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From: Woods, Travis J. WoodsTJ@Wofford.Edu 
Subject: Bethay leads successful Terrier track & field performance
Date: February 10, 2006 at 10:16 AM
To: Woods, Travis J. WoodsTJ@Wofford.Edu



Bethay leads successful Terrier track & field performance February 10, 2006

Senior Katon Bethay's win in the shot put highlighted a strong showing by the Wofford indoor track & field team at the Valentine Open in Boone, N.C., Thursday. The Terriers captured five top-five results overall in the second meet of the season.

Bethay outdistanced the rest of the field in the event with his heave of 53'3" (16.23m). The mark was nearly six feet further than the second-place distance.

In the men's track events, Alex Love earned a third-place time of 7.84 in the 55-meter hurdles. Jason McElveen was the team's top finisher in the 55m and 200 with times of 6.93 and 23.94, respectively, for a 13th-place time in both races.

Michael Lance placed sixth in the 400 with a time of 54.53, while Trey Antley posted an 11th-place time of 5:10.19 in the mile. In the 3,000 Chris Williams tallied a team-best time of 10:42.21 on his way to a 23rd-place result.

On the women's side, the top Wofford field event finish also came in the shot put with a third-place mark of 34'2" (10.41m) by Crystal Belcher.

Lauren Bosshardt, who last week set a school record in the 5,000, registered a second-place time of 11:16.29 in the 3,000. Jaya Abraham also notched a top-five time with her fifth-place finish of 5:50.98 in the mile.

The Terriers' top times in the women's 55 and 400 came from Rachel Hyatt, as she placed 14th and eighth with times of 8.22 and 1:11.64, respectively.

Kara Bennewitz led the Wofford pack in the 200 with an 11th-place time of 31.23 and Ashley Adamson was the top Terrier in the 800 with her time of 2:48.02 to finish 10th.

Wofford will head to Clemson, S.C., for the Tiger Classic this weekend as it continues its indoor campaign.

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From: Woods, Travis J. WoodsTJ@Wofford.Edu 
Subject: Shot put win by Bethay sparks Terriers in Columbia
Date: February 18, 2006 at 11:36 PM
To: Woods, Travis J. WoodsTJ@Wofford.Edu



Shot put win by Bethay sparks Terriers in Columbia February 18, 2006

Senior Katon Bethay won the shot put competition for the second-straight week as the Wofford indoor track & field team participated in the Gamecock Indoor Open Saturday in Columbia, S.C.

Bethay bettered his previous season-best mark with a throw of 53'5" (16.28m) to top the eight-person event. He had registered a heave of 53'3" (16.23m) at last week's Valentine Open in Boone, N.C.

Michael Lance ran to a second-place time of 55.34 in the 400-meters, one-tenth of a second behind Claflin's Marquise Mack.

Also on the men's side, Andrew Powell registered a seventh-place result in the mile with a time of 4:53.00, Alex Love posted an eighth-place time of 7.96 in the 55 hurdles and the 4x400 relay earned a fourth-place finish with a time of 4:06.88.

Jaya Abraham paced the women's competitors with her second-place time of 5:46.99 in the mile. She also competed in the 800, finishing seventh with a time of 2:41.64.

Three other Terriers ran the mile, led by Justina Oliva's fifth-place 6:06.69. Ashley Adamson finished sixth (6:33.00) and Katie Isbell earned an eighth-place result at 6:43.71.

In the 3,000, Rachel Smithson posted a sixth-place time of 12:18.73, while Sarah Whitener notched a seventh-place finish with a time of 12:26.55.

Crystal Belcher was the lone Wofford women's field event participant, as she garnered a seventh-place throw of 34'9-3/4" (10.61m) in the shot put.

The Terriers will conclude their indoor campaign Friday and Saturday at the Southern Conference Championship in Clemson, S.C.

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From: Woods, Travis J. WoodsTJ@Wofford.Edu 
Subject: Lance breaks school record in outdoor track & field opener
Date: March 13, 2006 at 1:18 PM
To: Woods, Travis J. WoodsTJ@Wofford.Edu



**Lance breaks school record in outdoor track & field opener
March 13, 2006**

Michael Lance completed the 400 meters in a school-record time to highlight a Wofford trio's performances Saturday at the outdoor track & field season-opening Buc Invitational in Charleston, S.C.

Lance completed the event in 51.28 to finish 12th and to edge the previous school mark of 51.50 set by Brandon Berry in 2004.

He garnered his second 12th-place result of the meet in the 200m with a time of 23.63.

Adam Lesko also participated in both events, registering a 16th-place time in the 200 (23.93) and an 18th-place finish in the 400 (52.90).

The other Terrier competing was Jason McElveen, who recorded an 18th-place time of 24.18 in the 200.

Wofford will next participate in the Weems Baskin Relays this weekend in Columbia, S.C.

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From: Woods, Travis J. WoodsTJ@Wofford.Edu 
Subject: Two Terrier outdoor track & field records fall Saturday
Date: March 18, 2006 at 6:24 PM
To: Woods, Travis J. WoodsTJ@Wofford.Edu



Two Terrier outdoor track & field records fall Saturday March 18, 2006

Two women's track school records fell Saturday afternoon to highlight the Wofford outdoor track & field team's performances at the Weems Baskin Relays in Columbia, S.C.

Senior Jaya Abraham topped her previous school time in the 1,500 meters, running to a sixth-place finish in the event with a time of 5:09.52. The previous best of 5:10.62 was set by Abraham in 2003. She also competed in the 800 and placed 12th with a time of 2:32.86.

Sophomore Lauren Bosshardt blitzed past the previous 5,000 school record of 19:51.30 set by Emily Smothers in 2003. Bosshardt finished the event in 19:04.96 to register a fifth-place result.

A trio of Terriers finished eighth through 10th in the 1,500, led by Justina Oliva (8th-5:38.05). Ryn Lister (9th-5:41.87) and Sarah Messamore (10th-6:09.74) also competed in the event.

Junior Crystal Belcher was the lone Wofford participant in the field events. She tallied an 11th-place mark of 35'11-1/4" (10.95m) in the shot put and a 15th-place result of 82'3" (25.06m) in the discus.

On the men's side, William Davis notched the top finish with a sixth-place leap of 16'3-1/4" in the long jump. The 1,600 sprint medley quartet also finished sixth, recording a time of 4:12.60.

Junior Andrew Powell posted a seventh-place time of 17:12.01 in the 5,000, sophomore Trey Antley ran to a 13th-place time of 4:38.44 in the 1,500 and senior Ben Pauli finished the 800 in a 21st-place time of 2:19.43 to lead the Terrier performances in their respective events.

Wofford will next compete at the Clemson Relays next weekend in Clemson, S.C.

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From: Woods, Travis J. WoodsTJ@Wofford.Edu 
Subject: Wofford completes competition at Clemson Relays
Date: March 25, 2006 at 9:02 PM
To: Woods, Travis J. WoodsTJ@Wofford.Edu



Wofford completes competition at Clemson Relays March 25, 2006

Participation in three events for the first time in school history highlighted the Wofford outdoor track & field team's competition Saturday at the Clemson Relays in Clemson, S.C.

The women's squad competed in two relay events for the first time, the 4x800 meters and the 4x1500m. In the 4x800, the quartet of Ryn Lister, Justina Oliva, Sarah Messamore and Rachel Smithson placed seventh with a time of 11:25.33. The foursome of Jaya Abraham, Ashley Adamson, Lauren Bosshardt and Smithson posted a third-place time of 21:57.48 in the 4x1500.

The Terriers also competed in the 4x100 and distance medley relays on the women's side. In the 4x100 event, Kara Bennewitz, Kelly Broderick, Natalie Ferrara and Rachel Hyatt finished 10th with a time of 1:02.96. The DMR grouping of Abraham, Adamson, Bosshardt and Bennewitz garnered a fifth-place result of 13:56.01.

Junior Crystal Belcher also saw action in the field events, placing 12th in the shot put with a mark of 35'7-1/4" (10.85m) and 13th in the discus with a mark of 92'1" (28.08m).

On the men's side, the quartet of Chris Williams, Adam Lesko, William Davis and Andrew Powell finished ninth with a time of 10:50.31 in the inaugural run of the DMR.

Wofford's men also competed in the 4x100 with an 11th-place time of 48.80, as Alex Love, Lesko, David Chen and Davis comprised the quartet.

Lesko was the lone Terrier to earn a result in the individual track events, as he registered a 17th-place time of 11.63 in the 100.

Senior Katon Bethay rounded out the Wofford contingent with a 15th-place mark of 107'11" (32.91m) in the hammer.

Wofford will resume its outdoor campaign back in Clemson, S.C., April 15 at the Solid Orange Classic.

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From: Woods, Travis J. WoodsTJ@Wofford.Edu 
Subject: Belcher captures javelin title at SoCon Championship
Date: April 29, 2006 at 6:27 PM
To: Woods, Travis J. WoodsTJ@Wofford.Edu



Belcher captures javelin title at SoCon Championship April 29, 2006

Junior Crystal Belcher set a school record with a throw of 127' (38.71m) to become the first Wofford female track & field athlete, indoor or outdoor, to win an individual crown at the Southern Conference Championship. Her performance highlighted the Terrier action on day one of the league meet at Georgia Southern in Statesboro, Ga.

Belcher stood in seventh heading into the finals and after her first throw in the finals made one minor change and moved her starting point forward.

Her second throw in the finals vaulted her from seventh to first and then she secured the event victory with a better effort on her final throw.

"For Crystal the one change in her approach turned into a complete change in her attitude," said interim head track & field coach Andrea Stehman. "She was not only ecstatic with the win, but she now is believing me when I tell her she is talented."

Stehman is serving as the program's interim head coach for the meet after Freddie Brown stepped down earlier in the month to take a high school football coaching position. The Southern Conference Championship is the first meet in which Stehman is the interim coach, after serving as Brown's assistant.

Alex Love completed the 110-meter hurdles in an eighth-place time of 15.47 to qualify for the event finals at 3 p.m. Sunday.

In the 400, Adam Lesko nearly eclipsed Michael Lance's school record with a time of 51.54 to place 12th. Lance set his school mark March 11 at the outdoor season-opening Buc Invitational with a time of 51.28 in Charleston, S.C.

Lesko (11.54) and Jason McElveen (11.74) competed against a tough field in the 100.

Both runners also competed in the 200 with Lesko finishing in 23.87 and McElveen crossing the finish line in 24.06.

Katon Bethay was the lone Wofford men's participant in the field events, garnering an 11th-place mark of 119'1" (36.30m) in the hammer.

The two-day championship event will conclude Sunday.

Team Standings (women) - six events scored:

- 1--Appalachian State--81
- 2--Georgia Southern--33
- 3--Chattanooga--24
- 4--Elon--21
- 5--The Citadel--18
- 6--Western Carolina--15
- T7--Davidson--11
- T7--College of Charleston--11
- T9--Wofford--10
- T9--Furman--10

Team Standings (men) - six events scored:

Team Standings (men) - Six events scored.

- 1--Appalachian State--97
- 2--Western Carolina--52
- 3--Furman--25
- 4--Davidson--22
- 5--The Citadel--18
- 6--Chattanooga--16
- 7--UNC Greensboro--4

W

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From: Woods, Travis J. WoodsTJ@Wofford.Edu 
Subject: Bethay wins shot put, finishes second in discus
Date: April 30, 2006 at 7:30 PM
To: Woods, Travis J. WoodsTJ@Wofford.Edu

TW

Bethay wins shot put, finishes second in discus April 30, 2006

Senior Katon Bethay garnered the second Wofford outdoor track & field individual title of the weekend and finished second in another event to highlight the Terriers' performances at the Southern Conference Championship Sunday on day two at Georgia Southern in Statesboro, Ga.

Bethay broke his own school record with a first-place throw of 52'11" (16.13m) to claim the shot put title. The mark was more than four feet (1.5 meters) further than the second-place distance. Bethay's previous school record was 52'3-1/4" (15.93m) set in 2005.

He also topped his own school mark with a heave of 148'4" (45.23m) to place second in the discus. The Wofford standard was 142'4" (43.38m) also registered in 2005.

The 18 points he scored (10 for first place, eight for second place) gave the Terriers a seventh-place finish out of the eight men's teams, the highest finish for a Wofford men's outdoor track & field squad at the league meet.

Classmate Jaya Abraham highlighted the women's side with a near school-record time of 5:09.88 in the 1,500 meters. Abraham holds the school-best time of 5:09.52, set earlier this spring.

Sophomore Lauren Bosshardt also competed Sunday despite battling an injury, finishing the 5,000m in 20:04.09.

Junior Crystal Belcher, a day removed from being crowned the SoCon champion in the javelin, participated in the shot put and connected on a throw of 36'7-3/4" (11.17m).

Belcher's first-place performance Saturday for 10 points also allowed the women's team to attain its highest finish ever at a Southern Conference Championship meet with the 10th-place result out of the 11 women's teams.

Team Standings (men) -- 21 events scored:

- 1--Western Carolina--258.5
- 2--Appalachian State--244.5
- 3--Davidson--84
- 4--The Citadel--77
- 5--Furman--58
- 6--Chattanooga--51
- 7--Wofford--18
- 8--UNC Greensboro--15

Team Standings (women) -- 21 events scored:

- 1--Appalachian State--197.5
- 2--Georgia Southern--182.5
- 3--Western Carolina--144
- 4--Chattanooga--79
- 5--Elon--55
- 6--The Citadel--48
- 7--Furman--40
- 8--Davidson--39
- 9--College of Charleston--20
- 10--Wofford--10
- 11--UNC Greensboro--2



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From: Woods, Travis J. WoodsTJ@Wofford.Edu 
Subject: Wofford sends pair to NCAA East Regional Meet
Date: May 25, 2006 at 10:41 AM
To: Woods, Travis J. WoodsTJ@Wofford.Edu



Wofford sends pair to NCAA East Regional Meet May 25, 2006

Senior Katon Bethay and junior Crystal Belcher will serve as Wofford outdoor track & field representatives at this weekend's NCAA East Regional Meet. The two-day event will begin Friday and continue Saturday at North Carolina A&T in Greensboro, N.C.

Bethay is an automatic qualifier to the field after winning the shot put title at the Southern Conference Championship April 30 in Statesboro, Ga. His mark of 52'11" (16.13m) established a school record and, along with a second-place finish in the discus at the same meet, earned him the league's male field performer of the year award.

He currently also holds the school-best marks in the discus and hammer and is a seven-time All-Southern Conference selection, including three in football, three in indoor track & field and one in outdoor track & field.

The Milton, Wis., native is slated to compete in the shot put trials and finals starting at 3 p.m. Saturday.

Also making her first appearance at the regional meet will be Belcher. She became the first Terrier women's Southern Conference champion, team or individual for any sport, when she captured the javelin event at the league meet April 29.

Her mark of 127'1" (38.71m) set a personal best and fell just short of the school-record 129'4" (39.42m) established by Janet Rhodes in 2004.

Belcher does, however, hold the Wofford school record in the shot put 38'1-1/4" (11.61m) and discus 114'9" (34.98m). Both of those marks were also set in 2004.

She garnered All-Southern Conference accolades for the second-straight outdoor season.

A product of Greenwood, S.C., Belcher is scheduled to participate in the javelin trials and finals beginning at 11 a.m. Friday.

Interim track & field coach Andrea Stehman will be with both competitors at the meet. She took over the interim duties in time for the Southern Conference meet and led both to league championships.

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From: Woods, Travis J. WoodsTJ@Wofford.Edu 
Subject: Belcher competes at NCAA East Regional
Date: May 26, 2006 at 3:20 PM
To: Woods, Travis J. WoodsTJ@Wofford.Edu



**Belcher competes at NCAA East Regional
May 26, 2006**

Wofford junior Crystal Belcher competed in the javelin Friday and nearly set a personal-best mark at the NCAA East Regional Meet at North Carolina A&T in Greensboro, N.C.

The 2006 Southern Conference champion finished fifth in her flight of 10 throwers with a heave of 126'5" (38.53m). Overall, the Greenwood, S.C., native placed 22nd out of 29 participants.

Belcher attained the mark on her third and final throw after previously launching the javelin 37.43m and 36.58m on her first and second attempts, respectively. She came just short of her career-best 127'1" (38.71m) set at the Southern Conference Championship April 29 in Statesboro, Ga.

UNC Wilmington's Anna Raynor won the event with a mark of 168' (51.20m).

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From: Woods, Travis J. WoodsTJ@Wofford.Edu 
Subject: Two track & field members earn Academic All-District honors
Date: June 1, 2006 at 2:33 PM
To: Woods, Travis J. WoodsTJ@Wofford.Edu



Two track & field members earn Academic All-District honors June 1, 2006

Wofford track & field student-athletes Katon Bethay and Lauren Bosshardt have been named to the ESPN The Magazine Academic All-District III second team for their athletic and academic accomplishments.

A student-athlete must carry at least a 3.2 grade-point average, be of sophomore standing and participate in at least one-half of his or her regular-season contests to be eligible.

Bethay's honor is the second of the year for the senior, as he received first-team accolades following the football campaign last fall. He was the 2006 Southern Conference men's outdoor field performer of the year after winning the shot put title at the league meet in Statesboro, Ga., April 30. He placed 16th out of 24 competitors in the event at the NCAA East Regional Meet May 27 in Greensboro, N.C., as an automatic qualifier.

He collected All-SoCon honors three times this year, during the football, indoor track & field and outdoor track & field campaigns. Bethay, a Milton, Wis., native is the only Terrier student-athlete ever to record all-league recognition in more than one sport.

Bosshardt, a sophomore product of Greenville, S.C., set the school record in the outdoor 5,000 meters at this year's Weems Baskin Relays in Columbia, S.C. She led Wofford in five cross country meets this season, including the Southern Conference Championship, and finished sixth in the dual meet at Gardner-Webb.

She also placed 10th at the Winthrop/Asics Invitational in Rock Hill, S.C., during the cross country campaign and was one of three Terriers to participate in the NCAA Southeast Regional in Greenville, N.C.

During the track & field season, she was a member of the school's first-ever 4x1500m and DMR squads at the Clemson Relays in Clemson, S.C.

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