

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

JDL Fast Track  
Results - Sunday

## Women 60 M

Facility: 7.18 \$ 1/20/2013 Barbara Pierre  
 Facility: 7.18 \$ 1/23/2022 Kayla White  
 College: 7.25 # 2/26/2023 Alexis Brown  
 Conference: 7.40 ¢ 2/23/2025 Futoria Harris  
 Meet: 7.40 @ 2/23/2025 Futoria Harris

| Name                   | School       | Prelims |
|------------------------|--------------|---------|
| <b>Preliminaries</b>   |              |         |
| 1 Davis, Grace         | Converse     | ¢ 7.38Q |
| 2 Harris, Futoria      | Mount Olive  | 7.53Q   |
| 3 Johnson, Haniyyah    | Mount Olive  | 7.54Q   |
| 4 Roberts, Heaven      | Mount Olive  | 7.59Q   |
| 5 Robinson, Bre'Asia   | North Greenv | 7.60Q   |
| 6 Agyeman, Angel       | Barton       | 7.68Q   |
| 7 Thomas, Alayah       | Converse     | 7.68q   |
| 8 Davis Gainer, Janaya | Unc Pembroke | 7.78q   |
| 9 Griffin, Madison     | Converse     | 7.81    |
| 10 Sanders, Lakeiya    | Mount Olive  | 7.81    |
| 11 Glaspie, Taniyah    | Unc Pembroke | 7.89    |
| 12 Scurry, Zipporah    | Barton       | 7.91    |
| 13 Vaughn, Camille     | Ferrum       | 7.94    |
| 14 Welch, Savannah     | Shorter      | 7.98    |
| 15 Jones, Shaliah      | Barton       | 8.00    |
| 16 Yelegoiyee, Tracey  | Shorter      | 8.01    |
| 17 Jones, Evet         | Barton       | 8.04    |
| 18 Patterson, Zyreonia | Ferrum       | 8.08    |
| 19 Taylor, Symone      | Lees-McRae   | 8.10    |
| 20 Banks, Jasmine      | Belmont Abbe | 8.16    |
| 21 Phillips, Mckenna   | Erskine      | 8.33    |

## Women 200 M

Facility: 23.52 \$ 1/17/2026 Braelyn Baker  
 College: 23.52 # 1/17/2026 Braelyn Baker  
 Conference: 24.24 ¢ 2/24/2025 Futoria Harris  
 Meet: 24.24 @ 2/24/2025 Futoria Harris

| Name                    | School       | Prelims  |
|-------------------------|--------------|----------|
| <b>Preliminaries</b>    |              |          |
| 1 Harvey, Serenity      | Mount Olive  | ¢ 23.98Q |
| 2 Roberts, Heaven       | Mount Olive  | ¢ 24.21Q |
| 3 Harris, Futoria       | Mount Olive  | 24.40Q   |
| 4 Dombroski, Kathleen   | North Greenv | 24.76Q   |
| 5 Slate, Essence        | Mount Olive  | 24.32q   |
| 6 Welch, Savannah       | Shorter      | 24.83q   |
| 7 Sanders, Lakeiya      | Mount Olive  | 24.89q   |
| 8 Thomas, Alayah        | Converse     | 25.09q   |
| 9 Tutt, Keiarra         | Barton       | 25.30    |
| 10 Griffin, Madison     | Converse     | 25.40    |
| 11 Jones, Shaliah       | Barton       | 25.40    |
| 12 Osika, Keagan        | Lees-McRae   | 25.50    |
| 13 Davis Gainer, Janaya | Unc Pembroke | 25.55    |
| 14 Jones, Evet          | Barton       | 25.93    |
| 15 Agyeman, Angel       | Barton       | 26.03    |
| 16 Jones, LaShawn       | Barton       | 26.59    |
| 17 Vaughn, Camille      | Ferrum       | 26.61    |
| 18 Banks, Jasmine       | Belmont Abbe | 26.83    |

19 Hudson, Shamyra Erskine 26.94  
 --- Davis, Grace Converse DQ

## Women 400 M

Facility: 52.96 \$ 1/26/2019 Kayla Davis  
 Facility: 52.96 \$ 2/6/2026 Aliya Rae  
 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 Slate, Essence          | Mount Olive       | @ 55.88Q |
| 24.699 (24.699)           | 55.880 (31.182)   |          |
| 2 Harvey, Serenity        | Mount Olive       | 56.71Q   |
| 25.680 (25.680)           | 56.709 (31.029)   |          |
| 3 Dombroski, Kathleen     | North Greenv      | 56.74Q   |
| 25.933 (25.933)           | 56.739 (30.806)   |          |
| 4 Bethel, Jermyra         | Converse          | 57.86Q   |
| 26.085 (26.085)           | 57.851 (31.767)   |          |
| 5 Tutt, Keiarra           | Barton            | 58.54q   |
| 25.997 (25.997)           | 58.538 (32.542)   |          |
| 6 Inman, Macie            | Mount Olive       | 59.23q   |
| 26.395 (26.395)           | 59.226 (32.832)   |          |
| 7 Martinka, Landri        | Lees-McRae        | 59.59q   |
| 28.127 (28.127)           | 59.587 (31.460)   |          |
| 8 Duke, Juliana           | Barton            | 1:00.70q |
| 28.182 (28.182)           | 1:00.696 (32.515) |          |
| 9 Beasley, Kyla           | Converse          | 1:01.00  |
| 27.483 (27.483)           | 1:00.995 (33.512) |          |
| 10 Jones, LaShawn         | Barton            | 1:01.12  |
| 27.213 (27.213)           | 1:01.111 (33.898) |          |
| 11 Cobb, Ellie            | Lees-McRae        | 1:01.48  |
| 28.732 (28.732)           | 1:01.471 (32.739) |          |
| 12 Proctor, Mary          | Young Harris      | 1:01.99  |
| 29.014 (29.014)           | 1:01.985 (32.972) |          |
| 12 Hine, Trinity          | Mount Olive       | 1:01.99  |
| 28.966 (28.966)           | 1:01.985 (33.019) |          |
| 14 Muldrow-Green, Triniti | Converse          | 1:02.16  |
| 27.667 (27.667)           | 1:02.151 (34.484) |          |
| 15 Banks, Jasmine         | Belmont Abbe      | 1:04.18  |
| 26.693 (26.693)           | 1:04.175 (37.482) |          |
| 16 Christian, Dezyre      | Ferrum            | 1:04.43  |
| 29.410 (29.410)           | 1:04.422 (35.012) |          |
| 17 bracey, Latavia        | Converse          | 1:06.22  |
| 31.516 (31.516)           | 1:06.217 (34.701) |          |
| 18 Kelley, Emma           | Ferrum            | 1:12.64  |
| 34.612 (34.612)           | 1:12.639 (38.027) |          |
| --- Crawley, Nikylah      | Shorter           | DNF      |
| --- Davis, Alyse          | Belmont Abbe      | DQ       |
| 29.797 (29.797)           | 1:02.917 (33.120) |          |

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

JDL Fast Track  
Results - Sunday

## Women 5000 M

Facility: 15:13.72 \$ 2/14/2026 Annie Rodenfels

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             |
|--------------------|--------------------|--------------------|
| <b>Finals</b>      |                    |                    |
| 1 Smith, Merritt   | Southern Wes       | 18:18.27           |
| 41.540 (41.540)    | 1:23.855 (42.315)  | 2:10.014 (46.159)  |
| 2:56.993 (46.979)  | 3:42.099 (45.107)  | 4:26.673 (44.574)  |
| 5:11.683 (45.010)  | 5:57.015 (45.333)  | 6:42.989 (45.974)  |
| 7:28.979 (45.990)  | 8:14.024 (45.045)  | 8:57.920 (43.897)  |
| 9:41.625 (43.705)  | 10:25.130 (43.505) | 11:07.998 (42.868) |
| 11:50.138 (42.140) | 12:33.642 (43.504) | 13:17.424 (43.782) |
| 14:01.137 (43.713) | 14:44.529 (43.392) |                    |
| 16:11.613 (43.699) | 16:54.744 (43.131) | 17:38.187 (43.443) |
| 18:18.265 (40.078) |                    |                    |
| 2 Shope, Riley     | North Greenv       | 18:23.42           |
| 41.815 (41.815)    | 1:24.154 (42.339)  | 2:10.174 (46.020)  |
| 2:57.109 (46.935)  | 3:41.474 (44.365)  | 4:26.033 (44.559)  |
| 5:11.087 (45.054)  | 5:56.564 (45.478)  | 6:42.690 (46.127)  |
| 7:28.222 (45.532)  | 8:13.423 (45.202)  | 8:57.663 (44.240)  |
| 9:41.102 (43.439)  | 10:24.773 (43.672) | 11:08.319 (43.547) |
| 11:51.677 (43.358) | 12:36.101 (44.425) | 13:20.321 (44.220) |
| 14:05.076 (44.755) | 14:49.583 (44.507) |                    |
| 16:19.607 (45.580) | 17:05.150 (45.543) | 17:47.521 (42.371) |
| 18:23.417 (35.896) |                    |                    |
| 3 Ward, Emily      | King               | 18:23.51           |
| 42.034 (42.034)    | 1:24.243 (42.209)  | 2:10.035 (45.793)  |
| 2:56.680 (46.645)  | 3:41.164 (44.484)  | 4:25.825 (44.662)  |
| 5:10.860 (45.035)  | 5:56.320 (45.460)  | 6:42.377 (46.057)  |
| 7:28.633 (46.257)  | 8:13.842 (45.209)  | 8:58.319 (44.478)  |
| 9:41.915 (43.597)  | 10:26.139 (44.224) | 11:10.928 (44.789) |
| 11:56.710 (45.783) | 12:42.198 (45.488) | 13:27.732 (45.534) |
| 14:13.408 (45.676) | 14:58.324 (44.916) |                    |
| 16:25.328 (42.612) | 17:07.122 (41.794) | 17:46.726 (39.604) |
| 18:23.505 (36.779) |                    |                    |
| 4 Young, Elizabeth | Belmont Abbe       | 18:34.54           |
| 42.435 (42.435)    | 1:24.833 (42.398)  | 2:10.229 (45.397)  |
| 2:57.230 (47.002)  | 3:41.954 (44.724)  | 4:26.512 (44.558)  |
| 5:11.472 (44.960)  | 5:56.728 (45.257)  | 6:42.605 (45.878)  |
| 7:28.459 (45.854)  | 8:13.669 (45.210)  | 8:58.477 (44.808)  |
| 9:42.020 (43.544)  | 10:26.803 (44.783) | 11:11.548 (44.745) |
| 11:56.284 (44.737) | 12:41.127 (44.843) | 13:26.060 (44.933) |
| 14:11.419 (45.359) | 14:56.382 (44.963) |                    |
| 16:25.152 (44.202) | 17:09.491 (44.339) | 17:53.579 (44.088) |
| 18:34.536 (40.957) |                    |                    |

|                    |                    |                    |
|--------------------|--------------------|--------------------|
| 5 Greene, Lexi     | Young Harris       | 18:39.24           |
| 42.747 (42.747)    | 1:25.385 (42.639)  | 2:10.447 (45.062)  |
| 2:57.935 (47.489)  | 3:42.283 (44.348)  | 4:26.782 (44.499)  |
| 5:11.818 (45.037)  | 5:56.408 (44.590)  | 6:42.487 (46.079)  |
| 7:27.980 (45.494)  | 8:13.087 (45.107)  | 8:57.374 (44.288)  |
| 9:40.834 (43.460)  | 10:24.397 (43.563) | 11:08.173 (43.777) |
| 11:52.002 (43.829) | 12:36.424 (44.423) | 13:20.977 (44.553) |
| 14:06.275 (45.298) | 14:52.221 (45.946) |                    |
| 16:24.165 (45.622) | 17:10.053 (45.888) | 17:55.928 (45.875) |
| 18:39.233 (43.305) |                    |                    |
| 6 Dille, Campbell  | Lees-McRae         | 18:46.02           |
| 43.913 (43.913)    | 1:28.063 (44.150)  | 2:12.278 (44.215)  |
| 2:59.578 (47.300)  | 3:43.534 (43.957)  | 4:27.798 (44.264)  |
| 5:12.972 (45.174)  | 5:57.905 (44.934)  | 6:43.825 (45.920)  |
| 7:29.778 (45.953)  | 8:15.542 (45.764)  | 9:00.453 (44.912)  |
| 9:45.090 (44.638)  | 10:30.062 (44.972) | 11:15.607 (45.545) |
| 12:00.978 (45.372) | 12:46.240 (45.262) | 13:32.410 (46.170) |
| 14:17.260 (44.850) | 15:02.308 (45.048) |                    |
| 16:34.228 (45.910) | 17:19.046 (44.818) | 18:03.076 (44.030) |
| 18:46.016 (42.940) |                    |                    |
| 7 Anderton, Cecily | North Greenv       | 18:56.89           |
| 42.827 (42.827)    | 1:24.688 (41.862)  | 2:10.304 (45.617)  |
| 2:57.289 (46.985)  | 3:41.748 (44.459)  | 4:26.383 (44.635)  |
| 5:11.427 (45.044)  | 5:56.745 (45.319)  | 6:42.799 (46.054)  |
| 7:28.712 (45.913)  | 8:13.702 (44.990)  | 8:58.274 (44.573)  |
| 9:41.379 (43.105)  | 10:26.850 (45.472) | 11:12.774 (45.924) |
| 11:59.605 (46.832) | 12:45.897 (46.292) | 13:32.077 (46.180) |
| 14:18.411 (46.334) | 15:05.403 (46.992) |                    |
| 16:39.132 (47.122) | 17:27.010 (47.878) | 18:13.011 (46.001) |
| 18:56.887 (43.876) |                    |                    |
| 8 Alsup, Paris     | North Greenv       | 19:01.98           |
| 42.210 (42.210)    | 1:25.949 (43.739)  | 2:10.609 (44.660)  |
| 2:57.802 (47.193)  | 3:42.520 (44.719)  | 4:27.063 (44.543)  |
| 5:12.085 (45.023)  | 5:57.399 (45.314)  | 6:43.380 (45.982)  |
| 7:29.584 (46.204)  | 8:14.417 (44.833)  | 8:59.413 (44.997)  |
| 9:44.455 (45.043)  | 10:30.638 (46.183) | 11:17.298 (46.660) |
| 12:03.699 (46.402) | 12:50.660 (46.961) | 13:37.767 (47.107) |
| 14:25.207 (47.440) | 15:12.602 (47.395) |                    |
| 16:47.587 (47.406) | 17:35.170 (47.583) | 18:21.238 (46.068) |
| 19:01.980 (40.742) |                    |                    |
| 9 Martin, Addison  | North Greenv       | 19:22.13           |
| 42.062 (42.062)    | 1:25.590 (43.529)  | 2:10.900 (45.310)  |
| 2:58.502 (47.602)  | 3:42.794 (44.293)  | 4:26.958 (44.164)  |
| 5:11.980 (45.023)  | 5:57.304 (45.324)  | 6:43.249 (45.945)  |
| 7:29.374 (46.125)  | 8:15.268 (45.894)  | 9:01.514 (46.247)  |
| 9:47.915 (46.402)  | 10:35.520 (47.605) | 11:22.969 (47.449) |
| 12:11.449 (48.480) | 13:00.092 (48.643) | 13:49.014 (48.922) |
| 14:37.836 (48.822) | 15:26.544 (48.708) |                    |
| 17:03.515 (48.699) | 17:51.767 (48.252) | 18:38.978 (47.211) |
| 19:22.128 (43.150) |                    |                    |

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

JDL Fast Track  
Results - Sunday

| Finals ... (Women 5000 M) |                    |                    |                    |
|---------------------------|--------------------|--------------------|--------------------|
| Name                      | School             | Finals             |                    |
| 10 Stepp, Paisley         | Converse           | 19:34.38           | 15 Kraver, Kaylee  |
| 42.500 (42.500)           | 1:26.330 (43.830)  | 2:11.189 (44.859)  | 44.715 (44.715)    |
| 2:58.860 (47.672)         | 3:43.068 (44.208)  | 4:28.288 (45.220)  | 1:31.020 (46.305)  |
| 5:13.510 (45.223)         | 5:59.399 (45.889)  | 6:45.329 (45.930)  | 2:19.050 (48.030)  |
| 7:31.574 (46.245)         | 8:17.742 (46.168)  | 9:04.469 (46.728)  | 3:06.567 (47.517)  |
| 9:51.623 (47.154)         | 10:39.553 (47.930) | 11:27.987 (48.434) | 3:53.555 (46.989)  |
| 12:16.595 (48.609)        | 13:05.618 (49.023) | 13:54.695 (49.077) | 4:41.363 (47.808)  |
| 14:44.656 (49.961)        | 15:34.109 (49.453) |                    | 5:29.639 (48.277)  |
| 17:12.615 (49.545)        | 18:01.381 (48.766) | 18:49.709 (48.328) | 6:16.948 (47.309)  |
| 19:34.379 (44.670)        |                    |                    | 7:52.049 (47.758)  |
| 11 Conner, Kailee-Ann     | King               | 19:37.18           | 8:40.638 (48.589)  |
| 42.285 (42.285)           | 1:25.870 (43.585)  | 2:10.785 (44.915)  | 9:28.984 (48.347)  |
| 2:58.153 (47.368)         | 3:42.925 (44.773)  | 4:27.564 (44.639)  | 10:17.544 (48.560) |
| 5:12.263 (44.699)         | 5:57.564 (45.302)  | 6:43.474 (45.910)  | 11:06.014 (48.470) |
| 7:29.992 (46.518)         | 8:15.668 (45.677)  | 9:01.800 (46.133)  | 11:54.387 (48.373) |
| 9:48.470 (46.670)         | 10:35.790 (47.320) | 11:24.225 (48.435) | 12:43.758 (49.372) |
| 12:12.125 (47.900)        | 13:01.673 (49.548) | 13:51.561 (49.888) | 13:32.307 (48.549) |
| 14:41.904 (50.343)        | 15:32.965 (51.061) |                    | 14:22.797 (50.490) |
| 17:12.466 (49.065)        | 18:02.535 (50.069) | 18:51.242 (48.707) | 15:13.005 (50.208) |
| 19:37.178 (45.936)        |                    |                    | 16:03.550 (50.545) |
| 12 Foster, Elise          | Southern Wes       | 19:44.28           | 17:45.387 (51.300) |
| 42.757 (42.757)           | 1:26.560 (43.804)  | 2:10.939 (44.379)  | 18:34.792 (49.405) |
| 2:58.514 (47.575)         | 3:43.449 (44.935)  | 4:29.172 (45.723)  | 19:24.807 (50.015) |
| 5:15.550 (46.379)         | 6:03.354 (47.804)  | 6:51.532 (48.178)  |                    |
| 7:39.964 (48.433)         | 8:28.454 (48.490)  | 9:16.550 (48.097)  | 20:06.771 (41.964) |
| 10:06.018 (49.468)        | 10:55.925 (49.908) | 11:45.293 (49.368) | 16 Redies, Arianna |
| 12:35.131 (49.838)        | 13:24.932 (49.801) | 14:15.027 (50.095) | 45.034 (45.034)    |
| 15:04.457 (49.430)        | 15:52.733 (48.276) |                    | 1:31.403 (46.369)  |
| 17:30.024 (48.840)        | 18:18.730 (48.706) | 19:05.892 (47.162) | 2:19.444 (48.042)  |
| 19:44.280 (38.388)        |                    |                    | 3:06.383 (46.939)  |
| 13 Crandell, Mackenzie    | Converse           | 19:54.53           | 3:53.240 (46.858)  |
| 44.157 (44.157)           | 1:29.199 (45.043)  | 2:13.707 (44.508)  | 4:41.047 (47.807)  |
| 3:00.112 (46.405)         | 3:46.412 (46.300)  | 4:33.409 (46.998)  | 5:29.324 (48.278)  |
| 5:20.562 (47.153)         | 6:08.207 (47.645)  | 6:56.005 (47.799)  | 6:17.234 (47.910)  |
| 7:44.592 (48.587)         | 8:33.164 (48.573)  | 9:20.543 (47.379)  | 7:51.717 (47.710)  |
| 10:09.173 (48.630)        | 10:58.548 (49.375) | 11:47.984 (49.437) | 8:40.337 (48.620)  |
| 12:36.930 (48.946)        | 13:25.917 (48.987) | 14:13.757 (47.840) | 10:17.137 (48.458) |
| 15:03.346 (49.589)        | 15:53.181 (49.835) |                    | 11:05.619 (48.483) |
| 17:33.509 (49.793)        | 18:23.282 (49.773) | 19:11.779 (48.497) | 12:42.665 (48.842) |
| 19:54.524 (42.745)        |                    |                    | 13:31.262 (48.597) |
| 14 Gidney, Christiana     | North Greenv       | 19:58.20           | 14:20.378 (49.116) |
| 41.910 (41.910)           | 1:25.618 (43.708)  | 2:10.604 (44.987)  | 15:09.864 (49.486) |
| 2:58.269 (47.665)         | 3:42.600 (44.332)  | 4:27.317 (44.717)  | 15:59.598 (49.734) |
| 5:12.669 (45.353)         | 5:59.020 (46.352)  | 6:45.698 (46.678)  | 17:39.698 (49.928) |
| 7:32.807 (47.109)         | 8:19.958 (47.152)  | 9:08.237 (48.279)  | 18:28.749 (49.051) |
| 9:56.655 (48.419)         | 10:44.012 (47.357) | 11:32.697 (48.685) | 19:18.622 (49.873) |
| 12:23.432 (50.735)        | 13:14.858 (51.427) | 14:06.717 (51.859) |                    |
| 14:58.239 (51.522)        | 15:50.024 (51.785) |                    | 20:07.015 (48.393) |
| 17:32.600 (50.520)        | 18:22.181 (49.581) | 19:10.952 (48.771) | 17 Warren, Lena    |
| 19:58.198 (47.246)        |                    |                    | 43.187 (43.187)    |
|                           |                    |                    | 1:26.947 (43.760)  |
|                           |                    |                    | 2:11.420 (44.474)  |
|                           |                    |                    | 2:59.133 (47.713)  |
|                           |                    |                    | 3:43.992 (44.859)  |
|                           |                    |                    | 4:28.585 (44.594)  |
|                           |                    |                    | 5:13.957 (45.372)  |
|                           |                    |                    | 5:59.734 (45.778)  |
|                           |                    |                    | 6:45.912 (46.178)  |
|                           |                    |                    | 7:32.385 (46.474)  |
|                           |                    |                    | 8:20.392 (48.007)  |
|                           |                    |                    | 9:08.763 (48.372)  |
|                           |                    |                    | 9:56.990 (48.228)  |
|                           |                    |                    | 10:44.312 (47.322) |
|                           |                    |                    | 11:37.192 (52.880) |
|                           |                    |                    | 12:31.081 (53.890) |
|                           |                    |                    | 13:23.766 (52.685) |
|                           |                    |                    | 14:14.158 (50.392) |
|                           |                    |                    | 15:04.545 (50.387) |
|                           |                    |                    | 15:52.977 (48.432) |
|                           |                    |                    | 17:34.164 (50.791) |
|                           |                    |                    | 18:26.147 (51.983) |
|                           |                    |                    | 19:16.807 (50.660) |
|                           |                    |                    | 20:08.468 (51.661) |
|                           |                    |                    | 18 Payne, Natalie  |
|                           |                    |                    | 43.314 (43.314)    |
|                           |                    |                    | 1:27.209 (43.895)  |
|                           |                    |                    | 2:11.753 (44.544)  |
|                           |                    |                    | 2:59.485 (47.733)  |
|                           |                    |                    | 3:44.165 (44.680)  |
|                           |                    |                    | 4:29.487 (45.322)  |
|                           |                    |                    | 5:15.889 (46.403)  |
|                           |                    |                    | 6:01.668 (45.779)  |
|                           |                    |                    | 6:50.659 (48.992)  |
|                           |                    |                    | 7:40.337 (49.678)  |
|                           |                    |                    | 8:30.498 (50.162)  |
|                           |                    |                    | 9:21.790 (51.293)  |
|                           |                    |                    | 10:13.283 (51.493) |
|                           |                    |                    | 11:04.862 (51.579) |
|                           |                    |                    | 11:56.124 (51.263) |
|                           |                    |                    | 12:46.886 (50.762) |
|                           |                    |                    | 13:36.704 (49.818) |
|                           |                    |                    | 14:27.520 (50.816) |
|                           |                    |                    | 15:17.640 (50.120) |
|                           |                    |                    | 16:08.085 (50.445) |
|                           |                    |                    | 17:49.950 (51.126) |
|                           |                    |                    | 18:41.139 (51.189) |
|                           |                    |                    | 19:30.780 (49.641) |
|                           |                    |                    | 20:17.777 (46.997) |
|                           |                    |                    | 19 Anderson, Emma  |
|                           |                    |                    | 45.433 (45.433)    |
|                           |                    |                    | 1:31.687 (46.254)  |
|                           |                    |                    | 2:19.732 (48.045)  |
|                           |                    |                    | 3:07.025 (47.294)  |
|                           |                    |                    | 3:53.828 (46.803)  |
|                           |                    |                    | 4:41.682 (47.854)  |
|                           |                    |                    | 5:29.955 (48.274)  |
|                           |                    |                    | 6:17.834 (47.879)  |
|                           |                    |                    | 7:06.345 (48.512)  |
|                           |                    |                    | 7:56.368 (50.023)  |
|                           |                    |                    | 8:47.442 (51.074)  |
|                           |                    |                    | 9:39.188 (51.747)  |
|                           |                    |                    | 10:31.542 (52.354) |
|                           |                    |                    | 11:23.333 (51.792) |
|                           |                    |                    | 12:15.450 (52.118) |
|                           |                    |                    | 13:07.395 (51.945) |
|                           |                    |                    | 13:59.482 (52.087) |
|                           |                    |                    | 14:52.115 (52.633) |
|                           |                    |                    | 15:44.634 (52.519) |
|                           |                    |                    | 16:37.119 (52.485) |
|                           |                    |                    | 17:24.208 (54.125) |
|                           |                    |                    | 18:17.889 (53.681) |
|                           |                    |                    | 19:10.603 (51.714) |
|                           |                    |                    | 20:56.011 (46.408) |

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

JDL Fast Track  
Results - Sunday

## Finals ... (Women 5000 M)

| Name               | School             | Finals             |
|--------------------|--------------------|--------------------|
| 20 Jones, Hailey   | Converse           | 21:32.59           |
| 45.970 (45.970)    | 1:33.709 (47.739)  | 2:22.988 (49.279)  |
| 3:12.849 (49.862)  | 4:02.947 (50.098)  | 4:53.060 (50.114)  |
| 5:43.028 (49.968)  | 6:32.923 (49.895)  | 7:24.423 (51.500)  |
| 8:16.449 (52.027)  | 9:08.388 (51.939)  | 10:00.673 (52.285) |
| 10:53.639 (52.967) | 11:47.517 (53.878) | 12:40.316 (52.800) |
| 13:33.035 (52.719) | 14:26.290 (53.255) | 15:19.896 (53.606) |
| 16:13.836 (53.940) | 17:08.054 (54.218) |                    |
| 18:56.506 (54.631) | 19:51.008 (54.502) | 20:43.389 (52.381) |
| 21:32.586 (49.197) |                    |                    |

## Women 60 M Hurdles

|             |                   |                   |
|-------------|-------------------|-------------------|
| Facility:   | 7.95 \$ 1/18/2015 | Sharika Nelvis    |
| Facility:   | 7.95 \$ 1/30/2016 | Brianna Rollins   |
| College:    | 8.00 # 2/25/2022  | Paula Solmon      |
| Conference: | 8.64 € 2021       | Mckenzie Connor   |
| Conference: | 8.64 € 2/23/2025  | Channie Jefferson |
| Meet:       | 8.64 @ 2021       | Mckenzie Connor   |
| Meet:       | 8.64 @ 2/23/2025  | Channie Jefferson |

| Name                  | School       | Prelims |
|-----------------------|--------------|---------|
| <b>Preliminaries</b>  |              |         |
| 1 Johnson, Haniyyah   | Mount Olive  | € 8.60Q |
| 2 Cunningham, Kamille | Converse     | 8.77Q   |
| 3 Washington, Zaria   | Mount Olive  | 8.85Q   |
| 4 Smith, France       | Emmanuel (Ga | 8.91Q   |
| 5 Matthews, Myasia    | Barton       | 9.07Q   |
| 6 Wright, Kennedy     | Converse     | 9.11Q   |
| 7 Thomas, D'Asia      | Converse     | 9.13q   |
| 8 Edwards, Nashari    | Shorter      | 9.31q   |
| 9 Feehan, Ella        | Belmont Abbe | 9.33    |
| 10 Williams, Mia      | Belmont Abbe | 9.40    |
| 11 Lemieux, Ariana    | North Greenv | 9.52    |
| 12 Mosby, Mckylee     | Unc Pembroke | 9.80    |
| 13 Perry, Jordyn      | Francis Mari | 10.32   |

## Women Distance Medley

Facility: 10:46.00 \$ 2/21/2026 NC State

Shaw, Chapman, Bush, Tuohy

College: 10:46.00 # 2/21/2026 NC State

Michalek, Rauber, Napoleon, Englehardt

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 Lees-McRae         | A                   | 12:33.01@           |
| 1) Dille, Campbell   | 2) Martinka, Landri |                     |
| 3) Mchone, Aija      | 4) Knapp, Megan     |                     |
| 3:54.569 (3:54.569)  | 4:54.560 (59.991)   | 7:21.239 (2:26.679) |
| 12:33.009 (5:11.770) |                     |                     |

|                       |                       |                     |
|-----------------------|-----------------------|---------------------|
| 2 Converse            | A                     | 12:36.48@           |
| 1) De Roos, Evie      | 2) bracey, Latavia    |                     |
| 3) MacMillan, Peyton  | 4) Aguiar Torre, Sara |                     |
| 3:46.603 (3:46.603)   | 4:49.107 (1:02.504)   | 7:17.691 (2:28.584) |
| 12:36.477 (5:18.786)  |                       |                     |
| 3 North Greenville    | A                     | 12:50.41            |
| 1) Anderton, Cecily   | 2) Paul, Shachiah     |                     |
| 3) Nicholson, Riley   | 4) Timmons, Ellie     |                     |
| 3:55.350 (3:55.350)   | 5:05.598 (1:10.248)   | 7:39.050 (2:33.452) |
| 12:50.401 (5:11.351)  |                       |                     |
| 4 Mount Olive         | A                     | 12:55.93            |
| 1) White, Alexandria  | 2) Hine, Trinity      |                     |
| 3) Cofone, Ruby       | 4) Johnston, Danielle |                     |
| 3:59.560 (3:59.560)   | 5:00.101 (1:00.541)   | 7:30.005 (2:29.904) |
| 12:55.922 (5:25.917)  |                       |                     |
| 5 Unc Pembroke        | A                     | 13:11.04            |
| 1) Olszak, Sophia     | 2) Spence, Amaya      |                     |
| 3) Soles, Devyn       | 4) Bennewitz, Malea   |                     |
| 4:08.559 (4:08.559)   | 5:09.968 (1:01.409)   | 7:42.794 (2:32.826) |
| 13:11.034 (5:28.240)  |                       |                     |
| 6 Southern Wesleyan   | A                     | 13:27.09            |
| 1) Adams, Ellie       | 2) Walker, Claire     |                     |
| 3) Ruiz, Freda        | 4) Maddalena, Anna    |                     |
| 4:03.044 (4:03.044)   | 5:11.479 (1:08.435)   | 7:42.671 (2:31.192) |
| 13:27.089 (5:44.418)  |                       |                     |
| 7 King                | A                     | 13:30.06            |
| 1) Whitley, Morgan    | 2) Armstead, Samaya   |                     |
| 3) Lowery, Amanda     | 4) Vazquez, Ermay     |                     |
| 4:09.542 (4:09.542)   | 5:11.867 (1:02.325)   | 7:48.037 (2:36.170) |
| 13:30.053 (5:42.016)  |                       |                     |
| 8 Young Harris        | A                     | 13:45.58            |
| 1) Martin, Peyton     | 2) Hubbard, Harper    |                     |
| 3) Mendoza, Ashley    | 4) Krumm, Caitlynn    |                     |
| 4:03.819 (4:03.819)   | 5:08.521 (1:04.702)   | 7:45.090 (2:36.569) |
| 13:45.576 (6:00.486)  |                       |                     |
| 9 Belmont Abbey       | A                     | 13:55.00            |
| 1) Deveau, Annika     | 2) Davis, Alyse       |                     |
| 3) Wilkerson, Miranda | 4) Averkamp, Dasha    |                     |
| 4:09.491 (4:09.491)   | 5:12.084 (1:02.593)   | 8:01.289 (2:49.205) |
| 13:54.999 (5:53.710)  |                       |                     |
| 10 Barton             | A                     | 14:09.71            |
| 1) O'Connell, Emma    | 2) Harrell, Erica     |                     |
| 3) Whilden, Ansley    | 4) Warren, Lena       |                     |
| 4:23.199 (4:23.199)   | 5:25.249 (1:02.050)   | 8:25.262 (3:00.013) |
| 14:09.701 (5:44.439)  |                       |                     |
| 11 Francis Marion     | A                     | 14:53.57            |
| 1) Roberts, Katelynn  | 2) Davis, Shenell     |                     |
| 3) Edmundson, Mia     | 4) Steen, Emma        |                     |
| 4:31.355 (4:31.355)   | 5:41.725 (1:10.370)   | 8:38.904 (2:57.179) |
| 14:53.569 (6:14.665)  |                       |                     |

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

JDL Fast Track  
Results - Sunday

## Women Pole Vault

Facility: 4.61m \$ 1/30/2016 Katie Nageotte  
 College: 4.42m # 2/24/2022 Sydney Horn  
 Conference: 3.81m € 2020 Millie Klefsaas  
 Meet: 3.81m @ 2020 Millie Klefsaas

| Name                | School        | Finals |
|---------------------|---------------|--------|
| <b>Finals</b>       |               |        |
| 1 Lacy, Rileigh     | Francis Mari  | 3.32m  |
| 2 Nelson, Audrey    | Mount Olive   | 3.22m  |
| 3 walker, Jocelyn   | Lees-McRae    | J3.22m |
| 4 Moore, Macy       | Emmanuel (Ga) | 3.02m  |
| 5 Frayer, Trinity   | Mount Olive   | J3.02m |
| 6 Thompson, Kaia    | Lees-McRae    | 2.87m  |
| 7 Thompson, Tori    | Belmont Abbe  | 2.72m  |
| 8 Hickenboth, Aurea | Belmont Abbe  | 2.57m  |
| 9 Peters, Jamie     | Unc Pembroke  | 2.12m  |
| --- Rolen, Jenna    | Shorter       | NH     |

## Women Long Jump

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

| Name                  | School       | Finals |
|-----------------------|--------------|--------|
| <b>Finals</b>         |              |        |
| 1 Johnson, Haniyyah   | Mount Olive  | 6.09m  |
| 2 Bryant, Janara      | Mount Olive  | 5.87m  |
| 3 Sims, Aukeyonna     | Francis Mari | 5.72m  |
| 4 Slate, Essence      | Mount Olive  | 5.63m  |
| 5 Green, Keza         | Mount Olive  | 5.54m  |
| 6 Patterson, Zyreonia | Ferrum       | 5.43m  |
| 7 Boehm, Charlotte    | Mount Olive  | 5.28m  |
| 8 Johnson, Serenitie  | Mount Olive  | 5.27m  |
| 9 Dillon, Lora        | Lees-McRae   | 5.05m  |
| 10 Armstead, Samaya   | King         | 5.04m  |
| 11 Darnell, Savannah  | King         | 4.94m  |
| 12 Pollock, Kyleigh   | Unc Pembroke | 4.91m  |
| 13 Stripling, Remiah  | North Greenv | 4.89m  |
| 14 Christian, Dezyre  | Ferrum       | J4.89m |
| 15 Feehan, Ella       | Belmont Abbe | 4.87m  |
| 16 Fonville, Hayleigh | Barton       | 4.69m  |
| 17 Kelley, Emma       | Ferrum       | 4.38m  |
| --- Gregory, Trinyty  | Shorter      | ND     |

## 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 Thomas, Cynthia | Mount Olive | 16.28m |
| 2 Martin, Bella   | Converse    | 16.22m |
| 3 Grena, Isabelle | Mount Olive | 15.81m |
| 4 Curry, Asha     | Converse    | 14.79m |

|                             |              |        |
|-----------------------------|--------------|--------|
| 5 Woodruff, Elizabeth       | Belmont Abbe | 13.79m |
| 6 Agwu, Comfort             | Unc Pembroke | 13.67m |
| 7 Colwell, Jasmine          | Mount Olive  | 13.33m |
| 8 Olaleye, Jenella          | Unc Pembroke | 13.22m |
| 9 Hatcher-Simmons, Zenallah | Ferrum       | 13.09m |
| 10 Davidson, Ella           | North Greenv | 13.06m |
| 11 Odom, Savannah           | Mount Olive  | 12.88m |
| 12 Wilbanks, Callie         | Mount Olive  | 12.77m |
| 13 Evatt, Anna Katherine    | Converse     | 12.70m |
| 14 Dawkins, Yanelli         | Unc Pembroke | 12.50m |
| 15 Yisra'El, Noemi          | Unc Pembroke | 12.48m |
| 16 Durrence, Rylee          | King         | 12.32m |
| 17 Taylor, Kailah           | Mount Olive  | 12.18m |
| 18 Luther, Alexandria       | Southern Wes | 11.74m |
| 19 Flure, Lucy              | Belmont Abbe | 11.45m |

## Women - Team Rankings - 5 Events Scored

|                      |    |
|----------------------|----|
| 1) Mount Olive       | 65 |
| 2) Lees-McRae        | 22 |
| 3) Converse          | 21 |
| 4) North Greenville  | 17 |
| 5) Francis Marion    | 16 |
| 6) Southern Wesleyan | 13 |
| 7) Belmont Abbey     | 12 |
| 8) UNC Pembroke      | 8  |
| 8) King              | 8  |
| 10) Emmanuel (Ga.)   | 5  |
| 10) Young Harris     | 5  |
| 12) Ferrum           | 3  |