

Conference Carolinas Indoor T&F Championships - 2/19/2023 to 2/20/2023

JDL Fast Track

Results

Women 60 M

Facility: 7.18 \$ 2022 Barbara Pierre, Kayla White
 College: 7.31 ! 2/16/2019 Kiara Grant
 Meet: 7.55 % 2019 Zawadi Brown

Name	School	Prelims
Preliminaries		
1	Reeves, Jaylin	Mount Olive 7.56Q
2	Cox, Tiara	N. Greenville 7.62Q
3	Onwuzurukie, Mycherie	S. Wesleyan 7.67Q
4	Evans, Mahala	Unc Pembroke 7.76Q
5	Asoburuenwu, Chianel	Mount Olive 7.71q
6	Okoduwa, Eseose	Converse 7.73q
7	Howell, Jamesha	Mount Olive 7.80q
8	Wilson, Makayla	S. Wesleyan 7.85q
9	Haynie, Mi'aire	Erskine 7.86
10	Smiling, JoAnn	N. Greenville 7.86
11	Pittman, Jada	S. Wesleyan 7.89
12	Griffin, Madison	Converse 7.89
13	Haston, Raven	Unc Pembroke 7.89
14	Thomas, Jaela	Unc Pembroke 7.90
15	Boyd, Krishayla	Converse 7.92
16	Morgan, Aaliyah	Converse 7.99
17	Prescott, Kadesha	Emmanuel (Ga) 8.03
18	Browning, Jada	Emmanuel (Ga) 8.16
19	Blackwell, Bethany	Barton 8.17
20	Tutt, Keiarra	Barton 8.22
21	Wilson, Jada	N. Greenville 8.43
22	Taylor, Symone	Lees-McRae 8.48
23	Faulk, Shanekera	Belmont Abbe 8.65
24	Cofield-Jackson, Eshone	Lees-McRae 8.68
25	Thierfelder, Ann	Belmont Abbe 8.92
26	Yarussi, Maria	Belmont Abbe 8.96

Women 200 M

Facility: 23.68 \$ 2/25/2022 Jonah Ross
 College: 23.80 ! 3/15/2014 Danielle Williams
 Meet: 24.59 % 2021 Jharna Alston

Name	School	Prelims
Preliminaries		
1	Asoburuenwu, Chianel	Mount Olive 25.39Q
2	Reeves, Jaylin	Mount Olive 25.68Q
3	Cox, Tiara	N. Greenville 25.77Q
4	Moody, Jaiden	Mount Olive 25.83Q
5	Hill, Hannah	N. Greenville 25.86Q
6	Marlow, Deborah	S. Wesleyan 25.91Q
7	Thomas, Jaela	Unc Pembroke 26.07Q
8	Evans, Mahala	Unc Pembroke 26.06q
9	Okoduwa, Eseose	Converse 26.21
10	Griffin, Madison	Converse 26.33
11	Wilson, Makayla	S. Wesleyan 26.39
12	Vaughn, Carleigh	N. Greenville 26.48
13	Smiling, JoAnn	N. Greenville 26.51
14	Boyd, Krishayla	Converse 26.81
15	Shuford, Kirsten	Unc Pembroke 26.99
16	Chestnut, Sekyah	Belmont Abbe 27.12

17	Tutt, Keiarra	Barton 27.23
18	Askins, Vasey	Emmanuel (Ga) 27.33
19	Blackwell, Bethany	Barton 27.52
20	Murray, Priya	Belmont Abbe 27.81
21	Logue, Zoe	Emmanuel (Ga) 28.11
22	Brannon, Makenzi	Belmont Abbe 28.43
23	Cofield-Jackson, Eshone	Lees-McRae 28.49
24	Taylor, Symone	Lees-McRae 29.16

Women 400 M

Facility: 52.96 \$ 1/26/2019 Kayla Davis
 College: 53.90 ! 3/15/2014 Kayon Robinson
 Meet: 56.18 % 2020 Jami Wright

Name	School	Prelims
Preliminaries		
1	Jefferson, Channie	Mount Olive 58.41Q
	27.897 (27.897)	58.410 (30.513)
2	Hill, Hannah	N. Greenville 59.09Q
	26.725 (26.725)	59.081 (32.356)
3	Beugre, Michele	S. Wesleyan 59.12Q
	27.224 (27.224)	59.114 (31.890)
4	Moody, Jaiden	Mount Olive 59.16Q
	26.889 (26.889)	59.154 (32.265)
5	Wright, Cierra	S. Wesleyan 59.22Q
	28.610 (28.610)	59.216 (30.606)
6	Vaughn, Carleigh	N. Greenville 59.35q
	27.753 (27.753)	59.342 (31.590)
7	Briggs, Vinesha	Mount Olive 59.70q
	28.274 (28.274)	59.695 (31.421)
8	Johnson, Kyla	S. Wesleyan 59.85q
	28.129 (28.129)	59.843 (31.715)
9	Flores, Isabelle	Belmont Abbe 59.93
	27.333 (27.333)	59.924 (32.591)
10	Grey, Shanyia	Converse 1:00.65
	29.034 (29.034)	1:00.646 (31.612)
11	Shuford, Kirsten	Unc Pembroke 1:00.95
	28.989 (28.989)	1:00.946 (31.957)
12	Bacchus, Nyree	Unc Pembroke 1:01.49
	27.999 (27.999)	1:01.486 (33.487)
13	Jackson, Leisha	Unc Pembroke 1:02.40
	29.410 (29.410)	1:02.393 (32.983)
14	Askins, Vasey	Emmanuel (Ga) 1:03.00
	29.269 (29.269)	1:02.997 (33.728)
15	bracey, Latavia	Converse 1:04.22
	29.619 (29.619)	1:04.218 (34.600)
16	Farmer, Taylor	Emmanuel (Ga) 1:06.11
	31.540 (31.540)	1:06.102 (34.562)
17	Bunch, Telina	Barton 1:07.24
	31.271 (31.271)	1:07.239 (35.968)
18	Fallon, Mary	Belmont Abbe 1:07.58
	31.004 (31.004)	1:07.577 (36.573)
19	Ellis, Tamiya	Belmont Abbe 1:07.71
	31.506 (31.506)	1:07.709 (36.203)
20	Turner, Paige	Emmanuel (Ga) 1:08.87
	30.079 (30.079)	1:08.868 (38.789)

Conference Carolinas Indoor T&F Championships - 2/19/2023 to 2/20/2023

JDL Fast Track

Results

Women 5000 M

Facility: 15:41.63 \$ 12/3/2018 Elly Henes

College: 15:41.63 ! 12/3/2018 Elly Henes

Meet: 17:53.87 % 2013 Hannah Witt

Name	School	Finals	
Finals			
1 Whitley, Morgan	King	18:27.93	10
42.478 (42.478)	1:26.127 (43.649)	2:10.144 (44.017)	
2:54.149 (44.005)	3:37.774 (43.625)	4:21.503 (43.729)	
5:05.404 (43.901)	5:49.396 (43.992)	6:34.062 (44.666)	
7:18.638 (44.576)	8:04.439 (45.801)	8:50.946 (46.507)	
9:36.295 (45.349)	10:21.593 (45.298)	11:06.772 (45.179)	
11:52.091 (45.319)	12:37.065 (44.974)	13:22.273 (45.208)	
14:07.513 (45.240)	14:53.102 (45.589)		
16:23.836 (45.008)	17:08.737 (44.901)	17:50.937 (42.200)	
18:27.925 (36.988)			
2 Anderson, Kathryn	Unc Pembroke	18:32.74	8
41.694 (41.694)	1:25.253 (43.559)	2:09.174 (43.921)	
2:53.049 (43.875)	3:36.522 (43.473)	4:20.367 (43.845)	
5:04.194 (43.827)	5:48.449 (44.255)	6:32.949 (44.500)	
7:17.764 (44.815)	8:03.645 (45.881)	8:50.445 (46.800)	
9:35.631 (45.186)	10:20.842 (45.211)	11:05.917 (45.075)	
11:51.403 (45.486)	12:36.816 (45.413)	13:22.018 (45.202)	
14:07.201 (45.183)	14:52.803 (45.602)		
16:23.493 (44.952)	17:08.475 (44.982)	17:51.910 (43.435)	
18:32.739 (40.829)			
3 Kosgei, Jackline	Unc Pembroke	18:37.72	6
41.903 (41.903)	1:25.528 (43.625)	2:09.471 (43.943)	
2:53.352 (43.881)	3:36.819 (43.467)	4:20.674 (43.855)	
5:04.497 (43.823)	5:48.722 (44.225)	6:33.208 (44.486)	
7:18.087 (44.879)	8:03.889 (45.802)	8:50.633 (46.744)	
9:35.938 (45.305)	10:21.073 (45.135)	11:06.210 (45.137)	
11:51.675 (45.465)	12:37.019 (45.344)	13:22.564 (45.545)	
14:07.843 (45.279)	14:53.733 (45.890)		
16:25.556 (45.945)	17:11.650 (46.094)	17:56.422 (44.772)	
18:37.715 (41.293)			
4 Betzer, Deanna	Lees-McRae	18:42.33	5
42.069 (42.069)	1:26.011 (43.942)	2:10.022 (44.011)	
2:53.915 (43.893)	3:37.389 (43.474)	4:21.245 (43.856)	
5:05.112 (43.867)	5:49.236 (44.124)	6:33.793 (44.557)	
7:18.497 (44.704)	8:04.270 (45.773)	8:50.791 (46.521)	
9:36.133 (45.342)	10:21.319 (45.186)	11:06.502 (45.183)	
11:51.969 (45.467)	12:37.330 (45.361)	13:22.895 (45.565)	
14:08.577 (45.682)	14:55.493 (46.916)		
16:28.938 (46.626)	17:14.990 (46.052)	18:00.105 (45.115)	
18:42.321 (42.216)			

5 Samoei, Valary	Unc Pembroke	18:55.15	4
42.319 (42.319)	1:25.799 (43.480)	2:09.761 (43.962)	
2:53.647 (43.886)	3:37.130 (43.483)	4:20.980 (43.850)	
5:04.798 (43.818)	5:48.984 (44.186)	6:33.552 (44.568)	
7:18.318 (44.766)	8:04.052 (45.734)	8:50.656 (46.604)	
9:35.920 (45.264)	10:21.080 (45.160)	11:07.006 (45.926)	
11:52.730 (45.724)	12:38.497 (45.767)	13:27.863 (49.366)	
14:15.971 (48.108)	15:05.102 (49.131)		
16:41.775 (48.100)	17:28.551 (46.776)	18:14.365 (45.814)	
18:55.141 (40.776)			
6 Frock, Abbey	S. Wesleyan	19:13.79	3
42.513 (42.513)	1:26.662 (44.149)	2:10.596 (43.934)	
2:55.351 (44.755)	3:38.557 (43.206)	4:22.257 (43.700)	
5:06.467 (44.210)	5:51.208 (44.741)	6:36.740 (45.532)	
7:22.647 (45.907)	8:08.653 (46.006)	8:55.782 (47.129)	
9:42.612 (46.830)	10:30.237 (47.625)	11:17.415 (47.178)	
12:04.648 (47.233)	12:52.874 (48.226)	13:40.599 (47.725)	
14:28.437 (47.838)	15:16.922 (48.485)		
16:53.479 (48.207)	17:41.513 (48.034)	18:28.912 (47.399)	
19:13.788 (44.876)			
7 Ward, Emily	King	19:19.49	2
43.790 (43.790)	1:27.314 (43.524)	2:11.147 (43.833)	
2:56.166 (45.019)	3:40.883 (44.717)	4:26.237 (45.354)	
5:12.876 (46.639)	5:59.251 (46.375)	6:45.717 (46.466)	
7:32.570 (46.853)	8:20.204 (47.634)	9:07.896 (47.692)	
9:54.755 (46.859)	10:42.461 (47.706)	11:31.777 (49.316)	
12:20.714 (48.937)	13:08.977 (48.263)	13:57.141 (48.164)	
14:45.159 (48.018)	15:34.456 (49.297)		
17:10.857 (46.680)	17:58.545 (47.688)	18:41.266 (42.721)	
19:19.482 (38.216)			
8 Pallozzi, Makenna	Belmont Abbe	19:26.85	1
43.053 (43.053)	1:26.986 (43.933)	2:10.946 (43.960)	
2:54.479 (43.533)	3:38.152 (43.673)	4:21.840 (43.688)	
5:06.015 (44.175)	5:50.690 (44.675)	6:36.334 (45.644)	
7:22.213 (45.879)	8:08.442 (46.229)	8:55.491 (47.049)	
9:42.405 (46.914)	10:30.262 (47.857)	11:18.611 (48.349)	
12:07.290 (48.679)	12:55.692 (48.402)	13:44.739 (49.047)	
14:34.527 (49.788)	15:24.121 (49.594)		
17:04.855 (50.242)	17:55.164 (50.309)	18:44.425 (49.261)	
19:26.849 (42.424)			
9 Beatty, Lauren	Converse	19:27.31	
41.091 (41.091)	1:24.699 (43.608)	2:08.226 (43.527)	
2:52.110 (43.884)	3:35.413 (43.303)	4:19.297 (43.884)	
5:03.017 (43.720)	5:47.734 (44.717)	6:32.581 (44.847)	
7:17.491 (44.910)	8:03.360 (45.869)	8:50.212 (46.852)	
9:36.877 (46.665)	10:23.733 (46.856)	11:11.664 (47.931)	
12:00.436 (48.772)	12:49.851 (49.415)	13:39.575 (49.724)	
14:28.718 (49.143)	15:18.204 (49.486)		
16:59.622 (50.451)	17:50.383 (50.761)	18:40.498 (50.115)	
19:27.302 (46.804)			

Conference Carolinas Indoor T&F Championships - 2/19/2023 to 2/20/2023

JDL Fast Track

Results

Finals ... (Women 5000 M)			
Name	School	Finals	
10 Rusing, Anna-Fidelia	Converse	19:38.23	
42.259 (42.259)	1:26.890 (44.631)	2:12.582 (45.692)	
2:58.046 (45.464)	3:44.448 (46.402)	4:30.791 (46.343)	
5:17.387 (46.596)	6:05.213 (47.826)	6:53.287 (48.074)	
7:41.496 (48.209)	8:29.579 (48.083)	9:18.348 (48.769)	
10:06.663 (48.315)	10:55.010 (48.347)	11:42.182 (47.172)	
12:31.143 (48.961)	13:19.627 (48.484)	14:08.683 (49.056)	
14:58.136 (49.453)	15:46.852 (48.716)		
17:22.077 (46.895)	18:10.538 (48.461)	18:56.374 (45.836)	
19:38.221 (41.847)			
11 Sulton, Ciara	Mount Olive	20:03.27	
43.826 (43.826)	1:28.530 (44.704)	2:13.999 (45.469)	
2:58.927 (44.928)	3:45.294 (46.367)	4:31.756 (46.462)	
5:18.811 (47.055)	6:06.478 (47.667)	6:54.239 (47.761)	
7:42.053 (47.814)	8:29.983 (47.930)	9:18.722 (48.739)	
10:06.917 (48.195)	10:54.637 (47.720)	11:44.058 (49.421)	
12:34.918 (50.860)	13:25.938 (51.020)	14:16.940 (51.002)	
15:08.234 (51.294)	16:00.202 (51.968)		
17:44.306 (51.964)	18:34.733 (50.427)	19:22.892 (48.159)	
20:03.270 (40.378)			
12 Turner, Jetta	Converse	20:03.86	
43.391 (43.391)	1:27.760 (44.369)	2:12.929 (45.169)	
2:58.567 (45.638)	3:44.859 (46.292)	4:31.246 (46.387)	
5:18.238 (46.992)	6:06.022 (47.784)	6:53.888 (47.866)	
7:42.856 (48.968)	8:32.143 (49.287)	9:21.667 (49.524)	
10:11.384 (49.717)	11:01.634 (50.250)	11:52.489 (50.855)	
12:42.695 (50.206)	13:33.096 (50.401)	14:23.199 (50.103)	
15:14.010 (50.811)	16:04.227 (50.217)		
17:43.788 (48.652)	18:34.263 (50.475)	19:23.161 (48.898)	
20:03.859 (40.698)			
13 Alsup, Paris	N. Greenville	20:05.06	
43.702 (43.702)	1:28.854 (45.152)	2:14.518 (45.664)	
3:00.924 (46.406)	3:48.527 (47.603)	4:35.376 (46.849)	
5:23.579 (48.203)	6:12.666 (49.087)	7:01.682 (49.016)	
7:51.008 (49.326)	8:40.643 (49.635)	9:28.333 (47.690)	
10:16.968 (48.635)	11:05.892 (48.924)	11:54.954 (49.062)	
12:44.569 (49.615)	13:34.074 (49.505)	14:23.594 (49.520)	
15:12.998 (49.404)	16:02.832 (49.834)		
17:41.471 (48.481)	18:30.540 (49.069)	19:19.396 (48.856)	
20:05.052 (45.656)			
14 Little, Meghan	Belmont Abbe	20:34.78	
44.249 (44.249)	1:29.339 (45.090)	2:14.925 (45.586)	
3:01.221 (46.296)	3:48.139 (46.918)	4:34.955 (46.816)	
5:23.235 (48.280)	6:12.311 (49.076)	7:01.344 (49.033)	
7:50.632 (49.288)	8:40.337 (49.705)	9:31.449 (51.112)	
10:22.777 (51.328)	11:13.150 (50.373)	12:04.359 (51.209)	
12:56.286 (51.927)	13:47.820 (51.534)	14:36.995 (49.175)	
15:29.958 (52.963)	16:21.059 (51.101)		
18:04.828 (51.067)	18:56.175 (51.347)	19:46.973 (50.798)	
20:34.771 (47.798)			

15 Haddad, Rebekah	N. Greenville	20:45.95	
43.528 (43.528)	1:28.192 (44.664)	2:13.732 (45.540)	
3:00.548 (46.816)	3:47.866 (47.318)	4:35.687 (47.821)	
5:23.907 (48.220)	6:12.942 (49.035)	7:02.017 (49.075)	
7:51.200 (49.183)	8:40.854 (49.654)	9:30.367 (49.513)	
10:20.315 (49.948)	11:10.784 (50.469)	12:02.261 (51.477)	
12:53.900 (51.639)	13:45.541 (51.641)	14:37.939 (52.398)	
15:30.261 (52.322)	16:22.221 (51.960)		
18:07.547 (52.900)	19:01.283 (53.736)	19:54.516 (53.233)	
20:45.948 (51.432)			
16 Willis, Savannah	Belmont Abbe	20:56.35	
46.913 (46.913)	1:36.676 (49.763)	2:25.064 (48.388)	
3:13.073 (48.009)	4:01.775 (48.702)	4:50.033 (48.258)	
5:37.672 (47.639)	6:25.896 (48.224)	7:15.572 (49.676)	
8:04.148 (48.576)	8:52.010 (47.862)	9:42.831 (50.821)	
10:34.239 (51.408)	11:25.558 (51.319)	12:14.333 (48.775)	
13:04.753 (50.420)	13:56.001 (51.248)	14:47.133 (51.132)	
15:40.086 (52.953)	16:33.374 (53.288)		
18:16.881 (50.966)	19:11.255 (54.374)	20:06.222 (54.967)	
20:56.349 (50.127)			
17 Faulkner, Raleigh	Erskine	20:59.55	
46.342 (46.342)	1:37.925 (51.583)	2:25.143 (47.218)	
3:12.781 (47.638)	4:01.483 (48.702)	4:50.429 (48.946)	
5:39.133 (48.704)	6:29.803 (50.670)	7:20.880 (51.077)	
8:10.961 (50.081)	9:02.914 (51.953)	9:55.407 (52.493)	
10:47.852 (52.445)	11:42.462 (54.610)	12:35.912 (53.450)	
13:29.169 (53.257)	14:20.755 (51.586)	15:14.395 (53.640)	
16:08.262 (53.867)	16:59.992 (51.730)		
18:42.646 (50.743)	19:33.336 (50.690)	20:19.243 (45.907)	
20:59.541 (40.298)			

Women 60 M Hurdles

Facility: 7.95 \$ 2016 S. Nelvis/B. Rollins
 College: 8.12 ! 3/15/2014 Danielle Williams
 Meet: 8.71 % 2020 Malak Kafi

Name	School	Prelims
Preliminaries		
1 Myers, Phoebe	Converse	8.95Q
2 Flores, Isabelle	Belmont Abbe	9.02Q
3 Triggs, Tylyia	Mount Olive	9.33q
4 Colon, Karolina	Belmont Abbe	9.36q
5 Thomas, D'Asia	Converse	9.43q
6 White, Olivia	Belmont Abbe	9.55q
7 Lay, TraVon	S. Wesleyan	9.58q
8 Kells, Haley	Belmont Abbe	9.73q
9 Jefferson, Channie	Mount Olive	9.75
10 Lema, Kayla	S. Wesleyan	9.76
11 Bright, Madelyn	Emmanuel (Ga)	10.15
12 Turner, Paige	Emmanuel (Ga)	10.22
13 Teske, Elesya	Emmanuel (Ga)	11.57

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JDL Fast Track

Results

Women Distance Medley

Facility: 10:55.49 \$ 2/17/2023

Shaw, Chapman, Bush, Tuohy

College: 10:55.49 ! 2/17/2023

Shaw, Chapman, Bush, Tuohy

Meet: 12:50.01 % 2017

Cuddington, Harris, Jones, Kiptoo

Team	Relay	Finals
Finals		
1 Converse	A	12:46.36% 10
1) Dixon, Kamille	2) bracey, Latavia	
3) Robinson, Bayley	4) Spijker, Ruth	
3:55.186 (3:55.186)	4:56.132 (1:00.947)	7:29.674 (2:33.542)
12:46.353 (5:16.680)		
2 Unc Pembroke	A	12:50.93 8
1) Van Dine, Julia	2) Hicks, Reece	
3) Moise, Jaqueta	4) Anderson, Kathryn	
3:51.942 (3:51.942)	4:55.898 (1:03.956)	7:30.090 (2:34.193)
12:50.926 (5:20.836)		
3 King	A	12:53.72 6
1) Whitley, Morgan	2) Paulins, Caitlin	
3) Neubert, Katy	4) Lowery, Amanda	
3:51.681 (3:51.681)	4:57.649 (1:05.968)	7:22.028 (2:24.380)
12:53.718 (5:31.690)		
4 North Greenville	A	12:59.27 5
1) Nicholson, Riley	2) Futrell, Kylie	
3) Justice, Zoie	4) Shope, Avery	
3:57.526 (3:57.526)	5:05.495 (1:07.969)	7:38.868 (2:33.374)
12:59.263 (5:20.395)		
5 Erskine	A	13:11.45 4
1) Mumaw, Chloe	2) Whitehead, Antaja	
3) Thompson, Katherine	4) Bowers, Becca	
4:00.425 (4:00.425)	5:04.763 (1:04.338)	7:31.549 (2:26.786)
13:11.449 (5:39.900)		
6 Barton	A	13:15.60 3
1) Russell, Hailey	2) Bunch, Telina	
3) King, Kayla	4) Schrubb, Cassandra	
3:59.062 (3:59.062)	5:01.224 (1:02.162)	7:39.076 (2:37.852)
13:15.598 (5:36.523)		
7 Belmont Abbey	A	13:19.61 2
1) Keller, Sydney	2) Chestnut, Sekyah	
3) Zuniga, Mia	4) Pallozzi, Makenna	
4:04.142 (4:04.142)	5:07.735 (1:03.594)	7:37.676 (2:29.942)
13:19.604 (5:41.928)		
8 Southern Wesleyan	A	13:31.21 1
1) Smith, Merritt	2) Tate, Lauryn	
3) Morgan, Haley	4) Morgan, Macey	
3:59.856 (3:59.856)	5:02.554 (1:02.698)	7:40.344 (2:37.791)
13:31.203 (5:50.859)		
9 Lees-McRae	A	13:40.89
1) Quinn, Maddie	2) Rowe, Kaitlyn	
3) Dille, Campbell	4) Kraver, Kaylee	
4:01.324 (4:01.324)	5:11.068 (1:09.744)	7:40.814 (2:29.747)
13:40.885 (6:00.071)		

10 Emmanuel (Ga.)	A	13:46.71
1) Kimaiyo, Damaris	2) Logue, Zoe	
3) Farmer, Taylor	4) Weider, Olivia	
4:31.668 (4:31.668)	5:37.066 (1:05.399)	8:15.906 (2:38.840)
13:46.708 (5:30.802)		

Women High Jump

Facility: 1.92m \$ 2/7/2020 Erika Kinsey

College: 1.88m ! 3/15/2014 Barbara Szabo

Meet: 1.68m % 2021 Moena Battle

Name	School	Finals
Finals		
1 Myers, Phoebe	Converse	1.58m 10
2 Wilson, Natalyah	Mount Olive	J1.58m 8
3 Tuttanon, Macie	Belmont Abbe	1.55m 6
4 Bright, Madelyn	Emmanuel (Ga)	J1.55m 5
5 Hudspeth, Aly	Unc Pembroke	J1.55m 4
6 Thomas, D'Asia	Converse	J1.55m 3
7 Hormazabal, Karla	Mount Olive	1.52m 2
8 Smith, Alyson	Belmont Abbe	J1.52m 1
9 Castillo, Isabela	S. Wesleyan	J1.52m
10 Kells, Haley	Belmont Abbe	J1.52m
11 Salvadori, Nikki	S. Wesleyan	1.42m
--- Pitt, Lauryn	Barton	NH

Women Long Jump

Facility: 6.40m \$ 2/22/2020 Aliyah Whisby

College: 6.25m ! 2/11/2020 Monae Nichols

Meet: 5.83m % 2020 Mycherie Onwuzurukie

Name	School	Finals
Finals		
1 Onwuzurukie, Mycherie	S. Wesleyan	5.91m% 10
2 Smiling, JoAnn	N. Greenville	5.63m 8
3 Jefferson, Channie	Mount Olive	5.55m 6
4 Smith, Mora	Mount Olive	5.46m 5
5 Pittman, Jada	S. Wesleyan	5.44m 4
6 Howell, Jamesha	Mount Olive	5.42m 3
7 Villanueva, Cristina	Belmont Abbe	5.31m 2
8 Dillon, lora	Lees-McRae	5.23m 1
9 Triggs, Tylyia	Mount Olive	5.17m
10 Okoduwa, Eseose	Converse	5.11m
11 Heckstall, Aniya	Barton	5.07m
12 Darity, Micaiah	Unc Pembroke	5.04m
13 Hormazabal, Karla	Mount Olive	5.01m
14 Moorer, Tyleah	Erskine	4.95m
15 Warren, Nashayla	Converse	4.85m
16 Bright, Madelyn	Emmanuel (Ga)	4.76m
17 Tuttanon, Macie	Belmont Abbe	4.64m
18 Smith, Alyson	Belmont Abbe	4.43m
19 Dibene, Samantha	Emmanuel (Ga)	3.96m

Conference Carolinas Indoor T&F Championships - 2/19/2023 to 2/20/2023

JDL Fast Track

Results

Women Weight Throw

Facility: 23.58m \$ 1/29/2016 Amber Campbell

College: 21.18m ! 2/26/2017 Marthaline Cooper

Meet: 18.54m % 2/20/2022 Mary Brigid Keck

Name	School	Finals
Finals		
1 Evans, Raigan	Unc Pembroke	16.77m 10
2 Keck, Mary Brigid	Mount Olive	16.40m 8
3 Marino, Lillian	Unc Pembroke	15.97m 6
4 Sutton, Kaliya	Mount Olive	15.09m 5
5 Desir-Moreau, Rolanda	Mount Olive	14.96m 4
6 Artman, Alycia	Unc Pembroke	14.12m 3
7 Martin, Bella	Converse	13.91m 2
8 Boyd, Madison	S. Wesleyan	13.80m 1
9 Thomas, Cynthia	Mount Olive	13.78m
10 Hall, Hannah	S. Wesleyan	13.57m
11 Fripp, Ruthie	King	12.95m
12 Parrish, Katlyn	Mount Olive	12.50m
13 Crawford, Adrienne	Mount Olive	12.49m
14 Blankenship, Annah	King	11.60m
15 Weatherford, Mackenzie	Converse	11.44m
--- Pitt, Lauryn	Barton	FOUL

Women - Team Rankings - 5 Events Scored

1) UNC Pembroke	49
2) Mount Olive	41
3) Converse	25
4) Southern Wesleyan	19
5) King	18
6) North Greenville	13
7) Belmont Abbey	12
8) Lees-McRae	6
9) Emmanuel (Ga.)	5
10) Erskine	4
11) Barton	3

Men - Team Rankings - 5 Events Scored

1) Mount Olive	62
2) North Greenville	30.5
3) UNC Pembroke	24
4) Southern Wesleyan	17.5
5) Lees-McRae	14
6) Emmanuel (Ga.)	13.5
6) Belmont Abbey	13.5
8) King	8
9) Erskine	7
10) Barton	3
11) Converse	2