

## Conference Carolinas Indoor T&amp;F Championships - 2/18/2024 to 2/19/2024

## JDL Fast Track

## Results

## Men 60 M

Facility: 6.61 \$ 2016 R Gittens/S McLean  
Meet: 6.73 % 2017 Marquett Simmons, Jr.

Name	School	Prelims
<b>Preliminaries</b>		
1 Stephens, Miles	N. Greenville	6.83Q
2 Mcfadden, Gavin	Converse	6.87Q
3 Bomar, Dorian	Converse	6.88Q
4 Lee, Jaidan	Barton	6.97Q
5 Brooks, Braylon	Unc Pembroke	6.89q
6 Fair-Steele, Ny'lon	Unc Pembroke	6.95q
7 Morrow, Travon	Unc Pembroke	6.99q
8 Henry, Makhel	Unc Pembroke	6.99q
9 Ellerbe, Joshua	Unc Pembroke	7.01
10 Bobbitt, Jordan	Barton	7.03
11 Durham, Jacques	Barton	7.04
12 Hart, Jason	Mount Olive	7.06
13 Scott, Cameron	Emmanuel (Ga	7.07
14 Hamby, Bryce	N. Greenville	7.07
15 Bolden, Zachary	Belmont Abbe	7.09
16 Ferguson, Cameron	Unc Pembroke	7.12
17 Hines, Jeremiah	Belmont Abbe	7.16
18 White, Joshua	N. Greenville	7.17
19 Deaton, Evan	Emmanuel (Ga	7.18
20 Smith, Chandler	Emmanuel (Ga	7.20
21 Gaskin, Aziah	S. Wesleyan	7.31
22 Kirby, Aaron	Lees-McRae	7.32
23 Potts, Zachery	Lees-McRae	7.36
24 Elmer, Orrin	Lees-McRae	7.38
25 White, Zyshone	Mount Olive	7.38
26 Pitts, Solomon	S. Wesleyan	7.40
27 Stroin, Zach	King	7.41
28 Simone, Colby	King	7.73
29 Henfield, Clathon	King	8.83

## Men 60 M

Facility: 6.61 \$ 2016 R Gittens/S McLean  
Meet: 6.73 % 2017 Marquett Simmons, Jr.

Name	School	Finals
<b>Finals</b>		
1 Brooks, Braylon	Unc Pembroke	6.85 10
2 Stephens, Miles	N. Greenville	6.86 8
3 Fair-Steele, Ny'lon	Unc Pembroke	6.93 6
4 Morrow, Travon	Unc Pembroke	6.94 5
5 Henry, Makhel	Unc Pembroke	6.95 4
6 Mcfadden, Gavin	Converse	6.95 3
7 Bomar, Dorian	Converse	6.96 2
8 Lee, Jaidan	Barton	6.98 1

## Men 200 M

Facility: 21.08 \$ 3/15/2014 Lamar Hargrove  
Meet: 21.65 % 2017 Marquett Simmons, Jr.

Name	School	Prelims
<b>Preliminaries</b>		
1 Stephens, Miles	N. Greenville	22.07q

2 Mcfadden, Gavin	Converse	22.14q
3 Brooks, Braylon	Unc Pembroke	22.45q
4 Lee, Jaidan	Barton	22.46q
5 Hart, Jason	Mount Olive	22.49q
6 Bomar, Dorian	Converse	22.55q
7 Kirksey, Chris	Mount Olive	22.55q
8 Hines, Jeremiah	Belmont Abbe	22.64q
9 Fair-Steele, Ny'lon	Unc Pembroke	22.69
10 Durham, Jacques	Barton	22.71
11 Morrow, Travon	Unc Pembroke	22.72
12 Green, Jayden	Lees-McRae	22.82
13 Simpkins, Austin	N. Greenville	22.85
14 Hicks, Ian	Belmont Abbe	22.90
15 Glenn, Ryan	Converse	22.91
16 Bolden, Zachary	Belmont Abbe	23.00
17 Ellerbe, Joshua	Unc Pembroke	23.09
18 Copper, Justin	Barton	23.09
19 Lawton, Antavious	N. Greenville	23.17
20 Bobbitt, Jordan	Barton	23.21
21 Warner, Jaden	S. Wesleyan	23.46
22 Key, Jaxon	Erskine	23.46
23 Smith, Chandler	Emmanuel (Ga	23.90
24 Henfield, Matthew	King	23.97
25 Gaskin, Aziah	S. Wesleyan	24.00
26 Deaton, Evan	Emmanuel (Ga	24.09
27 Kirby, Aaron	Lees-McRae	24.12
28 Huffstickler, Terry	Erskine	24.54
29 Gonzalez, Dominic	S. Wesleyan	24.65
30 Miller, Skyler	King	24.66
31 Scott, Cameron	Emmanuel (Ga	24.90
32 Henfield, Clathon	King	31.08

## Men 200 M

Facility: 21.08 \$ 3/15/2014 Lamar Hargrove  
Meet: 21.65 % 2017 Marquett Simmons, Jr.

Name	School	Finals
<b>Finals</b>		
1 Stephens, Miles	N. Greenville	21.89 10
2 Hart, Jason	Mount Olive	21.96 8
3 Mcfadden, Gavin	Converse	22.01 6
4 Lee, Jaidan	Barton	22.21 5
5 Brooks, Braylon	Unc Pembroke	22.30 4
6 Kirksey, Chris	Mount Olive	22.60 3
7 Hines, Jeremiah	Belmont Abbe	22.68 2
8 Bomar, Dorian	Converse	22.85 1

## Men 400 M

Facility: 46.81 \$ 2/25/2012 Dane Hyatt  
Meet: 48.40 % 2021 Sulaimane Bangura

Name	School	Prelims
<b>Preliminaries</b>		
1 Gilmore, Isaac	Converse	50.49q
2 Saul, Brian	Mount Olive	50.55q
3 Coleman, Jesse	Belmont Abbe	50.75q
4 Copper, Justin	Barton	50.78q
5 Glenn, Ryan	Converse	50.83q

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## Preliminaries ... (Men 400 M)

Name	School	Prelims
6 Coleman, Garison	Belmont Abbe	50.84q
7 Simon, Tyler	Unc Pembroke	50.92q
8 Kirksey, Chris	Mount Olive	51.16q
9 Simpkins, Austin	N. Greenville	51.22
10 Henfield, Matthew	King	51.67
11 Jensen, Kenneth	Belmont Abbe	51.71
12 Mabe, Walker	Unc Pembroke	51.77
13 Jefferson, Nick	Erskine	51.80
14 Townes, Sean	Unc Pembroke	51.84
15 Watson, Mason	Converse	51.92
16 White, Denard	Converse	52.20
17 James, Jadan	Erskine	52.47
18 Lawton, Antavious	N. Greenville	52.70
19 Eaton, Tucker	Barton	53.27
20 Warner, Jaden	S. Wesleyan	53.34
21 Button, Halen	Erskine	54.63
22 Gonzalez, Dominic	S. Wesleyan	55.88
23 Byrd, Ian	Emmanuel (Ga	55.93
24 Woodard, Jamarlin	Barton	56.70
25 Scott, Lodrick	Lees-McRae	56.96
26 Barnett, Chandler	N. Greenville	57.19
27 Williams, Jermaine	Emmanuel (Ga	58.82
--- Walker, Jontavus	Mount Olive	DNF

## Men 400 M

Facility: 46.81 \$ 2/25/2012 Dane Hyatt

Meet: 48.40 % 2021 Sulaimane Bangura

Name	School	Finals
1 Coleman, Jesse	Belmont Abbe	49.88 10
2 Kirksey, Chris	Mount Olive	50.01 8
3 Saul, Brian	Mount Olive	50.07 6
4 Glenn, Ryan	Converse	50.50 5
5 Coleman, Garison	Belmont Abbe	50.53 4
6 Gilmore, Isaac	Converse	50.57 3
7 Copper, Justin	Barton	50.84 2
8 Simon, Tyler	Unc Pembroke	51.69 1

## Men 800 M

Facility: 1:45.92 \$ 2/2/2019 Clayton Murphy

Meet: 1:55.28 % 2/20/2023 Delsin Burkhart

Name	School	Finals
1 Burkhart, Delsin	Unc Pembroke	1:56.38 10
2 Thierfelder, Thomas	Belmont Abbe	1:57.88 8
3 Jaminet, Ben	N. Greenville	1:58.17 6
4 Marchman, Ethan	S. Wesleyan	1:58.38 5
5 Willcox, Riley	Mount Olive	1:58.62 4
6 Hetzel, John	Belmont Abbe	1:58.64 3
7 Clark, Grady	S. Wesleyan	1:59.46 2
8 Jones, Drew	S. Wesleyan	2:00.19 1
9 Willett, Adam	Belmont Abbe	2:00.66
10 Flores, Alain	Converse	2:01.57
11 Gerlach, Jakob	Lees-McRae	2:01.82

12 Todd, Sean	Unc Pembroke	2:01.89
13 Hatcher, Lance	King	2:01.95
14 Bierly, Nathanael	Mount Olive	2:02.43
15 Kowalski, Ryland	N. Greenville	2:02.49
16 Urichko, Ethan	Lees-McRae	2:02.77
17 Blackwelder, Gabriel	Unc Pembroke	2:04.23
18 Gribbins, Ben	Lees-McRae	2:04.71
19 Morrison, Gabrel	Barton	2:05.94
20 Hernandez, Jose	Belmont Abbe	2:06.35
21 Carver, Zackery	Converse	2:09.97
22 Valle, Issac	Barton	2:11.95
23 Antunez, Luis	Barton	2:17.55

## Men 1 Mile Run

Facility: 3:53.85 \$ 2/3/2018 Edward Cheserek

Meet: 4:17.02 % 2016 Jonathan Dahlke

Name	School	Finals
1 Tindale, Joey	Erskine	4:10.77% 10
2 Hernandez, Demarco	Emmanuel (Ga	4:11.91% 8
3 Burkhart, Delsin	Unc Pembroke	4:16.15% 6
4 Willcox, Riley	Mount Olive	4:18.27 5
5 Jones, Drew	S. Wesleyan	4:20.45 4
6 Clark, Grady	S. Wesleyan	4:20.82 3
7 Freeman, Rien	Lees-McRae	4:24.13 2
8 Flores, Alain	Converse	4:24.25 1
9 Pierce, Brennen	Lees-McRae	4:28.93
10 Sause, Brian	Belmont Abbe	4:30.20
11 Schilling, Thomas	N. Greenville	4:33.18
12 Tsegay, Aman	Mount Olive	4:35.13
13 Zuniga, Kolbe	Belmont Abbe	4:35.44
14 Price, LJ	Erskine	4:35.79
15 White, Mason	N. Greenville	4:37.30
16 Hubbard, Clinton	Belmont Abbe	4:39.35
17 Villafranco, Richard	Mount Olive	4:40.87
18 Kilpatrick, Sean	King	4:42.16
19 Lavelle, Nick	N. Greenville	4:46.21
20 Guyton, DreQuan	Converse	4:46.63
21 Thomas, Lee	Barton	4:49.44
22 Kirby, Spenser	Converse	4:52.41
23 Olson, Jackson	Lees-McRae	4:58.12
24 Casey, Adam	Barton	5:01.34
25 Childress, Luke	King	5:44.83

## Men 3000 M

Facility: 7:45.49 \$ 2/4/2017 Paul Chelimo

Meet: 8:33.79 % 2/20/2023 Joshua Chepkisir

Name	School	Finals
1 Hernandez, Demarco	Emmanuel (Ga	8:29.79% 10
2 Tindale, Joey	Erskine	8:34.40 8
3 O'Neill, Ronan	S. Wesleyan	8:35.83 6
4 Junker, Norman	Unc Pembroke	8:39.05 5
5 Phieffer, Jack	Unc Pembroke	8:40.69 4
6 Goode, Hayden	N. Greenville	8:41.19 3
7 Galan, Angel	Erskine	8:42.71 2

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## Finals ... (Men 3000 M)

Name	School	Finals	
8 Knott, Zachary	Belmont Abbe	8:44.75	1
9 Levy, Hunter	Unc Pembroke	8:46.21	
10 Geckler, Max	Lees-McRae	8:46.50	
11 Rios Brena, Luis	Converse	8:50.12	
12 Gallman, Nathan	Belmont Abbe	8:53.16	
13 Sanders, Mason	King	8:58.22	
14 Lewis, Payden	Unc Pembroke	8:59.20	
15 Kigen, Antony	Unc Pembroke	9:00.90	
16 Clancey, Will	Unc Pembroke	9:02.43	
17 Wunder, Elliot	Belmont Abbe	9:05.98	
18 Macagg, Thomas	S. Wesleyan	9:07.45	
19 Herman, Joel	N. Greenville	9:08.40	
20 Booher, Josh	King	9:13.53	
21 Hall, Evan	Mount Olive	9:13.63	
22 Brewer, Chas	N. Greenville	9:13.94	
23 Pierce, Brennen	Lees-McRae	9:18.06	
24 Metcalf, Nathan	Barton	9:38.71	
25 Villafranco, Richard	Mount Olive	9:40.88	
26 Crane, Guy	Barton	9:49.85	
--- Tsegay, Aman	Mount Olive	DNF	
--- Jones, Drew	S. Wesleyan	DNF	

## Men 5000 M

Facility: 13:35.64 \$ 2/24/2022 Athanas Kioko

Meet: 14:17.89 % 2/20/2022 Joshua Chepkosir

Name	School	Finals	
1 O'Neill, Ronan	S. Wesleyan	14:49.30	10
2 Goode, Hayden	N. Greenville	14:56.42	8
3 Phieffer, Jack	Unc Pembroke	14:58.17	6
4 Junker, Norman	Unc Pembroke	14:58.49	5
5 Knott, Zachary	Belmont Abbe	15:08.77	4
6 Galan, Angel	Erskine	15:15.17	3
7 Geckler, Max	Lees-McRae	15:15.79	2
8 Rios Brena, Luis	Converse	15:24.03	1
9 Levy, Hunter	Unc Pembroke	15:25.80	
10 Gallman, Nathan	Belmont Abbe	15:31.98	
11 Kigen, Antony	Unc Pembroke	15:32.50	
12 Wunder, Elliot	Belmont Abbe	15:34.08	
13 Meadows, Joshua	Erskine	15:49.88	
14 Sosa, Alexander	Converse	15:53.74	
15 Macagg, Thomas	S. Wesleyan	15:55.32	
16 Schilling, Thomas	N. Greenville	15:58.84	
17 Hall, Evan	Mount Olive	16:01.80	
18 Booher, Josh	King	16:04.83	
19 MacDonald, Cohen	N. Greenville	16:23.84	
20 Oliver, Jacob	Barton	16:26.71	
21 Kibiwot, Malcolm	S. Wesleyan	16:28.92	
22 Reyna, Isaac	Lees-McRae	16:33.55	
23 Heath, Matthew	N. Greenville	16:42.92	
24 Mayfield, Landon	S. Wesleyan	17:09.47	
25 Thomas, Lee	Barton	17:10.73	
26 Wines, Colby	Erskine	17:16.36	
--- Wright, Zac	Emmanuel (Ga	DNF	

## Men 60 M Hurdles

Facility: 7.55 \$ 1/31/2015 Aleec Harris

Meet: 7.77 % 2017 Marshawn Scott

Name	School	Prelims
<b>Preliminaries</b>		
1 Callahan, Tayvon	Unc Pembroke	8.21Q
2 Richardson, Tim	Mount Olive	8.27Q
3 Steadman, Khairi	Mount Olive	8.40q
4 Bargaineer, Christian	Lees-McRae	8.43q
5 Eaton, Tucker	Barton	8.47q
6 Gulapa, Joshua	Belmont Abbe	8.49q
7 Durham, Jacquez	Barton	8.51q
8 Thompson, Ayden	Belmont Abbe	8.52q
9 Kohlhagen, Ryan	Belmont Abbe	8.59
10 Medley, Donald	Converse	8.70
11 Phelps, Tyshone	N. Greenville	8.82
12 Jones, Shaun	Erskine	8.91
13 Barnett, Chandler	N. Greenville	9.13

## Men 60 M Hurdles

Facility: 7.55 \$ 1/31/2015 Aleec Harris

Meet: 7.77 % 2017 Marshawn Scott

Name	School	Finals
<b>Finals</b>		
1 Callahan, Tayvon	Unc Pembroke	7.99 10
2 Bargaineer, Christian	Lees-McRae	8.23 8
3 Steadman, Khairi	Mount Olive	8.28 6
4 Richardson, Tim	Mount Olive	8.31 5
5 Eaton, Tucker	Barton	8.37 4
6 Thompson, Ayden	Belmont Abbe	8.39 3
7 Gulapa, Joshua	Belmont Abbe	8.51 2
8 Durham, Jacquez	Barton	8.85 1

## Men 4x400 M Relay

Facility: 3:11.12 \$ 1/31/2015

Hyatt, Bingham, Gibson, Jackson

Meet: 3:18.54 % 2018

Carr, Middlebrooks, Fisher, Shannon

Team	Relay	Finals
<b>Finals</b>		
1 Mount Olive	A	3:21.58 10
1) Saul, Brian	2) Hart, Jason	
3) Richardson, Tim	4) Kirksey, Chris	
2 Belmont Abbey	A	3:21.65 8
1) Coleman, Garison	2) Jensen, Kenneth	
3) Hicks, Ian	4) Coleman, Jesse	
3 Converse	A	3:22.89 6
1) Gilmore, Isaac	2) Watson, Mason	
3) White, Denard	4) Glenn, Ryan	
4 Unc Pembroke	A	3:24.65 5
1) Simon, Tyler	2) Burkhart, Delsin	
3) Mabe, Walker	4) Townes, Sean	
5 Erskine	A	3:25.82 4
1) Button, Halen	2) Key, Jaxon	
3) James, Jadan	4) Jefferson, Nick	

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## Results

## Finals ... (Men 4x400 M Relay)

Team	Relay	Finals
6 Southern Wesleyan	A	3:26.81 3
1) Warner, Jaden	2) Jones, Drew	
3) Clark, Grady	4) Marchman, Ethan	
7 Barton	A	3:29.65 2
1) Bobbitt, Jordan	2) Morrison, Gabrel	
3) Eaton, Tucker	4) Copper, Justin	
8 Lees-McRae	A	3:33.33 1
1) Green, Jayden	2) Gribbins, Ben	
3) Elmer, Orrin	4) Gerlach, Jakob	
9 Emmanuel (Ga.)	A	3:38.21
1) Smith, Chandler	2) Burke, Jason	
3) Hernandez, Demarco	4) Byrd, Ian	
10 King	A	3:39.20
1) Miller, Skyler	2) Kilpatrick, Sean	
3) Hatcher, Lance	4) Henfield, Matthew	
11 North Greenville	A	3:44.49
1) Lawton, Antavious	2) Jaminet, Ben	
3) White, Joshua	4) Simpkins, Austin	

## Men Distance Medley

Facility: 9:32.96 \$ 2/18/2022

## Fleming, Sapp, Anthony, Lopez Segura

Meet: 10:26.24 % 2/19/2023 Emmanuel (Ga.)

## D Hernandez, T Buchanan, F Barrios, B Martin

Team	Relay	Finals
1 Southern Wesleyan	A	10:16.13% 10
1) Clark, Grady	2) Warner, Jaden	
3) Marchman, Ethan	4) Jones, Drew	
2 Erskine	A	10:16.38% 8
1) Galan, Angel	2) Button, Halen	
3) Price, LJ	4) Tindale, Joey	
3 Belmont Abbey	A	10:29.16 6
1) Hubbard, Clinton	2) Thierfelder, Thomas	
3) Hernandez, Jose	4) Sause, Brian	
4 Lees-McRae	A	10:31.06 5
1) Pierce, Brennen	2) Gribbins, Ben	
3) Gerlach, Jakob	4) Freeman, Rien	
5 Unc Pembroke	A	10:33.55 4
1) Kigen, Antony	2) Frye, Jack	
3) Burkhart, Delsin	4) Clancey, Will	
6 Converse	A	10:37.31 3
1) Lucy, Nathan	2) Thomas, Demarco	
3) Guyton, DreQuan	4) Flores, Alain	
7 North Greenville	A	10:41.93 2
1) White, Mason	2) Kowalski, Ryland	
3) Jaminet, Ben	4) Herman, Joel	
8 King	A	10:50.02 1
1) Kilpatrick, Sean	2) Miller, Skyler	
3) Hatcher, Lance	4) Sanders, Mason	
9 Mount Olive	A	10:51.87
1) Villafranco, Richard	2) Walker, Jontavus	
3) Bierly, Nathanael	4) Tsegay, Aman	

10 Barton	A	11:03.62
1) Metcalf, Nathan	2) Morrison, Gabrel	
3) Thomas, Lee	4) Oliver, Jacob	
11 Emmanuel (Ga.)	A	11:04.28
1) Wright, Zac	2) Smith, Chandler	
3) Byrd, Ian	4) Hernandez, Demarco	

## Men High Jump

Facility: 2.24m \$ 12/1/2012 Kris Kornegay-Gober

Meet: 2.14m % 2014 Khalil Henry

Name	School	Finals
<b>Finals</b>		
1 Johnson, Kamden	Mount Olive	2.00m 10
2 Bolden Jr., Tyshone	Unc Pembroke	1.97m 8
3 Descartes, Orlando	Belmont Abbe	J1.97m 6
4 Washington, Julius	Unc Pembroke	1.92m 5
5 Poindexter, Kavon	Mount Olive	J1.92m 4
6 Koelling, Kaleb	Belmont Abbe	1.87m 3
7 Scott, Lodrick	Lees-McRae	J1.87m 2
8 Forrest, Orian	Emmanuel (Ga)	J1.87m 1
9 Thorson, Rexton	Belmont Abbe	1.82m
10 Burke, Jason	Emmanuel (Ga)	J1.82m
11 Henfield, Matthew	King	1.77m
11 Fontaine, Braxton	Barton	1.77m
13 Phelps, Tyshone	N. Greenville	1.72m
--- Green, Jayden	Lees-McRae	NH
--- Manning, Josh	Mount Olive	NH

## Men Pole Vault

Facility: 5.51m \$ 2/18/2023 Keon Howe

Meet: 4.70m % 2013 Evan Webb

Name	School	Finals
<b>Finals</b>		
1 Thomas, Cole	Unc Pembroke	4.36m 10
2 Hamby, Bryce	N. Greenville	4.26m 8
3 Hay, Kelly	Belmont Abbe	J4.26m 6
4 Fulmer, Grayson	N. Greenville	4.16m 5
5 Motes, Evan	S. Wesleyan	J4.16m 4
6 Doty, Landen	N. Greenville	3.86m 3
7 Duarte, Christopher	Belmont Abbe	J3.86m 2
8 Byrd, Ian	Emmanuel (Ga)	J3.86m 1
9 Barnette, Elijah	Unc Pembroke	3.71m

## Men Long Jump

Facility: 7.81m \$ 11/16/2013 Mikese Morse

Meet: 7.63m % 2018 Lawrence Russell, Jr.

Name	School	Finals
<b>Finals</b>		
1 Johnson, Kamden	Mount Olive	7.05m 10
2 Ferguson, Cameron	Unc Pembroke	6.97m 8
3 Gooding-Williams, Dayzhaun	Belmont Abbe	6.78m 6
4 Fontaine, Braxton	Barton	6.72m 5
5 Wilson-McCoy, Ryan	Mount Olive	6.70m 4
6 Bunker, David	Unc Pembroke	6.68m 3
7 Jones, Dontae	Emmanuel (Ga)	6.59m 2
8 Descartes, Orlando	Belmont Abbe	6.57m 1

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Finals ... (Men Long Jump)

Name	School	Finals
9 Elmer, Orrin	Lees-McRae	6.52m
10 Kirksey, Chris	Mount Olive	6.51m
11 Mason, Caleb	Unc Pembroke	6.50m
12 Marks, Brendin	Mount Olive	6.49m
13 Woods, Sam	S. Wesleyan	6.31m
14 Manning, Josh	Mount Olive	6.27m
15 Belton, Omarion	Converse	6.25m
16 Jackson, Elijah	Belmont Abbe	6.17m
17 White, Zyshone	Mount Olive	6.00m
18 Hall, Elijah	Converse	5.99m
19 Burke, Jason	Emmanuel (Ga)	5.97m
20 Walker, Valante	S. Wesleyan	5.85m
21 Deaton, Evan	Emmanuel (Ga)	5.36m
--- Foster, Royal	N. Greenville	FOUL

Men Triple Jump

Facility: 15.85m \$ 2/3/2018 Michael Tiller  
 Meet: 15.06m % 2017 Vincent Okot

Name	School	Finals
1 Wilson-McCoy, Ryan	Mount Olive	14.77m 10
2 Marks, Brendin	Mount Olive	14.02m 8
3 Coleman, Sekani	Belmont Abbe	13.93m 6
4 James, Jadan	Erskine	13.84m 5
5 Bargaineer, Christian	Lees-McRae	13.83m 4
6 Loch, Princeton	Mount Olive	13.69m 3
7 Fedelus, Zach	Mount Olive	13.55m 2
8 Gooding-Williams, Dayzhaun	Belmont Abbe	13.47m 1
9 Kirksey, Chris	Mount Olive	13.46m
10 Foster, Royal	N. Greenville	13.28m
11 Belton, Omarion	Converse	13.10m
12 Walker, Valante	S. Wesleyan	12.91m
13 Wilson, Miguel	Unc Pembroke	12.90m
14 Bankole, Tayo	Lees-McRae	12.77m
15 Jones, Dontae	Emmanuel (Ga)	12.25m
16 Bunker, David	Unc Pembroke	12.17m
17 Woods, Sam	S. Wesleyan	11.83m
--- Hall, Elijah	Converse	FOUL

Men Shot Put

Facility: 19.50m \$ 3/15/2014 Wesley Lavong  
 Meet: 16.35m % 2/20/2023 Josh Faison

Name	School	Finals
1 Cloud, Nic	Mount Olive	15.51m 10
2 Asgeirsson, Sigursteinn	Mount Olive	15.43m 8
3 Douglas, Cedric	Unc Pembroke	14.65m 6
4 Ehersman, Joshua	Lees-McRae	14.40m 5
5 Tolbert, Dorian	Mount Olive	14.10m 4
6 Harrison, Micah	Mount Olive	13.38m 3
7 Keen, Michael	Lees-McRae	13.01m 2
8 Schuster, James	Belmont Abbe	12.75m 1
9 Thompson, Manny	Belmont Abbe	12.57m
10 Durbin, JJ	Mount Olive	12.34m

11 Everett, Derrick	Unc Pembroke	12.28m
12 Powers, Davis	Belmont Abbe	12.18m
13 Cline, Khan	Lees-McRae	11.99m
14 Hemphill, Aubrey	Converse	11.84m
15 Oxendine, Bennie	Unc Pembroke	11.76m
16 Turner, Adam	Mount Olive	11.19m
17 Campbell, Taylor	N. Greenville	11.15m
18 Lawton, AnDarius	Emmanuel (Ga)	10.46m
19 Lloyd, Keyshawn	N. Greenville	9.86m
20 Moore, Frank	Emmanuel (Ga)	9.34m
21 Griffiths, Mason	S. Wesleyan	9.20m

Men Weight Throw

Facility: 23.24m \$ 12/2/2017 Josh Davis  
 Meet: 18.09m % 2/20/2022 Jon Wojcuich

Name	School	Finals
1 Smith-Forte, Alex	Mount Olive	18.57m% 10
2 Tolbert, Dorian	Mount Olive	17.00m 8
3 Long, Israel	Mount Olive	16.42m 6
4 Marlowe, Greyson	Erskine	16.04m 5
5 Harrison, Micah	Mount Olive	15.86m 4
6 Heywood, Matthew	Mount Olive	15.28m 3
7 Lavender, Tyrese	Mount Olive	15.23m 2
8 Hemphill, Aubrey	Converse	14.59m 1
9 Keen, Michael	Lees-McRae	13.90m
10 Parker, Gary	Unc Pembroke	13.84m
11 Douglas, Cedric	Unc Pembroke	13.83m
12 Robertson, Jerry	Erskine	13.59m
13 Oxendine, Bennie	Unc Pembroke	12.92m
14 Crowe, Bailey	N. Greenville	12.24m
15 Turner, Adam	Mount Olive	12.20m
16 Thompson, Manny	Belmont Abbe	11.93m
17 Belcher, Andrew	Lees-McRae	10.79m
18 Lloyd, Keyshawn	N. Greenville	9.91m
19 Griffiths, Mason	S. Wesleyan	9.37m
--- Campbell, Taylor	N. Greenville	FOUL

Men - Team Rankings - 16 Events Scored

1) Mount Olive	164
2) UNC Pembroke	125
3) Belmont Abbey	83
4) North Greenville	53
5) Southern Wesleyan	48
6) Erskine	45
7) Converse	32
8) Lees-McRae	31
9) Emmanuel (Ga.)	22
10) Barton	20
11) King	1