08.03
7 Menjares, Chris	FR	Mount Olive	2:08.31
8 Barrett, Matt	SR	Lees-McRae	2:10.53
9 Loftis, Greg	SR	Anderson (S.C.)	2:11.71
10 Eagle, Kevin	SO	Limestone	2:11.84
11 Holman, Mason	FR	Mount Olive	2:14.12
12 Mckee, Brad	JR	St. Andrews	2:15.02
13 Boston, Greg	FR	Limestone	2:15.71
14 Lecker, Jon	SO	St. Andrews	2:20.58

15 Korir, Mike	FR Limestone	2:28.61
-- Makupson, Brian	FR Limestone	DNF
-- Sell, Joseph	JR Erskine	X1:59.27
-- Ellison, Chance	JR Erskine	X2:03.75
-- Bayless, Zach	FR Erskine	X2:08.73

Men 1500 Meter Run

=====  
World: W 3:26.00 7/14/1998 Hicham El Guerrouj, MAR  
American: A 3:29.77 1985 Sydney Maree, Puma  
Collegiate: C 3:35.30 1981 Sydney Maree, Villanova

Name	Year School	Finals
1 Jordan, Alex	JR Anderson (S.C.)	4:01.43
2 Kelley, Devin	SO Queens (N.C.)	4:03.78
3 Davis, Micheal	FR Lees-McRae	4:09.64
4 Anton, Luke	FR Lees-McRae	4:18.77
5 Pickett, Josh	SO St. Andrews	4:30.29
6 Walls, James	SO St. Andrews	4:30.89
7 Barrett, Matt	SR Lees-McRae	4:36.36
8 Mckee, Brad	JR St. Andrews	4:38.13
9 Loftis, Greg	SR Anderson (S.C.)	4:41.52
10 Eagle, Kevin	SO Limestone	4:41.83
11 Liotchev, Stefan	FR Queens (N.C.)	4:41.89
12 Lecker, Jon	SO St. Andrews	4:50.86
13 McCraw, Garrett	FR Limestone	4:54.31
14 Hogan, Patrick	SR St. Andrews	5:19.61
15 Korir, Mike	FR Limestone	5:40.20
-- Holaday, Marc	SO Mount Olive	DNF
-- Valentino, Tres	SO Limestone	DNF
-- Menjares, Chris	FR Mount Olive	DNF
-- Sell, Joseph	JR Erskine	X4:16.26
-- Ellison, Chance	JR Erskine	X4:24.12
-- Gray, Zach	SO Pfeiffer	X5:02.70
-- Angell, David	JR Pfeiffer	X5:07.53

Men 5000 Meter Run

=====  
World: W 12:37.35 5/31/2004 Kenenisa Bekele, ETH  
American: A 12:58.21 1996 Bob Kennedy, Nike  
Collegiate: C 13:08.4h 1978 Henry Rono, Washington Sate

Name	Year School	Finals
1 Mebrahtu, Futsum	JR Queens (N.C.)	15:31.07
2 Schilling, Alexander	FR Queens (N.C.)	15:49.96
3 Cooper, Mitch	SR St. Andrews	15:56.49
4 Simpkins, Craig	FR Lees-McRae	16:13.08
5 Holt, Doug	SO St. Andrews	16:35.68

6	Holstein, Chris	JR Lees-McRae	16:40.18
7	Walls, James	SO St. Andrews	17:36.24
8	Gillespie, Jordan	FR Lees-McRae	17:48.49
9	Lloyd, James	JR St. Andrews	18:25.71
10	Wilson, Tommy	SO St. Andrews	18:48.76
11	Valentino, Tres	SO Limestone	19:22.11
12	McCraw, Garrett	FR Limestone	20:06.27
--	Parsons, Nate	SR Anderson (S.C.)	DNF
--	Holaday, Marc	SO Mount Olive	DNF
--	Eagle, Kevin	SO Limestone	DNF
--	Menjares, Chris	FR Mount Olive	DNF
--	Culberson, Chas	FR Erskine	X17:01.19
--	Diaz, Matt	FR Erskine	X18:12.96
--	McCarthy, Robert	FR Erskine	X19:05.90
--	Gaston, Grady	SO Pfeiffer	X21:26.90

Men 10000 Meter Run

=====  
 World: W 26:17.53 8/26/2005 Kenenisa Bekele, ETH  
 American: A 27:13.98 5/4/2001 Meb Keflezighi, Nike  
 Collegiate: C 27:33.58 4/29/2007 Galen Rupp, Oregon

Name	Year	School	Finals
1	Crouch, Michael	SO Queens (N.C.)	29:55.75
2	Simpkins, Craig	FR Lees-McRae	32:12.56
3	Cooper, Mitch	SR St. Andrews	32:32.99
4	Trimble, Nate	JR Lees-McRae	33:47.58
5	Holt, Doug	SO St. Andrews	33:53.03
6	Holstein, Chris	JR Lees-McRae	34:02.62
7	Walls, James	SO St. Andrews	36:16.52
8	Wilson, Tommy	SO St. Andrews	36:45.04
9	Menjares, Chris	FR Mount Olive	37:44.24
10	Holaday, Marc	SO Mount Olive	37:54.36
--	McCraw, Garrett	FR Limestone	DNF
--	Valentino, Tres	SO Limestone	DNF
--	Lloyd, James	JR St. Andrews	DNF
--	Eagle, Kevin	SO Limestone	DNF

Men 110 Meter Hurdles

=====  
 World: W 12.87 6/12/2008 Dayron Robles, CUB  
 American: A 12.90 2006 Dominique Arnold, Nike  
 Collegiate: C 13.00 1979 Renaldo Nehemiah, Maryland

Name	Year	School	Finals	Wind	H#
1	Gore, Richard	FR Limestone	14.99	1.5	2
2	Glenn, Chris	JR Lees-McRae	15.03	1.5	2
3	Brown, Joseph	SO Lees-McRae	15.97	1.5	2

4	Tanis, Brad	JR Lees-McRae	16.30	1.5	2
5	Richardson, Glenn	SO Lees-McRae	16.43	2.5	1
6	Smith, Nathan	JR Lees-McRae	16.58	2.5	1
7	Hamrick, Tanner	FR Limestone	17.77	2.5	1

Men 400 Meter Hurdles

World: W 46.78 8/6/1992 Kevin Young, USA  
 American: A 46.78 1992 Kevin Young, Foot Locker AC  
 Collegiate: C 47.56 6/11/2005 Kerron Clement, Florida

Name	Year	School	Finals	H#
1	Tanis, Brad	JR Lees-McRae	55.37	2
2	Smith, Nathan	JR Lees-McRae	57.02	2
3	Makupson, Brian	FR Limestone	59.33	1
4	McCombs, Cort	SO Mount Olive	1:00.18	2
5	Johnson, Aaron	FR Mount Olive	1:00.63	1
6	Gore, Richard	FR Limestone	1:00.95	2
7	gray, Connor	FR Lees-McRae	1:01.88	1
8	Rowand, Shaun	Lees-McRae	1:03.17	1
9	Hamrick, Tanner	FR Limestone	1:03.72	2
10	Richardson, Glenn	SO Lees-McRae	1:04.95	1
--	Angell, David	JR Pfeiffer	X1:11.00	2

Men 3000 Meter Steeplechase

World: W 7:55.28 8/24/2001 Brahim Boulami, MAR  
 American: A 8:09.17 1985 Henry Mash, Athletics West  
 Collegiate: C 8:05.4h 1978 Henry Rono, Washington State

Name	Year	School	Finals
1	Cooper, Mitch	SR St. Andrews	9:44.23
2	Parsons, Nate	SR Anderson (S.C.)	9:57.98
3	Holt, Doug	SO St. Andrews	10:09.07
4	gray, Connor	FR Lees-McRae	10:25.86
5	Trimble, Nate	JR Lees-McRae	10:27.67
6	Lloyd, James	JR St. Andrews	11:05.41
7	Valentino, Tres	SO Limestone	11:41.78
--	Eagle, Kevin	SO Limestone	DNF

Men 4x100 Meter Relay

World: W 37.10 8/22/2008 JAM, JAM  
 Carter, Frater, Bolt, Powell  
 American: A 37.40 1992 National Team, USA national team  
 Marsh, Burrell, Mitchell, Lewis  
 Collegiate: C 38.04 1998 TCU, TCU  
 Howard, Holloway, Williams, Spencer

School	Finals
1 Lees-McRae 'A'	42.57
2 St. Andrews 'A'	47.43
-- Mount Olive 'A'	DNF
-- Limestone 'A'	DNF

Men 4x400 Meter Relay

World: W 2:54.20	7/22/1998	USA, USA
American: A 2:54.20	1998	National Team, USA national team Young, Pettigrew, Washington, Johnson
Collegiate: C 2:59.59	6/11/2005	LSU, UCLA Dardar, Willie, Brazell, Carter

School	Finals
1 Queens (N.C.) 'A'	3:28.37
2 Lees-McRae 'A'	3:29.93
3 Limestone 'A'	3:31.81
4 Anderson (S.C.) 'A'	3:35.12
5 Mount Olive 'A'	3:37.41

Men High Jump

World: W 2.45m	7/27/1993	Javier Sotomayor, CUB
American: A 2.40m	1991	Charles Austin, unattached
Collegiate: C 2.38m	1989	Hollis Conway, S. W. Louisiana

Name	Year	School	Finals
1 Phillips, Charles	SR	St. Andrews	1.88m 6-02.00
2 Gore, Richard	FR	Limestone	1.88m 6-02.00
4 Cofield, Cameron	SR	St. Andrews	1.83m 6-00.00
5 Johnson, Aaron	FR	Mount Olive	1.83m 6-00.00
6 Hollins, Domonique	FR	St. Andrews	1.78m 5-10.00
7 Hogbin, Danny	JR	Lees-McRae	1.73m 5-08.00
8 Corrica, Elijah	FR	Mount Olive	1.73m 5-08.00
9 McCombs, Cort	SO	Mount Olive	1.73m 5-08.00
10 Rowand, Shaun		Lees-McRae	1.67m 5-05.75
12 Scott, Kortez	FR	Limestone	1.67m 5-05.75
13 Atkinson, Eric	SR	Limestone	1.62m 5-03.75
-- Sullivan, Patrick	SO	Queens (N.C.)	NH
-- Rowell, Matt	JR	Queens (N.C.)	NH
-- Donahue, Jeff	FR	Queens (N.C.)	NH
-- Crayton, Deandre	FR	Pfeiffer	X1.88m 6-02.00

Men Pole Vault

World: W 6.14m	7/31/1994	Sergey Bubka, UKR
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American: A 6.03m 2000 Jeff Hartwig, Nike  
 Collegiate: C 5.98m 1996 Lawrence Johnson, Tennessee

Name	Year	School	Finals	
1 Arthur, Jonathan	JR	Lees-McRae	4.25m	13-11.25
2 Oakes, Ryan	SO	Lees-McRae	4.25m	13-11.25
3 Guinn, Justin	FR	Limestone	1.85m	6-00.75

Men Long Jump

World: W 8.95m 8/30/1991 Mike Powell, USA  
 American: A 8.95m 1991 Mike Powell, Foot Locker AC  
 Collegiate: C 8.74m 4/2/1994 Erick Walder, Arkansas

Name	Year	School	Finals	Wind	
1 Johnson, Aaron	FR	Mount Olive	6.73m	0.7	22-
01.00					
2 Alexander, Corey	SO	Lees-McRae	6.44m	2.4	21-
01.50 6.43					
3 Brown, Joseph	SO	Lees-McRae	6.44m	1.7	21-
01.50 6.32					
4 Gore, Richard	FR	Limestone	6.41m	0.5	21-
00.50 6.15					
5 Wilkins, Jovan	FR	Mount Olive	6.41m	+0.0	21-
00.50					
6 Cofield, Cameron	SR	St. Andrews	6.28m	0.2	20-
07.25					
7 Phillips, Charles	SR	St. Andrews	6.27m	1.8	20-
07.00					
8 Clark, Alonzo	FR	Lees-McRae	6.13m	2.1	20-
01.50					
9 Scott, Kortez	FR	Limestone	6.00m	0.7	19-
08.25					
10 Glenn, Chris	JR	Lees-McRae	5.99m	0.9	19-
08.00					
11 Philips, Adam	JR	Lees-McRae	5.97m	1.6	19-
07.00					
12 Baggett, Christopher	FR	Mount Olive	5.78m	2.8	18-
11.75					
13 Smith, Derrick	FR	Limestone	5.42m	-0.7	17-
09.50					
14 Corrica, Elijah	FR	Mount Olive	5.21m	0.8	17-
01.25					
15 Fields, Nathan	SO	Queens (N.C.)	4.68m	0.4	15-
04.25					
-- Crayton, Deandre	FR	Pfeiffer	X7.02m	0.3	23-
00.50					

Men Triple Jump

World: W 18.29m 8/7/1995 Jonathan Edwards, GBR  
 American: A 18.09m 1996 Kenny Harrison, Nike  
 Collegiate: C 17.54m 1985 Mike Conley, Arkansas

Name	Year	School	Finals	Wind
1 Johnson, Aaron	FR	Mount Olive	13.23m	-0.4 43-
05.00				
2 Alexander, Corey	SO	Lees-McRae	13.07m	1.3 42-
10.75				
3 Scott, Kortez	FR	Limestone	12.88m	1.1 42-
03.25				
4 Cofield, Cameron	SR	St. Andrews	12.65m	1.0 41-
06.00				
5 Arthur, Jonathan	JR	Lees-McRae	12.59m	0.7 41-
03.75				
6 McCombs, Cort	SO	Mount Olive	12.42m	0.2 40-
09.00				
7 Phillips, Charles	SR	St. Andrews	12.18m	0.9 39-
11.50				
8 Glenn, Chris	JR	Lees-McRae	12.11m	0.7 39-
08.75				
-- Smith, Derrick	FR	Limestone	ND	

Men Shot Put

World: W 23.12m 5/20/1990 Randy Barnes, USA  
 American: A 23.13m 1990 Randy Barnes, Mazda TC  
 Collegiate: C 22.00m 1995 John Godina, UCLA

Name	Year	School	Finals
1 Rogers, Matthew	JR	St. Andrews	14.35m 47-01.00
2 Wingo, Randy	FR	Limestone	12.79m 41-11.50
3 Daher, Joe	JR	Lees-McRae	12.32m 40-05.00
4 Murphy, Joe	FR	Mount Olive	11.35m 37-03.00
5 Swinson, Alejandro	SO	Mount Olive	10.95m 35-11.25
6 Smith, Tim	FR	Limestone	10.88m 35-08.50
7 Kiefer, Allen	JR	St. Andrews	10.25m 33-07.50
8 Gude, Andrew	FR	Limestone	9.62m 31-06.75
9 Potter, Justin	SO	Mount Olive	9.58m 31-05.25
10 Dyer, Chris	SR	Mount Olive	9.50m 31-02.00
11 Black, Derrike	SO	Anderson (S.C.)	9.49m 31-01.75
12 Trinca, Zach	SR	Queens (N.C.)	9.23m 30-03.50
13 Sherwood, Justin	SO	Mount Olive	8.28m 27-02.00
14 Koksvik, Marius	SO	Queens (N.C.)	7.37m 24-02.25
15 Lum, Michael	FR	Queens (N.C.)	6.97m 22-10.50

Men Discus Throw

World: W 74.08m 6/6/1986 Jurgen Schult, GDR  
 American: A 72.34m 1981 Ben Plucknett, SoCal Striders  
 Collegiate: C 67.66m 5/29/2004 Hannes Hopley, SMU

Name	Year	School	Finals	
1 Daher, Joe	JR	Lees-McRae	38.31m	125-08
2 Wingo, Randy	FR	Limestone	37.15m	121-10
3 McCracken, Robbie	JR	Anderson (S.C.)	36.19m	118-09
4 Rogers, Matthew	JR	St. Andrews	35.01m	114-10
5 Swinson, Alejandro	SO	Mount Olive	34.78m	114-01
6 Murphy, Joe	FR	Mount Olive	31.00m	101-08
7 Dyer, Chris	SR	Mount Olive	30.23m	99-02
8 Black, Derrike	SO	Anderson (S.C.)	28.70m	94-02
9 Potter, Justin	SO	Mount Olive	28.21m	92-07
10 Sherwood, Justin	SO	Mount Olive	25.45m	83-06
11 Gude, Andrew	FR	Limestone	25.20m	82-08
12 Smith, Tim	FR	Limestone	25.10m	82-04

Men Hammer Throw

World: W 86.74m 8/30/1986 Yuriy Sedykh, RUS  
 American: A 82.52m 1996 Lance Deal, NYAC  
 Collegiate: C 81.94m 1995 Balazs Kiss, U. of So. Cal.

Name	Year	School	Finals	
1 Daher, Joe	JR	Lees-McRae	38.48m	126-03
2 Wingo, Randy	FR	Limestone	34.94m	114-07
3 Rogers, Matthew	JR	St. Andrews	34.26m	112-05
4 Swinson, Alejandro	SO	Mount Olive	33.16m	108-09
5 Smith, Tim	FR	Limestone	32.74m	107-05
6 Murphy, Joe	FR	Mount Olive	30.82m	101-01
7 Gude, Andrew	FR	Limestone	25.94m	85-01
8 Black, Derrike	SO	Anderson (S.C.)	25.61m	84-00
9 Potter, Justin	SO	Mount Olive	25.10m	82-04
10 Sherwood, Justin	SO	Mount Olive	24.20m	79-05
11 Dyer, Chris	SR	Mount Olive	18.28m	60-00

Men Javelin Throw

World: W 98.48m 5/25/1996 Jan Zelezny, CZE  
 American: A 91.29m 6/21/2007 Breau Greer, adidas  
 Collegiate: C 89.10m 1990 Patrik Boden, Texas

Name	Year	School	Finals	
1 Lee, Chris	SR	Anderson (S.C.)	44.50m	146-00

2	Wingo, Randy	FR Limestone	41.55m	136-04
3	McCombs, Cort	SO Mount Olive	40.70m	133-06
4	McCracken, Robbie	JR Anderson (S.C.)	39.43m	129-04
5	Guinn, Justin	FR Limestone	39.40m	129-03
6	Swinson, Alejandro	SO Mount Olive	37.01m	121-05
7	Tanis, Brad	JR Lees-McRae	36.99m	121-04
8	Daher, Joe	JR Lees-McRae	34.60m	113-06
9	Potter, Justin	SO Mount Olive	33.88m	111-02
10	Smith, Tim	FR Limestone	33.29m	109-03
11	Murphy, Joe	FR Mount Olive	32.37m	106-02
12	Kiefer, Allen	JR St. Andrews	31.87m	104-07
13	Hogbin, Danny	JR Lees-McRae	31.62m	103-09
14	Sherwood, Justin	SO Mount Olive	27.45m	90-01
15	Knapik, Garrett	JR Limestone	25.90m	85-00
16	Gude, Andrew	FR Limestone	20.15m	66-01
17	Black, Derrike	SO Anderson (S.C.)	19.92m	65-04
--	Pfingst, Matt	App. State	X46.04m	151-00
--	Gardner, Jerod	34 App. State	X44.52m	146-01
--	Goodchild, Jake	App. State	X44.05m	144-06

Women - Team Rankings - 20 Events Scored

154	1) Limestone	158	2) Anderson (S.C.)
64	3) Lees-McRae	139	4) Queens (N.C.)
30	5) Mount Olive	60	6) St. Andrews

Men - Team Rankings - 20 Events Scored

102	1) Lees-McRae	218	2) Limestone
76	3) St. Andrews	93	4) Mount Olive
54	5) Queens (N.C.)	56	6) Anderson (S.C.)