

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

## JDL Fast Track

## Results

## Women 60 M

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

Name	School	Prelims
<b>Preliminaries</b>		
1	Harris, Futoria	Mount Olive 7.40Q
2	Roberts, Heaven	Mount Olive 7.58Q
3	Okoduwa, Eseose	Converse 7.63Q
4	Heckstall, Aniya	Barton 7.63Q
5	Robinson, Bre'Asia	N. Greenville 7.72Q
6	Nicholson, LaSira	Mount Olive 7.75Q
7	Rose, Madison	Shorter 7.77q
8	Yelegoiyee, Tracey	Shorter 7.78q
9	Shields, Sanyiah	Mount Olive 7.82
10	Johnson, Haniyyah	Mount Olive 7.84
11	Gregory, Trinity	Shorter 7.86
12	Agyman, Angel	Barton 7.91
13	Turner, Ashlyn	Unc Pembroke 7.93
14	Tutt, Keiarra	Barton 7.93
15	Griffin, Madison	Converse 7.94
16	Banks, Jasmine	Belmont Abbey 7.94
17	Herrera, Geri	Unc Pembroke 7.98
18	Mcclary, Erica	Barton 7.98
19	Glaspie, Taniyah	Unc Pembroke 8.03
20	Welch, Savannah	Shorter 8.04
21	Taylor, Symone	Lees-McRae 8.24
22	Wilcher, Alexis	Emmanuel 8.42
23	Johnson, Kyla	So. Wesleyan 8.55

## Women 60 M

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

Name	School	Finals
<b>Finals</b>		
1	Harris, Futoria	Mount Olive 7.44¢ 10
2	Heckstall, Aniya	Barton 7.66 8
3	Roberts, Heaven	Mount Olive 7.72 6
4	Rose, Madison	Shorter 7.73 5
5	Robinson, Bre'Asia	N. Greenville 7.76 4
6	Nicholson, LaSira	Mount Olive 7.83 3
7	Yelegoiyee, Tracey	Shorter 7.96 2
---	Okoduwa, Eseose	Converse FS

## Women 200 M

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

Name	School	Prelims
<b>Preliminaries</b>		
1	Harris, Futoria	Mount Olive 24.62q
2	Roberts, Heaven	Mount Olive 24.80q
3	Hill, Hannah	N. Greenville 24.91q
4	Heckstall, Aniya	Barton 25.10q
5	Herrera, Geri	Unc Pembroke 25.10q
6	Okoduwa, Eseose	Converse 25.35q
7	Shields, Sanyiah	Mount Olive 25.44q
8	Tutt, Keiarra	Barton 25.69q
9	Bethel, Jermyra	Converse 25.90
10	Welch, Savannah	Shorter 26.03
11	Sherlock, Katie-Marie	Unc Pembroke 26.32
12	Winston, Amiya	Unc Pembroke 26.37
13	Grimes, Treneice	Shorter 26.44
14	Glaspie, Taniyah	Unc Pembroke 26.49
15	Lucien, Kilaya	Shorter 26.50
16	Mcclary, Erica	Barton 26.96
17	Banks, Jasmine	Belmont Abbey 27.32
18	Dismukes, Colette	Erskine 27.55
19	Nicholson, LaSira	Mount Olive 27.93
20	Camire, Sandryne	Lees-McRae 27.95
21	Hubbard, Harper	Young Harris 28.91
---	Muldrow-Green, Trinita	Converse FS

## Women 200 M

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

Name	School	Finals
<b>Finals</b>		
1	Harris, Futoria	Mount Olive 24.24¢ 10
2	Roberts, Heaven	Mount Olive 24.83 8
3	Heckstall, Aniya	Barton 24.88 6
4	Hill, Hannah	N. Greenville 25.09 5
5	Herrera, Geri	Unc Pembroke 25.18 4
6	Okoduwa, Eseose	Converse 25.27 3
7	Shields, Sanyiah	Mount Olive 25.40 2
8	Tutt, Keiarra	Barton 25.95 1

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

## JDL Fast Track

## Results

## Women 400 M

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

Name	School	Prelims
<b>Preliminaries</b>		
1	Flores, Isabelle	Belmont Abbey 57.66q
2	Bethel, Jermyra	Converse 58.21q
3	Hill, Hannah	N. Greenville 58.58q
4	Jefferson, Channie	Mount Olive 58.70q
5	Sherlock, Katie-Marie	Unc Pembroke 59.20q
6	Lucien, Kilaya	Shorter 59.76q
7	Winston, Amiya	Unc Pembroke 59.77q
8	Muldrow-Green, Triniti	Converse 1:00.56q
9	Grimes, Treneice	Shorter 1:02.97
10	Mims, Keianna	Mount Olive 1:03.21
11	Martinka, Landri	Lees-McRae 1:03.22
12	Simmons, Amiliana	Mount Olive 1:03.35
13	Cobb, Ellie	Lees-McRae 1:03.71
14	Jones, Evet	Barton 1:03.99
15	Hudson, Shamyra	Erskine 1:04.31
16	Brammer, Abigail	King 1:05.87
17	Inman, Macie	Mount Olive 1:05.88
18	Hall, Morgan	Emmanuel 1:06.06
19	Mendoza, Ashley	Young Harris 1:11.87
---	Piazza, Jai	Emmanuel FS

## Women 400 M

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

Name	School	Finals
<b>Finals</b>		
1	Jefferson, Channie	Mount Olive 56.81 10
2	Flores, Isabelle	Belmont Abbey 57.45 8
3	Bethel, Jermyra	Converse 57.83 6
4	Hill, Hannah	N. Greenville 58.20 5
5	Sherlock, Katie-Marie	Unc Pembroke 58.58 4
6	Lucien, Kilaya	Shorter 1:00.27 3
7	Winston, Amiya	Unc Pembroke 1:00.50 2
8	Muldrow-Green, Triniti	Converse 1:00.56 1

## Women 800 M

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

Name	School	Finals
<b>Finals</b>		
1	Lindevik, Linn	Mount Olive 2:25.05 10
2	Walraven, Brynley	Young Harris 2:25.42 8
3	Zuniga, Mia	Belmont Abbey 2:25.57 6
4	Robinson, Bayley	Converse 2:26.44 5

5	Vazquez, Ermay	King 2:26.74 4
6	Van Dine, Julia	N. Greenville 2:27.76 3
7	Bennewitz, Malea	Unc Pembroke 2:28.45 2
8	Justice, Zoie	N. Greenville 2:29.17 1
9	Deveau, Annika	Belmont Abbey 2:29.97
10	Gallagher, Kristi	So. Wesleyan 2:30.24
11	Thompson, Tori	Belmont Abbey 2:32.16
12	Whitley, Morgan	King 2:32.40
13	MacMillan, Peyton	Converse 2:32.86
14	Lowery, Amanda	King 2:35.51
15	Cofone, Ruby	Mount Olive 2:35.84
16	Labrant, Ava	So. Wesleyan 2:36.12
17	Mumaw, Chloe	Erskine 2:37.30
18	Kleiber, Rebecca	Lees-McRae 2:38.10
19	Copeland, Kaylee	N. Greenville 2:38.72
20	Moore, Alexis	Belmont Abbey 2:39.44
21	Wilkerson, Miranda	Belmont Abbey 2:40.10
22	Spikes, Jayda	Emmanuel 2:45.61
23	McClung, Cadence	Young Harris 2:46.61
24	Whilden, Ansley	Barton 2:47.45

## Women 1 Mile Run

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

Name	School	Finals
<b>Finals</b>		
1	Timmons, Ellie	N. Greenville 5:13.69 10
2	Beatty, Lauren	Converse 5:15.86 8
3	Whitley, Morgan	King 5:16.66 6
4	Knapp, Megan	Lees-McRae 5:18.85 5
5	Lindevik, Linn	Mount Olive 5:26.11 4
6	Vazquez, Ermay	King 5:27.48 3
7	Smith, Merritt	So. Wesleyan 5:32.26 2
8	Nicholson, Riley	N. Greenville 5:32.78 1
9	Young, Elizabeth	Belmont Abbey 5:34.09
10	Kosgei, Jackline	Unc Pembroke 5:37.27
11	Morgan, Macey	So. Wesleyan 5:42.36
12	Lanier, Michaela	N. Greenville 5:51.34
13	Anderson, Emma	Young Harris 5:56.13
14	Faulkner, Raleigh	Erskine 6:11.31
15	Birch, Brelyn	N. Greenville 6:14.22

## Women 3000 M

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

Name	School	Finals
<b>Finals</b>		
1	Kimaiyo, Moureen	Unc Pembroke 10:36.93 10
2	Anderton, Cecily	N. Greenville 10:37.87 8
3	Shope, Riley	N. Greenville 10:42.08 6
4	Timmons, Ellie	N. Greenville 10:47.96 5
5	Dille, Campbell	Lees-McRae 10:50.51 4

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

## JDL Fast Track

## Results

## Finals ... (Women 3000 M)

Name	School	Finals	
6 Sosa, Ashley	Converse	10:51.57	3
7 Beatty, Lauren	Converse	10:56.89	2
8 Alsup, Paris	N. Greenville	10:58.15	1
9 Knapp, Megan	Lees-McRae	11:04.87	
10 Smith, Merritt	So. Wesleyan	11:06.50	
11 Haddad, Rebekah	N. Greenville	11:06.90	
12 Young, Elizabeth	Belmont Abbey	11:08.95	
13 Centeno, Lucia	Shorter	11:08.98	
14 Whitley, Morgan	King	11:11.38	
15 Ngetich, Sharon	Unc Pembroke	11:13.90	
16 Gidney, Christiana	N. Greenville	11:15.61	
17 Gritti, Michela	Unc Pembroke	11:15.85	
18 Ward, Emily	King	11:27.09	
19 Morgan, Macey	So. Wesleyan	11:31.93	
20 Baars, Emily	Young Harris	12:05.22	
21 Bright, Emma	N. Greenville	12:11.35	
22 Bryant, Vivian	Erskine	12:39.92	
--- Vazquez, Ermay	King	DNF	

## Women 5000 M

Facility: 15:19.72 \$ 1/26/2025 Grace Hartman

College: 15:19.72 # 1/26/2025 Grace Hartman

Conference: 16:30.04 € 2019 Leah Hanle

Meet: 17:46.23 @ 2/18/2024 Lauren Beatty

Name	School	Finals	
1 Kimaiyo, Moureen	Unc Pembroke	18:10.89	10
2 Anderton, Cecily	N. Greenville	18:13.93	8
3 Sosa, Ashley	Converse	18:19.78	6
4 Beatty, Lauren	Converse	18:27.22	5
5 Shope, Riley	N. Greenville	18:51.64	4
6 Bennewitz, Malea	Unc Pembroke	18:52.34	3
7 Alsup, Paris	N. Greenville	18:57.20	2
8 Young, Elizabeth	Belmont Abbey	18:59.77	1
9 Centeno, Lucia	Shorter	19:04.88	
10 Ngetich, Sharon	Unc Pembroke	19:18.69	
11 Gritti, Michela	Unc Pembroke	19:23.08	
12 Gidney, Christiana	N. Greenville	19:25.36	
13 Haddad, Rebekah	N. Greenville	19:32.47	
14 Hargrove, Julia	Young Harris	20:24.88	
15 Woods, Gracie	Emmanuel	20:28.56	
16 Payne, Natalie	Young Harris	21:17.04	
17 Jones, MaKayla	Emmanuel	21:21.71	
18 Baars, Emily	Young Harris	21:37.42	
19 DiNapoli, Francesca	Belmont Abbey	21:54.91	
--- Ward, Emily	King	DQ	

## Women 60 M Hurdles

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

Name	School	Prelims
<b>Preliminaries</b>		
1 Jefferson, Channie	Mount Olive	€ 8.64Q
2 Flores, Isabelle	Belmont Abbey	8.82Q
3 Wright, Kennedy	Converse	8.96Q
4 Pemberton, Kiwanna	Mount Olive	8.97Q
5 Washington, Zaria	Mount Olive	9.06Q
6 Mosby, Mckylee	Unc Pembroke	9.17Q
7 Edwards, Nashari	Shorter	9.09q
8 Thomas, Alexandra	Belmont Abbey	9.15q
9 Cunningham, Kamille	Converse	9.31
10 Mims, Keianna	Mount Olive	9.51
11 White, Olivia	Belmont Abbey	9.68
12 Feehan, Ella	Belmont Abbey	9.71
13 Simmons, Amiliana	Mount Olive	9.90
14 Rose, Katlyn	N. Greenville	10.13
15 Whitehead, Antaja	Erskine	10.31
16 Bartley, Talajjah	Converse	18.68
--- Triggs, Tylyia	Mount Olive	FS

## Women 60 M Hurdles

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

Name	School	Finals
<b>Finals</b>		
1 Jefferson, Channie	Mount Olive	8.67 10
2 Flores, Isabelle	Belmont Abbey	8.80 8
3 Wright, Kennedy	Converse	8.91 6
4 Pemberton, Kiwanna	Mount Olive	9.05 5
5 Washington, Zaria	Mount Olive	9.08 4
6 Thomas, Alexandra	Belmont Abbey	9.09 3
7 Mosby, Mckylee	Unc Pembroke	9.30 2
8 Edwards, Nashari	Shorter	9.63 1

## Women 4x400 M Relay

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

Team	Relay	Finals
<b>Finals</b>		
1 Converse	A	3:57.43 10
1) Muldrow-Green, Triniti	2) Wright, Kennedy	
3) Okoduwa, Eseose	4) Bethel, Jermyra	

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

## JDL Fast Track

## Results

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

Team	Relay	Finals	
2 Unc Pembroke	A	3:59.72	8
1) Sherlock, Katie-Marie	2) Winston, Amiya		
3) Haney, Mallory	4) Herrera, Geri		
3 Shorter	A	4:03.13	6
1) Grimes, Treneice	2) Lucien, Kilaya		
3) Welch, Savannah	4) Rose, Madison		
4 Barton	A	4:08.90	5
1) Tutt, Keiarra	2) McClary, Erica		
3) Jones, Evet	4) Heckstall, Aniya		
5 Belmont Abbey	A	4:10.77	4
1) Banks, Jasmine	2) Feehan, Ella		
3) Flores, Isabelle	4) Thompson, Tori		
6 Lees-McRae	A	4:16.65	3
1) Cobb, Ellie	2) Martinka, Landri		
3) Camire, Sandryne	4) Osika, Keagan		
7 Erskine	A	4:25.32	2
1) Phillips, Mckenna	2) Whitehead, Antaja		
3) Hudson, Shamyia	4) Dismukes, Colette		
8 King	A	4:26.35	1
1) Brammer, Abigail	2) Vazquez, Ermay		
3) Armstead, Samaya	4) Lowery, Amanda		
9 Southern Wesleyan	A	4:26.73	
1) Johnson, Kyla	2) Wilson, Makayla		
3) Labrant, Ava	4) Lay, TraVon		
10 Emmanuel (Ga.)	A	4:28.84	
1) Hall, Morgan	2) Thurston, Rayven		
3) Stanley, Bailee	4) Spikes, Jayda		
11 Young Harris	A	4:34.73	
1) Hubbard, Harper	2) Walraven, Brynley		
3) McClung, Cadence	4) Marsingill, Piper		
12 North Greenville	A	4:38.93	
1) Rose, Katlyn	2) Justice, Zoie		
3) Copeland, Kaylee	4) Lanier, Michaela		

## Women Distance Medley

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

Team	Relay	Finals	
1 North Greenville	A	12:41.81	10
1) Nicholson, Riley	2) Rose, Katlyn		
3) Van Dine, Julia	4) Timmons, Ellie		
2 King	A	12:44.65	8
1) Vazquez, Ermay	2) Brammer, Abigail		
3) Lowery, Amanda	4) Whitley, Morgan		
3 Lees-McRae	A	12:52.43	6
1) Dille, Campbell	2) Martinka, Landri		
3) Kleiber, Rebecca	4) Knapp, Megan		

4 Unc Pembroke	A	13:13.29	5
1) Kosgei, Jackline	2) Bennewitz, Malea		
3) Ngetich, Sharon	4) Kimaiyo, Moureen		
5 Belmont Abbey	A	13:16.33	4
1) Young, Elizabeth	2) Thompson, Tori		
3) Deveau, Annika	4) Zuniga, Mia		
6 Southern Wesleyan	A	13:21.90	3
1) Morgan, Macey	2) Lay, TraVon		
3) Gallagher, Kristi	4) Smith, Merritt		
7 Converse	A	13:46.64	2
1) Stepp, Paisley	2) Robinson, Bayley		
3) MacMillan, Peyton	4) Crandell, Mackenzie		
8 Young Harris	A	14:27.71	1
1) Johnson, Chesney	2) Hubbard, Harper		
3) Marsingill, Piper	4) Anderson, Emma		
9 Erskine	A	14:39.17	
1) Ricker, Brooklyn	2) Sedeska, Sophie		
3) Rudder, Adaline	4) Bryant, Vivian		

## Women High Jump

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

Name	School	Finals	
<b>Finals</b>			
1 Brown, Jordan	Converse	1.64m	10
2 Cunningham, Kamille	Converse	1.61m	8
3 Bryant, Janara	Mount Olive	1.58m	6
4 Hudson, Shamyia	Erskine	J1.58m	5
5 Pinckney, Janyia	Converse	J1.58m	4
6 Hormazabal, Karla	Mount Olive	1.55m	3
7 Thomas, D'Asia	Converse	J1.55m	2
8 Kells, Haley	Belmont Abbey	1.50m	1
9 Thierfelder, Ann	Belmont Abbey	1.45m	
9 Wright, Kennedy	Converse	1.45m	
11 Coats, Iyana	Barton	J1.45m	
12 Mochi, Fina	Belmont Abbey	J1.45m	
13 Soto, Angely	Belmont Abbey	1.40m	
14 Haney, Mallory	Unc Pembroke	J1.40m	
--- Inman, Macie	Mount Olive	NH	

## Women Pole Vault

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

Name	School	Finals	
<b>Finals</b>			
1 Fiorucci, Carina	Unc Pembroke	3.32m	10
2 Irick, Allison	Converse	3.22m	8
3 Rolen, Jenna	Shorter	3.12m	6
4 Labrant, Ava	So. Wesleyan	2.92m	5
5 walker, Jocelyn	Lees-McRae	2.77m	4
6 Mochi, Fina	Belmont Abbey	J2.77m	3
7 Thompson, Tori	Belmont Abbey	2.62m	2

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## Results

## Finals ... (Women Pole Vault)

Name	School	Finals
8 Yelegoiyee, Tracey	Shorter	2.47m 1
9 Butler, Elizabeth	King	2.32m
10 Rolen, Brooke	Shorter	2.17m

## Women Long Jump

Facility: 6.40m \$ 2/22/2020 Aliyah Whisby  
 College: 6.25m # 2/11/2020 Monae Nichols  
 Conference: 6.09m € 2023 Mycherie Onwuzuruikie  
 Meet: 5.91m @ 2/19/2023 Mycherie Onwuzuruikie

Name	School	Finals
<b>Finals</b>		
1 Bryant, Janara	Mount Olive	5.88m 10
2 Jefferson, Channie	Mount Olive	5.81m 8
3 Johnson, Haniyyah	Mount Olive	5.80m 6
4 Rose, Madison	Shorter	5.51m 5
5 Okoduwa, Eseose	Converse	5.49m 4
6 Hormazabal, Karla	Mount Olive	5.38m 3
7 Howell, Jamesha	Mount Olive	5.37m 2
8 Green, Keza	Mount Olive	5.34m 1
9 Slate, Essence	Mount Olive	J5.34m
10 Dillon, Lora	Lees-McRae	5.32m
11 Pollock, Kyleigh	Unc Pembroke	5.28m
12 Carter, Valasha	Emmanuel	5.21m
13 Thurston, Rayven	Emmanuel	5.11m
14 Feehan, Ella	Belmont Abbey	5.06m
15 Armstead, Samaya	King	5.03m
16 Smith, Joella	Mount Olive	4.99m
17 Wilson, Makayla	So. Wesleyan	4.77m
18 White, Olivia	Belmont Abbey	4.58m
--- Heckstall, Aniya	Barton	FOUL

## Women Triple Jump

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

Name	School	Finals
<b>Finals</b>		
1 Bryant, Janara	Mount Olive	12.26m@ 10
2 Hormazabal, Karla	Mount Olive	12.11m 8
3 Haney, Mallory	Unc Pembroke	11.99m 6
4 Green, Keza	Mount Olive	11.50m 5
5 Dillon, Lora	Lees-McRae	11.13m 4
6 Thurston, Rayven	Emmanuel	11.10m 3
7 Whiteside, Mackenzie	Converse	11.00m 2
8 Carter, Valasha	Emmanuel	10.95m 1
9 Pinckney, Janyia	Converse	10.92m
10 Edwards, Nashari	Shorter	10.89m
11 Kells, Haley	Belmont Abbey	10.45m
12 Lubamba, Gloriest	Unc Pembroke	9.80m

## Women Shot Put

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

Name	School	Finals
<b>Finals</b>		
1 Johnson, Haniyyah	Mount Olive	11.91m 10
2 Hutchins, Alla	Converse	11.64m 8
3 Kenan, Kaitlin	Mount Olive	11.39m 6
4 Martin, Bella	Converse	11.23m 5
5 Dawkins, Yanelli	Unc Pembroke	11.14m 4
6 Grena, Isabelle	Mount Olive	10.95m 3
7 Evatt, Anna Katherine	Converse	10.83m 2
8 Lindsey, Ashley	Mount Olive	10.71m 1
9 Thomas, Cynthia	Mount Olive	10.49m
10 Barnes, Kenisha	Mount Olive	10.07m
11 Curry, Asha	Converse	9.99m
12 Olaley, Jenella	Unc Pembroke	9.95m
13 Woodruff, Elizabeth	Belmont Abbey	9.78m
14 Rydqvist, Elin	Mount Olive	9.48m
15 Luther, Alexandria	So. Wesleyan	9.46m
16 Gray, Morgan	Lees-McRae	9.44m
17 Lubamba, Gloriest	Unc Pembroke	9.28m
18 Garmendiz, Rhianna	Unc Pembroke	8.93m
19 Agwu, Comfort	Unc Pembroke	8.30m
20 Drake, Naomi	Emmanuel	7.12m
--- Colwell, Jasmine	Mount Olive	FOUL

## Women Weight Throw

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

Name	School	Finals
<b>Finals</b>		
1 Barnes, Kenisha	Mount Olive	16.92m 10
2 Martin, Bella	Converse	16.91m 8
3 Desir-Moreau, Rolanda	Mount Olive	15.56m 6
4 Rydqvist, Elin	Mount Olive	15.47m 5
5 Kenan, Kaitlin	Mount Olive	15.43m 4
6 Thomas, Cynthia	Mount Olive	14.77m 3
7 Agwu, Comfort	Unc Pembroke	14.13m 2
8 Gray, Morgan	Lees-McRae	14.08m 1
9 Woodruff, Elizabeth	Belmont Abbey	13.62m
10 Bucher, Peyton	Mount Olive	12.90m
11 Lindsey, Ashley	Mount Olive	12.78m
12 Vandusen, Makayla	Unc Pembroke	12.66m
13 Dawkins, Yanelli	Unc Pembroke	12.56m
14 Grena, Isabelle	Mount Olive	12.37m
15 Curry, Asha	Converse	11.97m
16 Luther, Alexandria	So. Wesleyan	11.78m
17 Pitt, Lauryn	Barton	11.54m
18 Evatt, Anna Katherine	Converse	11.05m
19 Colwell, Jasmine	Mount Olive	10.93m

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

## JDL Fast Track

## Results

## Finals ... (Women Weight Throw)

Name	School	Finals
20 Olaleye, Jenella	Unc Pembroke	10.35m
21 Carver, Gracie	Erskine	9.77m
22 Rose, Katlyn	N. Greenville	8.52m
23 Flure, Lucy	Belmont Abbey	7.90m

## Indoor Pentathlon: #5 Women 800 M Indoor Pentathlon

Name	School	Finals
<b>Finals</b>		
1 Wright, Kennedy	Converse	2:46.63 499
2 Soto, Angely	Belmont Abbey	2:49.03 474
3 Triggs, Tylyia	Mount Olive	2:52.04 443
4 Cunningham, Kamille	Converse	2:53.25 430
5 Kells, Haley	Belmont Abbey	2:54.70 416
6 Williams, Mia	Belmont Abbey	2:55.66 407
7 Osika, Keagan	Lees-McRae	2:55.78 405
8 Mochi, Fina	Belmont Abbey	2:59.44 370
9 Thomas, D'Asia	Converse	3:14.31 244

## Indoor Pentathlon: #1 Women 60 M Hurdles Indoor Pentathlon

Name	School	Finals
<b>Finals</b>		
1 Wright, Kennedy	Converse	9.13 883
2 Triggs, Tylyia	Mount Olive	9.36 836
3 Thomas, D'Asia	Converse	9.51 806
4 Cunningham, Kamille	Converse	9.53 802
5 Kells, Haley	Belmont Abbey	9.68 773
6 Williams, Mia	Belmont Abbey	9.96 720
7 Soto, Angely	Belmont Abbey	10.07 699
8 Mochi, Fina	Belmont Abbey	10.98 540
9 Osika, Keagan	Lees-McRae	11.35 480

## Indoor Pentathlon: #2 Women High Jump Indoor Pentathlon

Name	School	Finals
<b>Finals</b>		
1 Cunningham, Kamille	Converse	1.62m 759
2 Thomas, D'Asia	Converse	1.56m 689
2 Wright, Kennedy	Converse	1.56m 689
4 Kells, Haley	Belmont Abbey	1.53m 655
5 Mochi, Fina	Belmont Abbey	1.50m 621
6 Osika, Keagan	Lees-McRae	1.47m 588
6 Soto, Angely	Belmont Abbey	1.47m 588
8 Williams, Mia	Belmont Abbey	1.38m 491
8 Triggs, Tylyia	Mount Olive	1.38m 491

## Indoor Pentathlon: #4 Women Long Jump Indoor Pentathlon

Name	School	Finals
<b>Finals</b>		
1 Kells, Haley	Belmont Abbey	5.21m 617
2 Osika, Keagan	Lees-McRae	5.04m 570
3 Triggs, Tylyia	Mount Olive	4.90m 532
4 Wright, Kennedy	Converse	4.81m 508
5 Cunningham, Kamille	Converse	4.64m 464
6 Williams, Mia	Belmont Abbey	4.57m 446
7 Soto, Angely	Belmont Abbey	4.47m 421

8 Thomas, D'Asia	Converse	4.44m 413
9 Mochi, Fina	Belmont Abbey	4.14m 340

## Indoor Pentathlon: #3 Women Shot Put Indoor Pentathlon

Name	School	Finals
<b>Finals</b>		
1 Kells, Haley	Belmont Abbey	9.99m 529
2 Triggs, Tylyia	Mount Olive	9.70m 510
3 Wright, Kennedy	Converse	8.96m 462
4 Cunningham, Kamille	Converse	8.63m 440
5 Osika, Keagan	Lees-McRae	8.17m 410
6 Williams, Mia	Belmont Abbey	8.13m 408
7 Mochi, Fina	Belmont Abbey	7.56m 371
8 Soto, Angely	Belmont Abbey	7.43m 363
9 Thomas, D'Asia	Converse	7.09m 341

## Women Indoor Pentathlon

Facility: 4003 \$ 3/14/2016 Ayesha Champagnie

Shaw, Chapman, Bush, Tuohy

College: 4003 # 3/4/2016 Ayesha Champagnie

Shaw, Chapman, Bush, Tuohy

Name	School	Finals
<b>Finals</b>		
1 Wright, Kennedy	Converse	3041 10
2 Kells, Haley	Belmont Abbey	2990 8
3 Cunningham, Kamille	Converse	2895 6
4 Triggs, Tylyia	Mount Olive	2812 5
5 Soto, Angely	Belmont Abbey	2545 4
6 Thomas, D'Asia	Converse	2493 3
7 Williams, Mia	Belmont Abbey	2472 2
8 Osika, Keagan	Lees-McRae	2453 1
9 Mochi, Fina	Belmont Abbey	2242

## Women - Team Rankings - 17 Events Scored

1) Mount Olive	197
2) Converse	137
3) North Greenville	73
4) UNC Pembroke	72
5) Belmont Abbey	54
6) Shorter	29
7) Lees-McRae	28
8) King	22
9) Barton	20
10) Southern Wesleyan	10
11) Young Harris	9
12) Erskine	7
13) Emmanuel (Ga.)	4