

Conference Carolinas Championships - 4/29/2023**Doug Shaw Memorial Stadium****Results****Women 100 Meter Dash**

=====
 Meet: \$ 11.79 2018 Brown, Limestone
 Stadium: @ 11.35
 Conference: # 11.53
 Provo: * 11.85

Name	Year School	Prelims	Wind	H#
Preliminaries				
1 Reeves, Jaylin	Mount Olive	11.84Q	3.1	3
2 Onwuzuruike, Mycherie	Southern Wesleyan	11.89Q	1.7	1
3 Okoduwa, Eseose	Converse	11.90Q	1.9	2
4 Cox, Tiara	North Greenville	11.94q	1.7	1
5 Evans, Mahala	Unc Pembroke	11.97q	1.9	2
6 Howell, Jamesha	Mount Olive	12.03q	3.1	3
7 Wilson, Makayla	Southern Wesleyan	12.18q	1.7	1
8 Boyd, Krishayla	Converse	12.19q	3.1	3
9 Pittman, Jada	Southern Wesleyan	12.21	3.1	3
10 Asoburuenwu, Chianel	Mount Olive	12.25	1.9	2
11 Smiling, JoAnn	North Greenville	12.26	1.9	2
12 Thomas, Jaela	Unc Pembroke	12.28	1.7	1
13 Heckstall, Aniya	Barton	12.49	3.1	3
14 Rauf, Indira	Barton	12.53	1.9	2
15 Griffin, Madison	Converse	12.57	1.7	1
16 Taylor, Symone	Lees-McRae	12.88	1.9	2
17 Blackwell, Bethany	Barton	12.97	1.7	1
18 Cofield-Jackson, Eshone	Lees-McRae	13.03	3.1	3
19 Wilson, Jada	North Greenville	13.36	3.1	3
20 Faulk, Shanekera	Belmont Abbey	13.66	1.7	1
21 Fallon, Mary	Belmont Abbey	13.80	1.9	2

Women 100 Meter Dash

=====
 Meet: \$ 11.79 2018 Brown, Limestone
 Stadium: @ 11.35
 Conference: # 11.53
 Provo: * 11.85

Name	Year School	Finals	Wind	Points
Finals				
1 Reeves, Jaylin	Mount Olive	11.59	2.3	10
2 Onwuzuruike, Mycherie	Southern Wesleyan	11.66	2.3	8
3 Okoduwa, Eseose	Converse	11.73	2.3	6
4 Cox, Tiara	North Greenville	11.89	2.3	5
5 Evans, Mahala	Unc Pembroke	12.00	2.3	4
6 Howell, Jamesha	Mount Olive	12.13	2.3	3
7 Wilson, Makayla	Southern Wesleyan	12.17	2.3	2
8 Boyd, Krishayla	Converse	12.19	2.3	1

Conference Carolinas Championships - 4/29/2023

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Results

Women 200 Meter Dash

Meet: \$ 23.99
 Stadium: @ 23.28
 Conference: # 23.38
 Provo: * 24.34

Name	Year	School	Prelims	Wind	H#
Preliminaries					
1 Okoduwa, Eseose		Converse	24.63Q	2.9	4
2 Reeves, Jaylin		Mount Olive	24.66Q	0.5	2
3 Thomas, Jaela		Unc Pembroke	25.13Q	1.3	1 25.126
4 Boyd, Krishayla		Converse	25.35Q	1.9	3
5 Moody, Jaiden		Mount Olive	24.72q	0.5	2
6 Hill, Hannah		North Greenville	25.13q	0.5	2 25.121
7 Cox, Tiara		North Greenville	25.13q	1.3	1 25.129
8 Briggs, Vinesha		Mount Olive	25.33q	2.9	4
9 Marlow, Deborah		Southern Wesleyan	25.34	1.3	1
10 Heckstall, Aniya		Barton	25.58	1.9	3
11 Evans, Mahala		Unc Pembroke	25.69	1.9	3
12 Rauf, Indira		Barton	25.85	2.9	4
13 Bacchus, Nyree		Unc Pembroke	25.94	2.9	4
14 Griffin, Madison		Converse	26.31	0.5	2
15 Tutt, Keiarra		Barton	26.32	0.5	2
16 Chestnut, Sekyah		Belmont Abbey	26.37	1.9	3
17 Murray, Priya		Belmont Abbey	26.87	2.9	4
18 Cofield-Jackson, Eshone		Lees-McRae	26.96	1.3	1
19 Askins, Vasey		Emmanuel (Ga.)	27.58	2.9	4
20 Christian, Emily		King	27.77	1.3	1
21 Wilson, Jada		North Greenville	28.03	0.5	2
22 Taylor, Symone		Lees-McRae	28.05	1.9	3
23 Brannon, Makennzi		Belmont Abbey	28.31	0.5	2
24 Teske, Elesya		Emmanuel (Ga.)	29.64	1.9	3

Women 200 Meter Dash

Meet: \$ 23.99
 Stadium: @ 23.28
 Conference: # 23.38
 Provo: * 24.34

Name	Year	School	Finals	Wind	Points
Finals					
1 Reeves, Jaylin		Mount Olive	24.40	1.6	10
2 Okoduwa, Eseose		Converse	24.60	1.6	8
3 Hill, Hannah		North Greenville	24.82	1.6	6
4 Moody, Jaiden		Mount Olive	24.86	1.6	5
5 Cox, Tiara		North Greenville	24.87	1.6	4
6 Thomas, Jaela		Unc Pembroke	25.17	1.6	3
7 Boyd, Krishayla		Converse	25.41	1.6	2
8 Briggs, Vinesha		Mount Olive	25.66	1.6	1

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Results

Women 400 Meter Dash

Meet: \$ 55.08 2021 Wright, Southern Wesleyan
 Stadium: @ 52.84
 Conference: # 54.43
 Provo: * 56.00

Name	Year	School	Prelims	H#
Preliminaries				
1 Moody, Jaiden		Mount Olive	57.20Q	2
2 Beugre, Michele		Southern Wesleyan	57.53Q	1
3 Wright, Cierra		Southern Wesleyan	57.63Q	3
4 Bacchus, Nyree		Unc Pembroke	57.52q	2
5 Briggs, Vinesha		Mount Olive	57.73q	3
6 Wilson, Natalyah		Mount Olive	58.26q	1
7 Hill, Hannah		North Greenville	58.29q	2
8 Grey, Shanyia		Converse	59.20q	1
9 Johnson, Kyla		Southern Wesleyan	59.48	3 59.475
10 Shuford, Kirsten		Unc Pembroke	59.48	3 59.477
11 Jackson, Leisha		Unc Pembroke	1:01.28	2
12 Chestnut, Sekyah		Belmont Abbey	1:02.29	1
13 Irizarry, Melanie		North Greenville	1:03.84	1
14 Fallon, Mary		Belmont Abbey	1:05.00	3
15 Askins, Vasey		Emmanuel (Ga.)	1:05.38	2
16 Perry, MacKinley		Francis Marion	1:06.29	3
17 Ellis, Tamiya		Belmont Abbey	1:07.36	2
18 Haller, Destiny		King	1:11.30	1
19 Dula, Paiden		Lees-McRae	1:21.51	1

Women 400 Meter Dash

Meet: \$ 55.08 2021 Wright, Southern Wesleyan
 Stadium: @ 52.84
 Conference: # 54.43
 Provo: * 56.00

Name	Year	School	Finals	Points
Finals				
1 Beugre, Michele		Southern Wesleyan	55.60*	10
2 Hill, Hannah		North Greenville	56.40	8
3 Moody, Jaiden		Mount Olive	56.46	6
4 Briggs, Vinesha		Mount Olive	56.51	5
5 Wilson, Natalyah		Mount Olive	56.69	4
6 Bacchus, Nyree		Unc Pembroke	57.62	3
7 Grey, Shanyia		Converse	58.65	2
8 Wright, Cierra		Southern Wesleyan	1:00.47	1

Women 800 Meter Run

Meet: \$ 2:14.91
 Stadium: @ 2:09.20
 Conference: # 2:09.15
 Provo: * 2:12.23

Name	Year	School	Prelims	H#
Preliminaries				

Conference Carolinas Championships - 4/29/2023
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Results

....Women 800 Meter Run

1	Spijker, Ruth	Converse	2:20.08Q	3
	1:08.433 (1:08.433)	2:20.079 (1:11.647)		
2	Neubert, Katy	King	2:23.09Q	1
	1:11.681 (1:11.681)	2:23.090 (1:11.410)		
3	Robinson, Bayley	Converse	2:25.31Q	2
	1:08.330 (1:08.330)	2:25.302 (1:16.973)		
4	Fleurilus, Celine	Mount Olive	2:21.95q	3
	1:08.826 (1:08.826)	2:21.948 (1:13.122)		
5	Dille, Campbell	Lees-McRae	2:25.20q	3
	1:09.320 (1:09.320)	2:25.196 (1:15.877)		
6	Zavala, Lycia	Southern Wesleyan	2:25.54q	2
	1:08.048 (1:08.048)	2:25.532 (1:17.484)		
7	Van Dine, Julia	Unc Pembroke	2:25.62q	1
	1:11.890 (1:11.890)	2:25.618 (1:13.728)		
8	Quinn, Maddie	Lees-McRae	2:29.43q	1
	1:12.600 (1:12.600)	2:29.430 (1:16.831)		
9	Russell, Hailey	Barton	2:32.26	2
	1:09.876 (1:09.876)	2:32.260 (1:22.384)		
10	Moise, Jaqueeta	Unc Pembroke	2:32.35	3
	1:10.843 (1:10.843)	2:32.345 (1:21.503)		
11	Labrant, Ava	Southern Wesleyan	2:36.94	2
	1:12.675 (1:12.675)	2:36.940 (1:24.265)		
12	King, Kayla	Barton	2:37.76	3
	1:11.269 (1:11.269)	2:37.751 (1:26.483)		
13	Gonzalez, Juliana	North Greenville	2:38.59	3
	1:12.548 (1:12.548)	2:38.589 (1:26.042)		
14	Farmer, Taylor	Emmanuel (Ga.)	2:38.94	1
	1:14.423 (1:14.423)	2:38.933 (1:24.510)		
15	Baird, Maura	Belmont Abbey	2:39.91	2
	1:13.511 (1:13.511)	2:39.908 (1:26.398)		
16	Kimaiyo, Damaris	Emmanuel (Ga.)	2:40.95	2
	1:11.755 (1:11.755)	2:40.942 (1:29.188)		
17	James-Creech, Angela	Barton	2:41.06	1
	1:12.325 (1:12.325)	2:41.058 (1:28.733)		
18	Gidney, Christiana	North Greenville	2:41.64	3
	1:13.349 (1:13.349)	2:41.631 (1:28.283)		
19	Zuniga, Mia	Belmont Abbey	2:46.14	1
	1:14.503 (1:14.503)	2:46.132 (1:31.629)		
20	Trent, Paige	North Greenville	3:01.69	2
	1:23.207 (1:23.207)	3:01.682 (1:38.475)		

Women 800 Meter Run

=====
 Meet: \$ 2:14.91
 Stadium: @ 2:09.20
 Conference: # 2:09.15
 Provo: * 2:12.23

Name	Year	School	Finals	Points	
=====					
Finals					
1		Spijker, Ruth	Converse	2:15.97	10
		1:09.254 (1:09.254)	2:15.963 (1:06.709)		
2		Fleurilus, Celine	Mount Olive	2:18.63	8
		1:07.780 (1:07.780)	2:18.621 (1:10.841)		
3		Neubert, Katy	King	2:19.34	6
		1:09.445 (1:09.445)	2:19.340 (1:09.895)		

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Results

...Women 800 Meter Run

4	Van Dine, Julia	Unc Pembroke	2:22.94	5
	1:10.320 (1:10.320)	2:22.940 (1:12.620)		
5	Robinson, Bayley	Converse	2:23.46	4
	1:09.789 (1:09.789)	2:23.451 (1:13.662)		
6	Dille, Campbell	Lees-McRae	2:24.79	3
	1:09.474 (1:09.474)	2:24.790 (1:15.316)		
7	Quinn, Maddie	Lees-McRae	2:26.78	2
	1:10.599 (1:10.599)	2:26.780 (1:16.181)		
8	Zavala, Lycia	Southern Wesleyan	2:35.37	1
	1:09.080 (1:09.080)	2:35.365 (1:26.285)		

Women 1500 Meter Run

=====
 Meet: \$ 4:43.81 2017 Henry, Mount Olive
 Stadium: @ 4:25.92
 Conference: # 4:24.52
 Provo: * 4:32.09

Name	Year	School	Prelims	H#
=====				
Preliminaries				
1	Shope, Avery	North Greenville	4:57.26Q	1
	57.220 (57.220)	2:16.250 (1:19.030)	3:37.101 (1:20.852)	4:57.253 (1:20.152)
2	Nicholson, Riley	North Greenville	4:58.39Q	2
	59.339 (59.339)	2:21.701 (1:22.363)	3:42.568 (1:20.867)	4:58.390 (1:15.823)
3	Spijker, Ruth	Converse	4:59.29Q	2
	59.151 (59.151)	2:21.728 (1:22.577)	3:42.335 (1:20.608)	4:59.290 (1:16.955)
4	Kosgei, Jackline	Unc Pembroke	4:59.98Q	1
	56.834 (56.834)	2:16.174 (1:19.340)	3:37.131 (1:20.958)	4:59.973 (1:22.842)
5	Weider, Olivia	Emmanuel (Ga.)	5:00.52Q	2
	1:00.179 (1:00.179)	2:22.574 (1:22.395)	3:43.521 (1:20.948)	5:00.520 (1:16.999)
6	Dixon, Kamille	Converse	5:00.53Q	1
	56.988 (56.988)	2:16.393 (1:19.405)	3:37.398 (1:21.005)	5:00.529 (1:23.132)
7	Morgan, Macey	Southern Wesleyan	5:00.80Q	2
	59.619 (59.619)	2:22.408 (1:22.789)	3:42.865 (1:20.458)	5:00.796 (1:17.932)
8	Zuniga, Mia	Belmont Abbey	5:03.40Q	1
	57.484 (57.484)	2:16.619 (1:19.135)	3:37.724 (1:21.105)	5:03.395 (1:25.672)
9	Van Dine, Julia	Unc Pembroke	5:01.55q	2
	59.368 (59.368)	2:22.236 (1:22.869)	3:43.181 (1:20.945)	5:01.541 (1:18.360)
10	Schrubb, Cassandra	Barton	5:06.38q	2
	58.979 (58.979)	2:22.063 (1:23.084)	3:44.696 (1:22.634)	5:06.373 (1:21.677)
11	Sulton, Ciara	Mount Olive	5:07.08q	2
	59.768 (59.768)	2:22.904 (1:23.137)	3:45.381 (1:22.478)	5:07.076 (1:21.695)
12	Thompson, Katherine	Erskine	5:09.28q	1
	58.029 (58.029)	2:16.924 (1:18.895)	3:40.700 (1:23.777)	5:09.274 (1:28.574)
13	Lowery, Amanda	King	5:11.31	2
	59.871 (59.871)	2:23.228 (1:23.357)	3:46.178 (1:22.950)	5:11.309 (1:25.132)
14	Futrell, Kylie	North Greenville	5:11.40	1
	58.544 (58.544)	2:22.325 (1:23.782)	3:50.886 (1:28.562)	5:11.400 (1:20.514)
15	Smith, Merritt	Southern Wesleyan	5:16.91	1
	57.738 (57.738)	2:17.164 (1:19.427)	3:42.014 (1:24.850)	5:16.908 (1:34.894)
16	Beatty, Lauren	Converse	5:17.08	2
	1:00.481 (1:00.481)	2:24.805 (1:24.324)	3:50.519 (1:25.714)	5:17.078 (1:26.559)
17	Russell, Hailey	Barton	5:19.27	1
	57.413 (57.413)	2:17.725 (1:20.313)	3:44.900 (1:27.175)	5:19.266 (1:34.367)

Conference Carolinas Championships - 4/29/2023

Doug Shaw Memorial Stadium

Results

...Women 1500 Meter Run

18 Faulkner, Raleigh	Erskine	5:22.59	2		
1:00.360 (1:00.360)	2:28.058 (1:27.698)	4:00.193 (1:32.135)	5:22.585 (1:22.393)		
19 Perez, Betsy	Emmanuel (Ga.)	5:35.49	1		
1:02.899 (1:02.899)	2:32.926 (1:30.028)	4:07.070 (1:34.144)	5:35.490 (1:28.420)		
20 Justice, Zoie	North Greenville	5:35.82	1		
58.583 (58.583)	2:24.501 (1:25.919)	4:01.876 (1:37.375)	5:35.818 (1:33.942)		
21 Hansen, Katie	Barton	5:40.63	1		
1:02.506 (1:02.506)	2:32.565 (1:30.059)	4:06.910 (1:34.345)	5:40.623 (1:33.713)		
22 Bowers, Becca	Erskine	5:48.58	1		
1:02.180 (1:02.180)	2:34.170 (1:31.990)	4:11.609 (1:37.439)	5:48.574 (1:36.965)		
23 Deveau, Annika	Belmont Abbey	6:06.17	2		
1:01.196 (1:01.196)	2:36.243 (1:35.047)	4:20.923 (1:44.680)	6:06.168 (1:45.245)		

Women 1500 Meter Run

=====
 Meet: \$ 4:43.81 2017 Henry, Mount Olive
 Stadium: @ 4:25.92
 Conference: # 4:24.52
 Provo: * 4:32.09

Name	Year School	Finals	Points		
=====					
Finals					
1 Spijker, Ruth	Converse	4:52.84	10		
1:02.135 (1:02.135)	2:27.649 (1:25.514)	3:43.951 (1:16.303)	4:52.833 (1:08.882)		
2 Shope, Avery	North Greenville	4:55.86	8		
1:02.173 (1:02.173)	2:27.704 (1:25.532)	3:44.250 (1:16.547)	4:55.858 (1:11.608)		
3 Nicholson, Riley	North Greenville	4:57.15	6		
1:02.379 (1:02.379)	2:27.558 (1:25.179)	3:44.151 (1:16.594)	4:57.146 (1:12.995)		
4 Dixon, Kamille	Converse	5:03.49	5		
1:02.489 (1:02.489)	2:27.620 (1:25.132)	3:45.538 (1:17.918)	5:03.481 (1:17.944)		
5 Thompson, Katherine	Erskine	5:04.81	4		
1:02.788 (1:02.788)	2:28.498 (1:25.710)	3:47.031 (1:18.534)	5:04.803 (1:17.772)		
6 Van Dine, Julia	Unc Pembroke	5:04.88	3		
1:02.335 (1:02.335)	2:27.853 (1:25.518)	3:45.748 (1:17.895)	5:04.874 (1:19.127)		
7 Weider, Olivia	Emmanuel (Ga.)	5:07.10	2		
1:02.673 (1:02.673)	2:28.126 (1:25.454)	3:46.493 (1:18.367)	5:07.096 (1:20.604)		
8 Schrubb, Cassandra	Barton	5:07.49	1		
1:02.905 (1:02.905)	2:28.418 (1:25.513)	3:47.361 (1:18.944)	5:07.484 (1:20.123)		
9 Morgan, Macey	Southern Wesleyan	5:08.49			
1:02.625 (1:02.625)	2:27.981 (1:25.357)	3:46.595 (1:18.614)	5:08.485 (1:21.890)		
10 Kosgei, Jackline	Unc Pembroke	5:09.40			
1:02.570 (1:02.570)	2:27.981 (1:25.412)	3:46.108 (1:18.127)	5:09.395 (1:23.288)		
11 Sulton, Ciara	Mount Olive	5:13.39			
1:03.044 (1:03.044)	2:28.780 (1:25.737)	3:50.766 (1:21.987)	5:13.383 (1:22.617)		
12 Zuniga, Mia	Belmont Abbey	5:15.48			
1:02.713 (1:02.713)	2:28.260 (1:25.548)	3:48.381 (1:20.122)	5:15.475 (1:27.094)		

Conference Carolinas Championships - 4/29/2023

Doug Shaw Memorial Stadium

Results

Women 5000 Meter Run

Meet: \$ 18:09.81		2013		Witt, King	
Stadium: @ 16:39.89					
Conference: # 16:02.46					
Provo: * 17:07.10					
Name	Year	School	Finals	Points	
1 Shope, Avery		North Greenville	19:07.29	10	
44.467 (44.467)	2:19.373 (1:34.906)	3:48.898 (1:29.525)	5:19.794 (1:30.896)		
6:52.140 (1:32.346)	8:25.253 (1:33.113)	9:59.618 (1:34.365)	11:34.368 (1:34.750)		
13:08.652 (1:34.284)	14:42.863 (1:34.211)	16:17.843 (1:34.980)	17:48.900 (1:31.057)		
19:07.281 (1:18.381)					
2 Yego, Sharon		Emmanuel (Ga.)	19:13.95	8	
44.771 (44.771)	2:19.749 (1:34.978)	3:49.035 (1:29.286)	5:20.108 (1:31.073)		
6:52.466 (1:32.358)	8:25.501 (1:33.035)	9:59.828 (1:34.327)	11:34.649 (1:34.821)		
13:08.865 (1:34.216)	14:43.172 (1:34.307)	16:18.112 (1:34.940)	17:47.555 (1:29.443)		
19:13.947 (1:26.392)					
3 Betzer, Deanna		Lees-McRae	19:15.76	6	
44.424 (44.424)	2:19.263 (1:34.839)	3:48.091 (1:28.828)	5:19.309 (1:31.218)		
6:52.055 (1:32.746)	8:25.292 (1:33.237)	9:59.559 (1:34.267)	11:34.411 (1:34.852)		
13:08.641 (1:34.230)	14:42.949 (1:34.308)	16:17.903 (1:34.954)	17:49.520 (1:31.617)		
19:15.755 (1:26.235)					
4 Samoei, Valary		Unc Pembroke	19:38.88	5	
45.031 (45.031)	2:19.567 (1:34.536)	3:49.081 (1:29.514)	5:19.864 (1:30.783)		
6:52.590 (1:32.726)	8:25.465 (1:32.875)	9:59.883 (1:34.418)	11:35.299 (1:35.416)		
13:20.537 (1:45.238)	15:03.269 (1:42.732)	16:43.488 (1:40.219)	18:17.351 (1:33.863)		
19:38.873 (1:21.522)					
5 Futrell, Kylie		North Greenville	19:45.31	4	
47.018 (47.018)	2:23.317 (1:36.299)	4:00.141 (1:36.824)	5:36.808 (1:36.667)		
7:13.330 (1:36.522)	8:48.199 (1:34.869)	10:24.166 (1:35.967)	11:59.768 (1:35.602)		
13:38.147 (1:38.379)	15:14.978 (1:36.831)	16:51.438 (1:36.460)	18:25.434 (1:33.996)		
19:45.302 (1:19.868)					
6 Schrubbs, Cassandra		Barton	19:46.55	3	
45.781 (45.781)	2:20.485 (1:34.704)	3:51.001 (1:30.516)	5:25.204 (1:34.203)		
7:00.610 (1:35.406)	8:36.510 (1:35.900)	10:13.692 (1:37.182)	11:51.462 (1:37.770)		
13:29.978 (1:38.516)	15:08.725 (1:38.747)	16:47.455 (1:38.730)	18:22.402 (1:34.947)		
19:46.544 (1:24.142)					
7 Rusing, Anna-Fidelia		Converse	19:56.86	2	
46.336 (46.336)	2:21.533 (1:35.197)	3:56.928 (1:35.395)	5:33.253 (1:36.325)		
7:12.512 (1:39.259)	8:48.916 (1:36.404)	10:27.754 (1:38.838)	12:07.925 (1:40.171)		
13:45.157 (1:37.232)	15:24.382 (1:39.225)	17:01.471 (1:37.089)	18:33.346 (1:31.875)		
19:56.853 (1:23.507)					
8 Nicholson, Riley		North Greenville	20:03.17	1	
45.470 (45.470)	2:20.233 (1:34.763)	3:49.753 (1:29.520)	5:25.004 (1:35.251)		
7:04.718 (1:39.714)	8:43.040 (1:38.322)	10:22.792 (1:39.752)	12:03.333 (1:40.541)		
13:45.626 (1:42.293)	15:26.327 (1:40.701)	17:04.221 (1:37.894)	18:36.413 (1:32.192)		
20:03.168 (1:26.755)					
9 Frock, Abbey		Southern Wesleyan	20:09.49		
44.883 (44.883)	2:20.176 (1:35.293)	3:50.079 (1:29.903)	5:21.802 (1:31.723)		
6:55.085 (1:33.283)	8:31.196 (1:36.111)	10:09.916 (1:38.720)	11:49.427 (1:39.511)		
13:30.400 (1:40.973)	15:12.442 (1:42.042)	16:54.996 (1:42.554)	18:35.352 (1:40.356)		
20:09.482 (1:34.130)					

Conference Carolinas Championships - 4/29/2023

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Results

...Women 5000 Meter Run

10	Whitley, Morgan	King	20:18.59				
	44.856 (44.856)	2:19.881 (1:35.025)	3:48.664 (1:28.783)	5:19.647 (1:30.983)			
	6:53.529 (1:33.882)	8:30.303 (1:36.774)	10:08.711 (1:38.408)	11:50.775 (1:42.064)			
	13:35.153 (1:44.378)	15:19.116 (1:43.963)	17:02.326 (1:43.210)	18:43.528 (1:41.202)			
	20:18.586 (1:35.058)						
11	Fleurilus, Celine	Mount Olive	20:34.16				
	46.366 (46.366)	2:23.851 (1:37.485)	4:01.336 (1:37.485)	5:42.640 (1:41.304)			
	7:22.343 (1:39.703)	9:02.295 (1:39.952)	10:44.133 (1:41.838)	12:25.431 (1:41.298)			
	14:08.151 (1:42.720)	15:51.331 (1:43.180)	17:31.210 (1:39.879)	19:08.258 (1:37.048)			
	20:34.159 (1:25.901)						
12	Little, Meghan	Belmont Abbey	20:36.08				
	47.357 (47.357)	2:24.577 (1:37.220)	4:00.451 (1:35.874)	5:35.071 (1:34.620)			
	7:13.148 (1:38.077)	8:50.733 (1:37.585)	10:29.792 (1:39.059)	12:11.415 (1:41.623)			
	13:52.787 (1:41.372)	15:34.826 (1:42.039)	17:17.601 (1:42.775)	18:59.762 (1:42.161)			
	20:36.073 (1:36.311)						
13	Kraver, Kaylee	Lees-McRae	20:44.44				
	46.441 (46.441)	2:20.473 (1:34.032)	3:51.796 (1:31.323)	5:28.951 (1:37.155)			
	7:07.409 (1:38.458)	8:47.415 (1:40.006)	10:27.834 (1:40.419)	12:10.112 (1:42.278)			
	13:53.675 (1:43.563)	15:38.584 (1:44.909)	17:24.398 (1:45.814)	19:10.328 (1:45.930)			
	20:44.437 (1:34.109)						
14	Baldwin, Natalie	Mount Olive	20:54.71				
	45.337 (45.337)	2:21.152 (1:35.815)	3:55.719 (1:34.567)	5:33.460 (1:37.741)			
	7:12.503 (1:39.043)	8:49.925 (1:37.422)	10:31.524 (1:41.599)	12:15.223 (1:43.699)			
	14:00.374 (1:45.151)	15:44.758 (1:44.384)	17:30.629 (1:45.871)	19:15.218 (1:44.589)			
	20:54.704 (1:39.486)						
15	Dixon, Kamille	Converse	20:56.52				
	45.052 (45.052)	2:19.998 (1:34.946)	3:49.883 (1:29.885)	5:24.753 (1:34.870)			
	7:03.500 (1:38.747)	8:44.319 (1:40.819)	10:27.355 (1:43.036)	12:10.785 (1:43.430)			
	14:00.877 (1:50.092)	15:50.850 (1:49.973)	17:39.536 (1:48.686)	19:26.273 (1:46.737)			
	20:56.511 (1:30.238)						
16	Fretwell, Anna	Barton	20:56.92				
	46.178 (46.178)	2:21.868 (1:35.690)	3:55.203 (1:33.335)	5:30.781 (1:35.578)			
	7:09.372 (1:38.591)	8:49.028 (1:39.656)	10:30.468 (1:41.440)	12:13.486 (1:43.018)			
	13:59.544 (1:46.058)	15:46.127 (1:46.583)	17:32.736 (1:46.609)	19:18.421 (1:45.685)			
	20:56.918 (1:38.497)						
17	Haddad, Rebekah	North Greenville	21:02.23				
	46.641 (46.641)	2:22.206 (1:35.565)	3:58.018 (1:35.812)	5:34.821 (1:36.803)			
	7:14.118 (1:39.297)	8:55.138 (1:41.020)	10:38.213 (1:43.075)	12:21.657 (1:43.444)			
	14:06.520 (1:44.863)	15:51.817 (1:45.297)	17:36.825 (1:45.008)	19:22.327 (1:45.502)			
	21:02.224 (1:39.897)						
18	Sulton, Ciara	Mount Olive	21:07.28				
	45.974 (45.974)	2:23.534 (1:37.560)	4:01.627 (1:38.093)	5:43.176 (1:41.549)			
	7:24.576 (1:41.400)	9:06.768 (1:42.192)	10:50.903 (1:44.135)	12:36.595 (1:45.692)			
	14:22.179 (1:45.584)	16:07.684 (1:45.505)	17:52.681 (1:44.997)	19:35.537 (1:42.856)			
	21:07.272 (1:31.735)						
19	Alsop, Paris	North Greenville	21:17.62				
	45.818 (45.818)	2:21.724 (1:35.906)	3:57.867 (1:36.143)	5:34.622 (1:36.755)			
	7:15.020 (1:40.398)	8:54.541 (1:39.521)	10:36.400 (1:41.859)	12:20.720 (1:44.320)			
	14:07.670 (1:46.950)	15:56.080 (1:48.410)	17:46.192 (1:50.112)	19:37.335 (1:51.143)			
	21:17.614 (1:40.279)						
20	Grant, Piper	Converse	21:22.08				
	46.714 (46.714)	2:22.460 (1:35.746)	3:57.260 (1:34.800)	5:33.593 (1:36.333)			
	7:12.892 (1:39.299)	8:52.858 (1:39.966)	10:37.091 (1:44.233)	12:21.978 (1:44.887)			
	14:09.852 (1:47.874)	15:57.889 (1:48.037)	17:48.024 (1:50.135)	19:39.607 (1:51.583)			
	21:22.074 (1:42.467)						

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Results

...Women 5000 Meter Run

21 Bright, Emma	North Greenville	22:20.56			
46.240 (46.240)	2:24.258 (1:38.018)	4:06.164 (1:41.906)	5:50.960 (1:44.796)		
7:39.293 (1:48.333)	9:31.729 (1:52.436)	11:24.251 (1:52.522)	13:15.785 (1:51.534)		
15:05.891 (1:50.106)	16:55.683 (1:49.792)	18:48.303 (1:52.620)	20:40.040 (1:51.737)		
22:20.560 (1:40.520)					
22 Thompkins, Carolina	Francis Marion	23:15.09			
47.631 (47.631)	2:26.608 (1:38.977)	4:06.771 (1:40.163)	5:51.473 (1:44.702)		
7:40.476 (1:49.003)	9:37.912 (1:57.436)	11:37.309 (1:59.397)	13:36.767 (1:59.458)		
15:36.794 (2:00.027)	17:34.806 (1:58.012)	19:29.599 (1:54.793)	21:26.106 (1:56.507)		
23:15.086 (1:48.980)					
-- Willis, Savannah	Belmont Abbey	DNF			
47.382 (47.382)	2:26.462 (1:39.080)	4:05.706 (1:39.244)	5:46.022 (1:40.316)		
7:26.865 (1:40.843)	9:12.710 (1:45.845)	11:07.697 (1:54.987)	13:00.005 (1:52.308)		
14:55.612 (1:55.607)	17:01.769 (2:06.157)				

Women 10000 Meter Run

=====
 Meet: \$ 35:30.52 2010 Zeferjahn, Queens
 Stadium: @ 34:51.66
 Conference: # 33:09.47
 Provo: * 36:28.87

Name	Year School	Finals	Points			
=====						
1 Betzer, Deanna	Lees-McRae	39:36.57	10			
1:29.259 (1:29.259)	3:08.399 (1:39.140)	4:48.135 (1:39.737)	6:21.873 (1:33.738)			
7:48.949 (1:27.077)	9:20.458 (1:31.509)	10:53.299 (1:32.842)	12:26.354 (1:33.055)			
14:00.391 (1:34.038)	15:34.049 (1:33.658)	17:08.580 (1:34.532)	18:43.361 (1:34.782)			
20:17.934 (1:34.573)	21:53.248 (1:35.314)	23:29.650 (1:36.403)	25:05.749 (1:36.099)			
26:41.894 (1:36.145)	28:17.843 (1:35.949)	29:55.248 (1:37.405)	31:33.213 (1:37.965)			
33:10.698 (1:37.485)	34:48.750 (1:38.053)	36:26.513 (1:37.763)	38:03.895 (1:37.383)			
39:36.568 (1:32.673)						
2 Rusing, Anna-Fidelia	Converse	41:26.98	8			
1:35.099 (1:35.099)	3:12.845 (1:37.747)	4:49.516 (1:36.672)	6:26.483 (1:36.967)			
8:03.688 (1:37.205)	9:42.961 (1:39.274)	11:21.634 (1:38.673)	13:01.343 (1:39.709)			
14:41.389 (1:40.047)	16:20.681 (1:39.293)	18:00.009 (1:39.328)	19:40.991 (1:40.983)			
21:22.554 (1:41.563)	23:03.045 (1:40.492)	24:44.848 (1:41.803)	26:26.438 (1:41.590)			
28:06.924 (1:40.487)	29:48.924 (1:42.000)	31:30.720 (1:41.797)	33:12.505 (1:41.785)			
34:54.405 (1:41.900)	36:35.530 (1:41.125)	38:16.428 (1:40.898)	39:56.526 (1:40.099)			
41:26.980 (1:30.454)						
3 Sosa, Ashley	Converse	41:49.74	6			
1:35.683 (1:35.683)	3:13.421 (1:37.739)	4:49.976 (1:36.555)	6:27.125 (1:37.149)			
8:04.116 (1:36.992)	9:43.601 (1:39.485)	11:23.345 (1:39.744)	13:03.293 (1:39.948)			
14:45.023 (1:41.730)	16:27.260 (1:42.238)	18:09.545 (1:42.285)	19:51.153 (1:41.608)			
21:32.873 (1:41.720)	23:15.163 (1:42.290)	24:56.421 (1:41.259)	26:37.996 (1:41.575)			
28:19.766 (1:41.770)	30:01.834 (1:42.068)	31:44.870 (1:43.037)	33:27.650 (1:42.780)			
35:11.108 (1:43.458)	36:54.086 (1:42.979)	38:36.838 (1:42.752)	40:16.653 (1:39.815)			
41:49.734 (1:33.082)						
4 Little, Meghan	Belmont Abbey	42:21.29	5			
1:33.023 (1:33.023)	3:08.790 (1:35.768)	4:48.430 (1:39.640)	6:24.380 (1:35.950)			
8:02.088 (1:37.708)	9:41.908 (1:39.820)	11:20.959 (1:39.052)	13:00.794 (1:39.835)			
14:43.519 (1:42.725)	16:26.291 (1:42.773)	18:08.431 (1:42.140)	19:50.626 (1:42.195)			
21:34.874 (1:44.248)	23:18.335 (1:43.462)	25:00.883 (1:42.548)	26:46.504 (1:45.622)			
28:30.383 (1:43.879)	30:14.293 (1:43.910)	31:59.106 (1:44.814)	33:45.275 (1:46.169)			
35:32.636 (1:47.362)	37:18.214 (1:45.578)	39:02.758 (1:44.544)	40:44.683 (1:41.925)			
42:21.283 (1:36.600)						

Conference Carolinas Championships - 4/29/2023

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Results

...Women 10000 Meter Run

5	Grant, Piper	Converse	42:30.56	4	
	1:35.455 (1:35.455)	3:13.238 (1:37.783)	4:49.835 (1:36.598)	6:26.918 (1:37.083)	
	8:03.988 (1:37.070)	9:43.264 (1:39.277)	11:21.945 (1:38.682)	13:01.615 (1:39.670)	
	14:41.653 (1:40.038)	16:24.918 (1:43.265)	18:08.651 (1:43.734)	19:50.164 (1:41.513)	
	21:32.353 (1:42.189)	23:16.730 (1:44.378)	25:01.628 (1:44.898)	26:50.104 (1:48.477)	
	28:37.331 (1:47.228)	30:23.101 (1:45.770)	32:08.035 (1:44.934)	33:55.875 (1:47.840)	
	35:45.751 (1:49.877)	37:33.740 (1:47.989)	39:14.536 (1:40.797)	40:58.266 (1:43.730)	
	42:30.559 (1:32.293)				
6	Willis, Savannah	Belmont Abbey	42:41.12	3	
	1:36.121 (1:36.121)	3:14.538 (1:38.417)	4:56.290 (1:41.753)	6:36.409 (1:40.119)	
	8:17.206 (1:40.798)	9:56.654 (1:39.448)	11:37.131 (1:40.478)	13:18.019 (1:40.888)	
	14:59.908 (1:41.889)	16:41.311 (1:41.404)	18:20.999 (1:39.688)	20:03.438 (1:42.439)	
	21:45.398 (1:41.960)	23:29.548 (1:44.150)	25:15.281 (1:45.734)	27:00.036 (1:44.755)	
	28:42.901 (1:42.865)	30:25.535 (1:42.634)	32:11.858 (1:46.323)	33:58.271 (1:46.414)	
	35:40.994 (1:42.723)	37:26.646 (1:45.653)	39:16.639 (1:49.993)	41:03.706 (1:47.068)	
	42:41.115 (1:37.409)				
7	Ward, Emily	King	42:54.52	2	
	1:29.073 (1:29.073)	3:08.178 (1:39.105)	4:48.101 (1:39.924)	6:25.043 (1:36.942)	
	8:01.209 (1:36.167)	9:42.356 (1:41.148)	11:21.191 (1:38.835)	13:00.424 (1:39.233)	
	14:40.650 (1:40.227)	16:21.468 (1:40.818)	18:06.435 (1:44.968)	19:49.905 (1:43.470)	
	21:32.086 (1:42.182)	23:14.790 (1:42.704)	24:56.155 (1:41.365)	26:43.480 (1:47.325)	
	28:31.406 (1:47.927)	30:19.758 (1:48.352)	32:05.416 (1:45.659)	33:53.354 (1:47.938)	
	35:40.744 (1:47.390)	37:30.339 (1:49.595)	39:23.550 (1:53.212)	41:08.928 (1:45.378)	
	42:54.518 (1:45.590)				
8	Alsop, Paris	North Greenville	43:04.65	1	
	1:36.778 (1:36.778)	3:19.910 (1:43.133)	5:02.070 (1:42.160)	6:45.130 (1:43.060)	
	8:28.984 (1:43.854)	10:11.585 (1:42.602)	11:55.094 (1:43.509)	13:38.315 (1:43.222)	
	15:20.225 (1:41.910)	17:02.763 (1:42.538)	18:43.865 (1:41.103)	20:25.160 (1:41.295)	
	22:07.789 (1:42.629)	23:50.869 (1:43.080)	25:34.421 (1:43.553)	27:18.325 (1:43.904)	
	29:02.125 (1:43.800)	30:47.715 (1:45.590)	32:34.294 (1:46.579)	34:21.536 (1:47.243)	
	36:09.485 (1:47.949)	37:53.954 (1:44.469)	39:40.586 (1:46.633)	41:25.613 (1:45.027)	
	43:04.648 (1:39.035)				
9	Fretwell, Anna	Barton	43:39.31		
	1:37.021 (1:37.021)	3:16.236 (1:39.215)	4:56.236 (1:40.000)	6:36.180 (1:39.944)	
	8:16.923 (1:40.743)	9:56.549 (1:39.627)	11:36.783 (1:40.234)	13:17.864 (1:41.082)	
	14:59.631 (1:41.768)	16:41.880 (1:42.249)	18:24.731 (1:42.852)	20:10.479 (1:45.748)	
	21:56.328 (1:45.849)	23:43.639 (1:47.312)	25:31.809 (1:48.170)	27:21.584 (1:49.775)	
	29:12.845 (1:51.262)	31:05.435 (1:52.590)	32:53.423 (1:47.988)	34:40.596 (1:47.174)	
	36:29.886 (1:49.290)	38:19.781 (1:49.895)	40:08.628 (1:48.847)	41:56.779 (1:48.152)	
	43:39.301 (1:42.523)				
10	Haddad, Rebekah	North Greenville	44:54.53		
	1:36.800 (1:36.800)	3:19.881 (1:43.082)	5:02.014 (1:42.133)	6:45.153 (1:43.139)	
	8:28.938 (1:43.785)	10:11.618 (1:42.680)	11:55.126 (1:43.509)	13:38.480 (1:43.354)	
	15:20.654 (1:42.174)	17:06.514 (1:45.860)	18:55.419 (1:48.905)	20:45.395 (1:49.977)	
	22:36.479 (1:51.084)	24:29.034 (1:52.555)	26:20.614 (1:51.580)	28:11.781 (1:51.168)	
	30:03.725 (1:51.944)	31:54.938 (1:51.213)	33:46.791 (1:51.854)	35:39.288 (1:52.497)	
	37:31.688 (1:52.400)	39:24.356 (1:52.669)	41:16.935 (1:52.579)	43:08.064 (1:51.129)	
	44:54.523 (1:46.459)				

Conference Carolinas Championships - 4/29/2023**Doug Shaw Memorial Stadium****Results****Women 100 Meter Hurdles**

Meet: \$ 13.94
 Stadium: @ 13.14
 Conference: # 13.93
 Provo: * 14.24

Name	Year School	Prelims	Wind	H#
Preliminaries				
1 Myers, Phoebe	Converse	14.28Q	1.1	1
2 Flores, Isabelle	Belmont Abbey	14.51Q	3.1	2
3 Jefferson, Channie	Mount Olive	14.87q	3.1	2
4 Lay, TraVon	Southern Wesleyan	15.13q	3.1	2
5 Triggs, Tylyia	Mount Olive	15.36q	3.1	2
6 Thomas, D'Asia	Converse	15.41q	1.1	1
7 Colon, Karolina	Belmont Abbey	15.63q	1.1	1
8 Logue, Zoe	Emmanuel (Ga.)	15.73q	1.1	1
9 Rose, Katlyn	North Greenville	16.99	3.1	2
10 Thierfelder, Ann	Belmont Abbey	17.03	1.1	1
11 Christian, Emily	King	17.31	3.1	2
12 Bright, Madelyn	Emmanuel (Ga.)	17.42	1.1	1
-- Kells, Haley	Belmont Abbey	DNF	3.1	2

Women 100 Meter Hurdles

Meet: \$ 13.94
 Stadium: @ 13.14
 Conference: # 13.93
 Provo: * 14.24

Name	Year School	Finals	Wind	Points
Finals				
1 Myers, Phoebe	Converse	14.15*	1.2	10
2 Flores, Isabelle	Belmont Abbey	14.27	1.2	8
3 Jefferson, Channie	Mount Olive	14.56	1.2	6
4 Lay, TraVon	Southern Wesleyan	15.01	1.2	5
5 Thomas, D'Asia	Converse	15.02	1.2	4
6 Triggs, Tylyia	Mount Olive	15.35	1.2	3
7 Colon, Karolina	Belmont Abbey	15.37	1.2	2
8 Logue, Zoe	Emmanuel (Ga.)	15.48	1.2	1

Women 400 Meter Hurdles

Meet: \$ 1:00.54
 Stadium: @ 57.36
 Conference: # 1:00.02
 Provo: * 1:02.33

Name	Year School	Prelims	H#
Preliminaries			
1 Jefferson, Channie	Mount Olive	1:03.98Q	1
1:03.974 (1:03.974)			
2 Flores, Isabelle	Belmont Abbey	1:04.08Q	2
3 Lema, Kayla	Southern Wesleyan	1:05.58q	1
1:05.571 (1:05.571)			
4 White, Olivia	Belmont Abbey	1:06.48q	1
1:06.477 (1:06.477)			

Conference Carolinas Championships - 4/29/2023
Doug Shaw Memorial Stadium
Results

....Women 400 Meter Hurdles

5	Castillo, Isabela	Southern Wesleyan	1:07.33q	2
6	Pemberton, Kiwana	Mount Olive	1:07.43q	2
7	Vaughn, Carleigh	North Greenville	1:07.45q	1
	1:07.445 (1:07.445)			
8	Bunch, Telina	Barton	1:07.63q	1
	1:07.624 (1:07.624)			
9	Hamrick, Samantha	Mount Olive	1:08.12	2
10	bracey, Latavia	Converse	1:08.40	1
	1:08.399 (1:08.399)			
11	Whitehead, Antaja	Erskine	1:09.76	2
12	Colon, Karolina	Belmont Abbey	1:10.42	2
13	Turner, Paige	Emmanuel (Ga.)	1:11.77	2
14	Tate, Lauryn	Southern Wesleyan	1:11.79	1
	1:11.786 (1:11.786)			
15	Rose, Katlyn	North Greenville	1:12.66	1
	1:12.659 (1:12.659)			

Women 400 Meter Hurdles

=====
 Meet: \$ 1:00.54
 Stadium: @ 57.36
 Conference: # 1:00.02
 Provo: * 1:02.33

Name	Year	School	Finals	Points
=====				
Finals				
1		Jefferson, Channie	Mount Olive	59.36# 10
2		Flores, Isabelle	Belmont Abbey	1:00.59* 8
3		Pemberton, Kiwana	Mount Olive	1:04.41 6
4		White, Olivia	Belmont Abbey	1:04.46 5
5		Castillo, Isabela	Southern Wesleyan	1:06.60 4
6		Bunch, Telina	Barton	1:06.88 3
7		Vaughn, Carleigh	North Greenville	1:08.37 2
8		Lema, Kayla	Southern Wesleyan	1:10.15 1

Women 3000 Meter Steeplechase

=====
 Meet: \$ 10:18.33 2018 Hanle, Mount Olive
 Stadium: @ 10:29.26
 Conference: # 10:04.82
 Provo: * 11:01.26

Name	Year	School	Finals	Points
=====				
1		Dixon, Kamille	Converse	11:41.16 10
		46.546 (46.546)	1:30.829 (44.283)	2:59.867 (44.222)
		3:45.690 (45.824)	4:32.143 (46.453)	6:08.017 (47.787)
		6:56.537 (48.521)	7:45.304 (48.767)	9:17.515 (43.438)
		10:07.781 (50.267)	10:55.162 (47.381)	11:41.159 (45.998)
2		Whitley, Morgan	King	11:58.99 8
		47.422 (47.422)	1:32.607 (45.185)	3:04.915 (46.320)
		3:51.232 (46.318)	4:38.529 (47.297)	6:15.111 (48.867)
		7:04.184 (49.074)	7:47.662 (43.479)	9:36.196 (51.206)
		10:26.177 (49.982)	11:14.143 (47.966)	11:58.990 (44.848)

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...Women 3000 Meter Steeplechase

3 Weider, Olivia	Emmanuel (Ga.)	12:04.73	6		
47.915 (47.915)	1:32.859 (44.944)	2:19.644 (46.786)		3:05.995 (46.351)	
3:54.009 (48.015)	4:42.277 (48.268)	5:32.420 (50.144)		6:22.506 (50.086)	
7:13.356 (50.851)	8:04.377 (51.021)	8:56.055 (51.679)		9:42.965 (46.910)	
10:31.502 (48.538)	11:19.220 (47.718)	12:04.725 (45.506)			
4 Frock, Abbey	Southern Wesleyan	12:19.40	5		
46.582 (46.582)	1:31.552 (44.970)	2:17.822 (46.271)		3:04.811 (46.989)	
3:52.960 (48.150)	4:41.650 (48.690)	5:31.947 (50.298)		6:22.077 (50.130)	
7:12.964 (50.888)	8:04.133 (51.169)	8:56.301 (52.169)		9:46.922 (50.621)	
10:39.351 (52.430)	11:30.993 (51.642)	12:19.397 (48.405)			
5 Thompson, Katherine	Erskine	12:25.51	4		
47.477 (47.477)	1:32.507 (45.030)	2:18.749 (46.243)		3:06.636 (47.887)	
3:55.751 (49.116)	4:46.378 (50.627)	5:37.641 (51.264)		6:28.997 (51.356)	
7:20.502 (51.506)	8:11.599 (51.097)	9:03.170 (51.572)		9:55.665 (52.495)	
10:39.425 (43.761)	11:38.442 (59.017)	12:25.502 (47.061)			
6 Sulton, Ciara	Mount Olive	12:39.74	3		
47.040 (47.040)	1:32.142 (45.102)	2:19.866 (47.725)		3:07.422 (47.556)	
3:58.222 (50.801)	4:50.282 (52.060)	5:43.931 (53.649)		6:36.541 (52.610)	
7:30.302 (53.762)	8:23.561 (53.259)	9:17.540 (53.980)		10:11.799 (54.259)	
11:06.000 (54.202)	11:58.101 (52.101)	12:39.734 (41.634)			
7 Keller, Sydney	Belmont Abbey	12:39.76	2		
47.316 (47.316)	1:33.216 (45.900)	2:20.060 (46.845)		3:07.366 (47.306)	
3:55.470 (48.105)	4:45.030 (49.560)	5:35.686 (50.657)		6:27.184 (51.498)	
7:18.559 (51.376)	8:10.869 (52.310)	9:03.036 (52.168)		9:57.093 (54.057)	
10:46.877 (49.785)	11:50.159 (1:03.282)	12:39.757 (49.599)			
8 Bright, Emma	North Greenville	13:07.42	1		
48.574 (48.574)	1:37.904 (49.330)	2:25.079 (47.176)		3:17.389 (52.310)	
4:09.786 (52.398)	5:04.917 (55.131)	6:00.010 (55.094)		6:54.002 (53.992)	
7:47.664 (53.663)	8:42.039 (54.375)	9:37.764 (55.726)		10:32.044 (54.280)	
11:26.295 (54.252)	12:19.148 (52.853)	13:07.420 (48.273)			
9 Miller, Kacey	North Greenville	15:42.78			
52.389 (52.389)	1:44.718 (52.329)	2:40.889 (56.172)		3:39.374 (58.485)	
4:41.115 (1:01.742)	5:43.496 (1:02.382)	6:48.410 (1:04.914)		7:52.322 (1:03.912)	
9:00.431 (1:08.110)	10:10.170 (1:09.739)	11:20.089 (1:09.920)		12:28.826 (1:08.737)	
13:36.831 (1:08.006)	14:43.047 (1:06.216)	15:42.777 (59.731)			

Women 4x100 Meter Relay

=====					
Meet:	\$ 45.98	2019	,	Southern Wesleyan	
				Beugre, Lewis, King, Trapp	
Stadium:	@ 44.65				
Conference:	# 45.83				
Provo:	* 46.23				
School				Finals	Points
=====					
1	Southern Wesleyan	'A'		46.02*	10
	1) Pittman, Jada		2) Beugre, Michele		
	3) Marlow, Deborah		4) Onwuzuruike, Mycherie		
2	Mount Olive	'A'		46.13*	8
	1) Reeves, Jaylin		2) Jefferson, Channie		
	3) Moody, Jaiden		4) Howell, Jamesha		
3	Converse	'A'		47.08	6
	1) Morgan, Aaliyah		2) Boyd, Krishayla		
	3) Griffin, Madison		4) Okoduwa, Eseose		
4	North Greenville	'A'		47.26	5

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...Women 4x100 Meter Relay

1) Smiling, JoAnn	2) Hill, Hannah		
3) Vaughn, Carleigh	4) Cox, Tiara		
5 Barton 'A'		48.35	4
1) Blackwell, Bethany	2) Tutt, Keiarra		
3) Heckstall, Aniya	4) Rauf, Indira		
6 Belmont Abbey 'A'		49.86	3
1) Chestnut, Sekyah	2) White, Olivia		
3) Villanueva, Cristina	4) Murray, Priya		
7 Erskine 'A'		50.01	2
1) Dotson, Leah	2) Moorer, Tyleah		
3) Whitehead, Antaja	4) Phillips, Mckenna		
8 Emmanuel (Ga.) 'A'		52.15	1
1) Logue, Zoe	2) Turner, Paige		
3) Bright, Madelyn	4) Askins, Vasey		

Women 4x400 Meter Relay

Meet: \$ 3:49.77 2019 , Southern Wesleyan
King, Beugre, Trapp, Lewis

Stadium: @ 3:36.11

Conference: # 3:45.85

Provo: * 3:49.58

School Finals H# Points

1 Mount Olive 'A'		3:53.03	2	10
1) Wilson, Natalyah	2) Briggs, Vinesha			
3) Moody, Jaiden	4) Jefferson, Channie			
1:55.974 (1:55.974)	2:55.701 (59.727)	3:53.024 (57.323)		
2 North Greenville 'A'		3:56.71	2	8
1) Smiling, JoAnn	2) Vaughn, Carleigh			
3) Cox, Tiara	4) Hill, Hannah			
1:59.380 (1:59.380)	2:59.298 (59.918)	3:56.708 (57.410)		
3 Southern Wesleyan 'A'		4:00.10	2	6
1) Johnson, Kyla	2) Wright, Cierra			
3) Marlow, Deborah	4) Beugre, Michele			
1:55.929 (1:55.929)	3:05.233 (1:09.304)	4:00.092 (54.859)		
4 Converse 'A'		4:00.53	2	5
1) Boyd, Krishayla	2) bracey, Latavia			
3) Okoduwa, Eseose	4) Grey, Shanyia			
2:03.202 (2:03.202)	3:01.491 (58.289)	4:00.528 (59.037)		
5 Belmont Abbey 'A'		4:04.11	2	4
1) Chestnut, Sekyah	2) Colon, Karolina			
3) White, Olivia	4) Flores, Isabelle			
2:03.850 (2:03.850)	3:05.963 (1:02.113)	4:04.110 (58.147)		
6 Barton 'A'		4:10.51	1	3
1) Bunch, Telina	2) King, Kayla			
3) Russell, Hailey	4) Heckstall, Aniya			
2:06.460 (2:06.460)	3:09.921 (1:03.461)	4:10.506 (1:00.585)		
7 Erskine 'A'		4:13.05	1	2
1) Dotson, Leah	2) Whitehead, Antaja			
3) Thompson, Katherine	4) Phillips, Mckenna			
2:05.755 (2:05.755)	3:08.784 (1:03.029)	4:13.043 (1:04.259)		
8 King 'A'		4:19.94	2	1
1) Christian, Emily	2) Lowery, Amanda			

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....Women 4x400 Meter Relay

3) Paulins, Caitlin	4) Neubert, Katy
2:12.516 (2:12.516)	3:18.337 (1:05.821) 4:19.933 (1:01.596)
9 Emmanuel (Ga.) 'A'	4:25.47 1
1) Logue, Zoe	2) Farmer, Taylor
3) Moss, Abigail	4) Askins, Vasey
2:08.342 (2:08.342)	3:18.878 (1:10.536) 4:25.467 (1:06.589)
10 Lees-McRae 'A'	4:30.01 1
1) Taylor, Symone	2) Quinn, Maddie
3) Rowe, Kaitlyn	4) Dille, Campbell
2:13.367 (2:13.367)	3:24.719 (1:11.352) 4:30.003 (1:05.284)

Women High Jump

=====
 Meet: \$ 1.70m
 Stadium: @ 1.91m
 Conference: # 1.72m
 Provo: * 1.68m

Name	Year	School	Finals	Points
1 Brown, Jordan		Converse	1.65m	10
1.39 1.44 1.49 1.54 1.59 1.62 1.65 1.67				
PPP PPP O XO XXO XO XXO XXX				
2 Myers, Phoebe		Converse	1.54m	8
1.39 1.44 1.49 1.54 1.59				
PPP XO O XXO XXX				
3 Tuttanon, Macie		Belmont Abbey	1.49m	5.50
1.39 1.44 1.49 1.54				
O O O XXX				
3 Hudspeth, Aly		Unc Pembroke	1.49m	5.50
1.39 1.44 1.49 1.54				
PPP O O XXX				
5 Kells, Haley		Belmont Abbey	J1.49m	4
1.39 1.44 1.49 1.54				
O XXO O XXX				
6 Hormazabal, Karla		Mount Olive	J1.49m	2.50
1.39 1.44 1.49 1.54				
O O XO XXX				
6 Smith, Alyson		Belmont Abbey	J1.49m	2.50
1.39 1.44 1.49 1.54				
O O XO XXX				
8 Wilson, Natalyah		Mount Olive	J1.49m	0.50
1.39 1.44 1.49 1.54				
PPP XO XO XXX				
8 Bright, Madelyn		Emmanuel (Ga.)	J1.49m	0.50
1.39 1.44 1.49 1.54				
PPP XO XO XXX				
10 Thomas, D'Asia		Converse	J1.49m	
1.39 1.44 1.49 1.54				
O O XXO XXX				
-- Pitt, Lauryn		Barton	NH	
1.39				
XXX				
-- Castillo, Isabela		Southern Wesleyan	JNH	
1.39 1.44 1.49				
PPP PPP XXX				

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Results

Women Pole Vault

Meet: \$ 3.63m 2018 Klefsaas, N. Greenville
 Stadium: @ 4.50m
 Conference: # 3.88m
 Provo: * 3.74m

Name	Year	School	Finals	Points
1 Paulins, Caitlin		King	3.24m	10
	2.29 2.44 2.59 2.74 2.84 2.94 3.04 3.14 3.24 3.44			
	PPP PPP PPP PPP PPP O XO O XXO XXX			
2 Frayer, Trinity		Mount Olive	3.04m	8
	2.29 2.44 2.59 2.74 2.84 2.94 3.04 3.14			
	PPP PPP PPP O O O XO XXX			
3 Walker, Jocelyn		Lees-McRae	2.84m	6
	2.29 2.44 2.59 2.74 2.84 2.94			
	PPP O O O O XXX			
4 Keller, Sydney		Belmont Abbey	2.59m	5
	2.29 2.44 2.59 2.74			
	XO O O XXX			
5 Reeping, Taylor		Belmont Abbey	2.44m	4
	2.29 2.44 2.59			
	O O XXX			
6 Ormsby, Sara		Unc Pembroke	J2.44m	3
	2.29 2.44 2.59			
	XXO XXO XXX			
7 Mitchell, Tyra		Lees-McRae	2.29m	2
	2.29 2.44			
	XXO XXX			
-- Ellis, Lauren		Emmanuel (Ga.)	NH	
	2.29			
	XXX			
-- Thompson, Tori		Belmont Abbey	NH	
	2.29			
	XXX			

Women Long Jump

Meet: \$ 5.96m
 Stadium: @ 6.10m
 Conference: # 6.16m
 Provo: * 5.83m

Name	Year	School	Finals	Wind	Points
1 Onwuzuruike, Mycherie		Southern Wesleyan	6.16m	2.6	10
	5.71m(1.0) 5.91m(1.8) 5.83m(1.7) 5.88m(2.4) 6.16m(2.6) 6.01m(3.7)				
2 Smiling, JoAnn		North Greenville	5.67m	2.5	8
	5.25m(0.7) 5.26m(0.5) 5.37m(1.5) 5.34m(2.3) 5.47m(1.9) 5.67m(2.5)				
3 Villanueva, Cristina		Belmont Abbey	5.65m	3.5	6
	5.61m(2.4) 5.65m(3.5) FOUL(1.5) 5.62m(2.8) FOUL(3.4) 5.40m(1.8)				
4 Smith, Mora		Mount Olive	5.62m	3.3	5
	5.62m(3.3) 5.57m(1.4) FOUL(2.2) 5.49m(3.3) 5.33m(2.2) FOUL(1.6)				
5 Howell, Jamesha		Mount Olive	5.44m	2.5	4
	5.32m(1.4) 5.26m(2.4) 4.89m(0.8) 5.44m(2.5) 5.11m(1.5) 5.24m(2.5)				
6 Heckstall, Aniya		Barton	5.38m	2.1	3
	5.18m(1.2) 5.22m(2.3) 5.09m(0.9) 5.38m(2.1) 4.61m(1.4) 4.77m(2.3)				

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...Women Long Jump

7	Jefferson, Channie	Mount Olive	5.37m	2.7	2
	FOUL(1.2) FOUL(1.0)	5.37m(2.7) FOUL(3.8)	5.16m(1.9)	5.14m(2.5)	
8	Pittman, Jada	Southern Wesleyan	5.28m	2.5	1
	5.07m(1.5) 5.28m(2.5)	5.20m(2.0) FOUL(3.5)	FOUL(2.2)	5.03m(2.1)	
9	Moorer, Tyleah	Erskine	5.23m	1.3	
	FOUL(2.0) 5.20m(1.6)	5.23m(1.3) FOUL(2.1)	5.12m(2.5)	5.23m(1.5)	
10	Dillon, Lora	Lees-McRae	5.22m	1.8	
	5.18m(2.8) FOUL(1.2)	5.22m(1.8) 4.98m(4.5)	5.00m(2.5)	5.12m(2.0)	
11	Darity, Micaiah	Unc Pembroke	5.06m	2.3	
	4.89m(1.0) 5.06m(2.3)	4.90m(0.9)			
12	Smith, Alyson	Belmont Abbey	4.94m	0.1	
	4.94m(0.1) 4.89m(0.4)	4.75m(1.6)			
13	Teh, Shadaynya	Unc Pembroke	4.78m	2.0	
	4.21m(1.4) 4.78m(2.0)	4.72m(1.5)			
14	Bright, Madelyn	Emmanuel (Ga.)	4.74m	1.5	
	4.46m(1.8) 4.60m(2.9)	4.74m(1.5)			
15	Merritt, Ratavia	Unc Pembroke	4.63m	3.5	
	4.54m(2.1) 4.42m(3.1)	4.63m(3.5)			

Women Triple Jump

Meet: \$ 12.37m
 Stadium: @ 13.13m
 Conference: # 12.82m
 Provo: * 11.96m

Name	Year	School	Finals	Wind	Points
1 Smith, Mora		Mount Olive	11.96m	2.4	10
		10.19m(0.9) 11.75m(1.8)	FOUL	11.65m(2.8)	11.96m(2.4) FOUL
2 Dotson, Leah		Erskine	11.87m	1.8	8
		11.21m(2.4) 11.45m(0.9)	11.87m(1.8)	11.56m(3.0)	11.61m(NWI) 11.36m(1.0)
3 Moorer, Tyleah		Erskine	11.79m	1.5	6
		11.53m(2.3) FOUL	11.79m(1.5)	11.47m(2.4)	FOUL 11.37m(0.8)
4 Onwuzuruike, Mycherie		Southern Wesleyan	11.77m	1.7	5
		11.41m(1.7) 11.77m(1.7)	11.60m(2.0)	PASS	PASS PASS
5 Hormazabal, Karla		Mount Olive	11.76m	1.1	4
		11.52m(3.4) FOUL	11.51m(2.1)	11.39m(1.6)	11.76m(1.1) 11.76m(1.3)
6 Whiteside, Mackenzie		Converse	11.21m	1.2	3
		FOUL 10.89m(2.2)	11.21m(1.2)	11.05m(2.7)	FOUL FOUL
7 Dillon, Lora		Lees-McRae	11.15m	2.1	2
		11.15m(2.1) FOUL	11.11m(2.1)	10.93m(0.8)	FOUL FOUL
8 Warren, Nashayla		Converse	11.13m	1.8	1
		FOUL FOUL	11.13m(1.8)	10.55m(0.8)	10.62m(1.4) 10.72m(1.1)
9 Kells, Haley		Belmont Abbey	11.11m	1.9	
		FOUL 11.11m(1.9)	10.74m(1.2)	10.84m(3.0)	11.05m(1.4) FOUL
10 Hatchett, Kiana		Mount Olive	11.04m	1.2	
		11.04m(1.2) FOUL	FOUL		
11 Love, Kayla		Southern Wesleyan	10.82m	1.2	
		10.62m(1.9) 10.82m(1.2)	FOUL		
12 Green, Keza		Mount Olive	10.50m	1.0	
		FOUL 10.43m(1.7)	10.50m(1.0)		
13 Tuttanon, Macie		Belmont Abbey	10.47m	0.5	
		10.47m(0.5) FOUL	FOUL		
14 Logue, Zoe		Emmanuel (Ga.)	10.33m	0.1	
		10.33m(0.1) FOUL	FOUL		

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...Women Triple Jump

15	Pinckney, Janyia	Converse	10.24m	2.5
	10.07m(0.6) 9.97m(2.1) 10.24m(2.5)			
16	Howell, Jamesha	Mount Olive	10.23m	1.9
	10.23m(1.9) FOUL 10.21m(1.5)			

Women Shot Put

=====
 Meet: \$ 13.64m
 Stadium: @ 17.15m
 Conference: # 14.04m
 Provo: * 13.95m

Name	Year	School	Finals	H#	Points
1 Keck, Mary Brigid		Mount Olive	12.31m	2	10
	12.31m 12.16m 11.64m	FOUL FOUL FOUL			
2 Lindsey, Ashley		Mount Olive	12.27m	2	8
	11.48m 11.07m 11.46m	12.27m 11.10m FOUL			
3 Sutton, Kaliya		Mount Olive	12.02m	2	6
	11.06m 11.35m 12.02m	11.71m FOUL FOUL			
4 Marino, Lillian		Unc Pembroke	11.70m	2	5
	11.70m 10.91m 11.45m	FOUL 11.32m FOUL			
5 Artman, Alycia		Unc Pembroke	11.46m	2	4
	10.98m 11.26m 10.19m	FOUL 11.46m FOUL			
6 Evans, Raigan		Unc Pembroke	11.45m	2	3
	FOUL 10.72m 10.87m	11.21m 11.45m 11.25m			
7 Parrish, Katlyn		Mount Olive	11.36m	2	2
	11.34m 11.08m 11.36m	FOUL FOUL FOUL			
8 Martin, Bella		Converse	10.42m	1	1
	10.42m FOUL FOUL FOUL	10.41m FOUL			
9 Boyd, Madison		Southern Wesleyan	10.36m	1	
	10.23m 10.36m 10.32m	9.79m 9.55m 9.40m			
10 Thomas, Cynthia		Mount Olive	10.26m	2	
	FOUL 9.63m 10.26m				
11 Woodruff, Elizabeth		Belmont Abbey	10.24m	1	
	10.24m FOUL 9.15m				
12 Blankenship, Annah		King	10.02m	1	
	10.02m 9.61m 9.77m				
13 Smith, Thialand		Lees-McRae	9.92m	1	
	9.92m 9.86m 9.14m				
14 Coleman, Adrionna		Southern Wesleyan	9.91m	2	
	FOUL 9.91m 9.87m				
15 Fripp, Ruthie		King	9.37m	1	
	8.52m 9.11m 9.37m				
16 Branch, Katie		Belmont Abbey	9.15m	1	
	8.74m 9.04m 9.15m				
17 Styrnisdottir, Julia		Emmanuel (Ga.)	8.32m	1	
	8.32m 7.98m 8.09m				
18 Davis, Devon		Lees-McRae	7.47m	1	
	FOUL 7.47m FOUL				
-- Crawford, Adrienne		Mount Olive	FOUL	2	
	FOUL FOUL FOUL				

Conference Carolinas Championships - 4/29/2023

Doug Shaw Memorial Stadium

Results

Women Discus Throw

Meet: \$ 44.29m 2021							Brigid Keck, N. Greenville			
Stadium: @ 58.28m										
Conference: # 45.42m										
Provo: * 45.70m										
Name	Year	School	Finals	H#	Points					
1 Evans, Raigan		Unc Pembroke	42.41m	2	10					
	40.12m	41.76m	42.41m	35.78m	FOUL	36.27m				
2 Keck, Mary Brigid		Mount Olive	41.96m	2	8					
	37.38m	FOUL	40.81m	FOUL	40.97m	41.96m				
3 Marino, Lillian		Unc Pembroke	40.95m	2	6					
	39.95m	FOUL	39.17m	38.95m	FOUL	40.95m				
4 Coleman, Adrionna		Southern Wesleyan	39.61m	2	5					
	34.03m	38.79m	FOUL	FOUL	39.61m	39.03m				
5 Lindsey, Ashley		Mount Olive	38.41m	2	4					
	38.41m	37.55m	37.86m	34.44m	36.26m	FOUL				
6 Boyd, Madison		Southern Wesleyan	38.30m	2	3					
	34.61m	FOUL	37.92m	35.52m	37.73m	38.30m				
7 Crawford, Adrienne		Mount Olive	36.16m	1	2					
	FOUL	34.57m	36.16m	FOUL	35.35m	FOUL				
8 Holsenback, Madeline		North Greenville	35.28m	1	1					
	29.96m	31.73m	35.28m	FOUL	34.09m	32.63m				
9 Artman, Alycia		Unc Pembroke	34.70m	1						
	32.84m	34.70m	34.06m	FOUL	FOUL	FOUL				
10 Martin, Bella		Converse	34.33m	2						
	34.33m	32.97m	31.91m							
11 Fripp, Ruthie		King	34.21m	2						
	28.26m	31.72m	34.21m							
12 Barnes, Kenisha		Mount Olive	33.99m	1						
	33.39m	33.99m	FOUL							
13 Woodruff, Elizabeth		Belmont Abbey	33.14m	2						
	FOUL	33.14m	FOUL							
14 Sutton, Kaliya		Mount Olive	32.95m	2						
	32.95m	FOUL	FOUL							
15 Parrish, Katlyn		Mount Olive	32.20m	1						
	FOUL	32.20m	FOUL							
16 Holcombe, Selah		Southern Wesleyan	32.03m	1						
	FOUL	31.02m	32.03m							
17 Thomas, Cynthia		Mount Olive	31.93m	2						
	31.93m	FOUL	FOUL							
18 Davis, Devon		Lees-McRae	31.49m	2						
	25.94m	29.76m	31.49m							
19 Blankenship, Annah		King	31.38m	1						
	30.26m	30.27m	31.38m							
20 Smith, Thialand		Lees-McRae	30.37m	1						
	FOUL	30.37m	27.52m							
21 Weatherford, Mackenzie		Converse	25.16m	1						
	25.16m	24.48m	FOUL							
22 Mason, Brianna		Francis Marion	25.00m	1						
	FOUL	FOUL	25.00m							
23 Branch, Katie		Belmont Abbey	21.22m	1						
	19.99m	20.60m	21.22m							
24 Messick, Kaylee		Lees-McRae	15.65m	1						
	15.62m	15.65m	FOUL							

Conference Carolinas Championships - 4/29/2023**Doug Shaw Memorial Stadium****Results****Women Hammer Throw**

Meet: \$ 55.48m , Mount Olive
 Stadium: @ 72.81m
 Conference: # 58.08m
 Provo: * 52.34m

Name	Year	School	Finals	Points				
1 Keck, Mary Brigid		Mount Olive	54.45m*	10				
	51.65m	52.05m	53.97m	54.45m	FOUL	FOUL		
2 Boyd, Madison		Southern Wesleyan	51.17m	8				
	FOUL	47.34m	48.27m	48.93m	51.17m	47.06m		
3 Evans, Raigan		Unc Pembroke	49.79m	6				
	45.61m	47.96m	48.23m	49.20m	49.79m	FOUL		
4 Marino, Lillian		Unc Pembroke	49.40m	5				
	FOUL	47.65m	49.40m	FOUL	47.91m	FOUL		
5 Crawford, Adrienne		Mount Olive	48.04m	4				
	48.04m	46.34m	FOUL	FOUL	FOUL	FOUL		
6 Barnes, Kenisha		Mount Olive	43.28m	3				
	FOUL	43.28m	FOUL	38.54m	FOUL	FOUL		
7 Holcombe, Selah		Southern Wesleyan	42.96m	2				
	FOUL	42.96m	FOUL	FOUL	FOUL	41.63m		
8 Martin, Bella		Converse	42.68m	1				
	42.68m	FOUL	40.18m	FOUL	40.04m	38.65m		
9 Parrish, Katlyn		Mount Olive	42.29m					
	FOUL	42.29m	FOUL	36.86m	FOUL	FOUL		
10 Fripp, Ruthie		King	41.59m					
	FOUL	41.59m	FOUL					
11 Sutton, Kaliya		Mount Olive	41.15m					
	38.01m	41.15m	FOUL					
12 Blankenship, Annah		King	41.14m					
	FOUL	38.51m	41.14m					
13 Artman, Alycia		Unc Pembroke	38.22m					
	37.89m	37.25m	38.22m					
14 Weatherford, Mackenzie		Converse	34.72m					
	34.72m	34.14m	FOUL					
-- Thomas, Cynthia		Mount Olive	FOUL					
	FOUL	FOUL	FOUL					

Women Javelin Throw

Meet: \$ 41.85m 2021 Trimbur, Mount Olive
 Stadium: @ 53.78m
 Conference: # 43.64m
 Provo: * 42.03m

Name	Year	School	Finals	H#	Points			
1 Trimbur, Danielle		Mount Olive	41.71m	2	10			
	36.87m	40.00m	36.81m	FOUL	FOUL	41.71m		
2 Hill, Hannah		North Greenville	38.09m	2	8			
	36.03m	36.35m	FOUL	35.58m	FOUL	38.09m		
3 Evans, Raigan		Unc Pembroke	38.01m	2	6			
	31.24m	34.13m	34.99m	34.62m	29.54m	38.01m		
4 Triggs, Tylyia		Mount Olive	30.28m	2	5			
	24.53m	30.28m	FOUL	FOUL	26.17m	28.44m		
5 Blankenship, Annah		King	27.82m	2	4			
	FOUL	27.58m	25.14m	FOUL	26.83m	27.82m		

Conference Carolinas Championships - 4/29/2023
Doug Shaw Memorial Stadium
Results

...Women Javelin Throw

6	Dibene, Samantha	Emmanuel (Ga.)	27.09m	2	3
	25.47m 27.09m 26.71m 26.37m FOUL FOUL				
7	Long, Lakin	Southern Wesleyan	26.75m	2	2
	FOUL 26.75m 24.53m 25.45m 24.26m FOUL				
8	Teh, Shadaynya	Unc Pembroke	26.65m	2	1
	26.65m 26.14m 24.84m PASS FOUL FOUL				
9	Thiel, Sophie	Southern Wesleyan	26.36m	2	
	24.69m 24.09m FOUL 24.16m 23.22m 26.36m				
10	Fripp, Ruthie	King	24.50m	1	
	24.50m 23.99m FOUL				
11	Tuttanon, Macie	Belmont Abbey	23.33m	1	
	20.77m 23.33m FOUL				
12	Kells, Haley	Belmont Abbey	22.60m	2	
	FOUL 22.60m 21.44m				
13	Keller, Sydney	Belmont Abbey	22.12m	1	
	20.63m 22.12m 21.13m				
14	Styrmisdottir, Julia	Emmanuel (Ga.)	21.44m	1	
	19.86m 19.90m 21.44m				
15	Herndon, Haizley	Francis Marion	J21.44m	1	
	17.79m 21.44m 18.88m				
16	Bright, Madelyn	Emmanuel (Ga.)	21.11m	1	
	18.97m 16.80m 21.11m				
17	Holcombe, Selah	Southern Wesleyan	19.20m	1	
	FOUL FOUL 19.20m				
18	Ormsby, Sara	Unc Pembroke	17.07m	1	
	17.07m 12.94m 12.59m				
19	LaPrade, Bailey	Lees-McRae	15.88m	1	
	15.88m 11.19m 10.85m				
20	Messick, Kaylee	Lees-McRae	10.69m	1	
	10.69m FOUL 10.49m				
--	Parrish, Katlyn	Mount Olive	FOUL	2	
	FOUL FOUL FOUL				

Men 100 Meter Dash

=====
 Meet: \$ 10.43 2016
 Stadium: @ 10.26
 Conference: # 10.30
 Provo: * 10.52

Name	Year	School	Prelims	Wind	H#
=====					
Preliminaries					
1		Mcfadden, Gavin	Converse	10.40Q	3.1 1
2		Burnette, Justen	Mount Olive	\$ 10.43Q	0.8 4
3		Seger, Javion	Unc Pembroke	10.76Q	1.4 3
4		Donald, Gerrard	Converse	10.92Q	2.0 2
5		Morrow, Travon	Unc Pembroke	10.72q	3.1 1
6		Ellerbe, Joshua	Unc Pembroke	10.78q	3.1 1
7		Lewis, Kendrick	Unc Pembroke	10.81q	0.8 4
8		Harper, Qvontre	Mount Olive	10.84q	1.4 3
9		Frye, Jack	Unc Pembroke	10.94	2.0 2
10		Webb, Terrique	North Greenville	10.98	2.0 2
11		Hart, Jason	Mount Olive	11.01	1.4 3
12		Summers, Jimere	Barton	11.03	3.1 1
13		Bolden, Zachary	Belmont Abbey	11.06	1.4 3 11.051

Conference Carolinas Championships - 4/29/2023**Doug Shaw Memorial Stadium****Results****...Men 100 Meter Dash**

14 Kirby, Aaron	Lees-McRae	11.06	0.8	4	11.060
14 Hamby, Bryce	North Greenville	11.06	2.0	2	11.060
16 Dobbin, Zach	Unc Pembroke	11.11	3.1	1	
17 Durham, Jacquez	Barton	11.14	2.0	2	11.137
18 Henfield, Clathton	King	11.14	2.0	2	11.140
19 Stephens, Jamal	Unc Pembroke	11.20	3.1	1	
20 Glenn, Ryan	Converse	11.24	1.4	3	11.237
21 Smith, Chandler	Emmanuel (Ga.)	11.24	0.8	4	11.239
22 Becton, Tyrik	Belmont Abbey	11.55	3.1	1	
23 Jones, Kaleb	Emmanuel (Ga.)	11.66	0.8	4	
24 Ingram, Cyrus	Francis Marion	11.69	2.0	2	
25 Miller, Skyler	King	11.77	2.0	2	
26 White, Joshua	North Greenville	11.82	1.4	3	
27 James, Michael	Francis Marion	11.94	0.8	4	
28 Scott, Cameron	Emmanuel (Ga.)	16.37	3.1	1	
29 Hutchins, Kris	Emmanuel (Ga.)	19.85	1.4	3	

Men 100 Meter Dash

=====
 Meet: \$ 10.43 2016
 Stadium: @ 10.26
 Conference: # 10.30
 Provo: * 10.52

Name	Year School	Finals	Wind	Points
=====				
Finals				
1 Burnette, Justen	Mount Olive	10.39\$	1.3	10
2 Mcfadden, Gavin	Converse	10.55	1.3	8
3 Harper, Quvontre	Mount Olive	10.66	1.3	6
4 Ellerbe, Joshua	Unc Pembroke	10.79	1.3	5
5 Donald, Gerrard	Converse	10.80	1.3	4
6 Seger, Javion	Unc Pembroke	10.83	1.3	3
7 Morrow, Travon	Unc Pembroke	10.85	1.3	2
8 Lewis, Kendrick	Unc Pembroke	10.92	1.3	1

Men 200 Meter Dash

=====
 Meet: \$ 20.79 2019 Simmons, Limestone
 Stadium: @ 20.69
 Conference: # 20.75
 Provo: * 21.26

Name	Year School	Prelims	Wind	H#
=====				
Preliminaries				
1 Burnette, Justen	Mount Olive	20.91Q	2.3	3
2 Harvey, DaMarr	Unc Pembroke	21.39Q	2.1	1
3 Meadows, Noah	Southern Wesleyan	21.69Q	1.6	2
4 Mcfadden, Gavin	Converse	21.91Q	2.3	4
5 Walker, Jontavus	Mount Olive	21.78q	1.6	2
6 Hart, Jason	Mount Olive	21.94q	1.6	2
7 Morrow, Travon	Unc Pembroke	21.97q	2.3	3
8 Mabe, Walker	Unc Pembroke	22.04q	2.3	4
9 Coker, Preston	Unc Pembroke	22.11	2.3	4
10 Lawton, Antavious	North Greenville	22.12	2.3	3
11 Green, Jayden	Lees-McRae	22.13	2.3	3

Conference Carolinas Championships - 4/29/2023

Doug Shaw Memorial Stadium

Results

...Men 200 Meter Dash

12	Ellerbe, Joshua	Unc Pembroke	22.25	2.3	4
13	Copper, Justin	Barton	22.28	2.3	4
14	Webb, Terrique	North Greenville	22.35	2.3	4
15	Frye, Jack	Unc Pembroke	22.37	1.6	2
16	Henfield, Clathton	King	22.39	2.3	4
17	Stephens, Jamal	Unc Pembroke	22.48	2.1	1
18	Donald, Gerrard	Converse	22.54	2.1	1
19	Kirby, Aaron	Lees-McRae	22.55	1.6	2
20	Harper, Quvontre	Mount Olive	22.62	2.3	3
21	Bolden, Zachary	Belmont Abbey	22.77	1.6	2
22	Summers, Jimere	Barton	23.04	2.3	3
23	Smith, Chandler	Emmanuel (Ga.)	23.07	1.6	2
24	Ketter, Tarrence	North Greenville	23.66	2.3	4
25	Gilliam, Bryson	King	23.68	2.1	1
26	Becton, Tyrik	Belmont Abbey	23.93	2.1	1
27	Miller, Skyler	King	24.28	1.6	2
--	Glenn, Ryan	Converse	FS	2.3	3

Men 200 Meter Dash

=====
 Meet: \$ 20.79 2019 Simmons, Limestone
 Stadium: @ 20.69
 Conference: # 20.75
 Provo: * 21.26

Name	Year	School	Finals	Wind	Points
=====					
Finals					
1	Burnette, Justen	Mount Olive	20.93*	1.7	10
2	Harvey, DaMarr	Unc Pembroke	21.29	1.7	8
3	Meadows, Noah	Southern Wesleyan	21.57	1.7	6
4	Walker, Jontavus	Mount Olive	21.86	1.7	5
5	Hart, Jason	Mount Olive	21.98	1.7	4
6	Mcfadden, Gavin	Converse	22.02	1.7	3
7	Morrow, Travon	Unc Pembroke	22.13	1.7	2
8	Mabe, Walker	Unc Pembroke	22.15	1.7	1

Men 400 Meter Dash

=====
 Meet: \$ 46.56 2019 Richardson, N. Greenville
 Stadium: @ 46.27
 Conference: # 46.56
 Provo: * 47.83

Name	Year	School	Prelims	H#
=====				
Preliminaries				
1	Walker, Jontavus	Mount Olive	48.71Q	2
2	Lawton, Antavious	North Greenville	49.69Q	1
3	Warner, Jaden	Southern Wesleyan	49.92Q	3
4	Harvey, DaMarr	Unc Pembroke	49.21q	2
5	Mabe, Walker	Unc Pembroke	49.98q	2
6	Copper, Justin	Barton	50.09q	1
7	Nixon, Andrew	Mount Olive	50.35q	3
8	Coleman, Garison	Belmont Abbey	50.46q	1
9	Coker, Preston	Unc Pembroke	50.57	1
10	Morell, Joshua	Mount Olive	50.63	3

Conference Carolinas Championships - 4/29/2023**Doug Shaw Memorial Stadium****Results****....Men 400 Meter Dash**

11	Murphy-Redd, Logan	Belmont Abbey	50.74	2
12	Reed, John Clayton	Erskine	51.51	3
13	Ketter, Tarrence	North Greenville	52.81	1
14	Henfield, Matthew	King	52.86	2
15	Corey, Jalen	Barton	55.23	3
16	Thompson-Williams, Eric	Barton	55.24	3

Men 400 Meter Dash

=====
 Meet: \$ 46.56 2019 Richardson, N. Greenville
 Stadium: @ 46.27
 Conference: # 46.56
 Provo: * 47.83

Name	Year	School	Finals	Points
=====				
Finals				
1		Harvey, DaMarr	Unc Pembroke	48.37 10
2		Lawton, Antavious	North Greenville	49.42 8
3		Coleman, Garison	Belmont Abbey	49.57 6
4		Mabe, Walker	Unc Pembroke	49.65 5
5		Copper, Justin	Barton	49.69 4
6		Nixon, Andrew	Mount Olive	49.78 3
7		Walker, Jontavus	Mount Olive	53.15 2
--		Warner, Jaden	Southern Wesleyan	FS

Men 800 Meter Run

=====
 Meet: \$ 1:51.51 2016 Limoh, N. Greenville
 Stadium: @ 1:48.79
 Conference: # 1:49.90
 Provo: * 1:51.48

Name	Year	School	Prelims	H#
=====				
Preliminaries				
1		Gillis, Josh	Lees-McRae	1:56.16Q 2
		56.179 (56.179)	1:56.158 (59.979)	
2		Owens, Deshawn	Barton	1:56.48Q 1
		56.973 (56.973)	1:56.473 (59.500)	
3		Tindale, Joey	Erskine	1:56.55Q 3
		56.575 (56.575)	1:56.541 (59.967)	
4		Thierfelder, Thomas	Belmont Abbey	1:56.68q 1
		57.316 (57.316)	1:56.678 (59.362)	
5		Tipton, Eli	North Greenville	1:56.98q 2
		56.203 (56.203)	1:56.974 (1:00.772)	
6		Clark, Grady	Southern Wesleyan	1:57.56q 2
		56.334 (56.334)	1:57.552 (1:01.218)	
7		Marchman, Ethan	Southern Wesleyan	1:57.74q 1
		57.079 (57.079)	1:57.734 (1:00.655)	
8		Barrios, Felipe	Emmanuel (Ga.)	1:59.04q 2
		56.532 (56.532)	1:59.036 (1:02.504)	
9		Willcox, Riley	Mount Olive	1:59.73 3
		59.203 (59.203)	1:59.726 (1:00.524)	
10		Willett, Adam	Belmont Abbey	1:59.88 1
		57.719 (57.719)	1:59.871 (1:02.153)	

Conference Carolinas Championships - 4/29/2023**Doug Shaw Memorial Stadium****Results****....Men 800 Meter Run**

11	Arendash, Silas	Lees-McRae	2:00.36	3
	58.870 (58.870)	2:00.356 (1:01.487)		
12	Kowalski, Ryland	North Greenville	2:01.07	1
	58.148 (58.148)	2:01.070 (1:02.923)		
13	Chalmers, Jakel	Unc Pembroke	2:01.28	2
	56.376 (56.376)	2:01.277 (1:04.902)		
14	Hernandez, Jose	Belmont Abbey	2:02.37	2
	56.004 (56.004)	2:02.361 (1:06.357)		
15	Keith, Jordan	King	2:03.13	3
	59.886 (59.886)	2:03.126 (1:03.240)		
16	Guyton, DreQuan	Converse	2:03.91	1
	58.431 (58.431)	2:03.904 (1:05.473)		
17	Lucy, Nathan	Converse	2:03.92	2
	58.089 (58.089)	2:03.912 (1:05.823)		
18	Gribbins, Ben	Lees-McRae	2:05.91	3
	59.699 (59.699)	2:05.901 (1:06.203)		
19	Dore, Cullen	Francis Marion	2:06.99	1
	1:00.149 (1:00.149)	2:06.986 (1:06.838)		
20	Lavelle, Nick	North Greenville	2:07.75	3
	59.001 (59.001)	2:07.749 (1:08.748)		
21	Robertson, Lewis	Emmanuel (Ga.)	2:11.06	1
	1:01.693 (1:01.693)	2:11.056 (1:09.364)		
--	Burkhart, Delsin	Unc Pembroke	DNF	3

Men 800 Meter Run

=====
 Meet: \$ 1:51.51 2016 Limoh, N. Greenville
 Stadium: @ 1:48.79
 Conference: # 1:49.90
 Provo: * 1:51.48

Name	Year	School	Finals	Points
=====				
Finals				
1	Owens, Deshawn	Barton	1:54.55	10
	55.34 (55.34)	1:54.548 (59.21)		
2	Thierfelder, Thomas	Belmont Abbey	1:54.74	8
	55.55 (55.55)	1:54.735 (59.19)		
3	Gillis, Josh	Lees-McRae	1:55.41	6
	55.41 (55.41)	1:55.403 (1:00.00)		
4	Tipton, Eli	North Greenville	1:56.07	5
	55.91 (55.91)	1:56.067 (1:00.16)		
5	Marchman, Ethan	Southern Wesleyan	1:57.25	4
	55.81 (55.81)	1:57.246 (1:01.44)		
6	Tindale, Joey	Erskine	1:58.96	3
	56.52 (56.52)	1:58.958 (1:02.44)		
7	Clark, Grady	Southern Wesleyan	1:59.91	2
	56.07 (56.07)	1:59.906 (1:03.84)		
8	Barrios, Felipe	Emmanuel (Ga.)	2:07.15	1
	56.82 (56.82)	2:07.144 (1:10.33)		

Conference Carolinas Championships - 4/29/2023

Doug Shaw Memorial Stadium

Results

Men 1500 Meter Run

=====						
Meet: \$ 3:51.96 2022						
Stadium: @ 3:50.80						
Conference: # 3:45.01						
Provo: * 3:49.46						
Name	Year	School	Prelims	H#		
=====						
Preliminaries						
1 Owens, Deshawn		Barton	4:01.80Q	2		
48.118 (48.118)	1:53.603 (1:05.485)		2:59.127 (1:05.524)		4:01.800 (1:02.673)	
2 Gaddis, Luke		Emmanuel (Ga.)	4:07.35Q	1		
54.674 (54.674)	2:03.384 (1:08.710)		3:07.811 (1:04.428)		4:07.341 (59.530)	
3 Phieffer, Jack		Unc Pembroke	4:01.86Q	2		
48.452 (48.452)	1:54.728 (1:06.277)		3:01.105 (1:06.377)		4:01.853 (1:00.749)	
4 Burkhardt, Delsin		Unc Pembroke	4:08.33Q	1		
54.716 (54.716)	2:02.861 (1:08.145)		3:08.051 (1:05.190)		4:08.325 (1:00.274)	
5 Pierce, Brennen		Lees-McRae	4:02.36Q	2		
47.596 (47.596)	1:52.823 (1:05.228)		2:59.376 (1:06.553)		4:02.356 (1:02.980)	
6 Hetzel, John		Belmont Abbey	4:08.73Q	1		
54.898 (54.898)	2:03.120 (1:08.223)		3:08.250 (1:05.130)		4:08.730 (1:00.480)	
7 Tindale, Joey		Erskine	4:03.11Q	2		
48.413 (48.413)	1:54.473 (1:06.060)		2:59.731 (1:05.258)		4:03.102 (1:03.372)	
8 Nervo, Lucas		Unc Pembroke	4:08.83Q	1		
54.874 (54.874)	54.895 (0.022)		3:08.595 (2:13.700)		4:08.824 (1:00.229)	
9 Barrios, Felipe		Emmanuel (Ga.)	4:04.25q	2		
48.655 (48.655)	1:54.502 (1:05.848)		2:59.785 (1:05.283)		4:04.245 (1:04.460)	
10 Robertson, Jordan		Emmanuel (Ga.)	4:04.51q	2		
48.228 (48.228)	1:53.895 (1:05.667)		3:00.111 (1:06.217)		4:04.507 (1:04.397)	
11 Willcox, Riley		Mount Olive	4:09.39q	1		
54.941 (54.941)	2:03.081 (1:08.140)		3:08.383 (1:05.302)		4:09.390 (1:01.008)	
12 Chepkesir, Joshua		Unc Pembroke	4:11.90q	1		
54.630 (54.630)	2:03.016 (1:08.387)		3:08.069 (1:05.053)		4:11.894 (1:03.825)	
13 Jones, Drew		Southern Wesleyan	4:12.33	1		
55.394 (55.394)	2:03.243 (1:07.849)		3:08.941 (1:05.699)		4:12.330 (1:03.389)	
14 Dugar, Brandon		North Greenville	4:12.52	1		
54.914 (54.914)	2:03.601 (1:08.688)		3:09.178 (1:05.577)		4:12.515 (1:03.338)	
15 Beebe, Jaxon		North Greenville	4:12.73	2		
48.481 (48.481)	1:54.242 (1:05.762)		3:01.735 (1:07.493)		4:12.728 (1:10.994)	
16 Dozier, Sebastian		Converse	4:20.20	1		
55.136 (55.136)	2:02.759 (1:07.623)		3:09.090 (1:06.332)		4:20.196 (1:11.107)	
17 Hubbard, Clinton		Belmont Abbey	4:20.30	2		
48.058 (48.058)	1:54.761 (1:06.703)		3:04.136 (1:09.375)		4:20.300 (1:16.164)	
18 Nkere, Irengé		Belmont Abbey	4:26.82	1		
55.060 (55.060)	2:04.493 (1:09.433)		3:15.873 (1:11.380)		4:26.819 (1:10.947)	
19 Nunez, Jonathan		Converse	4:28.08	2		
48.983 (48.983)	1:57.072 (1:08.089)		3:11.068 (1:13.997)		4:28.077 (1:17.009)	
20 Thomas, Lee		Barton	4:28.90	1		
55.085 (55.085)	2:04.724 (1:09.639)		3:16.701 (1:11.978)		4:28.899 (1:12.198)	
21 Junker, Norman		Unc Pembroke	4:48.80	2		
57.562 (57.562)	2:14.287 (1:16.725)		3:31.321 (1:17.034)		4:48.800 (1:17.479)	

Conference Carolinas Championships - 4/29/2023

Doug Shaw Memorial Stadium

Results

Men 1500 Meter Run

Meet: \$ 3:51.96 2022
 Stadium: @ 3:50.80
 Conference: # 3:45.01
 Provo: * 3:49.46

Name	Year	School	Finals	Points
Finals				
1 Owens, Deshawn		Barton	3:56.42	10
48.807 (48.807)	1:53.420 (1:04.613)		2:57.313 (1:03.894)	3:56.416 (59.103)
2 Chepkesir, Joshua		Unc Pembroke	3:57.36	8
48.556 (48.556)	1:53.863 (1:05.308)		2:56.907 (1:03.044)	3:57.357 (1:00.450)
3 Tindale, Joey		Erskine	3:57.77	6
48.751 (48.751)	1:54.111 (1:05.360)		2:57.142 (1:03.032)	3:57.761 (1:00.619)
4 Willcox, Riley		Mount Olive	3:58.41	5
48.938 (48.938)	1:54.568 (1:05.630)		2:57.712 (1:03.144)	3:58.407 (1:00.695)
5 Phieffer, Jack		Unc Pembroke	4:01.30	4
49.196 (49.196)	1:54.955 (1:05.759)		3:00.392 (1:05.438)	4:01.295 (1:00.903)
6 Hetzel, John		Belmont Abbey	4:01.92	3
48.691 (48.691)	1:53.650 (1:04.959)		2:58.530 (1:04.880)	4:01.920 (1:03.390)
7 Barrios, Felipe		Emmanuel (Ga.)	4:02.33	2
48.983 (48.983)	1:54.355 (1:05.372)		2:57.371 (1:03.017)	4:02.323 (1:04.953)
8 Gaddis, Luke		Emmanuel (Ga.)	4:05.46	1
49.367 (49.367)	1:54.828 (1:05.462)		3:00.613 (1:05.785)	4:05.452 (1:04.839)
9 Robertson, Jordan		Emmanuel (Ga.)	4:07.89	
48.593 (48.593)	1:55.042 (1:06.449)		3:01.005 (1:05.963)	4:07.883 (1:06.879)
10 Pierce, Brennan		Lees-McRae	4:10.85	
49.091 (49.091)	1:54.392 (1:05.302)		3:00.765 (1:06.373)	4:10.845 (1:10.080)
-- Nervo, Lucas		Unc Pembroke	DNF	
49.302 (49.302)	1:55.265 (1:05.963)			

Men 5000 Meter Run

Meet: \$ 14:46.24
 Stadium: @ 14:24.66
 Conference: # 13:40.89
 Provo: * 14:25.34

Name	Year	School	Finals	H#	Points
Finals					
1 Chepkesir, Joshua		Unc Pembroke	15:08.70	2	10
33.994 (33.994)	1:48.297 (1:14.303)		3:03.906 (1:15.609)	4:18.351 (1:14.445)	
5:32.193 (1:13.842)	6:45.783 (1:13.590)		7:59.113 (1:13.330)	9:11.076 (1:11.963)	
10:23.015 (1:11.939)	11:35.858 (1:12.843)		12:48.287 (1:12.429)	13:59.905 (1:11.618)	
15:08.697 (1:08.792)					
2 O'Neill, Ronan		Southern Wesleyan	15:10.22	2	8
34.309 (34.309)	1:48.595 (1:14.286)		3:04.223 (1:15.628)	4:18.636 (1:14.413)	
5:32.873 (1:14.237)	6:46.054 (1:13.181)		7:59.447 (1:13.393)	9:11.816 (1:12.369)	
10:26.034 (1:14.218)	11:41.638 (1:15.604)		12:55.417 (1:13.779)	14:06.032 (1:10.615)	
15:10.216 (1:04.184)					
3 Robertson, Jordan		Emmanuel (Ga.)	15:23.32	2	6
35.846 (35.846)	1:48.696 (1:12.850)		3:04.015 (1:15.319)	4:18.465 (1:14.450)	
5:32.548 (1:14.083)	6:46.236 (1:13.688)		8:00.415 (1:14.179)	9:14.771 (1:14.356)	
10:29.866 (1:15.095)	11:44.868 (1:15.002)		13:00.402 (1:15.534)	14:14.629 (1:14.227)	
15:23.312 (1:08.683)					

Conference Carolinas Championships - 4/29/2023

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Results

...Men 5000 Meter Run

15	Wunder, Elliot	Belmont Abbey	16:17.04	2
	38.486 (38.486)	1:54.094 (1:15.608)	3:09.360 (1:15.266)	4:25.149 (1:15.789)
	5:41.361 (1:16.212)	6:57.912 (1:16.551)	8:15.131 (1:17.219)	9:34.457 (1:19.326)
	10:54.557 (1:20.100)	12:17.187 (1:22.630)	13:40.370 (1:23.183)	15:00.192 (1:19.822)
	16:17.031 (1:16.839)			
16	Sanders, Mason	King	16:19.11	1
	35.399 (35.399)	1:51.297 (1:15.898)	3:08.847 (1:17.550)	4:26.374 (1:17.527)
	5:45.688 (1:19.314)	7:04.100 (1:18.412)	8:22.874 (1:18.774)	9:42.292 (1:19.418)
	11:02.150 (1:19.858)	12:21.274 (1:19.124)	13:42.010 (1:20.736)	15:01.523 (1:19.513)
	16:19.103 (1:17.580)			
17	Berrios, Nick	Belmont Abbey	16:22.61	2
	37.411 (37.411)	1:53.198 (1:15.787)	3:08.244 (1:15.046)	4:22.864 (1:14.620)
	5:35.662 (1:12.798)	6:49.119 (1:13.457)	8:02.406 (1:13.287)	9:19.630 (1:17.224)
	10:40.890 (1:21.260)	12:05.542 (1:24.652)	13:31.439 (1:25.897)	14:57.930 (1:26.491)
	16:22.606 (1:24.676)			
18	Heath, Matthew	North Greenville	16:30.20	1
	34.589 (34.589)	1:49.338 (1:14.749)	3:05.539 (1:16.201)	4:23.660 (1:18.121)
	5:43.049 (1:19.389)	7:03.181 (1:20.132)	8:22.281 (1:19.100)	9:42.003 (1:19.722)
	11:03.098 (1:21.095)	12:26.228 (1:23.130)	13:50.562 (1:24.334)	15:13.625 (1:23.063)
	16:30.193 (1:16.568)			
19	Sause, Brian	Belmont Abbey	16:34.91	2
	38.092 (38.092)	1:51.885 (1:13.793)	3:06.357 (1:14.472)	4:19.269 (1:12.912)
	5:33.245 (1:13.976)	6:50.443 (1:17.198)	8:09.121 (1:18.678)	9:31.572 (1:22.451)
	10:54.703 (1:23.131)	12:19.615 (1:24.912)	13:47.395 (1:27.780)	15:15.232 (1:27.837)
	16:34.907 (1:19.675)			
20	Gallman, Nathan	Belmont Abbey	16:38.09	1
	35.654 (35.654)	1:51.614 (1:15.960)	3:09.250 (1:17.636)	4:26.727 (1:17.477)
	5:46.331 (1:19.604)	7:04.951 (1:18.620)	8:23.699 (1:18.748)	9:45.200 (1:21.501)
	11:08.208 (1:23.008)	12:32.429 (1:24.221)	13:56.536 (1:24.107)	15:19.917 (1:23.381)
	16:38.088 (1:18.171)			
21	Rios Brena, Luis	Converse	16:40.93	2
	37.830 (37.830)	1:51.927 (1:14.097)	3:06.773 (1:14.846)	4:22.291 (1:15.518)
	5:38.610 (1:16.319)	6:56.305 (1:17.695)	8:15.485 (1:19.180)	9:36.670 (1:21.185)
	10:59.606 (1:22.936)	12:24.771 (1:25.165)	13:51.417 (1:26.646)	15:18.396 (1:26.979)
	16:40.924 (1:22.528)			
22	Wright, Jaxon	Converse	16:41.17	1
	33.850 (33.850)	1:48.637 (1:14.787)	3:03.237 (1:14.600)	4:16.862 (1:13.625)
	5:36.458 (1:19.596)	6:58.761 (1:22.303)	8:21.049 (1:22.288)	9:42.474 (1:21.425)
	11:04.612 (1:22.138)	12:30.235 (1:25.623)	13:55.201 (1:24.966)	15:20.313 (1:25.112)
	16:41.165 (1:20.852)			
23	Olmstead, Ashton	Mount Olive	16:41.82	1
	35.677 (35.677)	1:52.011 (1:16.334)	3:09.606 (1:17.595)	4:27.228 (1:17.622)
	5:46.585 (1:19.357)	7:05.226 (1:18.641)	8:26.005 (1:20.779)	9:49.803 (1:23.798)
	11:13.316 (1:23.513)	12:37.459 (1:24.143)	14:00.421 (1:22.962)	15:24.708 (1:24.287)
	16:41.815 (1:17.107)			
24	Dugar, Brandon	North Greenville	16:44.45	2
	37.666 (37.666)	1:52.795 (1:15.129)	3:07.466 (1:14.671)	4:22.442 (1:14.976)
	5:39.077 (1:16.635)	7:00.044 (1:20.967)	8:23.785 (1:23.741)	9:46.800 (1:23.015)
	11:07.927 (1:21.127)	12:34.072 (1:26.145)	14:03.028 (1:28.956)	15:31.327 (1:28.299)
	16:44.444 (1:13.117)			
25	Dozier, Sebastian	Converse	16:50.76	1
	34.327 (34.327)	1:49.115 (1:14.788)	3:05.052 (1:15.937)	4:21.830 (1:16.778)
	5:41.578 (1:19.748)	7:02.345 (1:20.767)	8:22.732 (1:20.387)	9:42.822 (1:20.090)
	11:06.174 (1:23.352)	12:34.610 (1:28.436)	14:01.094 (1:26.484)	15:27.139 (1:26.045)
	16:50.757 (1:23.618)			

Conference Carolinas Championships - 4/29/2023

Doug Shaw Memorial Stadium

Results

....Men 5000 Meter Run

26 Cromer, Landon	Lees-McRae	16:57.61	2		
37.484 (37.484)	1:52.612 (1:15.128)	3:07.241 (1:14.629)	4:20.816 (1:13.575)		
5:35.875 (1:15.059)	6:54.794 (1:18.919)	8:18.792 (1:23.998)	9:45.852 (1:27.060)		
11:08.186 (1:22.334)	12:34.607 (1:26.421)	14:01.925 (1:27.318)	15:30.090 (1:28.165)		
16:57.601 (1:27.511)					
27 Bierly, Nathanael	Mount Olive	17:10.67	1		
36.162 (36.162)	1:52.178 (1:16.016)	3:09.711 (1:17.533)	4:26.966 (1:17.255)		
5:46.021 (1:19.055)	7:04.484 (1:18.463)	8:24.082 (1:19.598)	9:49.216 (1:25.134)		
11:17.085 (1:27.869)	12:46.106 (1:29.021)	14:15.213 (1:29.107)	15:45.212 (1:29.999)		
17:10.669 (1:25.457)					
28 Marshall, Justin	Barton	17:12.19	2		
37.554 (37.554)	1:52.464 (1:14.910)	3:06.878 (1:14.414)	4:22.012 (1:15.134)		
5:40.225 (1:18.213)	7:03.225 (1:23.000)	8:29.723 (1:26.498)	9:57.407 (1:27.684)		
11:26.477 (1:29.070)	12:56.035 (1:29.558)	14:25.197 (1:29.162)	15:53.957 (1:28.760)		
17:12.184 (1:18.227)					
29 Macagg, Thomas	Southern Wesleyan	17:15.51	2		
38.144 (38.144)	1:53.334 (1:15.190)	3:07.785 (1:14.451)	4:25.980 (1:18.195)		
5:46.765 (1:20.785)	7:10.275 (1:23.510)	8:35.178 (1:24.903)	10:00.915 (1:25.737)		
11:28.844 (1:27.929)	12:54.731 (1:25.887)	14:20.767 (1:26.036)	15:49.163 (1:28.396)		
17:15.505 (1:26.342)					
30 Jackson, Tyson	Francis Marion	19:28.88	1		
36.571 (36.571)	1:54.725 (1:18.154)	3:19.607 (1:24.882)	4:50.110 (1:30.503)		
6:22.431 (1:32.321)	7:56.846 (1:34.415)	9:33.718 (1:36.872)	11:10.657 (1:36.939)		
12:49.627 (1:38.970)	14:29.878 (1:40.251)	16:12.264 (1:42.386)	17:54.455 (1:42.191)		
19:28.872 (1:34.417)					
-- Robles, Amando	Barton	DNF	1		
36.354 (36.354)	1:52.329 (1:15.975)	3:09.902 (1:17.573)	4:27.338 (1:17.436)		
5:45.760 (1:18.422)	7:05.694 (1:19.934)	8:32.333 (1:26.639)	10:04.292 (1:31.959)		
11:37.201 (1:32.909)					
-- Phieffer, Jack	Unc Pembroke	DNF	2		
35.511 (35.511)	1:50.113 (1:14.602)	3:05.198 (1:15.085)	4:19.676 (1:14.478)		
5:34.019 (1:14.343)	6:48.782 (1:14.763)	8:04.502 (1:15.720)	9:21.442 (1:16.940)		
10:39.305 (1:17.863)	11:56.931 (1:17.626)	13:14.785 (1:17.854)			
-- Martin, Brandon	Emmanuel (Ga.)	DNF	2		
47.295 (47.295)					
-- Gaddis, Luke	Emmanuel (Ga.)	DNF	2		
37.113 (37.113)	1:51.637 (1:14.524)	3:06.482 (1:14.845)	4:22.539 (1:16.057)		
5:38.138 (1:15.599)	6:55.891 (1:17.753)	8:14.394 (1:18.503)	9:35.206 (1:20.812)		
10:56.772 (1:21.566)					
-- Hernandez, Demarco	Emmanuel (Ga.)	DNF	2		
44.891 (44.891)					

Men 10000 Meter Run

=====					
Meet:	\$ 29:55.75	2009	Crouch, Queens		
Stadium:	@ 30:41.71				
Conference:	# 28:33.25				
Provo:	* 30:28.78				
Name	Year	School	Finals	Points	
=====					

Conference Carolinas Championships - 4/29/2023**Doug Shaw Memorial Stadium****Results****...Men 10000 Meter Run**

1	Chepkesir, Joshua	Unc Pembroke	31:20.77	10
	1:11.441 (1:11.441)	2:28.001 (1:16.560)	3:44.387 (1:16.386)	4:59.827 (1:15.440)
	6:15.008 (1:15.182)	7:30.770 (1:15.762)	8:45.856 (1:15.086)	10:00.874 (1:15.019)
	11:15.744 (1:14.870)	12:30.733 (1:14.989)	13:45.411 (1:14.679)	15:00.463 (1:15.052)
	16:15.856 (1:15.393)	17:30.806 (1:14.950)	18:45.033 (1:14.228)	19:59.608 (1:14.576)
	21:14.387 (1:14.779)	22:30.366 (1:15.979)	23:45.754 (1:15.389)	25:02.344 (1:16.590)
	26:18.910 (1:16.566)	27:35.353 (1:16.443)	28:51.504 (1:16.152)	30:07.350 (1:15.846)
	31:20.768 (1:13.419)			
2	O'Neill, Ronan	Southern Wesleyan	31:51.36	8
	1:11.756 (1:11.756)	2:28.266 (1:16.510)	3:44.684 (1:16.419)	5:00.000 (1:15.316)
	6:15.303 (1:15.303)	7:31.070 (1:15.768)	8:46.197 (1:15.128)	10:01.176 (1:14.979)
	11:16.116 (1:14.940)	12:31.084 (1:14.969)	13:45.731 (1:14.648)	15:00.807 (1:15.076)
	16:16.178 (1:15.372)	17:31.421 (1:15.243)	18:47.351 (1:15.930)	20:04.454 (1:17.103)
	21:22.296 (1:17.842)	22:40.880 (1:18.585)	23:59.696 (1:18.816)	25:20.093 (1:20.398)
	26:40.964 (1:20.872)	28:02.414 (1:21.450)	29:23.937 (1:21.523)	30:41.943 (1:18.006)
	31:51.354 (1:09.412)			
3	Junker, Norman	Unc Pembroke	32:22.38	6
	1:14.493 (1:14.493)	2:31.100 (1:16.608)	3:46.967 (1:15.868)	5:02.397 (1:15.430)
	6:19.434 (1:17.038)	7:37.168 (1:17.735)	8:56.363 (1:19.195)	10:15.838 (1:19.476)
	11:32.230 (1:16.392)	12:49.891 (1:17.662)	14:08.368 (1:18.478)	15:25.673 (1:17.305)
	16:46.243 (1:20.570)	18:05.944 (1:19.702)	19:26.867 (1:20.923)	20:45.116 (1:18.249)
	22:04.793 (1:19.678)	23:24.154 (1:19.362)	24:44.356 (1:20.202)	26:03.273 (1:18.918)
	27:25.051 (1:21.779)	28:43.067 (1:18.016)	30:01.398 (1:18.332)	31:17.073 (1:15.675)
	32:22.374 (1:05.302)			
4	Knott, Zachary	Belmont Abbey	32:27.07	5
	1:16.230 (1:16.230)	2:32.258 (1:16.029)	3:47.686 (1:15.428)	5:03.234 (1:15.549)
	6:19.996 (1:16.762)	7:37.741 (1:17.746)	8:56.947 (1:19.206)	10:15.643 (1:18.696)
	11:32.647 (1:17.005)	12:50.231 (1:17.585)	14:08.736 (1:18.505)	15:26.031 (1:17.296)
	16:46.583 (1:20.552)	18:06.323 (1:19.740)	19:26.721 (1:20.399)	20:44.817 (1:18.096)
	22:04.534 (1:19.718)	23:23.917 (1:19.383)	24:44.151 (1:20.235)	26:03.046 (1:18.895)
	27:24.770 (1:21.725)	28:42.210 (1:17.440)	29:56.863 (1:14.653)	31:13.721 (1:16.859)
	32:27.067 (1:13.346)			
5	Levy, Hunter	Unc Pembroke	32:46.16	4
	1:16.417 (1:16.417)	2:32.794 (1:16.378)	3:48.961 (1:16.168)	5:04.738 (1:15.778)
	6:20.517 (1:15.779)	7:38.471 (1:17.955)	8:57.527 (1:19.056)	10:16.537 (1:19.010)
	11:34.267 (1:17.730)	12:52.254 (1:17.988)	14:09.700 (1:17.446)	15:28.146 (1:18.446)
	16:46.764 (1:18.619)	18:06.074 (1:19.310)	19:26.524 (1:20.450)	20:44.524 (1:18.000)
	22:04.191 (1:19.668)	23:23.633 (1:19.442)	24:43.841 (1:20.209)	26:02.686 (1:18.845)
	27:24.480 (1:21.795)	28:42.853 (1:18.373)	30:05.698 (1:22.846)	31:27.407 (1:21.709)
	32:46.160 (1:18.753)			
6	Wunder, Elliot	Belmont Abbey	33:05.18	3
	1:17.508 (1:17.508)	2:33.208 (1:15.700)	3:49.208 (1:16.000)	5:05.097 (1:15.889)
	6:21.261 (1:16.165)	7:39.073 (1:17.812)	8:57.851 (1:18.779)	10:16.714 (1:18.863)
	11:34.597 (1:17.883)	12:52.138 (1:17.542)	14:09.987 (1:17.849)	15:28.720 (1:18.733)
	16:47.076 (1:18.356)	18:06.708 (1:19.633)	19:27.081 (1:20.373)	20:45.370 (1:18.289)
	22:05.096 (1:19.726)	23:25.953 (1:20.858)	24:52.173 (1:26.220)	26:15.864 (1:23.692)
	27:39.558 (1:23.695)	29:02.834 (1:23.276)	30:25.796 (1:22.962)	31:47.344 (1:21.549)
	33:05.173 (1:17.829)			
7	Geckler, Max	Lees-McRae	33:26.29	2
	1:17.027 (1:17.027)	2:32.047 (1:15.020)	3:47.241 (1:15.195)	5:02.703 (1:15.462)
	6:18.106 (1:15.403)	7:34.107 (1:16.002)	8:51.663 (1:17.556)	10:08.104 (1:16.442)
	11:26.308 (1:18.205)	12:44.806 (1:18.498)	14:04.307 (1:19.502)	15:25.376 (1:21.069)
	16:46.174 (1:20.799)	18:08.981 (1:22.808)	19:28.571 (1:19.590)	20:52.100 (1:23.529)
	22:15.584 (1:23.485)	23:41.160 (1:25.576)	25:05.667 (1:24.508)	26:28.888 (1:23.222)
	27:54.601 (1:25.713)	29:20.478 (1:25.878)	30:48.994 (1:28.516)	32:11.308 (1:22.315)
	33:26.281 (1:14.973)			

Conference Carolinas Championships - 4/29/2023

Doug Shaw Memorial Stadium

Results

...Men 10000 Meter Run

8	Berrios, Nick	Belmont Abbey	33:38.22	1
	1:15.741 (1:15.741)	2:32.328 (1:16.588)	3:48.247 (1:15.919)	5:04.014 (1:15.768)
	6:20.507 (1:16.493)	7:38.826 (1:18.319)	8:57.608 (1:18.783)	10:16.258 (1:18.650)
	11:34.071 (1:17.813)	12:51.817 (1:17.746)	14:10.274 (1:18.458)	15:28.563 (1:18.289)
	16:49.993 (1:21.430)	18:13.181 (1:23.189)	19:35.307 (1:22.126)	20:58.146 (1:22.839)
	22:22.036 (1:23.890)	23:46.543 (1:24.508)	25:16.748 (1:30.206)	26:48.821 (1:32.073)
	28:14.184 (1:25.363)	29:33.048 (1:18.865)	30:53.856 (1:20.808)	32:15.574 (1:21.719)
	33:38.213 (1:22.639)			
9	Heath, Matthew	North Greenville	34:09.64	
	1:15.986 (1:15.986)	2:32.521 (1:16.536)	3:48.704 (1:16.183)	5:04.514 (1:15.810)
	6:20.910 (1:16.396)	7:39.248 (1:18.339)	8:59.051 (1:19.803)	10:19.576 (1:20.525)
	11:41.033 (1:21.458)	13:03.724 (1:22.692)	14:27.024 (1:23.300)	15:51.343 (1:24.319)
	17:14.661 (1:23.319)	18:40.443 (1:25.782)	20:04.241 (1:23.799)	21:29.483 (1:25.242)
	22:55.693 (1:26.210)	24:21.620 (1:25.928)	25:44.910 (1:23.290)	27:10.247 (1:25.338)
	28:35.591 (1:25.345)	30:01.028 (1:25.438)	31:26.267 (1:25.239)	32:50.550 (1:24.283)
	34:09.633 (1:19.083)			
10	Booher, Josh	King	34:19.70	
	1:16.086 (1:16.086)	2:32.366 (1:16.280)	3:48.434 (1:16.069)	5:04.196 (1:15.762)
	6:20.284 (1:16.089)	7:38.247 (1:17.963)	8:57.341 (1:19.095)	10:15.858 (1:18.518)
	11:33.756 (1:17.898)	12:52.083 (1:18.328)	14:14.130 (1:22.048)	15:38.401 (1:24.272)
	17:00.838 (1:22.438)	18:25.230 (1:24.392)	19:49.037 (1:23.808)	21:14.854 (1:25.818)
	22:40.193 (1:25.339)	24:03.941 (1:23.749)	25:29.018 (1:25.078)	26:54.191 (1:25.173)
	28:18.697 (1:24.506)	29:51.253 (1:32.556)	31:20.466 (1:29.213)	32:51.510 (1:31.045)
	34:19.697 (1:28.188)			
11	Goode, Hayden	North Greenville	34:38.67	
	1:14.206 (1:14.206)	2:30.848 (1:16.643)	3:46.768 (1:15.920)	5:02.224 (1:15.456)
	6:18.868 (1:16.645)	7:36.953 (1:18.085)	8:56.126 (1:19.173)	10:15.584 (1:19.459)
	11:33.793 (1:18.209)	12:55.461 (1:21.669)	14:17.361 (1:21.900)	15:38.223 (1:20.862)
	17:00.631 (1:22.409)	18:26.490 (1:25.859)	19:53.546 (1:27.056)	21:21.376 (1:27.830)
	22:49.230 (1:27.855)	24:17.558 (1:28.329)	25:45.161 (1:27.603)	27:12.986 (1:27.825)
	28:41.708 (1:28.723)	30:09.916 (1:28.208)	31:40.401 (1:30.486)	33:09.194 (1:28.793)
	34:38.666 (1:29.472)			
12	Gallman, Nathan	Belmont Abbey	35:08.40	
	1:22.820 (1:22.820)	2:46.761 (1:23.942)	4:10.066 (1:23.305)	5:35.410 (1:25.345)
	7:01.167 (1:25.758)	8:27.803 (1:26.636)	9:54.431 (1:26.629)	11:21.840 (1:27.409)
	12:48.763 (1:26.923)	14:15.123 (1:26.360)	15:39.328 (1:24.206)	17:02.376 (1:23.048)
	18:26.731 (1:24.356)	19:50.570 (1:23.839)	21:14.700 (1:24.130)	22:40.051 (1:25.352)
	24:03.694 (1:23.643)	25:28.757 (1:25.063)	26:53.771 (1:25.015)	28:16.917 (1:23.146)
	29:40.807 (1:23.890)	31:05.320 (1:24.513)	32:27.637 (1:22.318)	33:49.628 (1:21.992)
	35:08.396 (1:18.768)			
13	Marshall, Justin	Barton	35:37.42	
	1:15.376 (1:15.376)	2:31.894 (1:16.519)	3:47.308 (1:15.415)	5:02.781 (1:15.473)
	6:19.236 (1:16.455)	7:38.381 (1:19.146)	9:00.128 (1:21.748)	10:26.486 (1:26.358)
	11:54.914 (1:28.429)	13:23.668 (1:28.755)	14:51.420 (1:27.752)	16:18.746 (1:27.326)
	17:49.361 (1:30.616)	19:17.798 (1:28.438)	20:46.041 (1:28.243)	22:08.294 (1:22.253)
	23:38.874 (1:30.580)	25:09.178 (1:30.305)	26:38.251 (1:29.073)	28:08.726 (1:30.475)
	29:38.351 (1:29.626)	31:09.223 (1:30.872)	32:40.117 (1:30.895)	34:11.597 (1:31.480)
	35:37.414 (1:25.818)			

Conference Carolinas Championships - 4/29/2023

Doug Shaw Memorial Stadium

Results

...Men 10000 Meter Run

14	Cromer, Landon	Lees-McRae	36:08.57		
	1:17.846 (1:17.846)	2:34.320 (1:16.475)	3:50.521 (1:16.202)	5:07.834 (1:17.313)	
	6:25.697 (1:17.863)	7:47.667 (1:21.970)	9:12.116 (1:24.449)	10:37.846 (1:25.730)	
	12:04.507 (1:26.662)	13:33.757 (1:29.250)	15:02.998 (1:29.242)	16:33.838 (1:30.840)	
	18:08.047 (1:34.209)	19:38.566 (1:30.519)	21:11.374 (1:32.809)	22:41.333 (1:29.959)	
	24:13.980 (1:32.648)	25:45.931 (1:31.952)	27:16.097 (1:30.166)	28:46.994 (1:30.898)	
	30:14.200 (1:27.206)	31:43.390 (1:29.190)	33:09.840 (1:26.450)	34:39.144 (1:29.305)	
	36:08.566 (1:29.422)				
15	Harris, Izic	North Greenville	36:18.59		
	1:23.363 (1:23.363)	2:47.354 (1:23.992)	4:11.077 (1:23.723)	5:36.840 (1:25.763)	
	7:02.846 (1:26.006)	8:29.430 (1:26.585)	9:56.223 (1:26.793)	11:22.073 (1:25.850)	
	12:49.137 (1:27.065)	14:15.666 (1:26.529)	15:40.670 (1:25.005)	17:08.047 (1:27.378)	
	18:36.208 (1:28.162)	20:05.387 (1:29.179)	21:32.651 (1:27.265)	23:00.754 (1:28.103)	
	24:29.180 (1:28.426)	25:58.453 (1:29.273)	27:28.796 (1:30.343)	28:58.908 (1:30.113)	
	30:30.046 (1:31.138)	31:59.560 (1:29.515)	33:28.394 (1:28.835)	34:54.763 (1:26.369)	
	36:18.588 (1:23.826)				
16	Coffman, Dominic	Belmont Abbey	37:37.23		
	1:22.677 (1:22.677)	2:46.524 (1:23.848)	4:09.847 (1:23.323)	5:35.240 (1:25.393)	
	7:01.011 (1:25.772)	8:27.614 (1:26.603)	9:54.280 (1:26.666)	11:21.706 (1:27.426)	
	12:48.916 (1:27.210)	14:16.963 (1:28.048)	15:46.337 (1:29.375)	17:16.797 (1:30.460)	
	18:48.627 (1:31.830)	20:21.463 (1:32.836)	21:54.268 (1:32.806)	23:26.708 (1:32.440)	
	25:02.023 (1:35.315)	26:37.887 (1:35.865)	28:13.287 (1:35.400)	29:49.406 (1:36.119)	
	31:24.533 (1:35.128)	32:59.326 (1:34.793)	34:35.498 (1:36.173)	36:10.181 (1:34.683)	
	37:37.227 (1:27.046)				
--	Wright, Zac	Emmanuel (Ga.)	DNF		
	1:18.138 (1:18.138)	2:42.174 (1:24.036)	4:06.558 (1:24.385)	5:31.091 (1:24.533)	
	6:57.214 (1:26.123)	8:22.221 (1:25.008)	9:47.886 (1:25.665)	11:13.241 (1:25.356)	
	12:39.348 (1:26.108)	14:04.648 (1:25.300)	15:30.980 (1:26.332)		
--	Andrade-Sosa, Alexander	Emmanuel (Ga.)	DNF		
	1:15.543 (1:15.543)	2:32.190 (1:16.648)	3:48.026 (1:15.836)	5:03.661 (1:15.636)	
	6:20.127 (1:16.466)	7:38.011 (1:17.885)	8:57.191 (1:19.180)	10:16.360 (1:19.169)	
	11:34.838 (1:18.479)	12:54.970 (1:20.132)	14:17.768 (1:22.799)	15:40.557 (1:22.789)	
	17:03.158 (1:22.602)	18:28.840 (1:25.682)	19:55.486 (1:26.646)	21:24.903 (1:29.418)	
--	Macagg, Thomas	Southern Wesleyan	DNF		
	1:15.923 (1:15.923)	2:32.294 (1:16.372)	3:47.837 (1:15.543)	5:03.456 (1:15.619)	
	6:19.750 (1:16.295)	7:37.426 (1:17.676)	8:56.651 (1:19.226)	10:16.077 (1:19.426)	
	11:33.227 (1:17.150)	12:51.214 (1:17.988)	14:10.703 (1:19.489)	15:32.200 (1:21.498)	
	16:53.830 (1:21.630)	18:16.218 (1:22.389)	19:37.968 (1:21.750)	21:01.090 (1:23.122)	
	22:26.920 (1:25.830)	23:53.933 (1:27.013)	25:21.316 (1:27.383)	26:51.683 (1:30.368)	
	28:21.221 (1:29.539)	29:52.246 (1:31.025)	31:19.811 (1:27.566)	32:47.560 (1:27.749)	

Men 110 Meter Hurdles

=====
 Meet: \$ 14.19 2017 Scott, Limestone
 Stadium: @ 13.73
 Conference: # 13.81
 Provo: * 14.49

Name	Year	School	Prelims	Wind	H#
=====					
Preliminaries					
1	Callahan, Tayvon	Unc Pembroke	* 14.21Q	1.9	1
2	Bargaineer, Christian	Lees-McRae	14.79Q	2.6	2
3	Eaton, Tucker	Barton	15.04q	1.9	1
4	Sims, Jacobie	North Greenville	15.24q	1.9	1
5	Kohlhagen, Ryan	Belmont Abbey	15.26q	1.9	1

Conference Carolinas Championships - 4/29/2023**Doug Shaw Memorial Stadium****Results****...Men 110 Meter Hurdles**

6	Gulapa, Joshua	Belmont Abbey	15.35q	2.6	2
7	Thomason, Marcus	North Greenville	15.42q	2.6	2
8	Osewe, Brace	Unc Pembroke	15.44q	1.9	1
9	Jones, Shaun	Erskine	15.47	2.6	2
10	Gunn, Cameron	Belmont Abbey	15.49	2.6	2
11	Medley, Donald	Converse	15.94	2.6	2
12	Martin, Jordan	Mount Olive	21.95	2.6	2
--	Robinson, Ronnie	Barton	DNF	1.9	1

Men 110 Meter Hurdles

=====

Meet: \$ 14.19 2017 Scott, Limestone
 Stadium: @ 13.73
 Conference: # 13.81
 Provo: * 14.49

Name	Year	School	Finals	Wind	Points
=====					
Finals					
1		Callahan, Tayvon	Unc Pembroke	14.22	2.6 10
2		Sims, Jacobie	North Greenville	14.97	2.6 8
3		Bargaineer, Christian	Lees-McRae	15.00	2.6 6
4		Eaton, Tucker	Barton	15.07	2.6 5
5		Gulapa, Joshua	Belmont Abbey	15.26	2.6 4
6		Kohlhagen, Ryan	Belmont Abbey	15.55	2.6 3
7		Osewe, Brace	Unc Pembroke	15.60	2.6 2
8		Thomason, Marcus	North Greenville	15.61	2.6 1

Men 400 Meter Hurdles

=====

Meet: \$ 51.77 2018 Fareed, Limestone
 Stadium: @ 50.39
 Conference: # 51.60
 Provo: * 53.32

Name	Year	School	Prelims	H#
=====				
Preliminaries				
1		Sims, Jacobie	North Greenville	55.79Q 1
2		Gunn, Cameron	Belmont Abbey	56.55Q 2
3		Osewe, Brace	Unc Pembroke	56.58q 2
4		Gunter, Jeffrey	Unc Pembroke	57.25q 1
5		Jones, Shaun	Erskine	57.50q 2
6		Kohlhagen, Ryan	Belmont Abbey	57.83q 1
7		Cuthbertson, Gavan	Mount Olive	57.92q 1
8		Eatmon, Cori	Lees-McRae	58.51q 2
9		Eaton, Tucker	Barton	59.33 2
10		Williams, Mark	Unc Pembroke	59.58 1
11		Thomason, Marcus	North Greenville	1:04.10 2
12		Valle, Jezreel	Barton	1:04.25 2
13		Barnett, Chandler	North Greenville	1:05.93 1
14		Robinson, Ronnie	Barton	1:08.01 1

Conference Carolinas Championships - 4/29/2023

Doug Shaw Memorial Stadium

Results

Men 400 Meter Hurdles

Meet: \$ 51.77 2018 Fareded, Limestone
 Stadium: @ 50.39
 Conference: # 51.60
 Provo: * 53.32

Name	Year	School	Finals	Points
Finals				
1 Sims, Jacobie		North Greenville	53.99	10
2 Gunn, Cameron		Belmont Abbey	55.31	8
3 Jones, Shaun		Erskine	56.00	6
4 Gunter, Jeffrey		Unc Pembroke	57.08	5
5 Cuthbertson, Gavan		Mount Olive	59.00	4
6 Kohlhagen, Ryan		Belmont Abbey	59.92	3
7 Osewe, Brace		Unc Pembroke	1:08.07	2
-- Eatmon, Cori		Lees-McRae	DQ	Rule 7.6.2a

Men 3000 Meter Steeplechase

Meet: \$ 9:25.70
 Stadium: @ 8:45.26
 Conference: # 8:47.38
 Provo: * 9:12.36

Name	Year	School	Finals	Points
Finals				
1 Holcombe, Jacob		North Greenville	9:26.42	10
1:17.950 (1:17.950)	2:34.186 (1:16.236)	3:49.753 (1:15.567)	5:05.824 (1:16.071)	
6:23.293 (1:17.469)	7:40.179 (1:16.886)	8:52.596 (1:12.417)	9:26.415 (33.820)	
2 Galan, Angel		Erskine	9:37.65	8
1:17.696 (1:17.696)	2:34.048 (1:16.352)	3:49.307 (1:15.259)	5:05.802 (1:16.495)	
6:23.515 (1:17.713)	7:42.371 (1:18.856)	9:00.651 (1:18.280)	9:37.648 (36.997)	
3 Sause, Brian		Belmont Abbey	9:39.90	6
1:17.546 (1:17.546)	2:32.997 (1:15.451)	3:47.750 (1:14.753)	5:05.340 (1:17.590)	
6:24.750 (1:19.410)	7:44.142 (1:19.392)	9:03.188 (1:19.046)	9:39.891 (36.704)	
4 Freeman, Rien		Lees-McRae	9:42.99	5
1:18.774 (1:18.774)	2:34.900 (1:16.126)	3:52.253 (1:17.353)	5:11.336 (1:19.083)	
6:30.980 (1:19.644)	7:48.995 (1:18.015)	9:06.274 (1:17.279)	9:42.990 (36.717)	
5 Sanders, Mason		King	9:53.41	4
1:17.992 (1:17.992)	2:33.897 (1:15.905)	3:49.325 (1:15.428)	5:06.464 (1:17.139)	
6:27.221 (1:20.757)	7:50.241 (1:23.020)	9:13.661 (1:23.420)	9:53.406 (39.746)	
6 Adair, Cameron		Lees-McRae	9:55.72	3
1:18.670 (1:18.670)	2:35.222 (1:16.552)	3:53.751 (1:18.529)	5:12.915 (1:19.164)	
6:33.480 (1:20.565)	7:55.023 (1:21.543)	9:17.106 (1:22.083)	9:55.719 (38.614)	
7 Bierly, Nathanael		Mount Olive	10:05.47	2
1:18.792 (1:18.792)	2:35.173 (1:16.381)	3:53.299 (1:18.126)	5:12.624 (1:19.325)	
6:35.752 (1:23.128)	8:01.609 (1:25.857)	9:26.601 (1:24.992)	10:05.465 (38.865)	
8 Gobin, Reilly		Erskine	10:07.66	1
1:19.909 (1:19.909)	2:37.539 (1:17.630)	3:55.532 (1:17.993)	5:16.410 (1:20.878)	
6:39.835 (1:23.425)	8:04.103 (1:24.268)	9:27.868 (1:23.765)	10:07.651 (39.784)	
9 Sauve, Jesse		Southern Wesleyan	10:09.69	
1:20.019 (1:20.019)	2:36.728 (1:16.709)	3:56.000 (1:19.272)	5:17.858 (1:21.858)	
6:41.346 (1:23.488)	8:08.414 (1:27.068)	9:33.777 (1:25.363)	10:09.683 (35.906)	
10 Rios Brena, Luis		Converse	10:15.04	
1:19.213 (1:19.213)	2:35.648 (1:16.435)	3:52.955 (1:17.307)	5:11.864 (1:18.909)	
6:34.080 (1:22.216)	7:58.443 (1:24.363)	9:27.594 (1:29.151)	10:15.031 (47.438)	

Conference Carolinas Championships - 4/29/2023

Doug Shaw Memorial Stadium

Results

...Men 3000 Meter Steeplechase

11 Baird, Jack	Belmont Abbey	10:20.12		
1:22.013 (1:22.013)	2:42.563 (1:20.550)	4:04.694 (1:22.131)	5:27.663 (1:22.969)	
6:53.220 (1:25.557)	8:19.791 (1:26.571)	9:45.024 (1:25.233)	10:20.113 (35.089)	
12 Kirkpatrick, Ashton	Lees-McRae	10:26.24		
1:20.318 (1:20.318)	2:41.789 (1:21.471)	4:03.141 (1:21.352)	5:28.296 (1:25.155)	
6:55.984 (1:27.688)	8:23.365 (1:27.381)	9:48.827 (1:25.462)	10:26.235 (37.409)	
13 Canup, Solomon	North Greenville	10:30.09		
1:21.723 (1:21.723)	2:43.478 (1:21.755)	4:06.769 (1:23.291)	5:31.383 (1:24.614)	
6:58.391 (1:27.008)	8:24.987 (1:26.596)	9:49.697 (1:24.710)	10:30.088 (40.391)	
14 Crane, Guy	Barton	10:46.76		
1:20.660 (1:20.660)	2:40.993 (1:20.333)	4:04.753 (1:23.760)	5:32.436 (1:27.683)	
7:04.566 (1:32.130)	8:36.295 (1:31.729)	10:06.875 (1:30.580)	10:46.760 (39.886)	
15 Blackwelder, Gabriel	Unc Pembroke	11:02.10		
1:19.329 (1:19.329)	2:36.052 (1:16.723)	3:55.848 (1:19.796)	5:27.451 (1:31.603)	
7:05.992 (1:38.541)	8:45.983 (1:39.991)	10:19.750 (1:33.767)	11:02.095 (42.346)	
16 Patrick, Zachary	Francis Marion	11:34.20		
1:22.473 (1:22.473)	2:47.416 (1:24.943)	4:17.027 (1:29.611)	5:52.228 (1:35.201)	
7:32.102 (1:39.874)	9:11.009 (1:38.907)	10:49.993 (1:38.984)	11:34.196 (44.204)	
-- Nervo, Lucas	Unc Pembroke	DNF		
1:18.625 (1:18.625)	2:35.358 (1:16.733)	3:53.458 (1:18.100)	5:15.372 (1:21.914)	

Men 4x100 Meter Relay

Meet: \$ 40.52 2019 , N. Greenville
Sherman, Junkins, Pierce, Richardson

Stadium: @ 39.91

Conference: # 40.40

Provo: * 40.99

School

Finals H# Points

1 Unc Pembroke 'A'		40.75*	2	10
1) Seger, Javion	2) Harvey, DaMarr			
3) Morrow, Travon	4) Ellerbe, Joshua			
2 Mount Olive 'A'		41.56	1	8
1) Burnette, Justen	2) Harper, Quvontre			
3) Beckett, Trystan	4) Hart, Jason			
3 North Greenville 'A'		41.88	2	6
1) White, Joshua	2) Hamby, Bryce			
3) Lawton, Antavious	4) Worley, Damon			
4 Converse 'A'		42.08	2	5
1) Donald, Gerrard	2) Mcfadden, Gavin			
3) Gamble, Kaden	4) Glenn, Ryan			
5 Barton 'A'		43.43	1	4
1) Copper, Justin	2) Robinson, Ronnie			
3) Fontaine, Braxton	4) Summers, Jimere			
6 King 'A'		44.18	1	3
1) Stroin, Zach	2) Henfield, Matthew			
3) Gilliam, Bryson	4) Henfield, Clathton			
-- Emmanuel (Ga.) 'A'		DNF	1	
1) Jones, Kaleb	2) Hutchins, Kris			
3) Burke, Jason	4) Smith, Chandler			
-- Belmont Abbey 'A'		DNF	2	
1) Bolden, Zachary	2) Jensen, Kenneth			
3) Coleman, Garison	4) Kohlhagen, Ryan			
-- Lees-McRae 'A'		DNF	2	

Conference Carolinas Championships - 4/29/2023

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Results

....Men 4x100 Meter Relay

- | | |
|--------------------------|-----------------|
| 1) Bargaineer, Christian | 2) Eatmon, Cori |
| 3) Green, Jayden | 4) Kirby, Aaron |

Men 4x400 Meter Relay

Meet: \$ 3:10.41 2018 , Limestone
Allen, Stalling, Fareed, Morrison

Stadium: @ 3:07.44
Conference: # 3:08.24
Provo: * 3:14.07

School	Finals	H#	Points
1 Unc Pembroke 'A'	3:17.36	2	10
1) Lewis, Kendrick	2) Stephens, Jamal		
3) Harvey, DaMarr	4) Mabe, Walker		
1:39.064 (1:39.064)	2:29.052 (49.988)	3:17.357 (48.305)	
2 Mount Olive 'A'	3:17.43	2	8
1) Walker, Jontavus	2) Nixon, Andrew		
3) Morell, Joshua	4) Hart, Jason		
1:39.511 (1:39.511)	2:28.533 (49.022)	3:17.425 (48.892)	
3 North Greenville 'A'	3:17.81	2	6
1) Lawton, Antavious	2) Webb, Terrique		
3) Tipton, Eli	4) Sims, Jacobie		
1:39.318 (1:39.318)	2:28.687 (49.369)	3:17.803 (49.116)	
4 Belmont Abbey 'A'	3:21.10	2	5
1) Coleman, Garison	2) Jensen, Kenneth		
3) Murphy-Redd, Logan	4) Thierfelder, Thomas		
1:40.804 (1:40.804)	2:30.696 (49.892)	3:21.094 (50.398)	
5 Southern Wesleyan 'A'	3:23.58	1	4
1) Warner, Jaden	2) Meadows, Noah		
3) Marchman, Ethan	4) Clark, Grady		
1:41.724 (1:41.724)	2:32.097 (50.373)	3:23.571 (51.474)	
6 Lees-McRae 'A'	3:24.24	1	3
1) Bargaineer, Christian	2) Eatmon, Cori		
3) Gillis, Josh	4) Green, Jayden		
1:44.135 (1:44.135)	2:35.405 (51.270)	3:24.231 (48.826)	
7 King 'A'	3:36.51	2	2
1) Gilliam, Bryson	2) Henfield, Matthew		
3) Keith, Jordan	4) Henfield, Clathton		
1:51.478 (1:51.478)	2:43.739 (52.261)	3:36.501 (52.762)	
8 Barton 'A'	3:39.00	1	1
1) Eaton, Tucker	2) Corey, Jalen		
3) Copper, Justin	4) Owens, Deshawn		
1:47.721 (1:47.721)	2:42.948 (55.227)	3:39.000 (56.052)	

Men High Jump

Meet: \$ 2.07m 2017 Russell, Barton

Stadium: @ 2.28m
Conference: # 2.11m
Provo: * 2.04m

Name	Year	School	Finals	Points
------	------	--------	--------	--------

Conference Carolinas Championships - 4/29/2023

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Results

....Men High Jump

1	Lavender, Demonte	Mount Olive	1.95m	10
	1.72 1.77 1.82 1.87 1.92 1.95 2.00 2.04			
	PPP PPP O O O O XXP X			
2	Burke, Jason	Emmanuel (Ga.)	1.92m	8
	1.72 1.77 1.82 1.87 1.92 1.95			
	PPP XO O XO O XXX			
3	Thorson, Rexton	Belmont Abbey	J1.92m	6
	1.72 1.77 1.82 1.87 1.92 1.95			
	PPP PPP O O XO XXX			
4	Whittle, Chandler	Southern Wesleyan	J1.92m	5
	1.72 1.77 1.82 1.87 1.92 1.95			
	PPP PPP PPP XO XO XXX			
5	Forrest, Orian	Emmanuel (Ga.)	J1.92m	4
	1.72 1.77 1.82 1.87 1.92 1.95			
	PPP O O O XXO XXX			
6	Green, Jayden	Lees-McRae	1.87m	3
	1.72 1.77 1.82 1.87 1.92			
	PPP PPP PPP XO XXX			
7	Koelling, Kaleb	Belmont Abbey	1.82m	2
	1.72 1.77 1.82 1.87			
	PPP XO O XXX			
8	Manning, Josh	Mount Olive	J1.82m	0.50
	1.72 1.77 1.82 1.87			
	PPP O XO XXX			
8	Hawkins, Matthew	Erskine	J1.82m	0.50
	1.72 1.77 1.82 1.87			
	PPP O XO XXX			
10	Gulapa, Joshua	Belmont Abbey	1.77m	
	1.72 1.77 1.82 1.87			
	O XXO PPP XXX			
10	Gunter, Jeffrey	Unc Pembroke	1.77m	
	1.72 1.77 1.82 1.87 1.92			
	PPP XXO XXP PPP XXX			
--	Fontaine, Braxton	Barton	NH	
	1.72			
	XXX			
--	Roberts, Trey	Unc Pembroke	NH	
	1.72			
	XXX			
--	Bailey, Ddallen	King	JNH	
	1.72			
	XXX			
--	Henfield, Matthew	King	NH	
	1.72 1.77			
	PPP XXX			
--	Hutchins, Kris	Emmanuel (Ga.)	JNH	
	1.72			
	XXX			

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Results

Men Pole Vault

Meet: \$ 4.96m
 Stadium: @ 5.15m
 Conference: # 5.05m
 Provo: * 4.82m

Name	Year	School	Finals	Points
1 Hamby, Bryce		North Greenville	4.21m	10
			3.61 3.76 3.91 4.06 4.21 4.47	
			PPP PPP XO XO XO XXX	
2 Worley, Damon		North Greenville	4.06m	7
			3.61 3.76 3.91 4.06 4.21	
			O XO O O XXX	
2 Downey, Quante		Barton	4.06m	7
			3.61 3.76 3.91 4.06 4.21	
			PPP O XO O XXX	
4 Hay, Kelly		Belmont Abbey	J4.06m	5
			3.61 3.76 3.91 4.06 4.21	
			PPP PPP O XO XXX	
5 Duarte, Christopher		Belmont Abbey	J4.06m	4
			3.61 3.76 3.91 4.06 4.21	
			XO O XO XXO XXX	
-- Motes, Evan		Southern Wesleyan	NH	
			3.61 3.76 3.91 4.06 4.21	
			PPP PPP PPP PPP XXX	

Men Long Jump 2

Meet: \$ 7.56m 2017
 Stadium: @ 7.67m
 Conference: # 7.72m
 Provo: * 7.27m

Name	Year	School	Finals	Wind	H#	Points
1 Webb, Terrique		North Greenville	7.36m*	1.9	1	10
			FOUL(1.5) 5.87m(1.5) 7.36m(1.9) FOUL(3.1) FOUL(2.7) FOUL(2.0)			
2 Lewis, Kendrick		Unc Pembroke	6.90m	2.4	2	8
			6.42m(1.1) 6.37m(0.5) 6.66m(3.1) 6.62m(3.0) 6.90m(2.4) 6.72m(1.8)			
3 Gamble, Kaden		Converse	6.87m	3.2	2	6
			6.63m(1.3) 6.87m(3.2) 6.52m(1.0) 6.54m(1.8) 6.70m(1.9) 6.69m(0.1)			
4 Fontaine, Braxton		Barton	6.79m	1.5	1	5
			6.75m(1.4) 6.79m(1.5) 6.75m(3.9) FOUL(2.0) FOUL(2.0) FOUL(0.9)			
5 Bunker, David		Unc Pembroke	6.76m	2.5	1	4
			6.64m(2.4) 6.58m(4.0) FOUL(1.8) FOUL(3.3) 6.76m(2.5) 6.65m(2.8)			
6 Hamlett, Jaleal		Mount Olive	6.70m	1.5	2	3
			6.52m(1.2) FOUL(1.0) 6.70m(1.5) FOUL(1.4) 6.63m(1.0) 6.64m(2.8)			
7 Jones, Kaleb		Emmanuel (Ga.)	6.69m	1.5	1	2
			6.57m(2.5) 6.50m(0.8) 6.33m(2.7) 6.66m(3.7) 6.57m(1.4) 6.69m(1.5)			
8 Jackson, Elijah		Belmont Abbey	6.68m	2.1	1	1
			FOUL(3.4) FOUL(1.5) 6.63m(2.4) FOUL(2.2) FOUL(2.6) 6.68m(2.1)			
9 Manning, Josh		Mount Olive	6.65m	1.8	2	
			6.61m(1.6) 6.65m(1.8) 6.28m(1.5) 6.48m(1.8) 6.63m(0.7) 6.53m(2.2)			
10 Lavender, Demonte		Mount Olive	6.50m	2.7	2	
			6.40m(3.6) 5.90m(1.3) 6.50m(2.7)			
11 Lipscomb, Myke		Unc Pembroke	6.41m	1.9	1	
			6.21m(0.1) 6.11m(1.4) 6.41m(1.9)			

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Results

...Men Long Jump 2

12	Woods, Sam	Southern Wesleyan	6.34m	3.9	2
	6.19m(1.4) 6.34m(3.9) 6.11m(2.3)				
13	Kimbrough, Jeremiah	Mount Olive	6.32m	1.9	2
	6.32m(1.9) 6.23m(1.6) 6.09m(4.9)				
14	Burke, Jason	Emmanuel (Ga.)	6.20m	1.6	1
	6.17m(0.5) 6.20m(1.6) 6.13m(2.2)				
15	Foster, Royal	North Greenville	6.02m	2.5	2
	6.02m(2.5) 5.95m(0.6) PASS				
16	Hall, Elijah	Converse	5.86m	1.1	2
	FOUL(1.2) FOUL(0.6) 5.86m(1.1)				
17	Hutchins, Kris	Emmanuel (Ga.)	5.63m	0.7	1
	5.63m(0.7) 5.53m(+0.0) 5.60m(1.9)				
18	Stroin, Zach	King	5.49m	2.6	1
	5.30m(+0.0) 5.47m(2.9) 5.49m(2.6)				
19	Bailey, Ddallen	King	5.35m	1.6	1
	5.35m(1.6) 3.75m(1.9) 5.24m(1.4)				

Men Triple Jump 2

=====
 Meet: \$ 15.10m 2017 Okot, King
 Stadium: @ 15.79m
 Conference: # 15.49m
 Provo: * 14.69m

Name	Year	School	Finals	Wind	Points
1 Hamlett, Jaleal		Mount Olive	14.49m	1.7	10
	FOUL	14.10m(1.7) 14.34m(1.0) 14.07m(1.7)	14.49m(1.7)	FOUL	
2 Lavender, Demonte		Mount Olive	14.35m	+0.0	8
	14.35m(+0.0) 13.77m(2.0) 14.14m(1.8)	FOUL	FOUL	14.03m(2.2)	
3 Lewis, Kendrick		Unc Pembroke	13.89m	1.5	6
	13.20m(1.7) 13.89m(1.5) 13.37m(1.5)	FOUL	FOUL	13.71m(2.2)	
4 Dotson, Darius		Erskine	13.74m	2.0	5
	12.85m(0.9) FOUL	13.12m(1.4) 13.17m(0.8)	13.74m(2.0)	13.65m(3.0)	
5 Whitaker, Andrew		Unc Pembroke	J13.74m	0.2	4
	13.58m(+0.0) 13.54m(2.3) FOUL	FOUL	FOUL	13.74m(0.2)	
6 Manning, Josh		Mount Olive	13.69m	0.2	3
	13.58m(0.8) FOUL	13.44m(1.2) 13.66m(1.9)	FOUL	13.69m(0.2)	
7 Foster, Royal		North Greenville	13.02m	2.4	2
	12.53m(1.3) 12.28m(1.9) 13.02m(2.4)	12.65m(1.4)	12.41m(0.4)	11.38m(2.6)	
8 Harris, Alijah		Southern Wesleyan	12.71m	0.9	1
	12.21m(1.5) 12.71m(0.9) 12.63m(1.7)	12.57m(1.2)	11.22m(1.5)	FOUL	
9 Wilson, Miguel		Unc Pembroke	12.51m	5.0	
	12.51m(5.0) 12.51m(1.4) 12.07m(1.9)	12.48m(2.0)	FOUL	FOUL	
10 Hall, Elijah		Converse	12.38m	1.9	
	12.38m(1.9) 12.20m(1.8)	FOUL			
11 Bargaineer, Christian		Lees-McRae	11.84m	1.8	
	11.84m(1.8) FOUL	PASS			
12 Hay, Kelly		Belmont Abbey	11.56m	1.1	
	FOUL	FOUL	11.56m(1.1)		
-- Walker, Valante		Southern Wesleyan	FOUL		
	FOUL	FOUL			

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Results

Men Shot Put 2

Meet: \$ 15.95m 2018 Smallwood, Belmont Abbey
 Stadium: @ 19.32m
 Conference: # 16.88m
 Provo: * 16.57m

Name	Year	School	Finals	H#	Points
1 Faison, Josh		Mount Olive	15.93m	2	10
	15.69m	15.69m	15.93m	FOUL	FOUL
2 Cloud, Nic		Mount Olive	15.90m	2	8
	15.10m	15.90m	FOUL	15.05m	15.85m
3 Douglas, Cedric		Unc Pembroke	15.22m	2	6
	15.02m	14.42m	14.95m	14.96m	15.22m
4 Gaddis, Mason		Emmanuel (Ga.)	14.53m	2	5
	14.06m	14.08m	14.53m	14.47m	FOUL
5 Ehersman, Joshua		Lees-McRae	13.60m	2	4
	FOUL	13.60m	FOUL	FOUL	13.15m
6 Tolbert, Dorian		Mount Olive	13.26m	2	3
	11.99m	13.26m	13.26m	12.99m	13.07m
7 Thompson, Manny		Belmont Abbey	12.92m	1	2
	12.87m	12.53m	12.92m	FOUL	12.17m
8 Miller, Kolin		King	12.85m	2	1
	12.79m	12.78m	FOUL	FOUL	12.85m
9 Lankau, Andrew		Belmont Abbey	12.82m	1	
	11.59m	12.82m	12.75m	12.69m	12.24m
10 Schuster, James		Belmont Abbey	12.78m	1	
	12.34m	12.23m	12.78m		
11 Cline, Khan		Lees-McRae	12.58m	1	
	12.58m	12.50m	12.42m		
12 Keen, Michael		Lees-McRae	12.26m	1	
	12.20m	12.26m	FOUL		
13 Smith-Forte, Alex		Mount Olive	12.11m	1	
	11.30m	12.11m	11.96m		
14 Gordy, Luke		Southern Wesleyan	11.46m	1	
	11.46m	11.44m	FOUL		
15 Pendergrass, Jonah		North Greenville	10.43m	1	
	FOUL	10.19m	10.43m		
-- Walker, Justin		Unc Pembroke	FOUL	2	
	FOUL	FOUL	FOUL		
-- Oxendine, Bennie		Unc Pembroke	FOUL	2	
	FOUL	FOUL	FOUL		

Men Discus Throw 2

Meet: \$ 51.72m
 Stadium: @ 58.38m
 Conference: # 56.05m
 Provo: * 50.41m

Name	Year	School	Finals	H#	Points
1 Faison, Josh		Mount Olive	49.82m	2	10
	47.54m	46.64m	49.82m	49.62m	49.50m
2 Walker, Justin		Unc Pembroke	44.97m	2	8
	41.67m	41.28m	FOUL	43.30m	40.05m
3 Smith-Forte, Alex		Mount Olive	44.67m	2	6
	42.99m	44.67m	FOUL	43.70m	44.18m

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Results

...Men Discus Throw 2

4	Tolbert, Dorian	Mount Olive	44.45m	2	5
	40.78m 42.75m 42.73m FOUL 44.45m FOUL				
5	Miller, Kolin	King	42.39m	2	4
	39.62m FOUL 41.51m 42.39m FOUL 39.68m				
6	Thompson, Manny	Belmont Abbey	41.31m	2	3
	39.57m 40.60m FOUL 39.84m 41.31m FOUL				
7	Long, Israel	Mount Olive	40.44m	1	2
	35.55m FOUL 40.44m 38.27m FOUL FOUL				
8	Crawford, Billy	Mount Olive	39.31m	2	1
	39.31m FOUL 38.48m 37.14m FOUL 38.14m				
9	Marlowe, Greyson	Erskine	38.85m	1	
	36.23m 36.86m 38.85m 38.42m 38.45m FOUL				
10	Gordy, Luke	Southern Wesleyan	38.57m	2	
	FOUL FOUL 38.57m				
11	Oxendine, Bennie	Unc Pembroke	37.15m	1	
	37.15m 35.70m 36.56m				
12	Pendergrass, Jonah	North Greenville	36.82m	1	
	FOUL 33.78m 36.82m				
13	Ehersman, Joshua	Lees-McRae	36.71m	1	
	35.74m 36.71m FOUL				
14	Keen, Michael	Lees-McRae	34.47m	1	
	FOUL 34.47m FOUL				
15	Cline, Khan	Lees-McRae	32.91m	1	
	32.54m FOUL 32.91m				
16	Gaddis, Mason	Emmanuel (Ga.)	32.13m	1	
	30.03m 31.48m 32.13m				
17	Crowe, Bailey	North Greenville	30.50m	1	
	FOUL 30.38m 30.50m				
--	Cloud, Nic	Mount Olive	FOUL	2	
	FOUL FOUL FOUL				
--	Douglas, Cedric	Unc Pembroke	FOUL	2	
	FOUL FOUL FOUL				

Men Hammer Throw

Meet: \$ 60.82m , Barton
 Stadium: @ 72.00m
 Conference: # 63.37m
 Provo: * 56.77m

Name	Year	School	Finals	H#	Points
1 Tolbert, Dorian		Mount Olive	54.24m	2	10
		52.61m 54.24m 53.73m FOUL FOUL 52.69m			
2 Smith-Forte, Alex		Mount Olive	53.04m	2	8
		53.04m 48.28m FOUL FOUL FOUL 49.32m			
3 Long, Israel		Mount Olive	52.33m	2	6
		52.33m FOUL FOUL FOUL FOUL 49.99m			
4 Miller, Kolin		King	52.07m	2	5
		FOUL 43.40m FOUL 49.93m 49.16m 52.07m			
5 Walker, Gabriel		Erskine	48.67m	1	4
		42.40m 44.46m 48.67m 45.24m 44.92m 44.97m			
6 Campbell, Aidan		Southern Wesleyan	47.06m	2	3
		46.37m FOUL 46.44m 47.06m FOUL FOUL			
7 Walker, Justin		Unc Pembroke	46.96m	2	2
		43.58m 42.07m 46.96m FOUL 46.37m 46.82m			

Conference Carolinas Championships - 4/29/2023**Doug Shaw Memorial Stadium****Results****...Men Hammer Throw**

8	Faison, Josh	Mount Olive	44.83m	2	1
	44.83m 43.47m FOUL FOUL FOUL FOUL				
9	Marlowe, Greyson	Erskine	42.98m	2	
	42.98m FOUL FOUL 40.91m FOUL FOUL				
10	Oxendine, Bennie	Unc Pembroke	42.84m	2	
	42.84m 41.02m FOUL				
11	Cloud, Nic	Mount Olive	41.12m	1	
	FOUL 41.12m 40.39m				
12	Crawford, Billy	Mount Olive	40.99m	1	
	40.99m FOUL 39.51m				
13	Bradley, Sabastian	Unc Pembroke	40.20m	1	
	FOUL 40.13m 40.20m				
14	Douglas, Cedric	Unc Pembroke	39.67m	1	
	FOUL 39.67m FOUL				
15	Lopez, Cristobal	Converse	38.90m	1	
	38.90m 37.72m FOUL				
16	Fortner, Dylan	North Greenville	38.77m	1	
	FOUL 38.77m FOUL				
17	Crowe, Bailey	North Greenville	33.22m	1	
	33.22m FOUL FOUL				

Men Javelin Throw

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Meet: \$ 66.29m 2019 Teeple, Mount Olive
 Stadium: @ 74.83m
 Conference: # 66.29m
 Provo: * 58.46m

Name	Year	School	Finals	H#	Points
1 Thierfelder, Luke		Belmont Abbey	61.11m*	2	10
	52.35m 58.24m 54.38m 61.11m 55.53m 59.62m				
2 Fernandez, Calvin		Southern Wesleyan	59.73m*	2	8
	53.44m FOUL 52.31m 53.84m FOUL 59.73m				
3 Gordy, Luke		Southern Wesleyan	52.27m	2	6
	52.27m 48.67m 50.32m 50.68m 49.64m 50.22m				
4 Oxendine, Benjamin		Unc Pembroke	51.82m	2	5
	50.21m 49.69m 48.55m 51.82m 50.16m 50.99m				
5 Worley, Damon		North Greenville	50.14m	2	4
	40.70m 47.52m 50.14m 46.42m 41.82m 46.87m				
6 Fortner, Dylan		North Greenville	46.27m	2	3
	46.27m 45.91m FOUL 44.29m FOUL 44.99m				
7 Carruth, Dawson		Erskine	45.50m	2	2
	45.50m 44.06m 42.49m 42.81m 44.98m 44.32m				
8 Stroin, Zach		King	45.02m	2	1
	45.02m 42.53m 43.93m 42.65m 41.81m 41.26m				
9 Thompson, Manny		Belmont Abbey	44.37m	1	
	40.23m FOUL 44.37m 39.89m 41.17m 39.95m				
10 Hutchins, Kris		Emmanuel (Ga.)	42.13m	1	
	35.36m 38.17m 42.13m				
11 Douglas, Cedric		Unc Pembroke	38.78m	1	
	FOUL 36.40m 38.78m				
12 Pinder, Matthew		Belmont Abbey	37.91m	1	
	37.90m 36.91m 37.91m				
13 White, Joshua		North Greenville	37.72m	1	
	36.22m 37.72m 34.34m				

Conference Carolinas Championships - 4/29/2023
Doug Shaw Memorial Stadium
Results

....Men Javelin Throw

14 Lance, Andrew	Francis Marion	36.86m	1
36.86m 36.83m 29.62m			
15 White, Zyshone	Mount Olive	36.75m	1
34.09m 36.75m 35.29m			
16 Long, Israel	Mount Olive	35.36m	2
35.36m FOUL PASS			
17 Oxendine, Bennie	Unc Pembroke	32.86m	1
29.45m 32.86m 32.29m			
18 Lopez, Cristobal	Converse	32.25m	1
31.75m 32.25m 31.70m			

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Women - Team Rankings - 20 Events Scored

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1) Mount Olive	206	2) Converse	127
3) Southern Wesleyan	89	4) North Greenville	86
5) UNC Pembroke	77.50	6) Belmont Abbey	67
7) Lees-McRae	31	7) King	31
9) Erskine	26	10) Emmanuel (Ga.)	21.50
11) Barton	17		

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Men - Team Rankings - 20 Events Scored

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1) Mount Olive	171.50	2) UNC Pembroke	165
3) North Greenville	95	4) Belmont Abbey	89
5) Southern Wesleyan	55	6) Barton	48
7) Erskine	38.50	8) Lees-McRae	32
9) Emmanuel (Ga.)	29	10) Converse	26
11) King	20		