

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

## JDL Fast Track

## Meet Program - Sunday

**Event 2 Men Distance Medley**

Sunday 2/23/2025 - 4:00 PM

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

Lane	Team	Relay	Seed Time
<b>Section 1 of 1 Finals</b>			
1	Lees-McRae	A	10:30.17
	1) #326 Pierce, Brennen	2) #328 Scott, Lodrick	
	3) #323 Gillis, Joshua	4) #321 Freeman, Rien	
2	Southern Wes	A	10:35.25
	1) #461 Clark, Grady	2) #463 Gaskin, Aziah	
	3) #469 Scruggs, Dustyn	4) #465 Jones, Drew	
3	Converse	A	10:37.83
	1) #216 Rios Brena, Luis	2) #221 Vera Moleres, Ander	
	3) #201 Carver, Zackery	4) #210 Joe, Jacob	
4	Unc Pembroke	A	10:39.41
	1) #512 Nervo, Lucas	2) #513 Osewe, Brace	
	3) #521 Todd, Sean	4) #503 Jimenez, Ryan	
5	Mount Olive	A	10:41.35
	1) #389 Tsegay, Aman	2) #362 Dixon, Jakaii	
	3) #388 Tanui, Titus	4) #378 Meltsaiev, Artem	
6	King	A	10:55.43
	1) #302 Utsey, Spencer	2) #285 Carr, Ben	
	3) #290 Hatcher, Lance	4) #293 Kilpatrick, Sean	
7	Belmont Abbe	A	11:18.51
	1) #160 Hubbard, Clinton	2) #166 McGroarty, Jude	
	3) #158 Hetzel, John	4) #173 Willett, Adam	
8	Young Harris	A	NT
	1) #536 Holland, Ryder	2) #542 Scheuer, Noah	
	3) #534 Dezwart, Austin	4) #541 Potter, Alexander	
9	Erskine	A	NT
	1) #265 Edwards, Parker	2) #270 Penland, Matthew	
	3) #275 Whitwood, Sam	4) #276 Wines, Colby	
10	Shorter	A	NT
	1) #446 Kipkosgei, Brian	2) #448 Otero Lado, Fernando	
	3) #449 Richardson, Landon	4) #440 Blount, Erin	
11	North Greenv	A	NT
	1) #412 Cox, Dominique	2) #427 White, Mason	
	3) #419 Jaminet, Ben	4) #424 Schilling, Thomas	

**Event 1 Women Distance Medley**

Sunday 2/23/2025 - 4:15 PM

Facility: 10:55.49 2/17/2023

Shaw, Chapman, Bush, Tuohy

College: 10:55.49 2/17/2023

Shaw, Chapman, Bush, Tuohy

Conference: 11:49.13 2019 Mount Olive

Ritter, Thring, Blades, Hanle

Meet: 12:40.20 2/18/2024 North Greenville

A Shope, E Dennison, K Futrell, R Nicholson

Lane	Team	Relay	Seed Time
<b>Section 1 of 1 Finals</b>			
1	King	A	13:06.14
	1) #281 Vazquez, Ermay	2) #278 Brammer, Abigail	
	3) #280 Lowery, Amanda	4) #283 Whitley, Morgan	
2	Lees-McRae	A	13:25.04
	1) #305 Dille, Campbell	2) #311 Martinka, Landri	
	3) #308 Kleiber, Rebecca	4) #309 Knapp, Megan	
3	Southern Wes	A	13:34.12
	1) #457 Morgan, Macey	2) #454 Labrant, Ava	
	3) #452 Gallagher, Kristi	4) #458 Smith, Merritt	
4	Converse	A	13:56.49
	1) #195 Stepp, Paisley	2) #187 MacMillan, Peyton	
	3) #180 Crandell, Mackenzie	4) #175 Bartley, Talaijah	
5	Young Harris	A	13:59.02
	1) #528 Johnson, Chesney	2) #527 Hubbard, Harper	
	3) #529 Marsingill, Piper	4) #523 Anderson, Emma	
6	Belmont Abbe	A	14:32.65
	1) #145 Young, Elizabeth	2) #139 Thompson, Tori	
	3) #128 Deveau, Annika	4) #146 Zuniga, Mia	
7	Erskine	A	15:08.23
	1) #258 Rudder, Adaline	2) #257 Ricker, Brooklyn	
	3) #253 Faulkner, Raleigh	4) #255 Mumaw, Chloe	
8	Unc Pembroke	A	NT
	1) #481 Kosgei, Jackline	2) #483 Mosby, Mckylee	
	3) #472 Bennewitz, Malea	4) #480 Kimaiyo, Moureen	
9	North Greenv	A	NT
	1) #404 Nicholson, Riley	2) #407 Rose, Katlyn	
	3) #410 Van Dine, Julia	4) #409 Timmons, Ellie	

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

## JDL Fast Track

## Meet Program - Sunday

**Event 4 Men 60 Meter Hurdles****8 Advance: Top 2 Each Heat plus Next 4 Best Times**

Sunday 2/23/2025 - 4:30 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	Seed Time
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**Heat 1 of 2 Preliminaries**

1	240 Gibbons, Lashaun	Emmanuel (Ga)	8.98
2	213 Medley, Donald	Converse	8.76
3	497 Callahan, Tayvon	Unc Pembroke	8.10
4	466 Lea, Happy	Southern Wes	8.31
5	516 Pineda, Eliezer	Unc Pembroke	8.58
6	219 Thomas, Dre'Kevan	Converse	8.20
7	286 Carter, Nolen	King	10.31
8	236 Carter, Johnny	Emmanuel (Ga)	9.17

**Heat 2 of 2 Preliminaries**

1	381 Oxendine, Emanuel	Mount Olive	9.29
2	237 Davis, Alex	Emmanuel (Ga)	9.43
3	171 Thompson, Ayden	Belmont Abbe	8.34
4	220 Tibolla, Nick	Converse	8.16
5	156 Gulapa, Joshua	Belmont Abbe	8.39
6	492 Battle, Justin	Unc Pembroke	8.15
7	449 Richardson, Landon	Shorter	8.89
8	124 Pearsall, Julian	Barton	8.95

**Event 3 Women 60 Meter Hurdles****8 Advance: Top 2 Each Heat plus Next 2 Best Times**

Sunday 2/23/2025 - 4:45 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	Seed Time
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**Heat 1 of 3 Preliminaries**

2	261 Whitehead, Antaja	Erskine	10.73
3	131 Flores, Isabelle	Belmont Abbe	8.85
4	348 Pemberton, Kiwana	Mount Olive	9.38
5	430 Edwards, Nashari	Shorter	9.25
6	346 Mims, Keianna	Mount Olive	9.58
7	175 Bartley, Talajjah	Converse	9.90

**Heat 2 of 3 Preliminaries**

2	352 Simmons, Amiliana	Mount Olive	9.76
3	483 Mosby, Mckylee	Unc Pembroke	9.26
4	341 Jefferson, Channie	Mount Olive	8.74
5	356 Triggs, Tylyia	Mount Olive	9.28
6	181 Cunningham, Kamille	Converse	9.70

**Heat 3 of 3 Preliminaries**

2	140 White, Olivia	Belmont Abbe	9.91
3	357 Washington, Zaria	Mount Olive	9.03
4	130 Feehan, Ella	Belmont Abbe	9.48
5	198 Wright, Kennedy	Converse	8.89
6	138 Thomas, Alexandra	Belmont Abbe	9.41
7	407 Rose, Katlyn	North Greenv	9.99

**Event 6 Men 400 Meter Dash****Top 8 Advance by Time**

Sunday 2/23/2025 - 5:00 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	Seed Time
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**Heat 1 of 6 Preliminaries**

3	463 Gaskin, Aziah	Southern Wes	53.99
4	115 Copper, Justin	Barton	51.45
5	441 Breckenridge, Donovan	Shorter	50.61
6	246 Purcell, Marcus	Emmanuel (Ga)	50.63

**Heat 2 of 6 Preliminaries**

3	223 White, Denard	Converse	52.93
4	379 Nixon, Andrew	Mount Olive	51.33
5	151 Coleman, Jesse	Belmont Abbe	50.48
6	243 Lewis, Nickili	Emmanuel (Ga)	50.52

**Heat 3 of 6 Preliminaries**

3	119 Jackson, Na'Jay	Barton	51.95
4	505 Kearney, Jaedon	Unc Pembroke	51.30
5	268 Jefferson, Nick	Erskine	49.86
6	386 Saul, Brian	Mount Olive	50.43

**Heat 4 of 6 Preliminaries**

3	218 Sapko, Kyan	Converse	51.65
4	207 Glenn, Ryan	Converse	51.12
5	159 Hines, Jeremiah	Belmont Abbe	49.32
6	375 Leach, Travelius	Mount Olive	49.58

**Heat 5 of 6 Preliminaries**

3	317 Broom, Jaryd	Lees-McRae	55.82
4	522 Townes, Sean	Unc Pembroke	51.56
5	361 Crymes, Jon	Mount Olive	50.66
6	425 Simpkins, Austin	North Greenv	50.93

**Heat 6 of 6 Preliminaries**

3	442 Buchanan, Octavious	Shorter	52.50
4	291 Henfield, Matthew	King	51.33
5	206 Gilmore, Isaac	Converse	50.47
6	150 Coleman, Garison	Belmont Abbe	50.44

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

## JDL Fast Track

## Meet Program - Sunday

**Event 5 Women 400 Meter Dash****Top 8 Advance by Time**

Sunday 2/23/2025 - 5:15 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	Seed Time
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**Heat 1 of 5 Preliminaries**

3	228 Hall, Morgan	Emmanuel (Ga)	1:03.77
4	230 Piazza, Jai	Emmanuel (Ga)	1:02.85
5	401 Hill, Hannah	North Greenv	58.16
6	177 Bethel, Jermyra	Converse	58.86

**Heat 2 of 5 Preliminaries**

3	254 Hudson, Shamyra	Erskine	1:04.41
4	311 Martinka, Landri	Lees-McRae	1:03.08
5	341 Jefferson, Channie	Mount Olive	58.90
6	190 Muldrow-Green, Trinita	Converse	1:00.39

**Heat 3 of 5 Preliminaries**

3	278 Brammer, Abigail	King	1:08.16
4	304 Cobb, Ellie	Lees-McRae	1:03.42
5	433 Lucien, Kilaya	Shorter	1:00.51
6	490 Winston, Amiya	Unc Pembroke	1:00.56

**Heat 4 of 5 Preliminaries**

3	107 Jones, Evet	Barton	1:03.72
4	432 Grimes, Treneice	Shorter	1:02.70
5	487 Sherlock, Katie-Marie	Unc Pembroke	57.89
6	131 Flores, Isabelle	Belmont Abbe	58.01

**Heat 5 of 5 Preliminaries**

3	531 Mendoza, Ashley	Young Harris	1:11.20
4	352 Simmons, Amiliana	Mount Olive	1:03.63
5	346 Mims, Keianna	Mount Olive	1:02.41
6	340 Inman, Macie	Mount Olive	1:02.58

**Event 8 Men 60 Meter Dash****8 Advance: Top 1 Each Heat plus Next 4 Best Times**

Sunday 2/23/2025 - 5:30 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	Seed Time
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**Heat 1 of 4 Preliminaries**

1	494 Brooks, Braylon	Unc Pembroke	6.96
2	264 Button, Halen	Erskine	7.18
3	292 Johnson, Lynden	King	6.68
4	501 Dawson, Daniel	Unc Pembroke	6.84
5	511 Morrow, Travon	Unc Pembroke	6.83
6	383 Pevia, Jacoby	Mount Olive	6.95
7	154 Flores, Gavin	Belmont Abbe	7.16

**Heat 2 of 4 Preliminaries**

1	391 White, Zyshone	Mount Olive	7.04
2	215 Ranieri, Camden	Converse	7.02
3	247 Scott, Cameron	Emmanuel (Ga)	6.90
4	368 Glover, Jamavie	Mount Olive	6.81
5	444 Gibson, Dedric	Shorter	6.76
6	203 Davis, Devron	Converse	6.89
7	463 Gaskin, Aziah	Southern Wes	7.40

**Heat 3 of 4 Preliminaries**

1	371 Hart, Jason	Mount Olive	7.01
2	426 White, Joshua	North Greenv	7.35
3	113 Bobbitt, Jordan	Barton	6.85
4	200 Bomar, Dorian	Converse	6.73
5	387 Smith, Leland	Mount Olive	6.90
6	510 McKinney, Calen	Unc Pembroke	6.82
7	373 Kinard, Savion	Mount Olive	7.04

**Heat 4 of 4 Preliminaries**

1	502 Hayes, Mekhi	Unc Pembroke	6.96
2	126 Walker, Cameron	Barton	7.05
3	300 Stevens, Dominick	King	6.94
4	120 Lee, Jaidan	Barton	6.84
5	202 Cox, Zephaniah	Converse	6.71
6	212 Mcfadden, Gavin	Converse	6.83
7	317 Broom, Jaryd	Lees-McRae	7.25

**Event 7 Women 60 Meter Dash****8 Advance: Top 2 Each Heat plus Next 2 Best Times**

Sunday 2/23/2025 - 5:45 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	Seed Time
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**Heat 1 of 3 Preliminaries**

1	488 Turner, Ashlyn	Unc Pembroke	7.92
2	108 Mcclary, Erica	Barton	7.98
3	106 Heckstall, Aniya	Barton	7.62
4	110 Tutt, Keiarra	Barton	7.83
5	431 Gregory, Trinyty	Shorter	7.87
6	349 Roberts, Heaven	Mount Olive	7.64
7	127 Banks, Jasmine	Belmont Abbe	7.92
8	453 Johnson, Kyla	Southern Wes	8.43

**Heat 2 of 3 Preliminaries**

1	437 Welch, Savannah	Shorter	7.94
2	476 Glaspie, Taniyah	Unc Pembroke	7.97
3	191 Okoduwa, Eseose	Converse	7.59
4	351 Shields, Sanyiah	Mount Olive	7.82
5	342 Johnson, Haniyyah	Mount Olive	7.87
6	406 Robinson, Bre'Asia	North Greenv	7.73
7	313 Taylor, Symone	Lees-McRae	7.89
8	234 Wilcher, Alexis	Emmanuel (Ga)	8.47

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

## JDL Fast Track

## Meet Program - Sunday

**Heat 3 of 3 Preliminaries...(Event 7 Women 60 Meter Dash)**

1	479 Herrera, Geri	Unc Pembroke	7.94
2	438 Yelegoiyee, Tracey	Shorter	7.94
3	337 Harris, Futoria	Mount Olive	7.40
4	347 Nicholson, LaSira	Mount Olive	7.77
5	436 Rose, Madison	Shorter	7.74
6	101 Agyeman, Angel	Barton	7.87
7	184 Griffin, Madison	Converse	7.89

**Event 10 Men 5000 Meter Run**

Sunday 2/23/2025 - 6:00 PM

Double waterfall with a two-turn stagger.

<b>Facility:</b>	<b>13:35.64</b>	<b>2/24/2022</b>	<b>Athanas Kioko</b>
<b>College:</b>	<b>13:41.89</b>	<b>2/19/2021</b>	<b>Aaron Bienenfeld</b>
<b>Conference:</b>	<b>13:55.27</b>	<b>2008</b>	<b>Daniel Kanyaruhuru</b>
<b>Meet:</b>	<b>14:17.89</b>	<b>2/20/2022</b>	<b>Joshua Chepkesor</b>

Lane	Name	School	Seed Time
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**Section 1 of 1 Finals**

1	204 Flores, Alain	Converse	14:48.89
2	468 O'Neill, Ronan	Southern Wes	15:07.25
3	504 Junker, Norman	Unc Pembroke	15:19.22
4	327 Reyna, Isaac	Lees-McRae	15:23.84
5	214 Porter, Alex	Converse	15:33.66
6	322 Geckler, Max	Lees-McRae	15:34.81
7	506 Kibet, Kelvin	Unc Pembroke	15:36.48
8	507 Kigen, Antony	Unc Pembroke	15:36.80
9	515 Phieffer, Jack	Unc Pembroke	15:39.29
10	517 Robertson, Conrad	Unc Pembroke	15:48.13
11	225 Wright, Jaxon	Converse	15:55.40
12	535 Figgins, Brayden	Young Harris	15:57.34
13	539 King, Liam	Young Harris	15:57.62
14	293 Kilpatrick, Sean	King	16:00.33
15	217 Ruiz Barreda, Marti	Converse	16:05.57
16	417 Heath, Matthew	North Greenv	16:09.22
17	149 Coffman, Dominic	Belmont Abbe	16:09.79
18	369 Hall, Evan	Mount Olive	16:10.12
19	537 Honeycutt, Matthew	Young Harris	16:11.62
20	270 Penland, Matthew	Erskine	16:15.77
21	118 Gamwell, Nolan	Barton	16:52.22

**Event 9 Women 5000 Meter Run**

Sunday 2/23/2025 - 6:25 PM

Double waterfall with a two-turn stagger.

<b>Facility:</b>	<b>15:32.67</b>	<b>2/17/2024</b>	<b>Samantha Bush</b>
<b>College:</b>	<b>15:32.67</b>	<b>2/17/2024</b>	<b>Samantha Bush</b>
<b>Conference:</b>	<b>16:30.04</b>	<b>2019</b>	<b>Leah Hanle</b>
<b>Meet:</b>	<b>17:46.23</b>	<b>2/18/2024</b>	<b>Lauren Beatty</b>

Lane	Name	School	Seed Time
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**Section 1 of 1 Finals**

1	480 Kimaiyo, Moureen	Unc Pembroke	18:21.29
2	395 Anderton, Cecily	North Greenv	18:31.02
3	408 Shope, Riley	North Greenv	18:46.86
4	194 Sosa, Ashley	Converse	18:49.70
5	176 Beatty, Lauren	Converse	18:54.95
6	428 Centeno, Lucia	Shorter	18:57.20
7	472 Bennewitz, Malea	Unc Pembroke	19:04.75
8	394 Alsup, Paris	North Greenv	19:05.56
9	145 Young, Elizabeth	Belmont Abbe	19:09.51
10	484 Ngetich, Sharon	Unc Pembroke	19:23.68
11	400 Haddad, Rebekah	North Greenv	19:27.61
12	399 Gidney, Christiana	North Greenv	19:42.01
13	282 Ward, Emily	King	20:00.40
14	477 Gritti, Michela	Unc Pembroke	20:03.12
15	526 Hargrove, Julia	Young Harris	20:45.89
16	235 Woods, Gracie	Emmanuel (Ga)	20:51.30
17	229 Jones, MaKayla	Emmanuel (Ga)	21:46.45
18	129 DiNapoli, Francesca	Belmont Abbe	21:46.81
19	532 Payne, Natalie	Young Harris	21:56.84
20	524 Baars, Emily	Young Harris	22:06.36

**Event 12 Men 200 Meter Dash**

Top 8 Advance by Time

Sunday 2/23/2025 - 6:50 PM

<b>Facility:</b>	<b>21.08</b>	<b>3/15/2014</b>	<b>Lamar Hargrove</b>
<b>College:</b>	<b>21.08</b>	<b>3/15/2014</b>	<b>Lamar Hargrove</b>
<b>Conference:</b>	<b>21.27</b>	<b>2017</b>	<b>Marquett Simmons, Jr.</b>
<b>Meet:</b>	<b>21.65</b>	<b>2017</b>	<b>Marquett Simmons, Jr.</b>

Lane	Name	School	Seed Time
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**Heat 1 of 7 Preliminaries**

3	272 Roy, Nic	Erskine	24.19
4	202 Cox, Zephaniah	Converse	22.65
5	511 Morrow, Travon	Unc Pembroke	22.30
6	120 Lee, Jaidan	Barton	22.37

**Heat 2 of 7 Preliminaries**

4	300 Stevens, Dominick	King	22.71
5	444 Gibson, Dedric	Shorter	22.46
6	375 Leach, Travelius	Mount Olive	22.47

**Heat 3 of 7 Preliminaries**

3	243 Lewis, Nickili	Emmanuel (Ga)	23.09
4	289 Grant, Thomas	King	22.60
5	203 Davis, Devron	Converse	22.20
6	200 Bomar, Dorian	Converse	22.22

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

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## Meet Program - Sunday

**Heat 4 of 7 Preliminaries...(Event 12 Men 200 Meter Dash)**

3	494 Brooks, Braylon	Unc Pembroke	22.79
4	510 McKinney, Calen	Unc Pembroke	22.53
5	246 Purcell, Marcus	Emmanuel (Ga	22.19
6	502 Hayes, Mekhi	Unc Pembroke	22.19

**Heat 5 of 7 Preliminaries**

3	361 Crymes, Jon	Mount Olive	22.71
4	441 Breckenridge, Donovan	Shorter	22.49
5	159 Hines, Jeremiah	Belmont Abbe	21.99
6	371 Hart, Jason	Mount Olive	22.06

**Heat 6 of 7 Preliminaries**

3	315 Bankole, Tayo	Lees-McRae	25.22
4	383 Pevia, Jacoby	Mount Olive	22.70
5	150 Coleman, Garison	Belmont Abbe	22.44
6	113 Bobbitt, Jordan	Barton	22.44

**Heat 7 of 7 Preliminaries**

3	470 Warner, Jaden	Southern Wes	24.11
4	292 Johnson, Lynden	King	22.61
5	161 Ingle, Tayshawn	Belmont Abbe	22.25
6	212 Mcfadden, Gavin	Converse	22.29

**Event 11 Women 200 Meter Dash****Top 8 Advance by Time****Sunday 2/23/2025 - 7:20 PM**

<b>Facility:</b>	<b>23.68</b>	<b>2/25/2022</b>	<b>Jonah Ross</b>
<b>College:</b>	<b>23.80</b>	<b>3/15/2014</b>	<b>Danielle Williams</b>
<b>Conference:</b>	<b>24.26</b>	<b>2021</b>	<b>Jharna Alston</b>
<b>Conference:</b>	<b>24.26</b>	<b>2023</b>	<b>Jaylin Reeves</b>
<b>Meet:</b>	<b>24.59</b>	<b>2021</b>	<b>Jharna Alston</b>

**Lane Name School Seed Time****Heat 1 of 6 Preliminaries**

3	527 Hubbard, Harper	Young Harris	28.50
4	108 McClary, Erica	Barton	26.59
5	351 Shields, Sanyiah	Mount Olive	25.86
6	487 Sherlock, Katie-Marie	Unc Pembroke	26.00

**Heat 2 of 6 Preliminaries**

3	127 Banks, Jasmine	Belmont Abbe	27.02
4	476 Glaspie, Taniyah	Unc Pembroke	26.48
5	401 Hill, Hannah	North Greenv	25.29
6	191 Okoduwa, Eseose	Converse	25.40

**Heat 3 of 6 Preliminaries**

4	347 Nicholson, LaSira	Mount Olive	26.62
5	177 Bethel, Jermyra	Converse	26.04
6	230 Piazza, Jai	Emmanuel (Ga	26.15

**Heat 4 of 6 Preliminaries**

3	190 Muldrow-Green, Triniti	Converse	26.85
4	433 Lucien, Kilaya	Shorter	26.37
5	349 Roberts, Heavan	Mount Olive	24.73
6	337 Harris, Futoria	Mount Olive	24.96

**Heat 5 of 6 Preliminaries**

3	303 Camire, Sandryne	Lees-McRae	27.19
4	432 Grimes, Treneice	Shorter	26.51
5	479 Herrera, Geri	Unc Pembroke	25.56
6	106 Heckstall, Aniya	Barton	25.63

**Heat 6 of 6 Preliminaries**

3	252 Dismukes, Colette	Erskine	28.23
4	490 Winston, Amiya	Unc Pembroke	26.56
5	110 Tutt, Keiarra	Barton	25.73
6	437 Welch, Savannah	Shorter	25.75

**Event 22 Men Weight Throw****Sunday 2/23/2025 - 4:00 PM****Advance the top 9, plus ties, to finals.**

<b>Facility:</b>	<b>23.24m</b>	<b>12/2/2017</b>	<b>Josh Davis</b>
<b>College:</b>	<b>23.24m</b>	<b>12/2/2017</b>	<b>Josh Davis</b>
<b>Conference:</b>	<b>19.49m</b>	<b>2022</b>	<b>Jon Wojcuich</b>
<b>Meet:</b>	<b>18.57m</b>	<b>2/18/2024</b>	<b>Alex Smith-Forte</b>

**Pos Name School Seed Mark****Flight 1 of 2 Finals**

1	363 Durbin, JJ	Mount Olive	13.29m
2	519 Smith, Daevohn	Unc Pembroke	13.21m
3	366 Furlough, Nate	Mount Olive	13.32m
4	208 Hemphill, Aubrey	Converse	13.60m
5	168 Powers, Davis	Belmont Abbe	12.50m
6	413 Crowe, Bailey	North Greenv	12.86m
7	360 Cloud, Nic	Mount Olive	13.80m
8	116 Drye Jr, Darion	Barton	13.71m
9	295 Owens, Jesse	King	12.28m
10	498 Cisse, Abdul	Unc Pembroke	13.23m

**Flight 2 of 2 Finals**

1	514 Parker, Gary	Unc Pembroke	16.32m
2	359 Bass, Caleb	Mount Olive	16.27m
3	390 Turner, Adam	Mount Olive	15.64m
4	316 Belcher, Andrew	Lees-McRae	14.45m
5	271 Robertson, Jerry	Erskine	15.31m
6	372 Heywood, Matthew	Mount Olive	15.99m
7	508 King, Antoine	Unc Pembroke	15.77m
8	380 Noble, Amari	Mount Olive	14.89m
9	411 Campbell, Taylor	North Greenv	15.19m
10	370 Harrison, Micah	Mount Olive	17.22m
11	374 Lavender, Tyrese	Mount Olive	15.49m

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

## JDL Fast Track

## Meet Program - Sunday

**Event 24 Men Long Jump**

Sunday 2/23/2025 - 4:00 PM

Advance the top 9, plus ties, to finals.

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.

Pos	Name	School	Seed Mark
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**Flight 1 of 2 Finals**

1	447 Mccrary, Lanear	Shorter	6.39m
2	423 Pauling, Justin	North Greenv	6.23m
3	114 Carmack, Zaccheaus	Barton	6.47m
4	376 Loch, Princeton	Mount Olive	6.45m
5	244 McKenzie, Matthew	Emmanuel (Ga	6.48m
6	117 Fontaine, Braxton	Barton	5.98m
7	509 Mason, Caleb	Unc Pembroke	6.39m
8	320 Elmer, Orrin	Lees-McRae	6.12m
9	153 Davis, Albert	Belmont Abbe	6.32m
10	364 Fadipe, Wonderful	Mount Olive	6.51m
11	152 Coleman, Sekani	Belmont Abbe	6.33m

**Flight 2 of 2 Finals**

1	284 Bonds, Mackey	King	6.55m
2	215 Ranieri, Camden	Converse	6.71m
3	199 Belton, Omarion	Converse	7.34m
4	262 Anagnostopoulos, Chris	Erskine	6.58m
5	365 Fedelus, Zach	Mount Olive	7.22m
6	387 Smith, Leland	Mount Olive	6.57m
7	249 Wright, Donavan	Emmanuel (Ga	6.83m
8	382 Pender, Andrew	Mount Olive	6.75m
9	393 Wilson-McCoy, Ryan	Mount Olive	6.56m
10	205 Gamble, Kaden	Converse	7.24m
11	155 Gooding-Williams, Dayzl	Belmont Abbe	6.71m
12	377 Marks, Brendin	Mount Olive	7.01m

**Event 26 Men Pole Vault**

Sunday 2/23/2025 - 4:00 PM

Prog: 328 343 358 ... 418, then by 10cm

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

Pos	Name	School	Seed Mark
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**Flight 1 of 1 Finals**

1	147 Albury, Anderson	Belmont Abbe	NH
2	495 Brown, Trent	Unc Pembroke	3.10m
3	414 Fulmer, Grayson	North Greenv	3.55m
4	538 Hunley, Ryland	Young Harris	3.55m
5	491 Barnette, Elijah	Unc Pembroke	3.80m
6	296 Rosson, Nathan	King	4.00m
7	415 Hamby, Bryce	North Greenv	4.25m
8	157 Hay, Kelly	Belmont Abbe	4.55m
9	520 Thomas, Cole	Unc Pembroke	4.61m

**Event 23 Women Long Jump**

Sunday 2/23/2025 - 6:00 PM

Advance the top 9, plus ties, to finals.

Facility: 6.40m 2/22/2020 Aliyah Whisby  
 College: 6.25m 2/11/2020 Monae Nichols  
 Conference: 6.09m 2023 Mycherie Onwuzuruike  
 Meet: 5.91m 2/19/2023 Mycherie Onwuzuruike

Pos	Name	School	Seed Mark
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**Flight 1 of 2 Finals**

1	459 Wilson, Makayla	Southern Wes	4.83m
2	436 Rose, Madison	Shorter	5.29m
3	335 Green, Keza	Mount Olive	5.29m
4	233 Thurston, Rayven	Emmanuel (Ga	5.08m
5	486 Pollock, Kyleigh	Unc Pembroke	5.23m
6	140 White, Olivia	Belmont Abbe	4.79m
7	226 Carter, Valasha	Emmanuel (Ga	5.08m
8	277 Armstead, Samaya	King	4.99m
9	339 Howell, Jamesha	Mount Olive	5.07m
10	354 Smith, Joella	Mount Olive	5.11m

**Flight 2 of 2 Finals**

1	191 Okoduwa, Eseose	Converse	5.52m
2	330 Bryant, Janara	Mount Olive	5.81m
3	306 Dillon, Lora	Lees-McRae	5.46m
4	230 Piazza, Jai	Emmanuel (Ga	5.84m
5	353 Slate, Essence	Mount Olive	5.39m
6	106 Heckstall, Aniya	Barton	5.59m
7	342 Johnson, Haniyyah	Mount Olive	5.99m
8	341 Jefferson, Channie	Mount Olive	5.63m
9	338 Hormazabal, Karla	Mount Olive	5.61m
10	130 Feehan, Ella	Belmont Abbe	5.41m

**Event 21 Women Weight Throw**

Sunday 2/23/2025 - 6:00 PM

Advance the top 9, plus ties, to finals.

Facility: 23.58m 1/29/2016 Amber Campbell  
 College: 21.18m 2/26/2017 Marthaline Cooper  
 Conference: 18.54m 2022 Mary Brigid Keck  
 Meet: 18.54m 2/20/2022 Mary Brigid Keck

Pos	Name	School	Seed Mark
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**Flight 1 of 2 Finals**

1	407 Rose, Katlyn	North Greenv	8.44m
2	473 Dawkins, Yanelli	Unc Pembroke	13.36m
3	456 Luther, Alexandria	Southern Wes	11.45m
4	485 Olaleye, Jenella	Unc Pembroke	11.97m
5	471 Agwu, Comfort	Unc Pembroke	12.71m
6	132 Flure, Lucy	Belmont Abbe	10.73m
7	109 Pitt, Lauryn	Barton	11.48m
8	183 Evatt, Anna Katherine	Converse	11.24m
9	489 Vandusen, Makayla	Unc Pembroke	12.10m
10	182 Curry, Asha	Converse	12.41m
11	251 Carver, Gracie	Erskine	10.02m

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

## JDL Fast Track

## Meet Program - Sunday

**Flight 2 of 2 Finals...(Event 21 Women Weight Throw)**

1	333 Colwell, Jasmine	Mount Olive	14.67m
2	355 Thomas, Cynthia	Mount Olive	14.04m
3	331 Bucher, Peyton	Mount Olive	13.68m
4	343 Kenan, Kaitlin	Mount Olive	14.25m
5	188 Martin, Bella	Converse	16.63m
6	350 Rydqvist, Elin	Mount Olive	15.82m
7	143 Woodruff, Elizabeth	Belmont Abbe	13.51m
8	329 Barnes, Kenisha	Mount Olive	17.17m
9	345 Lindsey, Ashley	Mount Olive	13.63m
10	334 Desir-Moreau, Rolanda	Mount Olive	15.66m
11	336 Grena, Isabelle	Mount Olive	14.38m
12	307 Gray, Morgan	Lees-McRae	14.19m

**Event 25 Women Pole Vault**

Sunday 2/23/2025 - 6:00 PM

Prog: 217 232 247 262 277 292, con't by 10cm

Facility:	4.61m	1/30/2016	Katie Nageotte
College:	4.40m	1/29/2016	Megan Clark
Conference:	3.81m	2020	Millie Klefsaas
Meet:	3.81m	2020	Millie Klefsaas

Pos	Name	School	Seed Mark
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**Flight 1 of 1 Finals**

1	434 Rolen, Brooke	Shorter	NH
2	279 Butler, Elizabeth	King	NH
3	314 walker, Jocelyn	Lees-McRae	NH
4	134 Mochi, Fina	Belmont Abbe	2.65m
5	139 Thompson, Tori	Belmont Abbe	2.65m
6	438 Yelegoiyee, Tracey	Shorter	2.66m
7	435 Rolen, Jenna	Shorter	2.95m
8	186 Irick, Allison	Converse	3.00m
9	454 Labrant, Ava	Southern Wes	3.10m
10	474 Fiorucci, Carina	Unc Pembroke	3.50m