

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

JDL Fast Track

Meet Program - Monday

Event 14 Men 1 Mile Run**Monday 2/24/2025 - 11:30 AM**

Double waterfall with a two-turn stagger.

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

Lane	Name	School	Seed Time
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Section 1 of 2 Finals

1	326 Pierce, Brennan	Lees-McRae	4:32.79
2	274 Tejado, Ekaitz	Erskine	4:34.51
3	123 Oliver, Jacob	Barton	4:47.36
4	421 Lavelle, Nick	N. Greenville	4:50.41
5	378 Meltsaiev, Artem	Mount Olive	4:36.01
6	412 Cox, Dominique	N. Greenville	4:38.89
7	389 Tsegay, Aman	Mount Olive	4:34.25
8	174 Zuniga, Kolbe	Belmont Abbey	4:38.50

Section 2 of 2 Finals

1	465 Jones, Drew	So. Wesleyan	4:22.56
2	216 Rios Brena, Luis	Converse	4:28.41
3	321 Freeman, Rien	Lees-McRae	4:23.50
4	504 Junker, Norman	Unc Pembroke	4:22.24
5	323 Gillis, Joshua	Lees-McRae	4:17.48
6	512 Nervo, Lucas	Unc Pembroke	4:26.47
7	540 Mason, Noah	Young Harris	4:31.93
8	204 Flores, Alain	Converse	4:22.89
9	461 Clark, Grady	So. Wesleyan	4:29.09
10	424 Schilling, Thomas	N. Greenville	4:29.84
11	515 Phieffer, Jack	Unc Pembroke	4:23.43
12	392 Willcox, Riley	Mount Olive	4:28.68

Event 13 Women 1 Mile Run**Monday 2/24/2025 - 11:45 AM**

Double waterfall with a two-turn stagger.

Hip #1-12 in front, #13-15 behind.

Facility: 4:22.66 1/31/2015 Shannon Rowbury
 College: 4:32.15 2/4/2023 Addy Wiley
 Conference: 4:52.24 2018 Celine Ritter
 Meet: 5:00.03 2019 Celine Ritter

Lane	Name	School	Seed Time
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Section 1 of 1 Finals

1	176 Beatty, Lauren	Converse	5:14.90
2	309 Knapp, Megan	Lees-McRae	5:16.59
3	409 Timmons, Ellie	N. Greenville	5:17.95
4	344 Lindevik, Linn	Mount Olive	5:23.60
5	283 Whitley, Morgan	King	5:24.84
6	404 Nicholson, Riley	N. Greenville	5:30.80
7	281 Vazquez, Ermay	King	5:32.04
8	481 Kosgei, Jackline	Unc Pembroke	5:33.29
9	458 Smith, Merritt	So. Wesleyan	5:36.73
10	145 Young, Elizabeth	Belmont Abbey	5:39.98
11	403 Lanier, Michaela	N. Greenville	5:48.58
12	457 Morgan, Macey	So. Wesleyan	5:48.86
13	523 Anderson, Emma	Young Harris	5:59.56
14	253 Faulkner, Raleigh	Erskine	6:00.54
15	396 Birch, Brelyn	N. Greenville	6:34.90

Event 4 Men 60 M Hurdles**Monday 2/24/2025 - 12:00 PM**

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

Lane	Name	School	Prelims
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Section 1 of 1 Finals

1	492 Battle, Justin	Unc Pembroke	8.59
2	466 Lea, Happy	So. Wesleyan	8.35
3	219 Thomas, Dre'Kevan	Converse	8.14
4	497 Callahan, Tayvon	Unc Pembroke	8.07
5	220 Tibolla, Nick	Converse	8.24
6	156 Gulapa, Joshua	Belmont Abbey	8.34
7	171 Thompson, Ayden	Belmont Abbey	8.56
8	516 Pineda, Eliezer	Unc Pembroke	8.63

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Meet Program - Monday

Event 3 Women 60 M Hurdles

Monday 2/24/2025 - 12:10 PM

Facility: 7.95 2016 S. Nelvis/B. Rollins
 College: 8.12 3/15/2014 Danielle Williams
 Conference: 8.64 2021 Mckenzie Connor
 Meet: 8.64 2021 Mckenzie Connor

Lane	Name	School	Prelims
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Section 1 of 1 Finals

1	430 Edwards, Nashari	Shorter	9.09
2	357 Washington, Zaria	Mount Olive	9.06
3	198 Wright, Kennedy	Converse	8.96
4	341 Jefferson, Channie	Mount Olive	8.64
5	131 Flores, Isabelle	Belmont Abbey	8.82
6	348 Pemberton, Kiwana	Mount Olive	8.97
7	483 Mosby, Mckylee	Unc Pembroke	9.17
8	138 Thomas, Alexandra	Belmont Abbey	9.15

Event 6 Men 400 M

Monday 2/24/2025 - 12:20 PM

Break after a two-turn stagger.

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

Lane	Name	School	Prelims
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Section 1 of 2 Finals

3	150 Coleman, Garison	Belmont Abbey	50.70
4	268 Jefferson, Nick	Erskine	50.54
5	386 Saul, Brian	Mount Olive	50.13
6	375 Leach, Travelius	Mount Olive	50.52

Section 2 of 2 Finals

3	361 Crymes, Jon	Mount Olive	50.68
4	246 Purcell, Marcus	Emmanuel	50.53
5	243 Lewis, Nickili	Emmanuel	49.66
6	159 Hines, Jeremiah	Belmont Abbey	49.96

Event 5 Women 400 M

Monday 2/24/2025 - 12:30 PM

Break after a two-turn stagger.

Facility: 52.96 1/26/2019 Kayla Davis
 College: 53.90 3/15/2014 Kayon Robinson
 Conference: 55.79 2020 Jami Wright
 Meet: 56.18 2020 Jami Wright

Lane	Name	School	Prelims
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Section 1 of 2 Finals

3	190 Muldrow-Green, Triniti	Converse	1:00.56
4	433 Lucien, Kilaya	Shorter	59.76
5	401 Hill, Hannah	N. Greenville	58.58
6	341 Jefferson, Channie	Mount Olive	58.70

Section 2 of 2 Finals

3	490 Winston, Amiya	Unc Pembroke	59.77
4	487 Sherlock, Katie-Marie	Unc Pembroke	59.20
5	131 Flores, Isabelle	Belmont Abbey	57.66
6	177 Bethel, Jermyra	Converse	58.21

Event 8 Men 60 M

Monday 2/24/2025 - 12:40 PM

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.

Lane	Name	School	Prelims
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Section 1 of 1 Finals

1	120 Lee, Jaidan	Barton	6.86
2	203 Davis, Devron	Converse	6.81
3	202 Cox, Zephaniah	Converse	6.82
4	200 Bomar, Dorian	Converse	6.77
5	444 Gibson, Dedric	Shorter	6.79
6	511 Morrow, Travon	Unc Pembroke	6.83
7	113 Bobbitt, Jordan	Barton	6.84
8	212 Mcfadden, Gavin	Converse	6.86

Event 7 Women 60 M

Monday 2/24/2025 - 12:50 PM

Facility: 7.18 2022 Barbara Pierre, Kayla White
 College: 7.31 2/16/2019 Kiara Grant
 Conference: 7.52 2023 Jaylin Reeves
 Meet: 7.55 2019 Zawadi Brown

Lane	Name	School	Prelims
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Section 1 of 1 Finals

1	436 Rose, Madison	Shorter	7.77
2	406 Robinson, Bre'Asia	N. Greenville	7.72
3	191 Okoduwa, Eeseose	Converse	7.63
4	337 Harris, Futoria	Mount Olive	7.40
5	349 Roberts, Heaven	Mount Olive	7.58
6	106 Heckstall, Aniya	Barton	7.63
7	347 Nicholson, LaSira	Mount Olive	7.75
8	438 Yelegoiyee, Tracey	Shorter	7.78

Event 16 Men 800 M

Monday 2/24/2025 - 1:00 PM

Double waterfall with a two-turn stagger.

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

Lane	Name	School	Seed Time
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Section 1 of 3 Finals

1	446 Kipkosgei, Brian	Shorter	2:10.78
2	325 Gribbins, Ben	Lees-McRae	2:05.35
3	265 Edwards, Parker	Erskine	2:09.51
4	209 Heron, Hunter	Converse	2:02.93
5	285 Carr, Ben	King	2:04.92
6	164 Legato, Jake	Belmont Abbey	2:03.98

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Meet Program - Monday

Section 2 of 3 Finals...(Event 16 Men 800 M)

1	290 Hatcher, Lance	King	2:01.27
2	427 White, Mason	N. Greenville	2:01.63
3	160 Hubbard, Clinton	Belmont Abbey	2:00.97
4	521 Todd, Sean	Unc Pembroke	2:00.40
5	167 Nkere, Ireng	Belmont Abbey	2:02.81
6	467 Marchman, Ethan	So. Wesleyan	2:02.79
7	302 Utsey, Spencer	King	2:02.85
8	493 Blackwelder, Gabriel	Unc Pembroke	2:01.00
9	464 Hill, Nate	So. Wesleyan	2:00.51

Section 3 of 3 Finals

1	392 Willcox, Riley	Mount Olive	1:57.74
2	224 Wren, Jacob	Converse	1:58.02
3	419 Jaminet, Ben	N. Greenville	1:56.30
4	388 Tanui, Titus	Mount Olive	1:58.96
5	323 Gillis, Joshua	Lees-McRae	1:54.91
6	173 Willett, Adam	Belmont Abbey	1:58.82
7	469 Scruggs, Dustyn	So. Wesleyan	1:58.28
8	536 Holland, Ryder	Young Harris	2:00.12
9	158 Hetzel, John	Belmont Abbey	1:58.34

Event 15 Women 800 M

Monday 2/24/2025 - 1:15 PM

Double waterfall with a two-turn stagger.

Facility:	1:59.26	2/2/2019	Ajee' Wilson
College:	2:03.31	2/4/2017	Hanna Green
Conference:	2:15.43	2013	Klmone Hewitt
Meet:	2:17.38	2013	Kimone Hewitt

Lane	Name	School	Seed Time
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Section 1 of 3 Finals

1	111 Whilden, Ansley	Barton	2:49.32
2	530 McClung, Cadence	Young Harris	2:49.99
3	139 Thompson, Tori	Belmont Abbey	2:39.48
4	398 Copeland, Kaylee	N. Greenville	2:39.22
5	231 Spikes, Jayda	Emmanuel	2:50.47
6	308 Kleiber, Rebecca	Lees-McRae	2:39.62

Section 2 of 3 Finals

1	332 Cofone, Ruby	Mount Olive	2:37.83
2	141 Wilkerson, Miranda	Belmont Abbey	2:37.01
3	454 Labrant, Ava	So. Wesleyan	2:34.40
4	135 Moore, Alexis	Belmont Abbey	2:37.90
5	187 MacMillan, Peyton	Converse	2:36.77
6	402 Justice, Zoie	N. Greenville	2:38.37
7	280 Lowery, Amanda	King	2:34.07
8	452 Gallagher, Kristi	So. Wesleyan	2:36.56
9	255 Mumaw, Chloe	Erskine	2:36.94

Section 3 of 3 Finals

1	533 Walraven, Brynley	Young Harris	2:31.23
2	283 Whitley, Morgan	King	2:29.71
3	146 Zuniga, Mia	Belmont Abbey	2:23.08
4	344 Lindevik, Linn	Mount Olive	2:26.32
5	281 Vazquez, Ermay	King	2:31.18
6	128 Deveau, Annika	Belmont Abbey	2:31.93
7	410 Van Dine, Julia	N. Greenville	2:26.50
8	193 Robinson, Bayley	Converse	2:27.99
9	472 Bennewitz, Malea	Unc Pembroke	2:30.16

Event 12 Men 200 M

Monday 2/24/2025 - 1:30 PM

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.

Lane	Name	School	Prelims
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Section 1 of 2 Finals

3	246 Purcell, Marcus	Emmanuel	22.10
4	200 Bomar, Dorian	Converse	22.08
5	203 Davis, Devron	Converse	22.00
6	202 Cox, Zephaniah	Converse	22.04

Section 2 of 2 Finals

3	511 Morrow, Travon	Unc Pembroke	22.09
4	120 Lee, Jaidan	Barton	22.07
5	502 Hayes, Mekhi	Unc Pembroke	21.59
6	212 Mcfadden, Gavin	Converse	21.78

Event 11 Women 200 M

Monday 2/24/2025 - 1:40 PM

Facility:	23.68	2/25/2022	Jonah Ross
College:	23.68	2/25/2022	Jonah Ross
Conference:	24.26	2021	Jharna Alston
Conference:	24.26	2023	Jaylin Reeves
Meet:	24.59	2021	Jharna Alston

Lane	Name	School	Prelims
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Section 1 of 2 Finals

3	110 Tutt, Keiarra	Barton	25.69
4	191 Okoduwa, Eseose	Converse	25.35
5	401 Hill, Hannah	N. Greenville	24.91
6	106 Heckstall, Aniya	Barton	25.10

Section 2 of 2 Finals

3	351 Shields, Sanyiah	Mount Olive	25.44
4	479 Herrera, Geri	Unc Pembroke	25.10
5	337 Harris, Futoria	Mount Olive	24.62
6	349 Roberts, Heaven	Mount Olive	24.80

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Meet Program - Monday

Event 18 Men 3000 M**Monday 2/24/2025 - 1:50 PM**

Double waterfall with a two-turn stagger.

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

Lane	Name	School	Seed Time
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Section 1 of 2 Finals

1	201 Carver, Zackery	Converse	9:06.52
2	544 Vrazel, Aidan	Young Harris	9:06.72
3	293 Kilpatrick, Sean	King	9:09.36
4	149 Coffman, Dominic	Belmont Abbey	9:10.22
5	392 Willcox, Riley	Mount Olive	9:10.46
6	276 Wines, Colby	Erskine	9:20.21
7	448 Otero Lado, Fernando	Shorter	9:23.16
8	118 Gamwell, Nolan	Barton	9:25.13
9	418 Herman, Joel	N. Greenville	9:31.38

Section 2 of 2 Finals

1	204 Flores, Alain	Converse	8:26.71
2	504 Junker, Norman	Unc Pembroke	8:29.10
3	468 O'Neill, Ronan	So. Wesleyan	8:32.60
4	515 Phieffer, Jack	Unc Pembroke	8:46.30
5	512 Nervo, Lucas	Unc Pembroke	8:47.18
6	465 Jones, Drew	So. Wesleyan	8:50.68
7	214 Porter, Alex	Converse	8:53.55
8	517 Robertson, Conrad	Unc Pembroke	8:53.83
9	507 Kigen, Antony	Unc Pembroke	8:54.07
10	221 Vera Moleres, Ander	Converse	8:54.43
11	327 Reyna, Isaac	Lees-McRae	8:56.04
12	322 Geckler, Max	Lees-McRae	8:58.19
13	503 Jimenez, Ryan	Unc Pembroke	8:58.73
14	216 Rios Brena, Luis	Converse	8:59.10
15	321 Freeman, Rien	Lees-McRae	9:00.38
16	506 Kibet, Kelvin	Unc Pembroke	9:02.72

Event 17 Women 3000 M**Monday 2/24/2025 - 2:20 PM**

Double waterfall with a two-turn stagger.

Facility: 8:51.49 2/8/2020 Jenny Simpson
 College: 8:59.25 2/4/2023 Kelsey Chmiel
 Conference: 9:28.61 2019 Leah Hanle
 Meet: 10:17.79 2/19/2024 Moureen Kimaiyo

Lane	Name	School	Seed Time
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Section 1 of 2 Finals

1	484 Ngetich, Sharon	Unc Pembroke	11:21.53
2	400 Haddad, Rebekah	N. Greenville	11:23.77
3	477 Gritti, Michela	Unc Pembroke	11:24.92
4	457 Morgan, Macey	So. Wesleyan	11:41.45
5	397 Bright, Emma	N. Greenville	12:04.26
6	524 Baars, Emily	Young Harris	12:18.95
7	250 Bryant, Vivian	Erskine	12:35.59

Section 2 of 2 Finals

1	480 Kimaiyo, Moureen	Unc Pembroke	10:28.71
2	395 Anderton, Cecily	N. Greenville	10:34.44
3	409 Timmons, Ellie	N. Greenville	10:38.21
4	283 Whitley, Morgan	King	10:42.50
5	408 Shope, Riley	N. Greenville	10:43.03
6	305 Dille, Campbell	Lees-McRae	10:43.83
7	194 Sosa, Ashley	Converse	10:48.42
8	428 Centeno, Lucia	Shorter	10:51.44
9	176 Beatty, Lauren	Converse	10:55.89
10	309 Knapp, Megan	Lees-McRae	10:57.54
11	282 Ward, Emily	King	11:00.11
12	281 Vazquez, Ermay	King	11:03.47
13	458 Smith, Merritt	So. Wesleyan	11:04.97
14	394 Alsup, Paris	N. Greenville	11:06.40
15	145 Young, Elizabeth	Belmont Abbey	11:09.40
16	399 Gidney, Christiana	N. Greenville	11:12.63

Event 20 Men 4x400 M Relay**Monday 2/24/2025 - 2:50 PM**

Break after a two-turn stagger.

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

Lane	Team	Relay	Seed Time
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Section 1 of 3 Finals

3	Young Harris	A	NT
4	Lees-McRae	A	3:37.23
5	Barton	A	3:34.50
6	King	A	3:34.77

Section 2 of 3 Finals

3	N. Greenville	A	3:32.82
4	Erskine	A	3:32.58
5	Unc Pembroke	A	3:28.55
6	Shorter	A	3:32.04

Section 3 of 3 Finals

2	Emmanuel	A	3:28.53
3	Mount Olive	A	3:28.52
4	Converse	A	3:27.98
5	Belmont Abbey	A	3:23.44
6	So. Wesleyan	A	3:27.11

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JDL Fast Track

Meet Program - Monday

Event 19 Women 4x400 M Relay**Monday 2/24/2025 - 3:00 PM**

Break after a two-turn stagger.

Facility: 3:41.61 1/30/2016

Cox, Brown, Dorr, Haye-Smith

College: 3:43.33 3/15/2014

Elliott, Julius-Williams, Campbell, Jenkins

Conference: 3:49.26 2023

Briggs, Moddy, Jefferson, Reeves

Meet: 3:54.10 2017

Haney, King, Barton, Lewis

Lane	Team	Relay	Seed Time
Section 1 of 3 Finals			
3	Young Harris	A	NT
4	Erskine	A	4:41.51
5	Lees-McRae	A	4:26.98
6	King	A	4:30.57
Section 2 of 3 Finals			
3	Belmont Abbey	A	4:26.50
4	N. Greenville	A	4:25.88
5	Emmanuel	A	4:20.71
6	Barton	A	4:24.41
Section 3 of 3 Finals			
2	So. Wesleyan	A	4:20.69
3	Mount Olive	A	4:11.34
4	Shorter	A	4:06.68
5	Unc Pembroke	A	4:01.23
6	Converse	A	4:05.65

Event 32 Men Shot Put**Monday 2/24/2025 - 10:30 AM**

Advance the top 9, plus ties, to finals.

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

Pos	Name	School	Seed Mark
Flight 1 of 2 Finals			
1	242 Lawton, AnDarius	Emmanuel	10.60m
2	168 Powers, Davis	Belmont Abbey	12.53m
3	518 Robinson, Xavier	Unc Pembroke	12.88m
4	318 Cline, Khan	Lees-McRae	13.04m
5	269 Opperlee, Garrett	Erskine	10.73m
6	116 Drye Jr, Darion	Barton	12.74m
7	295 Owens, Jesse	King	12.32m
8	288 Gilliam, Noah	King	12.41m
9	374 Lavender, Tyrese	Mount Olive	12.57m
10	112 Adamson III, Durice	Barton	12.90m

Flight 2 of 2 Finals

1	363 Durbin, JJ	Mount Olive	13.37m
2	359 Bass, Caleb	Mount Olive	13.48m
3	451 Williams, Nathaniel	Shorter	15.02m
4	390 Turner, Adam	Mount Olive	14.18m
5	380 Noble, Amari	Mount Olive	15.19m
6	411 Campbell, Taylor	N. Greenville	13.96m
7	358 Asgeirsson, Sigursteinn	Mount Olive	16.57m
8	450 Spurrier, Nakobi	Shorter	13.07m
9	360 Cloud, Nic	Mount Olive	15.38m
10	508 King, Antoine	Unc Pembroke	13.15m
11	319 Ehersman, Joshua	Lees-McRae	13.97m
12	370 Harrison, Micah	Mount Olive	13.33m

Event 30 Men Triple Jump**Monday 2/24/2025 - 10:30 AM**

Advance the top 9, plus ties, to finals.

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

Pos	Name	School	Seed Mark
Flight 1 of 2 Finals			
1	509 Mason, Caleb	Unc Pembroke	12.81m
2	241 Jones, Dontae	Emmanuel	12.60m
3	500 Davis, Quincy	Unc Pembroke	13.48m
4	496 Bunker, David	Unc Pembroke	12.42m
5	499 Cook, Josiah	Unc Pembroke	12.27m
6	121 Leverett, William	Barton	13.11m
7	299 Simerlein, Bennett	King	12.14m
8	152 Coleman, Sekani	Belmont Abbey	13.14m
9	443 Cook, Elijah	Shorter	12.20m
10	491 Barnette, Elijah	Unc Pembroke	13.41m
11	125 Tookes, Zseven	Barton	13.47m
Flight 2 of 2 Finals			
1	377 Marks, Brendin	Mount Olive	14.02m
2	114 Carmack, Zaccheaus	Barton	13.91m
3	393 Wilson-McCoy, Ryan	Mount Olive	14.90m
4	328 Scott, Lodrick	Lees-McRae	14.04m
5	364 Fadipe, Wonderful	Mount Olive	13.92m
6	155 Gooding-Williams, Dayzl	Belmont Abbey	13.64m
7	199 Belton, Omarion	Converse	13.83m
8	382 Pender, Andrew	Mount Olive	13.97m
9	315 Bankole, Tayo	Lees-McRae	13.62m
10	365 Fedelus, Zach	Mount Olive	13.60m
11	376 Loch, Princeton	Mount Olive	13.59m

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JDL Fast Track

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Event 27 Women High Jump**Monday 2/24/2025 - 10:30 AM**

Prog: 135 140 145 150 155, then by 3 cm

Facility: 1.92m 2/7/2020 Erika Kinsey
 College: 1.88m 3/15/2014 Barbara Szabo
 Conference: 1.73m 2022 Moena Battle
 Meet: 1.68m 2021 Moena Battle

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	179 Brown, Jordan	Converse	NH
2	340 Inman, Macie	Mount Olive	1.40m
3	102 Coats, Iyana	Barton	1.44m
4	134 Mochi, Fina	Belmont Abbey	1.47m
5	137 Thierfelder, Ann	Belmont Abbey	1.49m
6	133 Kells, Haley	Belmont Abbey	1.51m
7	196 Thomas, D'Asia	Converse	1.51m
8	136 Soto, Angely	Belmont Abbey	1.54m
9	192 Pinckney, Janyia	Converse	1.54m
10	198 Wright, Kennedy	Converse	1.55m
11	478 Haney, Mallory	Unc Pembroke	1.55m
12	330 Bryant, Janara	Mount Olive	1.55m
13	181 Cunningham, Kamille	Converse	1.55m
14	254 Hudson, Shamyia	Erskine	1.55m
15	338 Hormazabal, Karla	Mount Olive	1.55m

Event 29 Women Triple Jump**Monday 2/24/2025 - 12:30 PM**

Advance the top 9, plus ties, to finals.

Facility: 13.08m 2/2/2019 Imani Oliver
 College: 13.01m 3/15/2014 Kearah Danville
 Conference: 12.47m 2022 Zai Fraser
 Meet: 12.24m 2/19/2024 Karla Hormazabal

Pos	Name	School	Seed Mark
Flight 1 of 1 Finals			
1	197 Whiteside, Mackenzie	Converse	11.48m
2	430 Edwards, Nashari	Shorter	10.34m
3	478 Haney, Mallory	Unc Pembroke	11.63m
4	233 Thurston, Rayven	Emmanuel	10.85m
5	192 Pinckney, Janyia	Converse	10.61m
6	482 Lubamba, Gloriest	Unc Pembroke	9.68m
7	330 Bryant, Janara	Mount Olive	12.07m
8	133 Kells, Haley	Belmont Abbey	10.76m
9	306 Dillon, Lora	Lees-McRae	11.62m
10	335 Green, Keza	Mount Olive	11.62m
11	226 Carter, Valasha	Emmanuel	10.45m
12	338 Hormazabal, Karla	Mount Olive	12.16m

Event 31 Women Shot Put**Monday 2/24/2025 - 12:30 PM**

Advance the top 9, plus ties, to finals.

Facility: 17.84m 2/8/2020 Raven Saunders
 College: 16.29m 3/5/2016 Portious Warren
 Conference: 13.95m 2015 Maegan Henry
 Meet: 13.95m 2015 Maegan Henry

Pos	Name	School	Seed Mark
Flight 1 of 2 Finals			
1	307 Gray, Morgan	Lees-McRae	10.57m
2	471 Agwu, Comfort	Unc Pembroke	9.28m
3	475 Garmendiz, Rhianna	Unc Pembroke	10.21m
4	350 Rydqvist, Elin	Mount Olive	9.81m
5	143 Woodruff, Elizabeth	Belmont Abbey	10.11m
6	473 Dawkins, Yanelli	Unc Pembroke	10.46m
7	485 Olaleye, Jenella	Unc Pembroke	10.01m
8	227 Drake, Naomi	Emmanuel	8.78m
9	456 Luther, Alexandria	So. Wesleyan	9.50m
10	482 Lubamba, Gloriest	Unc Pembroke	9.64m
Flight 2 of 2 Finals			
1	336 Grena, Isabelle	Mount Olive	11.24m
2	345 Lindsey, Ashley	Mount Olive	12.17m
3	188 Martin, Bella	Converse	12.62m
4	333 Colwell, Jasmine	Mount Olive	13.38m
5	185 Hutchins, Alla	Converse	11.60m
6	343 Kenan, Kaitlin	Mount Olive	10.95m
7	342 Johnson, Haniyyah	Mount Olive	11.02m
8	182 Curry, Asha	Converse	10.60m
9	355 Thomas, Cynthia	Mount Olive	11.46m
10	183 Evatt, Anna Katherine	Converse	11.18m
11	329 Barnes, Kenisha	Mount Olive	10.60m

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

JDL Fast Track

Meet Program - Monday

Event 28 Men High Jump**Monday 2/24/2025 - 12:30 PM****Prog: 170 175 180 185 190 195, then by 3cm**

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

Pos	Name	School	Seed Mark
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Flight 1 of 1 Finals

1	152 Coleman, Sekani	Belmont Abbey	1.74m
2	237 Davis, Alex	Emmanuel	1.75m
3	165 McCaw, Andrew	Belmont Abbey	1.77m
4	443 Cook, Elijah	Shorter	1.79m
5	286 Carter, Nolen	King	1.80m
6	462 Gamble, Isaiah	So. Wesleyan	1.81m
7	172 Thorson, Rexton	Belmont Abbey	1.84m
8	238 Drake, Josiah	Emmanuel	1.84m
9	500 Davis, Quincy	Unc Pembroke	1.84m
10	460 Anderson, Wilontae	So. Wesleyan	1.86m
11	249 Wright, Donavan	Emmanuel	1.88m
12	384 Poindexter, Kavon	Mount Olive	1.90m
13	449 Richardson, Landon	Shorter	1.94m
14	367 Gerth, Holden	Mount Olive	1.95m
15	284 Bonds, Mackey	King	1.95m
16	163 Koelling, Kaleb	Belmont Abbey	1.96m
17	239 Forrest, Orian	Emmanuel	2.00m
18	324 Green, Jayden	Lees-McRae	2.05m