

Conference Carolinas Championships - 4/28/2023 to 4/29/2023

Doug Shaw Memorial Stadium

Results - Friday Events

Women 100 Meter Dash

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

| Name | School | Prelims |
|----------------------|-------------------------|-------------------------|
| Preliminaries | | |
| 1 | Reeves, Jaylin | Mount Olive 11.84Q3.1 |
| 2 | Onwuzuruike, Mycherie | Southern Wes 11.89Q1.7 |
| 3 | Okoduwa, Eseose | Converse 11.90Q1.9 |
| 4 | Cox, Tiara | North Greenv 11.94q 1.7 |
| 5 | Evans, Mahala | Unc Pembroke 11.97q 1.9 |
| 6 | Howell, Jamesha | Mount Olive 12.03q 3.1 |
| 7 | Wilson, Makayla | Southern Wes 12.18q 1.7 |
| 8 | Boyd, Krishayla | Converse 12.19q 3.1 |
| 9 | Pittman, Jada | Southern Wes 12.21 3.1 |
| 10 | Asoburuenwu, Chianel | Mount Olive 12.25 1.9 |
| 11 | Smiling, JoAnn | North Greenv 12.26 1.9 |
| 12 | Thomas, Jaela | Unc Pembroke 12.28 1.7 |
| 13 | Heckstall, Aniya | Barton 12.49 3.1 |
| 14 | Rauf, Indira | Barton 12.53 1.9 |
| 15 | Griffin, Madison | Converse 12.57 1.7 |
| 16 | Taylor, Symone | Lees-McRae 12.88 1.9 |
| 17 | Blackwell, Bethany | Barton 12.97 1.7 |
| 18 | Cofield-Jackson, Eshone | Lees-McRae 13.03 3.1 |
| 19 | Wilson, Jada | North Greenv 13.36 3.1 |
| 20 | Faulk, Shanekera | Belmont Abbe 13.66 1.7 |
| 21 | Fallon, Mary | Belmont Abbe 13.80 1.9 |

Women 200 Meter Dash

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

| Name | School | Prelims |
|----------------------|-------------------------|-------------------------|
| Preliminaries | | |
| 1 | Okoduwa, Eseose | Converse 24.63Q2.9 |
| 2 | Reeves, Jaylin | Mount Olive 24.66Q0.5 |
| 3 | Thomas, Jaela | Unc Pembroke 25.13Q1.3 |
| 4 | Boyd, Krishayla | Converse 25.35Q1.9 |
| 5 | Moody, Jaiden | Mount Olive 24.72q 0.5 |
| 6 | Hill, Hannah | North Greenv 25.13q 0.5 |
| 7 | Cox, Tiara | North Greenv 25.13q 1.3 |
| 8 | Briggs, Vinesha | Mount Olive 25.33q 2.9 |
| 9 | Marlow, Deborah | Southern Wes 25.34 1.3 |
| 10 | Heckstall, Aniya | Barton 25.58 1.9 |
| 11 | Evans, Mahala | Unc Pembroke 25.69 1.9 |
| 12 | Rauf, Indira | Barton 25.85 2.9 |
| 13 | Bacchus, Nyree | Unc Pembroke 25.94 2.9 |
| 14 | Griffin, Madison | Converse 26.31 0.5 |
| 15 | Tutt, Keiarra | Barton 26.32 0.5 |
| 16 | Chestnut, Sekyah | Belmont Abbe 26.37 1.9 |
| 17 | Murray, Priya | Belmont Abbe 26.87 2.9 |
| 18 | Cofield-Jackson, Eshone | Lees-McRae 26.96 1.3 |
| 19 | Askins, Vasey | Emmanuel (Ga) 27.58 2.9 |

| | | |
|----|-------------------|-------------------------|
| 20 | Christian, Emily | King 27.77 1.3 |
| 21 | Wilson, Jada | North Greenv 28.03 0.5 |
| 22 | Taylor, Symone | Lees-McRae 28.05 1.9 |
| 23 | Brannon, Makennzi | Belmont Abbe 28.31 0.5 |
| 24 | Teske, Elesya | Emmanuel (Ga) 29.64 1.9 |

Women 400 Meter Dash

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

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

Women 800 Meter Run

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

| Name | School | Prelims |
|----------------------|-------------------|-----------------------|
| Preliminaries | | |
| 1 | Spijker, Ruth | Converse 2:20.08Q |
| 2 | Neubert, Katy | King 2:23.09Q |
| 3 | Robinson, Bayley | Converse 2:25.31Q |
| 4 | Fleurilus, Celine | Mount Olive 2:21.95q |
| 5 | Dille, Campbell | Lees-McRae 2:25.20q |
| 6 | Zavala, Lycia | Southern Wes 2:25.54q |
| 7 | Van Dine, Julia | Unc Pembroke 2:25.62q |
| 8 | Quinn, Maddie | Lees-McRae 2:29.43q |
| 9 | Russell, Hailey | Barton 2:32.26 |
| 10 | Moise, Jaqueeta | Unc Pembroke 2:32.35 |
| 11 | Labrant, Ava | Southern Wes 2:36.94 |
| 12 | King, Kayla | Barton 2:37.76 |
| 13 | Gonzalez, Juliana | North Greenv 2:38.59 |
| 14 | Farmer, Taylor | Emmanuel (Ga) 2:38.94 |
| 15 | Baird, Maura | Belmont Abbe 2:39.91 |
| 16 | Kimaiyo, Damaris | Emmanuel (Ga) 2:40.95 |

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Preliminaries ... (Women 800 Meter Run)

| Name | School | Prelims |
|-------------------------|--------------|---------|
| 17 James-Creech, Angela | Barton | 2:41.06 |
| 18 Gidney, Christiana | North Greenv | 2:41.64 |
| 19 Zuniga, Mia | Belmont Abbe | 2:46.14 |
| 20 Trent, Paige | North Greenv | 3:01.69 |

Women 1500 Meter Run

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

| Name | School | Prelims |
|------------------------|---------------|----------|
| Preliminaries | | |
| 1 Shope, Avery | North Greenv | 4:57.26Q |
| 2 Nicholson, Riley | North Greenv | 4:58.39Q |
| 3 Spijker, Ruth | Converse | 4:59.29Q |
| 4 Kosgei, Jackline | Unc Pembroke | 4:59.98Q |
| 5 Weider, Olivia | Emmanuel (Ga) | 5:00.52Q |
| 6 Dixon, Kamille | Converse | 5:00.53Q |
| 7 Morgan, Macey | Southern Wes | 5:00.80Q |
| 8 Zuniga, Mia | Belmont Abbe | 5:03.40Q |
| 9 Van Dine, Julia | Unc Pembroke | 5:01.55q |
| 10 Schrubb, Cassandra | Barton | 5:06.38q |
| 11 Sulton, Ciara | Mount Olive | 5:07.08q |
| 12 Thompson, Katherine | Erskine | 5:09.28q |
| 13 Lowery, Amanda | King | 5:11.31 |
| 14 Futrell, Kylie | North Greenv | 5:11.40 |
| 15 Smith, Merritt | Southern Wes | 5:16.91 |
| 16 Beatty, Lauren | Converse | 5:17.08 |
| 17 Russell, Hailey | Barton | 5:19.27 |
| 18 Faulkner, Raleigh | Erskine | 5:22.59 |
| 19 Perez, Betsy | Emmanuel (Ga) | 5:35.49 |
| 20 Justice, Zoie | North Greenv | 5:35.82 |
| 21 Hansen, Katie | Barton | 5:40.63 |
| 22 Bowers, Becca | Erskine | 5:48.58 |
| 23 Deveau, Annika | Belmont Abbe | 6:06.17 |

Women 10000 Meter Run

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

| Name | School | Finals |
|------------------------|--------------|----------|
| Finals | | |
| 1 Betzer, Deanna | Lees-McRae | 39:36.57 |
| 2 Rusing, Anna-Fidelia | Converse | 41:26.98 |
| 3 Sosa, Ashley | Converse | 41:49.74 |
| 4 Little, Meghan | Belmont Abbe | 42:21.29 |
| 5 Grant, Piper | Converse | 42:30.56 |
| 6 Willis, Savannah | Belmont Abbe | 42:41.12 |
| 7 Ward, Emily | King | 42:54.52 |
| 8 Alsup, Paris | North Greenv | 43:04.65 |
| 9 Fretwell, Anna | Barton | 43:39.31 |
| 10 Haddad, Rebekah | North Greenv | 44:54.53 |

Women 100 Meter Hurdles

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

| Name | School | Prelims |
|----------------------|---------------|------------|
| Preliminaries | | |
| 1 Myers, Phoebe | Converse | 14.28Q1.1 |
| 2 Flores, Isabelle | Belmont Abbe | 14.51Q3.1 |
| 3 Jefferson, Channie | Mount Olive | 14.87q 3.1 |
| 4 Lay, TraVon | Southern Wes | 15.13q 3.1 |
| 5 Triggs, Tylyia | Mount Olive | 15.36q 3.1 |
| 6 Thomas, D'Asia | Converse | 15.41q 1.1 |
| 7 Colon, Karolina | Belmont Abbe | 15.63q 1.1 |
| 8 Logue, Zoe | Emmanuel (Ga) | 15.73q 1.1 |
| 9 Rose, Katlyn | North Greenv | 16.99 3.1 |
| 10 Thierfelder, Ann | Belmont Abbe | 17.03 1.1 |
| 11 Christian, Emily | King | 17.31 3.1 |
| 12 Bright, Madelyn | Emmanuel (Ga) | 17.42 1.1 |
| --- Kells, Haley | Belmont Abbe | DNF 3.1 |

Women 400 Meter Hurdles

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

| Name | School | Prelims |
|----------------------|---------------|----------|
| Preliminaries | | |
| 1 Jefferson, Channie | Mount Olive | 1:03.98Q |
| 2 Flores, Isabelle | Belmont Abbe | 1:04.08Q |
| 3 Lema, Kayla | Southern Wes | 1:05.58q |
| 4 White, Olivia | Belmont Abbe | 1:06.48q |
| 5 Castillo, Isabela | Southern Wes | 1:07.33q |
| 6 Pemberton, Kiwanna | Mount Olive | 1:07.43q |
| 7 Vaughn, Carleigh | North Greenv | 1:07.45q |
| 8 Bunch, Telina | Barton | 1:07.63q |
| 9 Hamrick, Samantha | Mount Olive | 1:08.12 |
| 10 bracey, Latavia | Converse | 1:08.40 |
| 11 Whitehead, Antaja | Erskine | 1:09.76 |
| 12 Colon, Karolina | Belmont Abbe | 1:10.42 |
| 13 Turner, Paige | Emmanuel (Ga) | 1:11.77 |
| 14 Tate, Lauryn | Southern Wes | 1:11.79 |
| 15 Rose, Katlyn | North Greenv | 1:12.66 |

Women 3000 Meter Steeplechase

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

| Name | School | Finals |
|-------------------|---------------|----------|
| Finals | | |
| 1 Dixon, Kamille | Converse | 11:41.16 |
| 2 Whitley, Morgan | King | 11:58.99 |
| 3 Weider, Olivia | Emmanuel (Ga) | 12:04.73 |
| 4 Frock, Abbey | Southern Wes | 12:19.40 |

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Finals ... (Women 3000 Meter Steeplechase)

| Name | School | Finals |
|-----------------------|--------------|----------|
| 5 Thompson, Katherine | Erskine | 12:25.51 |
| 6 Sulton, Ciara | Mount Olive | 12:39.74 |
| 7 Keller, Sydney | Belmont Abbe | 12:39.76 |
| 8 Bright, Emma | North Greenv | 13:07.42 |
| 9 Miller, Kacey | North Greenv | 15:42.78 |

Women Pole Vault

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

| Name | School | Finals |
|--------------------|---------------|--------|
| 1 Paulins, Caitlin | King | 3.24m |
| 2 Frayer, Trinity | Mount Olive | 3.04m |
| 3 Walker, Jocelyn | Lees-McRae | 2.84m |
| 4 Keller, Sydney | Belmont Abbe | 2.59m |
| 5 Reeping, Taylor | Belmont Abbe | 2.44m |
| 6 Ormsby, Sara | Unc Pembroke | J2.44m |
| 7 Mitchell, Tyra | Lees-McRae | 2.29m |
| --- Ellis, Lauren | Emmanuel (Ga) | NH |
| --- Thompson, Tori | Belmont Abbe | NH |

Women Long Jump

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

| Name | School | Finals |
|-------------------------|---------------|-----------|
| 1 Onwuzuruike, Mycherie | Southern Wes | 6.16m 2.6 |
| 2 Smiling, JoAnn | North Greenv | 5.67m 2.5 |
| 3 Villanueva, Cristina | Belmont Abbe | 5.65m 3.5 |
| 4 Smith, Mora | Mount Olive | 5.62m 3.3 |
| 5 Howell, Jamesha | Mount Olive | 5.44m 2.5 |
| 6 Heckstall, Aniya | Barton | 5.38m 2.1 |
| 7 Jefferson, Channie | Mount Olive | 5.37m 2.7 |
| 8 Pittman, Jada | Southern Wes | 5.28m 2.5 |
| 9 Moorer, Tyleah | Erskine | 5.23m 1.3 |
| 10 Dillon, Lora | Lees-McRae | 5.22m 1.8 |
| 11 Darity, Micaiah | Unc Pembroke | 5.06m 2.3 |
| 12 Smith, Alyson | Belmont Abbe | 4.94m 0.1 |
| 13 Teh, Shadaynya | Unc Pembroke | 4.78m 2.0 |
| 14 Bright, Madelyn | Emmanuel (Ga) | 4.74m 1.5 |
| 15 Merritt, Ratavia | Unc Pembroke | 4.63m 3.5 |

Women Hammer Throw

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

| Name | School | Finals |
|---------------------|-------------|---------|
| 1 Keck, Mary Brigid | Mount Olive | 54.45m* |

| | | |
|---------------------------|--------------|--------|
| 2 Boyd, Madison | Southern Wes | 51.17m |
| 3 Evans, Raigan | Unc Pembroke | 49.79m |
| 4 Marino, Lillian | Unc Pembroke | 49.40m |
| 5 Crawford, Adrienne | Mount Olive | 48.04m |
| 6 Barnes, Kenisha | Mount Olive | 43.28m |
| 7 Holcombe, Selah | Southern Wes | 42.96m |
| 8 Martin, Bella | Converse | 42.68m |
| 9 Parrish, Katlyn | Mount Olive | 42.29m |
| 10 Fripp, Ruthie | King | 41.59m |
| 11 Sutton, Kaliya | Mount Olive | 41.15m |
| 12 Blankenship, Annah | King | 41.14m |
| 13 Artman, Alycia | Unc Pembroke | 38.22m |
| 14 Weatherford, Mackenzie | Converse | 34.72m |
| --- Thomas, Cynthia | Mount Olive | FOUL |

Women Javelin Throw

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

| Name | School | Finals |
|-------------------------|---------------|---------|
| 1 Trimbur, Danielle | Mount Olive | 41.71m |
| 2 Hill, Hannah | North Greenv | 38.09m |
| 3 Evans, Raigan | Unc Pembroke | 38.01m |
| 4 Triggs, Tylyia | Mount Olive | 30.28m |
| 5 Blankenship, Annah | King | 27.82m |
| 6 Dibene, Samantha | Emmanuel (Ga) | 27.09m |
| 7 Long, Lakin | Southern Wes | 26.75m |
| 8 Teh, Shadaynya | Unc Pembroke | 26.65m |
| 9 Thiel, Sophie | Southern Wes | 26.36m |
| 10 Fripp, Ruthie | King | 24.50m |
| 11 Tuttanon, Macie | Belmont Abbe | 23.33m |
| 12 Kells, Haley | Belmont Abbe | 22.60m |
| 13 Keller, Sydney | Belmont Abbe | 22.12m |
| 14 Styrnisdottir, Julia | Emmanuel (Ga) | 21.44m |
| 15 Herndon, Haizley | Francis Mari | J21.44m |
| 16 Bright, Madelyn | Emmanuel (Ga) | 21.11m |
| 17 Holcombe, Selah | Southern Wes | 19.20m |
| 18 Ormsby, Sara | Unc Pembroke | 17.07m |
| 19 LaPrade, Bailey | Lees-McRae | 15.88m |
| 20 Messick, Kaylee | Lees-McRae | 10.69m |
| --- Parrish, Katlyn | Mount Olive | FOUL |

Women - Team Rankings - 6 Events Scored

| | |
|----------------------|----|
| 1) Mount Olive | 54 |
| 2) Converse | 29 |
| 3) Southern Wesleyan | 28 |
| 4) Belmont Abbey | 25 |
| 5) King | 24 |
| 6) UNC Pembroke | 21 |
| 7) Lees-McRae | 18 |
| 7) North Greenville | 18 |
| 9) Emmanuel (Ga.) | 9 |
| 10) Erskine | 4 |
| 11) Barton | 3 |