

Conference Carolinas Indoor T&F Championships - 2/23/2025 to 2/24/2025

JDL Fast Track

Results

Men 60 M

Facility: 6.61 \$ 2016 R Gittens/S McLean
 College: 6.62 # 3/5/2016 Keitavious Walter
 Conference: 6.68 € 2020 JJ Sherman
 Meet: 6.73 @ 2017 Marquett Simmons, Jr.

Name	School	Prelims
Preliminaries		
1 Bomar, Dorian	Converse	6.77Q
2 Gibson, Dedric	Shorter	6.79Q
3 Cox, Zephaniah	Converse	6.82Q
4 Morrow, Travon	Unc Pembroke	6.83Q
5 Davis, Devron	Converse	6.81q
6 Bobbitt, Jordan	Barton	6.84q
7 Lee, Jaidan	Barton	6.86q
8 Mcfadden, Gavin	Converse	6.86q
9 Dawson, Daniel	Unc Pembroke	6.88
10 Stevens, Dominick	King	6.90
11 Johnson, Lynden	King	6.90
12 Brooks, Braylon	Unc Pembroke	6.93
13 McKinney, Calen	Unc Pembroke	6.94
14 Scott, Cameron	Emmanuel	6.94
15 Pevia, Jacoby	Mount Olive	6.95
16 Glover, Jamavie	Mount Olive	6.95
17 Smith, Leland	Mount Olive	6.97
18 Ranieri, Camden	Converse	7.02
19 Kinard, Savion	Mount Olive	7.02
20 Hayes, Mekhi	Unc Pembroke	7.05
21 Hart, Jason	Mount Olive	7.06
22 White, Zyshone	Mount Olive	7.09
23 Walker, Cameron	Barton	7.12
24 Button, Halen	Erskine	7.22
25 Flores, Gavin	Belmont Abbey	7.30
26 White, Joshua	N. Greenville	7.37
27 Gaskin, Aziah	So. Wesleyan	7.42
28 Broom, Jaryd	Lees-McRae	7.53

Men 60 M

Facility: 6.61 \$ 2016 R Gittens/S McLean
 College: 6.62 # 3/5/2016 Keitavious Walter
 Conference: 6.68 € 2020 JJ Sherman
 Meet: 6.73 @ 2017 Marquett Simmons, Jr.

Name	School	Finals
Finals		
1 Cox, Zephaniah	Converse	6.75 10
2 Bomar, Dorian	Converse	6.75 8
3 Gibson, Dedric	Shorter	6.80 6
4 Mcfadden, Gavin	Converse	6.84 5
5 Morrow, Travon	Unc Pembroke	6.87 4
6 Davis, Devron	Converse	6.89 3
7 Lee, Jaidan	Barton	6.91 2
8 Bobbitt, Jordan	Barton	6.91 1

Men 200 M

Facility: 21.08 \$ 3/15/2014 Lamar Hargrove
 College: 21.08 # 3/15/2014 Lamar Hargrove
 Conference: 21.27 € 2017 Marquett Simmons, Jr.
 Meet: 21.65 @ 2017 Marquett Simmons, Jr.

Name	School	Prelims
Preliminaries		
1 Hayes, Mekhi	Unc Pembroke	@ 21.59q
2 Mcfadden, Gavin	Converse	21.78q
3 Davis, Devron	Converse	22.00q
4 Cox, Zephaniah	Converse	22.04q
5 Lee, Jaidan	Barton	22.07q
6 Bomar, Dorian	Converse	22.08q
7 Morrow, Travon	Unc Pembroke	22.09q
8 Purcell, Marcus	Emmanuel	22.10q
9 Hart, Jason	Mount Olive	22.15
10 Bobbitt, Jordan	Barton	22.29
11 Stevens, Dominick	King	22.37
12 Hines, Jeremiah	Belmont Abbey	22.40
13 Leach, Travelius	Mount Olive	22.44
14 McKinney, Calen	Unc Pembroke	22.44
15 Pevia, Jacoby	Mount Olive	22.46
16 Ingle, Tayshawn	Belmont Abbey	22.65
17 Brooks, Braylon	Unc Pembroke	22.72
18 Coleman, Garison	Belmont Abbey	22.72
19 Gibson, Dedric	Shorter	22.81
20 Breckenridge, Donovan	Shorter	22.81
21 Johnson, Lynden	King	22.92
22 Crymes, Jon	Mount Olive	22.93
23 Lewis, Nickili	Emmanuel	23.04
24 Grant, Thomas	King	23.21
25 Warner, Jaden	So. Wesleyan	23.23
26 Roy, Nic	Erskine	24.04
27 Bankole, Tayo	Lees-McRae	25.31

Men 200 M

Facility: 21.08 \$ 3/15/2014 Lamar Hargrove
 College: 21.08 # 3/15/2014 Lamar Hargrove
 Conference: 21.27 € 2017 Marquett Simmons, Jr.
 Meet: 21.65 @ 2017 Marquett Simmons, Jr.

Name	School	Finals
Finals		
1 Hayes, Mekhi	Unc Pembroke	21.63@ 10
2 Mcfadden, Gavin	Converse	21.69 8
3 Davis, Devron	Converse	21.92 6
4 Bomar, Dorian	Converse	21.97 5
5 Lee, Jaidan	Barton	22.06 4
6 Cox, Zephaniah	Converse	22.23 3
7 Morrow, Travon	Unc Pembroke	22.40 2
8 Purcell, Marcus	Emmanuel	22.52 1

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JDL Fast Track

Results

Men 400 M

Facility: 46.81 \$ 2/25/2012 Dane Hyatt
 College: 47.24 # 2/25/2012 Josh Edmonds
 Conference: 48.02 € 2019 Ethan Morrison
 Meet: 48.40 @ 2021 Sulaimane Bangura

Name	School	Prelims
Preliminaries		
1	Lewis, Nickili	Emmanuel 49.66q
2	Hines, Jeremiah	Belmont Abbey 49.96q
3	Saul, Brian	Mount Olive 50.13q
4	Leach, Travelius	Mount Olive 50.52q
5	Purcell, Marcus	Emmanuel 50.53q
6	Jefferson, Nick	Erskine 50.54q
7	Crymes, Jon	Mount Olive 50.68q
8	Coleman, Garison	Belmont Abbey 50.70q
9	Coleman, Jesse	Belmont Abbey 50.81
10	Townes, Sean	Unc Pembroke 50.84
11	Glenn, Ryan	Converse 50.86
12	Breckenridge, Donovan	Shorter 50.96
13	Copper, Justin	Barton 51.13
14	White, Denard	Converse 51.19
15	Henfield, Matthew	King 51.39
16	Nixon, Andrew	Mount Olive 51.43
17	Jackson, Na'Jay	Barton 53.37
18	Gilmore, Isaac	Converse 53.46
19	Buchanan, Octavious	Shorter 53.50
20	Kearney, Jaedon	Unc Pembroke 1:01.44
---	Gaskin, Aziah	So. Wesleyan DNF
---	Broom, Jaryd	Lees-McRae DNF

Men 400 M

Facility: 46.81 \$ 2/25/2012 Dane Hyatt
 College: 47.24 # 2/25/2012 Josh Edmonds
 Conference: 48.02 € 2019 Ethan Morrison
 Meet: 48.40 @ 2021 Sulaimane Bangura

Name	School	Finals
Finals		
1	Hines, Jeremiah	Belmont Abbey 49.29 10
2	Coleman, Garison	Belmont Abbey 49.69 8
3	Lewis, Nickili	Emmanuel 49.88 6
4	Crymes, Jon	Mount Olive 50.05 5
5	Leach, Travelius	Mount Olive 50.29 4
6	Purcell, Marcus	Emmanuel 51.32 3
7	Jefferson, Nick	Erskine 51.81 2
8	Saul, Brian	Mount Olive 1:04.51 1

Men 800 M

Facility: 1:45.92 \$ 2/2/2019 Clayton Murphy
 College: 1:48.94 # 2/4/2017 Eliud Rutto
 Conference: 1:53.00 € 2012 Brian Knapp
 Meet: 1:55.28 @ 2/20/2023 Delsin Burkhart

Name	School	Finals
Finals		
1	Hill, Nate	So. Wesleyan 1:56.47 10
2	Scruggs, Dustyn	So. Wesleyan 1:56.77 8

3	Jaminet, Ben	N. Greenville 1:57.42 6
4	Gillis, Joshua	Lees-McRae 1:57.86 5
5	Willcox, Riley	Mount Olive 1:58.60 4
6	Wren, Jacob	Converse 1:58.85 3
7	Todd, Sean	Unc Pembroke 1:59.48 2
8	Hubbard, Clinton	Belmont Abbey 1:59.73 1
9	Hetzel, John	Belmont Abbey 1:59.74
10	Marchman, Ethan	So. Wesleyan 1:59.82
11	Willett, Adam	Belmont Abbey 1:59.82
12	White, Mason	N. Greenville 2:00.22
13	Holland, Ryder	Young Harris 2:00.41
14	Utsey, Spencer	King 2:01.23
15	Hatcher, Lance	King 2:01.70
16	Blackwelder, Gabriel	Unc Pembroke 2:01.96
17	Legato, Jake	Belmont Abbey 2:02.38
18	Tanui, Titus	Mount Olive 2:03.18
19	Heron, Hunter	Converse 2:03.31
20	Nkere, Ireng	Belmont Abbey 2:04.94
21	Edwards, Parker	Erskine 2:05.38
22	Gribbins, Ben	Lees-McRae 2:05.74
23	Kipkosgei, Brian	Shorter 2:06.54
---	Carr, Ben	King DNF

Men 1 Mile Run

Facility: 3:53.85 \$ 2/3/2018 Edward Cheserek
 College: 3:58.96 # 2/5/2022 Crayton Carrozza
 Conference: 4:05.53 € 2014 Dylan Lafond
 Meet: 4:10.77 @ 2/19/2024 Joey Tindale

Name	School	Finals
Finals		
1	Flores, Alain	Converse 4:19.00 10
2	Junker, Norman	Unc Pembroke 4:19.01 8
3	Willcox, Riley	Mount Olive 4:20.39 6
4	Nervo, Lucas	Unc Pembroke 4:22.17 5
5	Clark, Grady	So. Wesleyan 4:24.62 4
6	Jones, Drew	So. Wesleyan 4:25.72 3
7	Schilling, Thomas	N. Greenville 4:26.83 2
8	Phieffer, Jack	Unc Pembroke 4:27.70 1
9	Mason, Noah	Young Harris 4:27.85
10	Freeman, Rien	Lees-McRae 4:28.49
11	Rios Brena, Luis	Converse 4:30.66
12	Meltsaiev, Artem	Mount Olive 4:32.09
13	Tejado, Ekaitz	Erskine 4:32.33
14	Cox, Dominique	N. Greenville 4:35.57
15	Pierce, Brennen	Lees-McRae 4:36.54
16	Zuniga, Kolbe	Belmont Abbey 4:39.26
17	Tsegay, Aman	Mount Olive 4:43.74
18	Lavelle, Nick	N. Greenville 4:46.21
19	Oliver, Jacob	Barton 4:47.35
---	Gillis, Joshua	Lees-McRae DNF

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JDL Fast Track

Results

Men 3000 M

Facility: 7:45.49 \$ 2/4/2017 Paul Chelimo
 College: 7:49.03 # 2/5/2022 Antonio Lopez Segura
 Conference: 7:57.95 € 2009 Michael Crouch
 Meet: 8:29.79 @ 2/19/2024 Demarco Hernandez

Name	School	Finals
Finals		
1 O'Neill, Ronan	So. Wesleyan	8:26.85@ 10
2 Flores, Alain	Converse	8:34.79 8
3 Junker, Norman	Unc Pembroke	8:43.74 6
4 Geckler, Max	Lees-McRae	8:53.82 5
5 Reyna, Isaac	Lees-McRae	8:55.45 4
6 Phieffer, Jack	Unc Pembroke	8:56.67 3
7 Robertson, Conrad	Unc Pembroke	8:56.82 2
8 Rios Brena, Luis	Converse	8:57.07 1
9 Porter, Alex	Converse	8:58.25
10 Jimenez, Ryan	Unc Pembroke	8:59.06
11 Kibet, Kelvin	Unc Pembroke	8:59.40
12 Carver, Zackery	Converse	9:00.19
13 Jones, Drew	So. Wesleyan	9:02.29
14 Vrazel, Aidan	Young Harris	9:04.92
15 Kilpatrick, Sean	King	9:06.87
16 Herman, Joel	N. Greenville	9:07.21
17 Willcox, Riley	Mount Olive	9:07.34
18 Nervo, Lucas	Unc Pembroke	9:08.60
19 Coffman, Dominic	Belmont Abbey	9:10.28
20 Kigen, Antony	Unc Pembroke	9:12.08
21 Wines, Colby	Erskine	9:15.04
22 Freeman, Rien	Lees-McRae	9:18.54
23 Gamwell, Nolan	Barton	9:25.88
24 Otero Lado, Fernando	Shorter	9:41.83
--- Vera Moleres, Ander	Converse	DNF

Men 5000 M

Facility: 13:35.64 \$ 2/24/2022 Athanas Kioko
 College: 13:35.64 # 2/24/2022 Athanas Kioko
 Conference: 13:55.27 € 2008 Daniel Kanyaruhuru
 Meet: 14:17.89 @ 2/20/2022 Joshua Chepkosir

Name	School	Finals
Finals		
1 O'Neill, Ronan	So. Wesleyan	14:42.81 10
2 Junker, Norman	Unc Pembroke	14:52.65 8
3 Reyna, Isaac	Lees-McRae	15:23.03 6
4 Kibet, Kelvin	Unc Pembroke	15:26.70 5
5 Porter, Alex	Converse	15:30.36 4
6 Kigen, Antony	Unc Pembroke	15:32.85 3
7 Phieffer, Jack	Unc Pembroke	15:35.33 2
8 Geckler, Max	Lees-McRae	15:36.35 1
9 Robertson, Conrad	Unc Pembroke	15:39.46
10 King, Liam	Young Harris	15:43.62
11 Figgins, Brayden	Young Harris	15:46.13
12 Coffman, Dominic	Belmont Abbey	15:47.00
13 Kilpatrick, Sean	King	16:04.53
14 Heath, Matthew	N. Greenville	16:08.46
15 Wright, Jaxon	Converse	16:19.97

16 Gamwell, Nolan	Barton	16:21.66
17 Hall, Evan	Mount Olive	16:25.74
18 Ruiz Barreda, Marti	Converse	16:28.02
19 Penland, Matthew	Erskine	16:29.27
20 Honeycutt, Matthew	Young Harris	16:36.38
--- Flores, Alain	Converse	DNF

Men 60 M Hurdles

Facility: 7.55 \$ 1/31/2015 Aleec Harris
 College: 7.63 # 2/4/2017 Michael Dickson
 Conference: 7.77 € 2017 Marshawn Scott
 Meet: 7.77 @ 2017 Marshawn Scott

Name	School	Prelims
Preliminaries		
1 Callahan, Tayvon	Unc Pembroke	8.07Q
2 Tibolla, Nick	Converse	8.24Q
3 Thomas, Dre'Kevan	Converse	8.14Q
4 Gulapa, Joshua	Belmont Abbey	8.34Q
5 Lea, Happy	So. Wesleyan	8.35q
6 Thompson, Ayden	Belmont Abbey	8.56q
7 Battle, Justin	Unc Pembroke	8.59q
8 Pineda, Eliezer	Unc Pembroke	8.63q
9 Medley, Donald	Converse	8.66
10 Pearsall, Julian	Barton	8.99
11 Oxendine, Emanuel	Mount Olive	9.12
12 Carter, Johnny	Emmanuel	9.22
13 Davis, Alex	Emmanuel	9.32
14 Richardson, Landon	Shorter	9.33
15 Carter, Nolen	King	11.09

Men 60 M Hurdles

Facility: 7.55 \$ 1/31/2015 Aleec Harris
 College: 7.63 # 2/4/2017 Michael Dickson
 Conference: 7.77 € 2017 Marshawn Scott
 Meet: 7.77 @ 2017 Marshawn Scott

Name	School	Finals
Finals		
1 Thomas, Dre'Kevan	Converse	8.10 10
2 Tibolla, Nick	Converse	8.14 8
3 Gulapa, Joshua	Belmont Abbey	8.27 6
4 Lea, Happy	So. Wesleyan	8.37 5
5 Thompson, Ayden	Belmont Abbey	8.51 4
6 Pineda, Eliezer	Unc Pembroke	8.55 3
7 Battle, Justin	Unc Pembroke	8.87 2
--- Callahan, Tayvon	Unc Pembroke	DNF

Conference Carolinas Indoor T&F Championships - 2/23/2025 to 2/24/2025

JDL Fast Track

Results

Men 4x400 M Relay

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

Hyatt, Bingham, Gibson, Jackson

College: 3:12.35 # 2/15/2014

Sutton, Alowonle, Ways, Lipsey

Conference: 3:12.70 € 2007

Cloyd, Loman, Cuffy, Gray

Meet: 3:18.54 @ 2018

Carr, Middlebrooks, Fisher, Shannon

Team	Relay	Finals
Finals		
1 Mount Olive	A	3:19.87 10
1) Saul, Brian	2) Crymes, Jon	
3) Hart, Jason	4) Leach, Travelius	
2 Belmont Abbey	A	3:19.94 8
1) Ingle, Tayshawn	2) Coleman, Garison	
3) Coleman, Jesse	4) Hines, Jeremiah	
3 Converse	A	3:20.96 6
1) White, Denard	2) Bomar, Dorian	
3) Davis, Devron	4) Glenn, Ryan	
4 Unc Pembroke	A	3:21.70 5
1) Kearney, Jaedon	2) Brooks, Braylon	
3) McKinney, Calen	4) Townes, Sean	
5 Shorter	A	3:27.17 4
1) Breckenridge, Donovan	2) Blount, Erin	
3) Buchanan, Octavius	4) Bean, Bonshavier	
6 King	A	3:29.74 3
1) Miller, Skyler	2) Grant, Thomas	
3) Henfield, Matthew	4) Utsey, Spencer	
7 Barton	A	3:29.98 2
1) Bobbitt, Jordan	2) Jackson, Na'Jay	
3) Mark, Valentino	4) Copper, Justin	
8 Emmanuel (Ga.)	A	3:30.19 1
1) Purcell, Marcus	2) Official, Jesse	
3) Lewis, Nickili	4) Carter, Johnny	
9 Erskine	A	3:31.57
1) Button, Halen	2) Huffstickler, Terry	
3) Roy, Nic	4) Jefferson, Nick	
10 Lees-McRae	A	3:36.10
1) Freeman, Rien	2) Gribbins, Ben	
3) Scott, Lodrick	4) Green, Jayden	
11 North Greenville	A	3:36.65
1) Jaminet, Ben	2) Schilling, Thomas	
3) White, Mason	4) Lavelle, Nick	
12 Young Harris	A	3:39.15
1) Scheuer, Noah	2) Holland, Ryder	
3) Sigman, Luke	4) Potter, Alexander	
--- Southern Wesleyan	A	DQ
1) Warner, Jaden	2) Scruggs, Dustyn	
3) Gaskin, Aziah	4) Marchman, Ethan	

Men Distance Medley

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

Fleming, Sapp, Anthony, Lopez Segura

College: 9:32.96 # 2/18/2022

Fleming, Sapp, Anthony, Lopez Segura

Conference: 9:51.17 € 2012

Watson, Steutzel, Crouch, Mwangi

Meet: 10:16.13 @ 2/18/2024 Southern Wesleyan

G Clark, J Warner, E Marchman, D Jones

Team	Relay	Finals
Finals		
1 Southern Wesleyan	A	10:19.53 10
1) Clark, Grady	2) Marchman, Ethan	
3) Scruggs, Dustyn	4) Jones, Drew	
2 Lees-McRae	A	10:22.81 8
1) Pierce, Brennen	2) Scott, Lodrick	
3) Gillis, Joshua	4) Freeman, Rien	
3 Converse	A	10:31.82 6
1) Vera Molerres, Ander	2) Joe, Jacob	
3) Carver, Zackery	4) Rios Brena, Luis	
4 Belmont Abbey	A	10:33.13 5
1) Willett, Adam	2) McGroarty, Jude	
3) Hetzel, John	4) Hubbard, Clinton	
5 North Greenville	A	10:40.78 4
1) Cox, Dominique	2) White, Mason	
3) Jaminet, Ben	4) Schilling, Thomas	
6 Mount Olive	A	10:43.74 3
1) Meltsaiev, Artem	2) Dixon, Jakaii	
3) Tanui, Titus	4) Tsegay, Aman	
7 Unc Pembroke	A	10:47.26 2
1) Kigen, Antony	2) Todd, Sean	
3) Nervo, Lucas	4) Jimenez, Ryan	
8 King	A	10:52.12 1
1) Utsey, Spencer	2) Carr, Ben	
3) Hatcher, Lance	4) Kilpatrick, Sean	
9 Young Harris	A	11:07.31
1) Holland, Ryder	2) Scheuer, Noah	
3) Dezwart, Austin	4) Potter, Alexander	
10 Erskine	A	11:14.77
1) Wines, Colby	2) Roy, Nic	
3) Edwards, Parker	4) Tejado, Ekaitz	
11 Shorter	A	11:35.43
1) Kipkosgei, Brian	2) Jarvis, Chase	
3) Blount, Erin	4) Otero Lado, Fernando	

Men High Jump

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

College: 2.24m # 12/1/2012 Kris Kornegay-Gober

Conference: 2.14m € 2014 Khalil Henry

Meet: 2.14m @ 2014 Khalil Henry

Name	School	Finals
Finals		
1 Forrest, Orian	Emmanuel	2.01m 10
2 Gerth, Holden	Mount Olive	1.98m 8
3 Green, Jayden	Lees-McRae	J1.98m 6
4 Koelling, Kaleb	Belmont Abbey	J1.98m 5

Conference Carolinas Indoor T&F Championships - 2/23/2025 to 2/24/2025

JDL Fast Track

Results

Finals ... (Men High Jump)

Name	School	Finals	
5 Anderson, Wilontae	So. Wesleyan	1.95m	4
6 Poindexter, Kavon	Mount Olive	1.90m	3
7 Bonds, Mackey	King	J1.90m	2
8 Wright, Donavan	Emmanuel	1.85m	0.5
8 Drake, Josiah	Emmanuel	1.85m	0.5
10 Davis, Quincy	Unc Pembroke	J1.85m	
11 Richardson, Landon	Shorter	1.80m	
11 Thorson, Rexton	Belmont Abbey	1.80m	
13 Gamble, Isaiah	So. Wesleyan	1.75m	
14 Cook, Elijah	Shorter	J1.75m	
--- Davis, Alex	Emmanuel	NH	

Men Pole Vault

Facility: 5.51m \$ 2/18/2023 Keon Howe
 College: 5.35m # 12/8/2019 Keon Howe
 Conference: 5.05m € 2013 Evan Webb
 Meet: 4.70m @ 2013 Evan Webb

Name	School	Finals	
1 Hay, Kelly	Belmont Abbey	4.85m@	10
2 Thomas, Cole	Unc Pembroke	4.48m	8
3 Barnette, Elijah	Unc Pembroke	3.88m	6
4 Fulmer, Grayson	N. Greenville	J3.88m	5
5 Brown, Trent	Unc Pembroke	3.73m	4
6 Hunley, Ryland	Young Harris	3.58m	3
7 Albury, Anderson	Belmont Abbey	3.28m	2
--- Rosson, Nathan	King	NH	

Men Long Jump

Facility: 7.81m \$ 11/16/2013 Mikese Morse
 College: 7.76m # 2/21/2014 Andre Dorsey
 Conference: 7.69m € 2019 Lawrence Russell, Jr.
 Meet: 7.63m @ 2018 Lawrence Russell, Jr.

Name	School	Finals	
1 Gamble, Kaden	Converse	7.17m	10
2 Belton, Omarion	Converse	7.12m	8
3 Gooding-Williams, Dayzhaun	Belmont Abbey	6.86m	6
4 Pender, Andrew	Mount Olive	6.81m	5
5 Ranieri, Camden	Converse	6.62m	4
6 Davis, Albert	Belmont Abbey	J6.62m	3
7 Anagnostopoulos, Chris	Erskine	6.61m	2
8 Wilson-McCoy, Ryan	Mount Olive	6.58m	1
9 Smith, Leland	Mount Olive	6.56m	
10 Wright, Donavan	Emmanuel	6.48m	
11 Pauling, Justin	N. Greenville	6.45m	
12 McKenzie, Matthew	Emmanuel	6.42m	
13 Coleman, Sekani	Belmont Abbey	6.28m	
14 Fontaine, Braxton	Barton	6.26m	
15 Mccrary, Lanear	Shorter	6.25m	
16 Bonds, Mackey	King	6.13m	
17 Loch, Princeton	Mount Olive	6.06m	
18 Fadipe, Wonderful	Mount Olive	5.99m	
19 Marks, Brendin	Mount Olive	5.97m	

20 Elmer, Orrin	Lees-McRae	5.92m
21 Carmack, Zaccheaus	Barton	5.85m
22 Fedelus, Zach	Mount Olive	4.51m
--- Mason, Caleb	Unc Pembroke	FOUL

Men Triple Jump

Facility: 15.85m \$ 2/3/2018 Michael Tiller
 College: 15.83m # 12/5/2015 Anthony Campbell
 Conference: 15.40m € 2017 Vincent Okot
 Meet: 15.06m @ 2017 Vincent Okot

Name	School	Finals	
1 Wilson-McCoy, Ryan	Mount Olive	14.80m	10
2 Marks, Brendin	Mount Olive	14.27m	8
3 Pender, Andrew	Mount Olive	14.17m	6
4 Scott, Lodrick	Lees-McRae	14.06m	5
5 Belton, Omarion	Converse	13.94m	4
6 Fedelus, Zach	Mount Olive	13.82m	3
7 Fadipe, Wonderful	Mount Olive	13.68m	2
8 Carmack, Zaccheaus	Barton	13.60m	1
9 Coleman, Sekani	Belmont Abbey	13.21m	
10 Loch, Princeton	Mount Olive	13.13m	
11 Gooding-Williams, Dayzhaun	Belmont Abbey	12.91m	
12 Mason, Caleb	Unc Pembroke	12.86m	
13 Barnette, Elijah	Unc Pembroke	12.85m	
14 Simerlein, Bennett	King	12.73m	
15 Leverett, William	Barton	12.60m	
16 Bunker, David	Unc Pembroke	12.59m	
17 Davis, Quincy	Unc Pembroke	12.31m	
18 Bankole, Tayo	Lees-McRae	12.25m	
19 Cook, Josiah	Unc Pembroke	12.20m	
20 Jones, Dontae	Emmanuel	12.10m	
--- Tookes, Zseven	Barton	FOUL	
--- Cook, Elijah	Shorter	FOUL	

Men Shot Put

Facility: 19.50m \$ 3/15/2014 Wesley Lavong
 College: 19.50m # 3/15/2014 Wesley Lavong
 Conference: 16.63m € 2023 Josh Faison
 Meet: 16.35m @ 2/20/2023 Josh Faison

Name	School	Finals	
1 Asgeirsson, Sigursteinn	Mount Olive	15.66m	10
2 Williams, Nathaniel	Shorter	15.54m	8
3 Cloud, Nic	Mount Olive	15.36m	6
4 Noble, Amari	Mount Olive	14.59m	5
5 Turner, Adam	Mount Olive	13.92m	4
6 Ehersman, Joshua	Lees-McRae	13.78m	3
7 King, Antoine	Unc Pembroke	13.61m	2
8 Spurrier, Nakobi	Shorter	13.49m	1
9 Campbell, Taylor	N. Greenville	13.26m	
10 Bass, Caleb	Mount Olive	13.23m	
11 Harrison, Micah	Mount Olive	12.85m	
12 Robinson, Xavier	Unc Pembroke	12.83m	
13 Powers, Davis	Belmont Abbey	12.64m	
14 Cline, Khan	Lees-McRae	12.56m	

Conference Carolinas Indoor T&F Championships - 2/23/2025 to 2/24/2025

JDL Fast Track

Results

Finals ... (Men Shot Put)

Name	School	Finals
15 Adamson III, Durice	Barton	12.24m
16 Owens, Jesse	King	12.12m
16 Lavender, Tyrese	Mount Olive	12.12m
18 Durbin, JJ	Mount Olive	11.91m
19 Opperlee, Garrett	Erskine	11.33m
20 Drye Jr, Darion	Barton	11.08m
21 Lawton, AnDarius	Emmanuel	11.04m
--- Gilliam, Noah	King	FOUL

Men Weight Throw

Facility: 23.24m \$ 12/2/2017 Josh Davis
 College: 23.24m # 12/2/2017 Josh Davis
 Conference: 19.49m € 2022 Jon Wojcuich
 Meet: 18.57m @ 2/18/2024 Alex Smith-Forte

Name	School	Finals
1 Parker, Gary	Unc Pembroke	17.51m 10
2 Bass, Caleb	Mount Olive	17.28m 8
3 Heywood, Matthew	Mount Olive	16.84m 6
4 King, Antoine	Unc Pembroke	16.20m 5
5 Noble, Amari	Mount Olive	16.03m 4
6 Lavender, Tyrese	Mount Olive	15.80m 3
7 Harrison, Micah	Mount Olive	15.64m 2
8 Campbell, Taylor	N. Greenville	15.56m 1
9 Robertson, Jerry	Erskine	15.13m
10 Turner, Adam	Mount Olive	14.73m
11 Cisse, Abdul	Unc Pembroke	14.55m
12 Hemphill, Aubrey	Converse	14.29m
13 Belcher, Andrew	Lees-McRae	13.95m
14 Cloud, Nic	Mount Olive	13.51m
15 Powers, Davis	Belmont Abbey	13.12m
16 Drye Jr, Darion	Barton	13.11m
17 Furlough, Nate	Mount Olive	13.08m
18 Crowe, Bailey	N. Greenville	12.94m
19 Durbin, JJ	Mount Olive	12.83m
20 Owens, Jesse	King	12.24m
21 Smith, Daevohn	Unc Pembroke	11.92m

Heptathlon: #1 Men 60 M Heptathlon

Name	School	Finals
1 Gulapa, Joshua	Belmont Abbey	7.21 809
2 Hunley, Ryland	Young Harris	7.35 762
3 Brown, Trent	Unc Pembroke	7.43 736
4 Caggins, Antonio	Belmont Abbey	7.46 726

Heptathlon: #7 Men 1000 M Heptathlon

Name	School	Finals
1 Brown, Trent	Unc Pembroke	3:01.92 646
2 Gulapa, Joshua	Belmont Abbey	3:08.57 583
3 Caggins, Antonio	Belmont Abbey	3:13.67 537
4 Hunley, Ryland	Young Harris	3:16.03 516

Heptathlon: #5 Men 60 M Hurdles Heptathlon

Name	School	Finals
1 Gulapa, Joshua	Belmont Abbey	8.36 893
2 Caggins, Antonio	Belmont Abbey	9.13 717
3 Brown, Trent	Unc Pembroke	9.64 611
4 Hunley, Ryland	Young Harris	10.26 493

Heptathlon: #4 Men High Jump Heptathlon

Name	School	Finals
1 Gulapa, Joshua	Belmont Abbey	1.87m 687
2 Hunley, Ryland	Young Harris	1.84m 661
3 Brown, Trent	Unc Pembroke	1.72m 560
4 Caggins, Antonio	Belmont Abbey	1.63m 488

Heptathlon: #6 Men Pole Vault Heptathlon

Name	School	Finals
1 Hunley, Ryland	Young Harris	3.60m 509
2 Gulapa, Joshua	Belmont Abbey	3.20m 406
3 Brown, Trent	Unc Pembroke	3.00m 357
4 Caggins, Antonio	Belmont Abbey	2.20m 179

Heptathlon: #2 Men Long Jump Heptathlon

Name	School	Finals
1 Hunley, Ryland	Young Harris	6.21m 632
2 Gulapa, Joshua	Belmont Abbey	6.11m 610
3 Brown, Trent	Unc Pembroke	6.00m 587
4 Caggins, Antonio	Belmont Abbey	5.44m 469

Heptathlon: #3 Men Shot Put Heptathlon

Name	School	Finals
1 Gulapa, Joshua	Belmont Abbey	10.03m 487
2 Brown, Trent	Unc Pembroke	9.32m 445
3 Hunley, Ryland	Young Harris	9.06m 429
4 Caggins, Antonio	Belmont Abbey	7.36m 328

Men Heptathlon

Facility: 5765 \$ 3/15/2014 Nick Lebron
 College: 5765 # 3/15/2014 Nick Lebron

Name	School	Finals
1 Gulapa, Joshua	Belmont Abbey	4475 10
2 Hunley, Ryland	Young Harris	4002 8
3 Brown, Trent	Unc Pembroke	3942 6
4 Caggins, Antonio	Belmont Abbey	3444 5

Men - Team Rankings - 17 Events Scored

1) Converse	130
2) Mount Olive	127

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3) UNC Pembroke	114
4) Belmont Abbey	83
5) Southern Wesleyan	64
6) Lees-McRae	43
7) Emmanuel (Ga.)	22
8) Shorter	19
9) North Greenville	18
10) Young Harris	11
11) Barton	10
12) King	6
13) Erskine	4