

Conference Carolinas Indoor T&F Championships - 2/22/2026 to 2/23/2026

JDL Fast Track
Results - Sunday

Men 60 M

Facility: 6.61 \$ 1/18/2015 Sean McLean
Facility: 6.61 \$ 1/30/2016 Ramon Gittens
Facility: 6.61 \$ 2/4/2022 Jaylan Mitchell
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	@ 6.70Q
2 Jones, Jahmal	Ferrum	6.74Q
3 Stevens, Dominick	King	6.81Q
4 Johnson, Lynden	King	6.78Q
5 Davis, Devron	Converse	6.80Q
6 Dixon, Xavier	Converse	6.82Q
7 McClary, Brandon	Barton	6.84q
8 Fields, Shemar	Unc Pembroke	6.87q
9 McKinney, Calen	Unc Pembroke	6.87
10 Smith, Leland	Mount Olive	6.88
11 Glover, Jamavie	Mount Olive	6.93
12 Scott, Cameron	Emmanuel (Ga	6.94
13 Stephens-Neal, Kaleb	North Greenv	6.95
14 Yeary, Cameron	Shorter	6.95
15 Pevia, Jacoby	Mount Olive	6.96
16 McCoy, Donovan	Shorter	7.03
17 Humphrey, Ni'zjohn	Barton	7.04
18 Walker, Cameron	Barton	7.05
19 Bobbitt, Jordan	Barton	7.09
20 Grue, Carson	Lees-McRae	7.21
21 Jones, Jacobe	Unc Pembroke	7.23
22 Bean, Bonshavie	Shorter	7.29

Men 200 M

Facility: 20.80 \$ 1/17/2026 Nakhi Benjamin
College: 20.80 # 1/17/2026 Nakhi Benjamin
Conference: 21.27 € 2017 Marquett Simmons, Jr.
Meet: 21.59 @ 2/23/2025 Mekhi Hayes

Name	School	Prelims
Preliminaries		
1 Davis, Devron	Converse	@ 21.32Q
2 Johnson, Lynden	King	@ 21.36Q
3 Richardson Keys, Zion	Mount Olive	@ 21.46Q
4 Stevens, Dominick	King	@ 21.47Q
5 Hart, Jason	Mount Olive	21.64Q
6 Bomar, Dorian	Converse	@ 21.48q
7 Dixon, Xavier	Converse	@ 21.56q
8 Jones, Jahmal	Ferrum	21.69q
9 McKinney, Calen	Unc Pembroke	21.97
10 Hunter, Ryan	Francis Mari	22.02
11 Leach, Travelius	Mount Olive	22.04
12 Purcell, Marcus	Emmanuel (Ga	22.22
13 Smith, Leland	Mount Olive	22.26
14 Pevia, Jacoby	Mount Olive	22.27
15 Glover, Jamavie	Mount Olive	22.33
16 Scott, Cameron	Emmanuel (Ga	22.48

17 Hayes, Mekhi	Unc Pembroke	22.72
18 Bobbitt, Jordan	Barton	22.85
19 Alia, Charles	Shorter	24.27
--- Cannon, JaQuinn	Barton	FS

Men 400 M

Facility: 46.81 \$ 2/25/2012 Dane Hyatt
College: 47.06 # 2/6/2026 Christian Parker
Conference: 48.02 € 2019 Ethan Morrison
Meet: 48.40 @ 2021 Sulaimane Bangura

Name	School	Prelims
Preliminaries		
1 Lawton, Antavious	Emmanuel (Ga	48.70Q
22.875 (22.875)	48.692 (25.817)	
2 Bullock, Henry	Mount Olive	48.78Q
23.091 (23.091)	48.779 (25.688)	
3 Gilmore, Isaac	Converse	48.85Q
22.744 (22.744)	48.850 (26.106)	
4 Johnson, neale	Converse	49.03Q
22.767 (22.767)	49.026 (26.260)	
5 Leach, Travelius	Mount Olive	49.46Q
23.540 (23.540)	49.458 (25.919)	
6 Jefferson, Nick	Erskine	48.85q
23.036 (23.036)	48.849 (25.814)	
7 Jones, Jacobe	Unc Pembroke	49.38q
23.018 (23.018)	49.379 (26.361)	
8 Staley, Davin	Francis Mari	49.47q
23.240 (23.240)	49.467 (26.228)	
9 Cannon, JaQuinn	Barton	49.47
23.098 (23.098)	49.468 (26.371)	
10 Stephan, Caleb	Southern Wes	49.51
23.208 (23.208)	49.503 (26.296)	
11 Grant, Thomas	King	49.54
23.422 (23.422)	49.535 (26.114)	
12 Lance, Alex	Francis Mari	49.59
23.701 (23.701)	49.583 (25.883)	
13 Silvera, Rashid	Emmanuel (Ga	49.84
22.490 (22.490)	49.836 (27.347)	
14 Davis, Jonathan	Unc Pembroke	49.89
23.719 (23.719)	49.887 (26.169)	
15 Hart, Jason	Mount Olive	49.93
23.458 (23.458)	49.922 (26.464)	
16 Grey, Ronderius	Shorter	50.97
23.539 (23.539)	50.969 (27.431)	
17 Gallegos, Josiah	Ferrum	53.29
24.504 (24.504)	53.287 (28.783)	
18 White, Denard	Converse	53.44
24.738 (24.738)	53.434 (28.696)	

Conference Carolinas Indoor T&F Championships - 2/22/2026 to 2/23/2026

JDL Fast Track
Results - Sunday

Men 5000 M

Facility: 13:10.87 \$ 2/14/2026 Drew Hunter

College: 13:35.64 # 2/24/2022 Athanas Kioko

Conference: 13:55.27 € 2008 Daniel Kanyaruhuru

Meet: 14:17.89 @ 2/20/2022 Joshua Chepkisir

Name	School	Finals
Finals		
1 Vera Moleres, Ander	Converse	15:02.06
34.843 (34.843)	1:11.613 (36.770)	1:48.742 (37.129)
2:25.978 (37.236)	3:01.806 (35.828)	3:37.734 (35.928)
4:13.457 (35.723)	4:49.429 (35.972)	5:26.184 (36.755)
6:03.331 (37.147)	6:39.467 (36.136)	7:16.238 (36.771)
7:52.389 (36.151)	8:28.499 (36.110)	9:05.030 (36.531)
9:42.082 (37.052)	10:19.141 (37.059)	10:56.080 (36.939)
11:33.173 (37.093)	12:10.880 (37.707)	
13:23.498 (36.354)	13:58.051 (34.553)	14:30.605 (32.554)
15:02.057 (31.452)		
2 Brett, Josh	Lees-McRae	15:03.30
34.618 (34.618)	1:11.093 (36.475)	1:48.217 (37.124)
2:25.116 (36.899)	3:00.607 (35.491)	3:36.598 (35.991)
4:12.233 (35.635)	4:48.294 (36.061)	5:25.129 (36.835)
6:02.084 (36.955)	6:38.260 (36.176)	7:14.942 (36.682)
7:51.342 (36.400)	8:27.786 (36.444)	9:04.304 (36.518)
9:41.459 (37.155)	10:18.745 (37.286)	10:55.630 (36.885)
11:32.778 (37.148)	12:10.335 (37.557)	
13:23.172 (36.500)	13:58.638 (35.466)	14:32.672 (34.034)
15:03.300 (30.628)		
3 Reyna, Isaac	Lees-McRae	15:04.33
33.801 (33.801)	1:10.590 (36.789)	1:47.815 (37.225)
2:24.914 (37.099)	3:00.978 (36.064)	3:36.893 (35.915)
4:12.656 (35.763)	4:48.620 (35.964)	5:25.362 (36.742)
6:02.418 (37.056)	6:39.067 (36.649)	7:15.703 (36.636)
7:52.076 (36.373)	8:28.857 (36.781)	9:05.305 (36.448)
9:42.564 (37.259)	10:19.561 (36.997)	10:56.787 (37.226)
11:34.007 (37.220)	12:11.490 (37.483)	
13:23.948 (36.323)	13:59.375 (35.427)	14:34.495 (35.120)
15:04.327 (29.832)		
4 Carney, Edward	Unc Pembroke	15:04.70
37.109 (37.109)	1:12.878 (35.769)	1:50.017 (37.139)
2:26.860 (36.843)	3:03.312 (36.452)	3:38.826 (35.514)
4:14.638 (35.812)	4:50.616 (35.978)	5:26.513 (35.897)
6:03.760 (37.247)	6:39.682 (35.922)	7:16.449 (36.767)
7:52.792 (36.343)	8:29.013 (36.221)	9:05.552 (36.539)
9:42.323 (36.771)	10:19.421 (37.098)	10:56.533 (37.112)
11:33.707 (37.174)	12:11.042 (37.335)	
13:23.447 (36.165)	13:58.471 (35.024)	14:32.347 (33.876)
15:04.696 (32.349)		

5 O'Neill, Ronan	Southern Wes	15:13.69
34.023 (34.023)	1:10.855 (36.832)	1:48.155 (37.300)
2:25.422 (37.267)	3:01.297 (35.875)	3:37.234 (35.937)
4:12.912 (35.678)	4:48.926 (36.014)	5:25.702 (36.776)
6:02.747 (37.045)	6:38.606 (35.859)	7:15.186 (36.580)
7:51.568 (36.382)	8:28.041 (36.473)	9:04.785 (36.744)
9:41.873 (37.088)	10:19.330 (37.457)	10:56.368 (37.038)
11:33.443 (37.075)	12:11.186 (37.743)	
13:25.187 (37.159)	14:04.884 (39.697)	14:42.488 (37.604)
15:13.683 (31.195)		
6 Reeder, Kaden	Southern Wes	15:14.34
35.477 (35.477)	1:11.717 (36.240)	1:49.368 (37.651)
2:26.781 (37.413)	3:02.082 (35.301)	3:37.909 (35.827)
4:13.682 (35.773)	4:49.685 (36.003)	5:26.345 (36.660)
6:03.547 (37.202)	6:39.272 (35.725)	7:15.983 (36.711)
7:52.407 (36.424)	8:29.784 (37.377)	9:06.292 (36.508)
9:42.986 (36.694)	10:20.280 (37.294)	10:57.435 (37.155)
11:35.077 (37.642)	12:12.849 (37.772)	
13:27.237 (36.933)	14:04.589 (37.352)	14:41.545 (36.956)
15:14.340 (32.795)		
7 Kibet, Kelvin	Unc Pembroke	15:15.02
34.428 (34.428)	1:11.387 (36.959)	1:48.548 (37.161)
2:25.675 (37.127)	3:01.545 (35.870)	3:37.487 (35.942)
4:13.165 (35.678)	4:49.130 (35.965)	5:25.907 (36.777)
6:03.021 (37.114)	6:38.779 (35.758)	7:15.389 (36.610)
7:51.813 (36.424)	8:28.255 (36.442)	9:04.537 (36.282)
9:41.646 (37.109)	10:18.923 (37.277)	10:55.857 (36.934)
11:32.938 (37.081)	12:10.587 (37.649)	
13:23.176 (36.317)	14:00.149 (36.973)	14:38.417 (38.268)
15:15.014 (36.597)		
8 Whipp, Wyatt	Young Harris	15:16.36
35.082 (35.082)	1:12.200 (37.118)	1:49.642 (37.442)
2:27.060 (37.418)	3:02.379 (35.319)	3:38.235 (35.856)
4:14.039 (35.804)	4:50.038 (35.999)	5:26.629 (36.591)
6:03.828 (37.199)	6:39.957 (36.129)	7:16.766 (36.809)
7:53.185 (36.419)	8:29.313 (36.128)	9:05.894 (36.581)
9:42.815 (36.921)	10:19.838 (37.023)	10:57.087 (37.249)
11:34.356 (37.269)	12:11.915 (37.559)	
13:25.832 (37.477)	14:03.254 (37.422)	14:40.729 (37.475)
15:16.353 (35.624)		
9 McBride, Joseph	North Greenv	15:17.50
35.244 (35.244)	1:12.349 (37.105)	1:49.736 (37.387)
2:27.246 (37.510)	3:02.637 (35.391)	3:38.555 (35.918)
4:14.323 (35.768)	4:50.340 (36.017)	5:26.923 (36.583)
6:04.524 (37.601)	6:40.956 (36.432)	7:17.266 (36.310)
7:53.778 (36.512)	8:30.328 (36.550)	9:06.933 (36.605)
9:43.523 (36.590)	10:20.881 (37.358)	10:58.148 (37.267)
11:35.986 (37.838)	12:13.281 (37.295)	
13:28.538 (37.721)	14:06.888 (38.350)	14:44.122 (37.234)
15:17.498 (33.376)		

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Finals ... (Men 5000 M)

Name	School	Finals					
10	Robertson, Conrad	Unc Pembroke	15:18.86	15	Brewer, Chas	North Greenv	16:09.20
	35.359 (35.359)	1:12.419 (37.060)	1:49.937 (37.518)		36.320 (36.320)	1:12.748 (36.428)	1:50.178 (37.430)
	2:27.316 (37.379)	3:03.584 (36.268)	3:39.278 (35.694)		2:27.548 (37.370)	3:03.935 (36.387)	3:39.509 (35.574)
	4:15.151 (35.873)	4:51.159 (36.008)	5:26.741 (35.582)		4:15.506 (35.997)	4:52.178 (36.672)	5:29.693 (37.515)
	6:04.103 (37.362)	6:40.191 (36.088)	7:17.006 (36.815)		6:07.922 (38.229)	6:46.981 (39.059)	7:26.766 (39.785)
	7:53.436 (36.430)	8:30.010 (36.574)	9:06.619 (36.609)		8:07.428 (40.662)	8:48.028 (40.600)	9:27.517 (39.489)
	9:43.210 (36.591)	10:20.491 (37.281)	10:57.713 (37.222)		10:07.099 (39.582)	10:47.256 (40.157)	11:28.157 (40.901)
	11:35.315 (37.602)	12:12.422 (37.107)			12:09.286 (41.129)	12:50.249 (40.963)	
	13:28.002 (37.929)	14:06.588 (38.586)	14:43.941 (37.353)		14:11.841 (41.291)	14:52.799 (40.958)	15:32.440 (39.641)
	15:18.857 (34.916)				16:09.199 (36.759)		
11	Porter, Alex	Converse	15:20.24	16	Lamm, Trey	Barton	16:14.36
	34.951 (34.951)	1:11.904 (36.953)	1:49.108 (37.204)		36.104 (36.104)	1:12.991 (36.887)	1:50.610 (37.619)
	2:26.546 (37.438)	3:03.006 (36.460)	3:39.065 (36.059)		2:28.198 (37.588)	3:04.668 (36.470)	3:39.705 (35.037)
	4:14.894 (35.829)	4:50.883 (35.989)	5:27.157 (36.274)		4:16.282 (36.577)	4:52.621 (36.339)	5:29.535 (36.914)
	6:04.234 (37.077)	6:40.739 (36.505)	7:17.581 (36.842)		6:07.521 (37.986)	6:46.581 (39.060)	7:26.567 (39.986)
	7:54.345 (36.764)	8:31.311 (36.966)	9:08.100 (36.789)		8:07.067 (40.500)	8:47.805 (40.738)	9:28.393 (40.588)
	9:45.131 (37.031)	10:22.527 (37.396)	10:59.792 (37.265)		10:08.323 (39.930)	10:48.252 (39.929)	11:27.909 (39.657)
	11:37.114 (37.322)	12:14.879 (37.765)			12:09.362 (41.453)	12:50.487 (41.125)	
	13:30.679 (37.852)	14:08.711 (38.032)	14:45.743 (37.032)		14:12.907 (41.846)	14:54.780 (41.873)	15:36.716 (41.936)
	15:20.233 (34.490)				16:14.353 (37.637)		
12	Herman, Joel	North Greenv	15:49.72	17	Hubbard, Clinton	Belmont Abbe	16:15.73
	37.334 (37.334)	1:13.286 (35.952)	1:50.241 (36.955)		38.530 (38.530)	1:16.905 (38.375)	1:55.942 (39.037)
	2:27.703 (37.462)	3:04.454 (36.751)	3:39.803 (35.349)		2:35.096 (39.154)	3:15.513 (40.417)	3:52.613 (37.100)
	4:15.831 (36.028)	4:51.840 (36.009)	5:28.286 (36.446)		4:31.783 (39.170)	5:11.411 (39.628)	5:49.764 (38.353)
	6:05.496 (37.210)	6:43.251 (37.755)	7:20.757 (37.506)		6:28.328 (38.564)	7:07.048 (38.720)	7:46.416 (39.368)
	7:59.315 (38.558)	8:38.159 (38.844)	9:17.504 (39.345)		8:25.254 (38.838)	9:03.659 (38.405)	9:42.744 (39.085)
	9:57.016 (39.512)	10:36.179 (39.163)	11:15.425 (39.246)		10:21.129 (38.385)	10:59.430 (38.301)	11:38.079 (38.649)
	11:55.133 (39.708)	12:35.421 (40.288)			12:17.050 (38.971)	12:56.728 (39.678)	
	13:54.674 (39.233)	14:34.331 (39.657)	15:13.490 (39.159)		14:18.287 (41.409)	14:59.662 (41.375)	15:39.772 (40.110)
	15:49.715 (36.225)				16:15.727 (35.955)		
13	Chavez, Kevyn	Emmanuel (Ga	15:59.48	18	Bruzzo-Morello, Domenico	Lees-McRae	16:21.83
	37.282 (37.282)	1:14.400 (37.118)	1:53.178 (38.778)		38.235 (38.235)	1:16.398 (38.163)	1:55.651 (39.253)
	2:32.338 (39.160)	3:12.146 (39.808)	3:51.847 (39.701)		2:34.826 (39.175)	3:15.222 (40.396)	3:53.988 (38.766)
	4:31.159 (39.312)	5:10.892 (39.733)	5:50.130 (39.238)		4:34.041 (40.053)	5:13.346 (39.305)	5:51.946 (38.600)
	6:28.521 (38.391)	7:06.838 (38.317)	7:45.760 (38.922)		6:31.937 (39.991)	7:11.478 (39.541)	7:51.526 (40.048)
	8:24.999 (39.239)	9:03.602 (38.603)	9:42.274 (38.672)		8:32.513 (40.987)	9:12.995 (40.482)	9:53.787 (40.792)
	10:19.662 (37.388)	10:57.506 (37.844)	11:35.730 (38.224)		10:33.257 (39.470)	11:12.457 (39.200)	11:51.832 (39.375)
	12:14.638 (38.908)	12:52.874 (38.236)			12:31.518 (39.686)	13:11.648 (40.130)	
	14:08.525 (37.795)	14:46.387 (37.862)	15:24.093 (37.706)		14:29.792 (39.292)	15:07.335 (37.543)	15:46.515 (39.180)
	15:59.475 (35.382)				16:21.823 (35.308)		
14	Honeycutt, Matthew	Young Harris	16:03.50	19	Alexander, Zaylen	Emmanuel (Ga	16:27.02
	36.974 (36.974)	1:13.194 (36.220)	1:50.527 (37.333)		36.731 (36.731)	1:14.297 (37.566)	1:53.053 (38.756)
	2:27.868 (37.341)	3:04.168 (36.300)	3:40.111 (35.943)		2:32.276 (39.223)	3:12.210 (39.934)	3:51.899 (39.689)
	4:16.683 (36.572)	4:53.050 (36.367)	5:30.940 (37.890)		4:30.973 (39.074)	5:11.085 (40.112)	5:50.107 (39.022)
	6:08.996 (38.056)	6:47.790 (38.794)	7:27.104 (39.314)		6:28.787 (38.680)	7:07.130 (38.343)	7:46.319 (39.189)
	8:07.729 (40.625)	8:48.181 (40.452)	9:26.789 (38.608)		8:25.621 (39.302)	9:05.013 (39.392)	9:44.414 (39.401)
	10:06.422 (39.633)	10:46.290 (39.868)	11:26.329 (40.039)		10:23.982 (39.568)	11:04.131 (40.149)	11:44.465 (40.334)
	12:07.021 (40.692)	12:48.223 (41.202)			12:25.084 (40.619)	13:06.086 (41.002)	
	14:09.102 (40.291)	14:48.653 (39.551)	15:27.581 (38.928)		14:27.893 (41.024)	15:08.654 (40.761)	15:49.061 (40.407)
	16:03.497 (35.916)				16:27.016 (37.955)		

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Finals ... (Men 5000 M)

Name	School	Finals
20 Thompson, Ayden	Mount Olive	16:35.92
35.737 (35.737)	1:12.457 (36.720)	1:48.869 (36.412)
2:26.308 (37.439)	3:02.873 (36.565)	3:40.017 (37.144)
4:17.440 (37.423)	4:56.525 (39.085)	5:35.376 (38.851)
6:15.677 (40.301)	6:56.654 (40.977)	7:37.795 (41.141)
8:19.476 (41.681)	9:00.735 (41.259)	9:42.446 (41.711)
10:22.899 (40.453)	11:04.074 (41.175)	11:44.822 (40.748)
12:27.273 (42.451)	13:08.766 (41.493)	
14:34.376 (42.833)	15:16.686 (42.310)	15:57.930 (41.244)
16:35.914 (37.984)		
21 Muhly, Braydon	King	16:39.18
38.603 (38.603)	1:16.666 (38.063)	1:55.751 (39.085)
2:34.936 (39.185)	3:15.028 (40.092)	3:52.311 (37.283)
4:31.498 (39.187)	5:11.327 (39.829)	5:49.497 (38.170)
6:27.991 (38.494)	7:06.723 (38.732)	7:46.057 (39.334)
8:26.071 (40.014)	9:05.705 (39.634)	9:45.523 (39.818)
10:26.296 (40.773)	11:07.873 (41.577)	11:50.078 (42.205)
12:31.835 (41.757)	13:14.172 (42.337)	
14:37.985 (40.767)	15:20.351 (42.366)	16:02.718 (42.367)
16:39.178 (36.460)		
--- Johnson, Cole	King	DNF
37.152 (37.152)		

Men 60 M Hurdles

Facility: 7.55 \$ 1/31/2015 Aleec Harris
College: 7.63 # 2/4/2017 Michael Dickson
College: 7.63 # 2/24/2022 Rasheem Brown
Conference: 7.77 € 2017 Marshawn Scott
Meet: 7.77 @ 2017 Marshawn Scott

Name	School	Prelims
1 Thomas, Dre'Kevan	Converse	7.98Q
2 Richardson Keys, Zion	Mount Olive	8.16Q
3 Tibolla, Nick	Converse	8.17Q
4 Battle, Justin	Unc Pembroke	8.15Q
5 Lea, Happy	Southern Wes	8.25Q
6 Thompson, Ayden	Belmont Abbe	8.45Q
7 Pineda, Eliezer	Unc Pembroke	8.35q
8 Gulapa, Joshua	Belmont Abbe	8.49q
9 Stephan, Caleb	Southern Wes	8.50
10 Caggins, Antonio	Belmont Abbe	8.62
11 Phelps, Tyshone	North Greenv	8.75
12 Trawick-Peterson, Amari	Belmont Abbe	9.16
13 Chriscoe, Triston	Barton	9.20
14 Baccile, Christian	Belmont Abbe	9.51
--- Richardson, Landon	Shorter	DNF

Men Distance Medley

Facility: 9:32.96 \$ 2/18/2022 Virginia Tech
Fleming, Sapp, Anthony, Lopez Segura
College: 9:32.96 # 2/18/2022 Virginia Tech
Fleming, Sapp, Anthony, Lopez Segura
Conference: 9:51.17 € 2012 Queens
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	10:14.41@
1) Clark, Grady	2) Hill, Nate	
3) Marchman, Ethan	4) Jones, Drew	
3:07.528 (3:07.528)	3:56.708 (49.180)	5:53.034 (1:56.326)
10:14.410 (4:21.376)		
2 Unc Pembroke	A	10:27.32
1) Lewis, Payden	2) Hayes, Mekhi	
3) Jones, Jacob	4) Miller, Charlie	
3:14.559 (3:14.559)	4:04.533 (49.974)	6:02.662 (1:58.129)
10:27.311 (4:24.649)		
3 Converse	A	10:28.41
1) Notarangelo, Benjamin	2) Ranieri, Camden	
3) Heron, Hunter	4) Ruiz Barreda, Marti	
3:14.442 (3:14.442)	4:04.697 (50.255)	6:05.115 (2:00.418)
10:28.406 (4:23.291)		
4 Ferrum	A	10:31.55
1) Veney-Epps, Damani	2) Gallegos, Josiah	
3) Barnett, Peter	4) Truett, Seth	
3:11.292 (3:11.292)	4:02.775 (51.483)	6:03.186 (2:00.411)
10:31.544 (4:28.358)		
5 Belmont Abbey	A	10:31.92
1) Zuniga, Kolbe	2) Thierfelder, Peter	
3) Legato, Jake	4) Hetzel, John	
3:17.807 (3:17.807)	4:08.474 (50.667)	6:09.183 (2:00.709)
10:31.920 (4:22.737)		
6 Erskine	A	10:35.57
1) Tejado, Ekaitz	2) Henfield, Zaiiah	
3) Edwards, Parker	4) Wines, Colby	
3:13.276 (3:13.276)	4:05.152 (51.876)	6:07.073 (2:01.921)
10:35.570 (4:28.497)		
7 Young Harris	A	10:35.77
1) Mason, Noah	2) Frison, Stacy	
3) Harris, Nathaniel	4) Stone, Dylan	
3:15.533 (3:15.533)	4:07.855 (52.322)	6:09.701 (2:01.846)
10:35.768 (4:26.067)		
8 Lees-McRae	A	10:44.01
1) Conner, Declan	2) Johnson, Morris	
3) Frizzell, Conner	4) Bruzzo-Morello, Domenico	
3:15.860 (3:15.860)	4:07.759 (51.899)	6:08.402 (2:00.643)
10:44.008 (4:35.606)		
9 King	A	10:44.19
1) Utsey, Spencer	2) Townsend, Nikolis	
3) Hatcher, Lance	4) Johnson, Cole	
3:15.014 (3:15.014)	4:06.152 (51.138)	6:10.783 (2:04.631)
10:44.189 (4:33.406)		

Conference Carolinas Indoor T&F Championships - 2/22/2026 to 2/23/2026

JDL Fast Track
Results - Sunday

Finals ... (Men Distance Medley)

Team	Relay	Finals
10 North Greenville	A	10:45.70
1) Johnson, Kai	2) Jaminet, Ben	
3) Ashton, Josiah	4) Cox, Dominique	
3:18.239 (3:18.239)	4:10.343 (52.104)	6:07.522 (1:57.179)
10:45.695 (4:38.173)		
11 Emmanuel (Ga.)	A	10:51.58
1) Davis, Demont'e	2) Hayden, Mark	
3) Johnson, Alex	4) Aviles, Angel	
3:22.174 (3:22.174)	4:14.691 (52.517)	6:18.424 (2:03.733)
10:51.577 (4:33.153)		
12 Mount Olive	A	11:14.81
1) Thompson, Ayden	2) Broadus, Zach	
3) Rundell, Spencer	4) Hall, Evan	
3:23.177 (3:23.177)	4:13.723 (50.546)	6:28.636 (2:14.913)
11:14.807 (4:46.171)		
--- Barton	A	DNF
1) Oliver, Jacob	2) Ellis, Ryan	
3) Waller, Brandon	4) Lamm, Trey	
3:23.202 (3:23.202)		
--- Francis Marion	A	DQ
1) Simpson, Ethan	2) Vereen, Donnell	
3) Rigoni, Dominic	4) Cedeno, Luis	
3:35.229 (3:35.229)	4:30.347 (55.118)	6:43.484 (2:13.137)
11:39.647 (4:56.163)		

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: 4.85m @ 2/23/2025 Kelly Hay

Name	School	Finals
1 McNelly, Abe	Belmont Abbe	4.50m
2 Whack, Noah	Belmont Abbe	4.40m
3 Hamby, Bryce	North Greenv	4.30m
4 Gould, Dalton	Belmont Abbe	J4.30m
5 Barnette, Elijah	Unc Pembroke	J4.30m
6 Rosson, Nathan	King	4.15m
7 Henry, Brayden	Young Harris	J4.15m
8 Rogers, David	Unc Pembroke	3.85m
9 Krause, Harrison	Belmont Abbe	J3.85m
10 Rogers, Adam	Unc Pembroke	3.70m
11 Fulmer, Grayson	North Greenv	3.55m
--- Brown, Javon	Unc Pembroke	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 Belton, Omarion	Converse	7.35m
2 Johnson, neale	Converse	7.21m

3 Johnson, Justin	Belmont Abbe	7.17m
4 Richardson Keys, Zion	Mount Olive	7.11m
5 Ranieri, Camden	Converse	6.95m
6 Gooding-Williams, Dayzhaun	Belmont Abbe	6.87m
7 Jones, Kobe	Mount Olive	6.79m
8 Agard, Devin	Belmont Abbe	6.75m
9 Booker, Kenyan	King	6.64m
10 Dukes, Jude	King	6.58m
11 Marks, Brendin	Mount Olive	6.57m
12 Scott, Lodrick	Lees-McRae	6.52m
13 Deaton, Evan	Emmanuel (Ga)	6.36m
14 Howard, Jaysson	Francis Mari	6.35m
15 Coleman, Sekani	Belmont Abbe	6.25m
15 Roscoe, Cayden	Lees-McRae	6.25m
17 Lawson, Deontae	Ferrum	6.19m
18 Campbell, Tim	Mount Olive	6.09m
19 Mosley, Dequavious	Unc Pembroke	6.00m
--- Pender, Andrew	Mount Olive	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 King, Antoine	Mount Olive	18.63m@
2 Parker, Gary	Unc Pembroke	18.61m@
3 Heywood, Matthew	Mount Olive	16.73m
4 Campbell, Taylor	North Greenv	16.18m
5 Cisse, Abdul	Unc Pembroke	16.11m
6 Harris, Chris	Mount Olive	15.55m
7 Turner, Adam	Mount Olive	14.74m
8 Durbin, JJ	Mount Olive	14.62m
9 Gilliam, Noah	King	14.39m
10 Riggs, Matthew	Mount Olive	14.00m
11 Nash, AJ	North Greenv	13.16m
12 Owens, Jesse	King	12.93m
13 McDonald, Urijah	Unc Pembroke	12.19m
14 Self, Brayden	King	12.18m
15 Wright, Zion	Belmont Abbe	12.08m
16 Cline, Khan	Lees-McRae	12.02m
17 Powers, Davis	Belmont Abbe	11.74m
18 Poindexter, Will	Mount Olive	11.54m
19 Opperee, Garrett	North Greenv	11.49m
20 Joacin Jr., Vladimir	Ferrum	9.65m
--- Hemphill, Aubrey	Converse	FOUL

Men - Team Rankings - 5 Events Scored

1) Converse	38
2) Belmont Abbey	37
3) UNC Pembroke	32
4) Mount Olive	29
5) Southern Wesleyan	17
6) Lees-McRae	15

Conference Carolinas Indoor T&F Championships - 2/22/2026 to 2/23/2026

JDL Fast Track

Results - Sunday

7) North Greenville	11
8) Ferrum	5
8) Young Harris	5
10) Erskine	3
10) King	3