

Conference Carolinas Indoor T&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
Preliminaries		
1 Harris, Futoria	Mount Olive	€ 7.40Q
2 Roberts, Heavan	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 Agyeman, 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 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
Preliminaries		
1 Harris, Futoria	Mount Olive	24.62q
2 Roberts, Heavan	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, Trinit	Converse	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	Prelims
Preliminaries		
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, Trinit	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 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
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

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Finals ... (Women 5000 M)

Name	School	Finals
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
Preliminaries		
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 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
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 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
Finals		
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
8	Yelegooyee, 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 Onwuzuruike
Meet: 5.91m @ 2/19/2023 Mycherie Onwuzuruike

Name	School	Finals
Finals		
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

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Finals ... (Women Long Jump)

Name	School	Finals
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
--- Piazza, Jai	Emmanuel	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
Finals		
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
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
Finals		
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
Finals		
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
Finals		
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
Finals		
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
Finals		
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

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Women Indoor Pentathlon

Facility: 4003 S 3/14/2016 Ayesha Champagnie

Shaw, Chapman, Bush, Tuohy

College: 4003 # 3/4/2016 Ayesha Champagnie

Shaw, Chapman, Bush, Tuohy

	Name	School	Finals
Finals			
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 - 6 Events Scored

1)	Mount Olive	63
2)	Converse	52
3)	UNC Pembroke	30
4)	North Greenville	24
4)	Belmont Abbey	24
6)	Shorter	12
6)	Lees-McRae	12
8)	King	8
8)	Southern Wesleyan	8
10)	Young Harris	1