



CAROLINA TRACK & FIELD

2022 TOP-FIVE INDOOR MARKS - MEN

60-METER DASH (Record: 6.54, Terrence Trammell, 2000)

Date	Meet	Athlete	Mark
2/11	Tiger Paw Invite	Anthony Greenhow, Jr.	6.75
2/4	Dr. Sander Invitational	Anthony Greenhow, Jr.	6.76
12/3	Clemson Opener	Evan Miller	6.78
2/18	UofSC Indoor Open	Evan Miller	6.78
1/28	South Carolina Invitational	Evan Miller	6.79

200-METER DASH (Record: 20.38, Rodney Martin, 2005)

Date	Meet	Athlete	Mark
2/26	SEC Indoor Championships	Evan Miller	20.71
2/12	Tiger Paw Invite	Evan Miller	20.78
2/25	SEC Indoor Championships	Evan Miller	20.81
3/11	NCAA Indoor Championships	Evan Miller	20.87
1/15	Gamecock Opener	Anthony Greenhow, Jr.	20.89

400-METER RUN (Record: 45.25, Quincy Hall, 2019)

Date	Meet	Athlete	Mark
12/3	Clemson Opener	William Spencer Jr.	47.14
1/28	South Carolina Invitational	William Spencer Jr.	47.24
2/11	Tiger Paw Invite	William Spencer Jr.	47.43
1/15	Gamecock Opener	William Spencer Jr.	47.56
2/18	UofSC Indoor Open	William Spencer Jr.	47.68

800-METER RUN (Record: 1:46.13, Okukile Lekote, 2001)

Date	Meet	Athlete	Mark
2/18	UofSC Indoor Open	Hayden Cobbe	1:50.23
2/25	SEC Indoor Championships	Hayden Cobbe	1:51.11
1/15	Gamecock Opener	Hayden Cobbe	1:51.91
1/29	South Carolina Invitational	Hayden Cobbe	1:52.81
2/18	UofSC Indoor Open	Aidan Hatton	1:52.63

1,000-METER RUN (Record: 2:25.00, Bob Kaczka, 1969)

Date	Meet	Athlete	Mark
12/3	Clemson Opener	Hayden Cobbe	2:29.83

ONE-MILE RUN (Record: 4:06.47, Robert Razick, 2013)

Date	Meet	Athlete	Mark
2/26	SEC Indoor Championships	Anass Essayi	3:57.37
2/25	SEC Indoor Championships	Anass Essayi	4:01.46
2/4	Dr. Sander Invitational	Rogério Amaral	4:08.68
2/18	UofSC Indoor Open	Rogério Amaral	4:10.09
2/18	UofSC Indoor Open	Sean Petersen	4:11.39

3,000-METER RUN (Record: 8:16.00, Robert Razick, 2013)

Date	Meet	Athlete	Mark
1/28	South Carolina Invitational	Rogério Amaral	8:22.76
2/12	Tiger Paw Invite	Rogério Amaral	8:28.15
12/3	Clemson Opener	Rogério Amaral	8:39.06

5,000-METER RUN (Record: 14:25.58, Keith Gorski, 1992)

Date	Meet	Athlete	Mark
--	--	--	--

60-METER HURDLES (Record: 7.52, Terrence Trammell, 1999)

Date	Meet	Athlete	Mark
2/26	SEC Indoor Championships	Filip Demsar	7.75
1/28	South Carolina Invitational	Filip Demsar	7.79
2/4	Dr. Sander Invitational	Filip Demsar	7.79
1/28	South Carolina Invitational	Filip Demsar	7.82
1/21	Carolina Challenge	Filip Demsar	7.83

4X400-METER RELAY (Record: 3:05.68, Chance, O. Jones, Hall, Robbins, 2019)

Date	Meet	Athlete	Mark
2/26	SEC Indoor Championships	Miller, Spencer Jr., Simmonds, Junkins	3:08.49
12/3	Clemson Opener	Miller, Junkins, Spencer Jr., Simmonds	3:10.28
1/29	South Carolina Invitational	Spencer Jr., Richardson, Greenhow, Jr., Junkins	3:10.67
1/15	Gamecock Opener	Miller, Spencer Jr., Richaardson, Junkins	3:11.86
1/8	Orange and Purple Elite	Junkins, Richardson, Greenhow Jr., Spencer Jr.	3:15.69

DISTANCE MEDLEY RELAY (Record: 9:43.26, Bonner, Swartz, Towle, Cronin, 1995)

Date	Meet	Athlete	Mark
2/25	SEC Indoor Championships	Petersen, Junkins, Mensch, Amaral	9:49.50
2/4	Dr. Sander Invitational	Petersen, Sessom, Cobbe, Amaral	9:57.97
1/22	Carolina Challenge	Petersen, Sessom, Reers, Olds	10:06.01
2/18	UofSC Indoor Open	Olds, Hatton, Mangione, Luke	10:28.95
1/15	Gamecock Opener	Amaral, Hatton, Cobbe, Olds	10:31.05

HIGH JUMP (Record: 2.20m/7-2.50, Tye Williams, 2018)

Date	Meet	Athlete	Mark
2/12	Tiger Paw Invite	Jackson Marseille	2.13m/6-11.75
2/26	SEC Indoor Championships	Jackson Marseille	2.11m/6-11
2/5	Dr. Sander Invitational	Jackson Marseille	2.10m/6-10.75
1/8	Orange and Purple Elite	Jackson Marseille	2.08m/6-9.75
1/15	Gamecock Opener	Jackson Marseille	2.08m/6-9.75

POLE VAULT (Record: 5.50m/18-0.50, Marvin Reitze 2012/Chris Steddum 2004)

Date	Meet	Athlete	Mark
1/29	South Carolina Invitational	Carson Lenser	5.26m/17-3
1/22	Carolina Challenge	Carson Lenser	5.15m/16-10.75
2/4	Dr. Sander Invitational	Carson Lenser	5.15m/16-10.75
1/15	Gamecock Opener	Dillon McCarthy	5.00m/16-4.75
2/12	Tiger Paw Invite	Dillon McCarthy	4.92m/16-1.75

LONG JUMP (Record: 8.08m/26-6.25, Tony Almond, 2004)

Date	Meet	Athlete	Mark
2/11	Tiger Paw Invite	Christian Lewis	7.71m/25-3.50
2/18	UofSC Indoor Open	Christian Lewis	7.55m/24-9.25
1/8	Orange and Purple Elite	Christian Lewis	7.45m/24-5.50
2/4	Dr. Sander Invitational	Christian Lewis	7.45m/24-5.50
1/15	Gamecock Opener	Christian Lewis	7.41m/24-3.75

TRIPLE JUMP (Record: 15.98m/52-5.25, Greig Cryer, 2006)

Date	Meet	Athlete	Mark
1/28	South Carolina Invitational	Desmond Gaillard	14.42m/47-3.75
2/12	Tiger Paw Invite	Jaden Price-Whitehead	14.13m/46-4.25
2/18	UofSC Indoor Open	Desmond Gaillard	13.80m/45-3.50
2/4	Dr. Sander Invitational	Desmond Gaillard	13.78m/45-2.50
2/12	Tiger Paw Invite	Desmond Gaillard	13.38m/43-10.75

SHOT PUT (Record: 21.33m/69-11.75, Josh Awotunde, 2018)

Date	Meet	Athlete	Mark
2/26	SEC Indoor Championships	Dylan Targgart	18.39m/60-4
2/12	Tiger Paw Invite	Dylan Targgart	18.21m/59-9
2/18	UofSC Indoor Open	Dylan Targgart	17.94m/58-10.25
1/15	Gamecock Opener	Dylan Targgart	17.86m/58-7.25
1/29	South Carolina Invitational	Dylan Targgart	17.49m/57-4.75

WEIGHT THROW (Record: 22.40m/73-6, Ryan Harrison, 1999)

Date	Meet	Athlete	Mark
--	--	--	--

HEPTATHLON (Record: 5,581 points, Fred Townsend, 2004)

Date	Meet	Athlete	Mark
2/26	SEC Indoor Championships	Elisha Brooks	5,207 points



CAROLINA TRACK & FIELD

2022 INDOOR PROGRESSIONS - MEN

ROGERIO AMARAL • FR • COIMBRA, PORTUGAL

PRs: MILE - 4:08.68; 3,000M - 8:22.76

Date	Meet	Event	Finish	Time/Mark
12/3	Clemson Opener	3,000 Meters	1st	8:39.06
1/15	Gamecock Opener	Mile	1st	4:12.22
1/22	Carolina Challenge	Mile	7th	4:14.06
1/28	South Carolina Invitational	3,000 Meters	9th	8:22.76
2/5	Dr. Sander Invitational	Mile	7th	4:08.68
2/12	Tiger Paw Invite	3,000 Meters	7th	8:28.15
2/18	UofSC Indoor Open	Mile Invitational	1st	4:10.09
2/26	SEC Indoor Championships	3,000 Meters	-	DNF

ELISHA BROOKS • SO • PHOENIX, ARIZONA

PRs: 60M - 6.82; 100M - 10.90; 400M - 49.99; 1,000M - 2:45.70; 1,500M - 4:57.23; 60-M H - 8.09; 110-M H - 14.82; HJ - 1.78m/5-10; PV - 4.25m/13-11.25; LJ - 6.92m/22-8.50; SP - 12.65m/41-6; DT - 35.74m/117-3; JT - 46.54m/152-8; HEP - 5,207; DEC - 6,737

Date	Meet	Event	Finish	Time/Mark
1/15	Gamecock Opener	60-M Hurdles - P	3rd	8.18Q
1/15	Gamecock Opener	60-M Hurdles	4th	8.35
1/15	Gamecock Opener	Shot Put	6th	12.18m/39-11.50
1/21	Carolina Challenge	60-M Hurdles - S	7th	8.25q
1/21	Carolina Challenge	60-M Hurdles	8th	8.27
1/21	Carolina Challenge	Long Jump	11th	6.62m/21-8.75
1/22	Carolina Challenge	Pole Vault	11th	3.50m/11-5.75
1/28	South Carolina Invitational	60-M Hurdles - P	9th	8.23
1/28	South Carolina Invitational	60-M Hurdles - F	5th	8.09
1/28	South Carolina Invitational	Long Jump	4th	7.10m/23-3.50
1/29	South Carolina Invitational	High Jump	20th	1.75m/5-8.75
2/11	Tiger Paw Invite	60-M Hurdles - P	31st	8.33
2/11	Tiger Paw Invite	Long Jump	32nd	6.46m/21-2.50
2/12	Tiger Paw Invite	Shot Put	27th	12.14m/39-10
2/18	UofSC Indoor Open	60-M Hurdles - P	5th	8.17Q
2/18	UofSC Indoor Open	Long Jump	20th	6.35m/20-10
2/18	UofSC Indoor Open	Pole Vault	10th	3.97m/13-0.25
2/26	SEC Indoor Championships	Heptathlon	9th	5,207 points
		60 Meters	1st	6.82
		Long Jump	5th	6.92m/22-8.50
		Shot Put	7th	12.65m/41-6
		High Jump	12th	1.75m/5-8.75
		60-M Hurdles	11th	9.05
		Pole Vault	10th	4.25m/13-11.25
		1,000 Meters	6th	2:45.70

JALEN CLARK • FR • SIMPSONVILLE, SOUTH CAROLINA

PRs: LJ - 6.72m/22-0.75

Date	Meet	Event	Finish	Time/Mark
1/15	Gamecock Opener	Long Jump	16th	6.21m/20-4.50
1/21	Carolina Challenge	Long Jump	13th	6.58m/21-7.25
1/28	South Carolina Invitational	Long Jump	-	FOUL
2/11	Tiger Paw Invite	Long Jump	-	FOUL
2/18	UofSC Indoor Open	Long Jump	10th	6.72m/22-0.75

HAYDEN COBBE • FR • QUEENSLAND, AUSTRALIA

PRs: 800M - 1:50.23; 1,000M - 2:29.84

Date	Meet	Event	Finish	Time/Mark
12/3	Clemson Opener	1,000 Meters	3rd	2:29.83
1/15	Gamecock Opener	800 Meters	1st	1:51.91
1/29	South Carolina Invitational	800 Meters	3rd	1:52.81
2/5	Dr. Sander Invitational	800 Meters	26th	1:55.94
2/18	UofSC Indoor Open	800 Meters Inv.	1st	1:50.23
2/25	SEC Indoor Championships	800 Meters - P	12th	1:51.11

FILIP DEMSAR • SO • SLOVENIA

PRs: 60-M HURDLES - 7.74; 110-M HURDLES - 13.69

Date	Meet	Event	Finish	Time/Mark
1/15	Gamecock Opener	60-M Hurdles - P	1st	7.93Q
1/15	Gamecock Opener	60-M Hurdles	1st	7.84
1/21	Carolina Challenge	60 Meters - Semis	21st	7.03
1/21	Carolina Challenge	60-M Hurdles - S	1st	7.83Q
1/21	Carolina Challenge	60-M Hurdles	1st	7.86
1/28	South Carolina Invitational	60-M Hurdles - P	1st	7.82Q
1/28	South Carolina Invitational	60-M Hurdles - F	3rd	7.79
2/4	Dr. Sander Invitational	60-M Hurdles - P	1st	7.79Q
2/4	Dr. Sander Invitational	60-M Hurdles - F	8th	10.64
2/18	UofSC Indoor Open	60-M Hurdles - P	1st	7.84Q
2/18	UofSC Indoor Open	60-M Hurdles - F	T2nd	7.90
2/25	SEC Indoor Championships	60-M Hurdles - P	6th	7.88q
2/26	SEC Indoor Championships	60-M Hurdles - F	3rd	7.75

DOMINIC DUTTON • FR • GLEN ALLEN, VIRGINIA

PRs: 60M - 6.89; 200M - 21.49

Date	Meet	Event	Finish	Time/Mark
12/3	Clemson Opener	60 Meters - Prelim	7th	6.92q
12/3	Clemson Opener	60 Meters	7th	6.89
1/15	Gamecock Opener	60 Meters - Prelim	11th	7.01
1/15	Gamecock Opener	200 Meters	12th	22.14
1/28	South Carolina Invitational	60 Meters - Qualif.	7th	6.97q
1/28	South Carolina Invitational	60 Meters - Semis	17th	6.97
1/29	South Carolina Invitational	200 Meters	3rd	21.71
2/4	Dr. Sander Invitational	60 Meters - Prelim	7th	6.93q
2/4	Dr. Sander Invitational	60 Meters - Final	5th	6.91
2/5	Dr. Sander Invitational	200 Meters	12th	22.21
2/11	Tiger Paw Invite	60 Meters - P	37th	7.00
2/12	Tiger Paw Invite	200 Meters	53rd	21.84
2/18	UofSC Indoor Open	60 Meters - Qualif.	1st	6.93q
2/18	UofSC Indoor Open	60 Meters - Semis	15th	6.96
2/18	UofSC Indoor Open	200 Meters	16th	22.01
2/25	SEC Indoor Championships	60 Meters - P	20th	6.95
2/25	SEC Indoor Championships	200 Meters - P	23rd	21.49

ANASS ESSAYI • FR • MOROCCO

PRs: MILE - 3:57.37

Date	Meet	Event	Finish	Time/Mark
2/25	SEC Indoor Championships	Mile - Prelims	2nd	4:01.46Q
2/26	SEC Indoor Championships	Mile - Final	1st	3:57.37

KOBE FRANKLIN • JR • WOODBRIDGE, VIRGINIA

PRs: HJ - 2.06m/6-9

Date	Meet	Event	Finish	Time/Mark
1/15	Gamecock Opener	High Jump	-	NH
1/22	Carolina Challenge	High Jump Inv.	5th	2.03m/6-8
1/29	South Carolina Invitational	High Jump Inv.	5th	2.02m/6-7.50
2/5	Dr. Sander Invitational	High Jump	-	NH
2/12	Tiger Paw Invite	High Jump	T9th	2.03m/6-8
2/18	UofSC Indoor Open	High Jump	2nd	2.00m/6-6.75
2/26	SEC Indoor Championships	High Jump	6th	2.06m/6-9

DESMOND GAILLARD • FR • BEAUFORT, SOUTH CAROLINA

PRs: LJ - 6.74m/22-1.50; TJ - 14.42m/47-3.75

Date	Meet	Event	Finish	Time/Mark
1/8	Orange and Purple Elite	Long Jump	-	FOUL
1/15	Gamecock Opener	High Jump	-	NH
1/15	Gamecock Opener	Long Jump	-	FOUL
1/21	Carolina Challenge	Long Jump	7th	6.74m/22-1.50
1/28	South Carolina Invitational	Long Jump	28th	6.26m/20-6.50
1/28	South Carolina Invitational	Triple Jump	4th	14.42m/47-3.75
2/4	Dr. Sander Invitational	Long Jump	-	FOUL
2/4	Dr. Sander Invitational	Triple Jump	12th	13.78m/45-2.50
2/12	Tiger Paw Invite	Triple Jump	24th	13.38m/43-10.75
2/18	UofSC Indoor Open	Triple Jump	4th	13.80m/45-3.50

ALEXANDER GALBRAITH • FR • CINCINNATI, OHIO

PRs: 800M - 1:57.13; 1,500M - 3:54.70; MILE - 4:14.94

Date	Meet	Event	Finish	Time/Mark
1/21	Carolina Challenge	800 Meters	16th	1:57.13
2/11	Tiger Paw Invite	Mile	-	DNF
2/18	UofSC Indoor Open	Mile Invitational	4th	4:16.54

ANTHONY GREENHOW, JR. • FR • POWHATAN, VIRGINIA

PRs: 60M - 6.75; 200M - 20.89

Date	Meet	Event	Finish	Time/Mark
12/3	Clemson Opener	60 Meters - Prelim	2nd	6.79q
12/3	Clemson Opener	60 Meters	5th	6.83
1/8	Orange and Purple Elite	60 Meters	2nd	6.82
1/8	Orange and Purple Elite	200 Meters	1st	21.18
1/15	Gamecock Opener	60 Meters - Prelim	3rd	6.86q
1/15	Gamecock Opener	60 Meters	4th	6.86
1/15	Gamecock Opener	200 Meters	1st	20.89
1/21	Carolina Challenge	60 Meters - Semis	7th	6.80q
1/21	Carolina Challenge	60 Meters	5th	6.80
1/22	Carolina Challenge	200 Meters	1st	20.89
2/4	Dr. Sander Invitational	60 Meters - Prelim	1st	6.78Q
2/4	Dr. Sander Invitational	60 Meters - Final	1st	6.76
2/5	Dr. Sander Invitational	200 Meters	1st	21.12
2/11	Tiger Paw Invite	60 Meters - P	15th	6.79Q
2/11	Tiger Paw Invite	60 Meters - S	15th	6.75
2/12	Tiger Paw Invite	200 Meters	49th	21.72



CAROLINA TRACK & FIELD

2022 INDOOR PROGRESSIONS - MEN

AIDAN HATTON • FR • CHARLESTON, SOUTH CAROLINA

PRs: 800M - 1:52.63; MILE - 4:28.11

Date	Meet	Event	Finish	Time/Mark
1/15	Gamecock Opener	800 Meters	7th	1:57.18
1/21	Carolina Challenge	800 Meters	14th	1:56.19
1/28	South Carolina Invitational	Mile	36th	4:28.11
1/29	South Carolina Invitational	800 Meters	7th	1:53.77
2/5	Dr. Sander Invitational	800 Meters	25th	1:55.72
2/12	Tiger Paw Invite	800 Meters	22nd	1:54.37
2/18	UofSC Indoor Open	800 Meters Inv.	2nd	1:52.63
2/25	SEC Indoor Championships	800 Meters - P	24th	2:02.50

PRESCOTT JEFFERSON • FR • COLUMBIA, SOUTH CAROLINA

PRs: 60M - 6.88; 200M - 24.58

Date	Meet	Event	Finish	Time/Mark
12/3	Clemson Opener	60 Meters - Prelim	5th	6.88q
12/3	Clemson Opener	60 Meters	8th	6.89
1/29	South Carolina Invitational	200 Meters Inv.	--	DNF
2/25	SEC Indoor Championships	60 Meters - P	23rd	7.04
2/25	SEC Indoor Championships	200 Meters - P	32nd	24.58

JACKSON JUNKINS • JR • PAWLEYS ISLAND, SOUTH CAROLINA

PRs: 200M - 21.49; 400M - 46.49

Date	Meet	Event	Finish	Time/Mark
12/3	Clemson Opener	400 Meters	2nd	48.07
1/8	Orange and Purple Elite	400 Meters	3rd	49.34
1/15	Gamecock Opener	400 Meters	3rd	48.23
1/21	Carolina Challenge	200 Meters	8th	21.71
1/22	Carolina Challenge	400 Meters	8th	48.51
1/28	South Carolina Invitational	400 Meters Inv.	4th	47.76
1/29	South Carolina Invitational	200 Meters	4th	21.81
2/5	Dr. Sander Invitational	400 Meters	29th	50.78
2/18	UofSC Indoor Open	400 Meters	9th	48.87
2/25	SEC Indoor Championships	400 Meters - P	21st	47.85

GATLIN LAWSON • SO • LUGOFF, SOUTH CAROLINA

PRs: 60M - 6.89; 100M - 10.80; 200M - 22.02

Date	Meet	Event	Finish	Time/Mark
12/3	Clemson Opener	60 Meters - Prelims	11th	6.97
12/3	Clemson Opener	300 Meters	17th	34.87
1/15	Gamecock Opener	60 Meters - Prelim	17th	7.10
1/15	Gamecock Opener	200 Meters	17th	22.49
1/21	Carolina Challenge	60 Meters - Qualif.	17th	7.10
1/21	Carolina Challenge	200 Meters	23rd	22.18
1/28	South Carolina Invitational	60 Meters - Qualif.	10th	6.98
1/29	South Carolina Invitational	200 Meters	16th	22.32
2/11	Tiger Paw Invite	60 Meters - P	34th	6.99
2/12	Tiger Paw Invite	200 Meters	63rd	22.17
2/18	UofSC Indoor Open	60 Meters - Qualif.	3rd	6.98q
2/18	UofSC Indoor Open	60 Meters - Semis	8th	6.94q
2/18	UofSC Indoor Open	60 Meters - Final	6th	6.95
2/25	SEC Indoor Championships	60 Meters - P	24th	7.12

CARSON LENSER • FR • VILONIA, ARKANSAS

PRs: PV - 5.26m/17-3

Date	Meet	Event	Finish	Time/Mark
12/3	Clemson Opener	Pole Vault	2nd	4.85m/15-11
1/8	Orange and Purple Elite	Pole Vault	1st	4.75m/15-7
1/15	Gamecock Opener	Pole Vault	2nd	4.90m/16-0.75
1/22	Carolina Challenge	Pole Vault Inv.	1st	5.15m/16-10.75
1/29	South Carolina Invitational	Pole Vault Inv.	5th	5.26m/17-3
2/4	Dr. Sander Invitational	Pole Vault Inv.	5th	5.15m/16-10.75
2/12	Tiger Paw Invite	Pole Vault Inv.	--	NH
2/25	SEC Indoor Championships	Pole Vault	--	NH

CHRISTIAN LEWIS • FR • LEXINGTON, KENTUCKY

PRs: LJ - 7.71m/25-3.50

Date	Meet	Event	Finish	Time/Mark
1/8	Orange and Purple Elite	Long Jump	1st	7.45m/24-5.50
1/15	Gamecock Opener	Long Jump	1st	7.41m/24-3.75
1/22	Carolina Challenge	Long Jump Inv.	6th	7.13m/24-4.75
1/29	South Carolina Invitational	Long Jump Inv.	2nd	7.36m/24-1.75
2/4	Dr. Sander Invitational	Long Jump	1st	7.45m/24-5.50
2/11	Tiger Paw Invite	Long Jump	1st	7.71m/25-3.50
2/18	UofSC Indoor Open	Long Jump	2nd	7.55m/24-9.25
2/25	SEC Indoor Championships	Long Jump	14th	7.18m/23-6.75

GEORGE LUKE • FR • CLINTON, CONNECTICUT

PRs: 800M - 1:55.45; MILE - 4:26.53

Date	Meet	Event	Finish	Time/Mark
1/15	Gamecock Opener	800 Meters	9th	1:59.36
2/11	Tiger Paw Invite	Mile	19th	4:26.53
2/12	Tiger Paw Invite	800 Meters	24th	1:56.93
2/18	UofSC Indoor Open	800 Meters Inv.	10th	1:55.45

JAKE MANGIONE • FR • LEXINGTON, SOUTH CAROLINA

PRs: 800M - 1:57.93

Date	Meet	Event	Finish	Time/Mark
1/15	Gamecock Opener	800 Meters	10th	2:01.39
1/21	Carolina Challenge	800 Meters	19th	1:58.81
1/29	South Carolina Invitational	800 Meters	28th	1:57.93

JACKSON MARSEILLE • SO • FORT LAUDERDALE, FLORIDA

PRs: HJ - 2.15m/7-0.50

Date	Meet	Event	Finish	Time/Mark
1/8	Orange and Purple Elite	High Jump	1st	2.08m/6-9.75
1/15	Gamecock Opener	High Jump	1st	2.08m/6-9.75
1/22	Carolina Challenge	High Jump Inv.	3rd	2.08m/6-9.75
1/29	South Carolina Invitational	High Jump Inv.	1st	2.07m/6-9.50
2/5	Dr. Sander Invitational	High Jump	2nd	2.10m/6-10.75
2/12	Tiger Paw Invite	High Jump	T4th	2.13m/6-11.75
2/26	SEC Indoor Championships	High Jump	4th	2.11m/6-11

DILLON MCCARTHY • FR • MOUNT PLEASANT, SOUTH CAROLINA

PRs: PV - 5.15m/16-10.75

Date	Meet	Event	Finish	Time/Mark
12/3	Clemson Opener	Pole Vault	1st	4.85m/15-11
1/8	Orange and Purple Elite	Pole Vault	--	NH
1/15	Gamecock Opener	Pole Vault	1st	5.00m/16-4.75
1/22	Carolina Challenge	Pole Vault Inv.	--	NH
1/29	South Carolina Invitational	Pole Vault Inv.	--	NH
2/4	Dr. Sander Invitational	Pole Vault	--	NH
2/12	Tiger Paw Invite	Pole Vault Inv.	T7th	4.92m/16-1.75
2/18	UofSC Indoor Open	Pole Vault	1st	4.87m/15-11.75
2/25	SEC Indoor Championships	Pole Vault	--	NH

JACK MENSCH • SO • IRMO, SOUTH CAROLINA

PRs: 800M - 1:52.94

Date	Meet	Event	Finish	Time/Mark
1/8	Orange and Purple Elite	800 Meters	1st	1:57.68
1/15	Gamecock Opener	800 Meters	2nd	1:54.38
1/29	South Carolina Invitational	800 Meters	20th	1:56.04
2/5	Dr. Sander Invitational	800 Meters	17th	1:54.23
2/12	Tiger Paw Invite	800 Meters	14th	1:52.94
2/18	UofSC Indoor Open	800 Meters Inv.	--	DNF

EVAN MILLER • JR • ZEPHYRHILLS, FLORIDA

PRs: 60M - 6.73; 100M - 10.39; 200M - 20.50

Date	Meet	Event	Finish	Time/Mark
12/3	Clemson Opener	60 Meters - Prelim	1st	6.78q
12/3	Clemson Opener	60 Meters	2nd	6.79
1/15	Gamecock Opener	60 Meters - Prelim	2nd	6.83q
1/15	Gamecock Opener	60 Meters	3rd	6.86
1/15	Gamecock Opener	200 Meters	3rd	21.05
1/21	Carolina Challenge	60 Meters - Semis	19th	7.02
1/22	Carolina Challenge	200 Meters	6th	21.57
1/28	South Carolina Invitational	60 Meters - Semis	T5th	6.79q
1/28	South Carolina Invitational	60 Meters - Finals	7th	6.88
1/29	South Carolina Invitational	200 Meters Inv.	1st	20.95
2/11	Tiger Paw Invite	60 Meters - P	--	FS
2/12	Tiger Paw Invite	200 Meters	7th	20.78
2/18	UofSC Indoor Open	60 Meters - Qualif.	2nd	6.80Q
2/18	UofSC Indoor Open	60 Meters - Final	3rd	6.78
2/25	SEC Indoor Championships	200 Meters - P	4th	20.81q
2/26	SEC Indoor Championships	200 Meters - F	4th	20.71
3/11	NCAA Indoor Championships	200 Meters - P	5th	20.87q
3/12	NCAA Indoor Championships	200 Meters - F	6th	21.05



CAROLINA TRACK & FIELD

2022 INDOOR PROGRESSIONS - MEN

DAVID OLDS • SO • HIGH POINT, NORTH CAROLINA

PRs: 800M - 1:57.07; 1,000M - 2:36.05; 1,500M - 3:56.11; MILE - 4:12.13

Date	Meet	Event	Finish	Time/Mark
1/15	Gamecock Opener	Mile	5th	4:14.42
1/21	Carolina Challenge	Mile	13th	4:15.82
1/28	South Carolina Invitational	Mile	8th	4:12.13
2/5	Dr. Sander Invitational	Mile	16th	4:13.85
2/18	UofSC Indoor Open	Mile Invitational	3rd	4:14.13
2/25	SEC Indoor Championships	Mile - P	25th	4:14.50

SEAN PETERSEN • JR • CARY, NORTH CAROLINA

PRs: 800M - 1:54.07; 1,000M - 2:33.60; 1,500M - 3:51.19; MILE - 4:11.39; 3,000M - 8:37.90

Date	Meet	Event	Finish	Time/Mark
1/28	South Carolina Invitational	Mile	14th	4:15.69
2/5	Dr. Sander Invitational	Mile	22nd	4:18.58
2/11	Tiger Paw Invite	Mile	9th	4:13.01
2/18	UofSC Indoor Open	Mile Invitational	2nd	4:11.39
2/26	SEC Indoor Championships	3,000 Meters	--	DNF

JADEN PRICE-WHITEHEAD • FR • GLENSIDE, PENNSYLVANIA

PRs: LJ - 7.23m/23-8.75; TJ - 14.13m/46-4.25

Date	Meet	Event	Finish	Time/Mark
1/8	Orange and Purple Elite	Long Jump	5th	6.92m/22-8.50
1/15	Gamecock Opener	Long Jump	3rd	7.14m/23-5.25
1/22	Carolina Challenge	Long Jump Inv.	--	FOUL
1/29	South Carolina Invitational	Long Jump Inv.	7th	6.64m/21-9.50
2/4	Dr. Sander Invitational	Long Jump	4th	7.23m/23-8.75
2/11	Tiger Paw Invite	Long Jump	--	FOUL
2/12	Tiger Paw Invite	Triple Jump	23rd	14.13m/46-4.25
2/18	UofSC Indoor Open	Long Jump	--	FOUL
2/25	SEC Indoor Championships	Long Jump	19th	6.46m/21-2.50

SETH RABINOWITZ • JR • CHARLOTTE, NORTH CAROLINA

PRs: PV - 4.77m/15-7.75

Date	Meet	Event	Finish	Time/Mark
12/3	Clemson Opener	Pole Vault	T4th	4.55m/14-11
1/22	Carolina Challenge	Pole Vault	--	NH
1/29	South Carolina Invitational	Pole Vault	3rd	4.60m/15-3
2/12	Tiger Paw Invite	Pole Vault	--	NH
2/18	UofSC Indoor Open	Pole Vault	3rd	4.77m/15-7.75
2/25	SEC Indoor Championships	Pole Vault	--	NH

KYLE REERS • FR • FRENCHTOWN, NEW JERSEY

PRs: 800M - 1:54.62

Date	Meet	Event	Finish	Time/Mark
1/8	Orange and Purple Elite	800 Meters	2nd	1:59.77
1/15	Gamecock Opener	800 Meters	5th	1:55.75
1/21	Carolina Challenge	800 Meters	11th	1:55.80
1/29	South Carolina Invitational	800 Meters	13th	1:55.58
2/5	Dr. Sander Invitational	800 Meters	35th	1:58.05
2/12	Tiger Paw Invite	800 Meters	25th	1:57.73
2/18	UofSC Indoor Open	800 Meters Inv.	8th	1:55.06

EJ RICHARDSON • SO • HAMPTON, VIRGINIA

PRs: 300M - 33.87; 400M - 47.22; 400-HURDLES - 51.52

Date	Meet	Event	Finish	Time/Mark
1/8	Orange and Purple Elite	400 Meters	1st	48.39
1/22	Carolina Challenge	400 Meters	5th	48.19
1/28	South Carolina Invitational	400 Meters Inv.	3rd	47.74
2/5	Dr. Sander Invitational	400 Meters	--	DNF

JORDAN SESSOM • JR • STONE MOUNTAIN, GEORGIA

PRs: 60M - 7.35; 200M - 21.84; 300M - 34.60; 400M - 47.81

Date	Meet	Event	Finish	Time/Mark
1/8	Orange and Purple Elite	60 Meters	5th	7.35
1/15	Gamecock Opener	200 Meters	13th	22.15
1/21	Carolina Challenge	200 Meters	35th	22.48
1/22	Carolina Challenge	400 Meters	15th	49.39
1/28	South Carolina Invitational	400 Meters	11th	49.45
2/11	Tiger Paw Invite	400 Meters	55th	50.00

DOVAL SIMMONDS • FR • NEWPORT NEWS, VIRGINIA

PRs: 400M - 47.60

Date	Meet	Event	Finish	Time/Mark
1/28	South Carolina Invitational	400 Meters Inv.	7th	48.56

WILL SPENCER JR. • SO • HENRICO, VIRGINIA

PRs: 400M - 46.78; 400-M Hurdles - 49.68

Date	Meet	Event	Finish	Time/Mark
12/3	Clemson Opener	400 Meters	1st	47.14
1/15	Gamecock Opener	400 Meters	2nd	47.56
1/21	Carolina Challenge	200 Meters	16th	21.98
1/28	South Carolina Invitational	400 Meters Inv.	1st	47.24
2/5	Dr. Sander Invitational	400 Meters	3rd	48.05
2/11	Tiger Paw Invite	400 Meters	19th	47.43
2/18	UofSC Indoor Open	400 Meters	1st	47.68
2/25	SEC Indoor Championships	400 Meters - P	--	DNF

DYLAN TARGGART • FR • COLDWATER, MICHIGAN

PRs: SP - 18.39m/60-4

Date	Meet	Event	Finish	Time/Mark
1/8	Orange and Purple Elite	Shot Put	3rd	17.46m/57-3.50
1/29	South Carolina Invitational	Shot Put Inv.	4th	17.49m/57-4.75
2/12	Tiger Paw Invite	Shot Put	8th	18.21m/59-9
2/18	UofSC Indoor Open	Shot Put	2nd	17.94m/58-10.25
2/26	SEC Indoor Championships	Shot Put	10th	18.39m/60-4

JONATHAN TOGAMI • FR • MT. PLEASANT, SOUTH CAROLINA

PRs: PV - 4.71m/15-5.50

Date	Meet	Event	Finish	Time/Mark
2/18	UofSC Indoor Open	Pole Vault	5th	4.57m/15-0

HENRY WOOD • FR • CHARLESTON, SOUTH CAROLINA

PRs: MILE - 4:36.10

Date	Meet	Event	Finish	Time/Mark
1/15	Gamecock Opener	Mile	17th	4:38.83
1/21	Carolina Challenge	Mile	42nd	4:36.10
1/28	South Carolina Invitational	Mile	63rd	4:43.85
2/18	UofSC Indoor Open	Mile Invitational	20th	4:49.25



CAROLINA TRACK & FIELD

2022 TOP-FIVE INDOOR MARKS - WOMEN

60-METER DASH (Record: 7.09, LaKya Brookins, 2011)

Date	Meet	Athlete	Mark
12/3	Clemson Opener	Jayla Jamison	7.30
1/15	Gamecock Opener	Jayla Jamison	7.34
2/4	Dr. Sander Invitational	Tierra Frasier	7.35
2/11	Tiger Paw Invite	Tierra Frasier	7.37
2/18	UofSC Indoor Open	Jayla Jamison	7.38

200-METER DASH (Record: 22.57, Shalonda Solomon, 2006)

Date	Meet	Athlete	Mark
2/12	Tiger Paw Invite	Tierra Frasier	23.29
2/25	SEC Indoor Championships	Tierra Frasier	23.41
1/22	Carolina Challenge	Jayla Jamison	23.46
1/28	South Carolina Invitational	Tierra Frasier	23.46
2/18	UofSC Indoor Open	Tierra Frasier	23.49

400-METER RUN (Record: 50.80, Natasha Hastings, 2007)

Date	Meet	Athlete	Mark
2/26	SEC Indoor Championships	Stephanie Davis	51.29
2/25	SEC Indoor Championships	Stephanie Davis	51.68
2/11	Tiger Paw Invite	Stephanie Davis	52.09
1/28	South Carolina Invitational	Stephanie Davis	52.47
1/15	Gamecock Opener	Stephanie Davis	52.69

800-METER RUN (Record: 2:06.05, Shay Shelton, 2006)

Date	Meet	Athlete	Mark
2/18	UofSC Indoor Open	Kielee Gayle	2:12.65
2/18	UofSC Indoor Open	Grace Zamrowski	2:12.88
2/25	SEC Indoor Championships	Kielee Gayle	2:13.87
1/29	South Carolina Invitational	Alex Costantino	2:14.70
2/5	Dr. Sander Invitational	Grace Zamrowski	2:15.61

1,000-METER RUN (Record: 2:50.51, Anna Todd, 2015)

Date	Meet	Athlete	Mark
1/8	Orange and Purple Elite	Kensi Gray	3:05.20
12/3	Clemson Opener	Kensi Gray	3:07.16
12/3	Clemson Opener	Emily Smith	3:09.47
12/3	Clemson Opener	Eliizabeth Davison	3:10.75

ONE-MILE RUN (Record: 4:43.90, Tracey Capper, 1996)

Date	Meet	Athlete	Mark
2/11	Tiger Paw Invite	Alex Costantino	4:56.93
2/5	Dr. Sander Invitational	Alex Costantino	4:57.94
1/22	Carolina Challenge	Alex Costantino	5:00.02
2/25	SEC Indoor Championships	Alex Costantino	5:01.45
1/22	Carolina Challenge	Meg Lebo	5:06.57

3,000-METER RUN (Record: 9:39.97, Beatrice Biwott, 2011)

Date	Meet	Athlete	Mark
1/15	Gamecock Opener	Claudia Satzke	10:22.62
1/28	South Carolina Invitational	Katerina Hendrix	10:26.57
2/18	UofSC Indoor Open	Kira Jenkins	10:27.10
1/15	Gamecock Opener	Lily Weeks	10:37.24
1/15	Gamecock Opener	Katerina Hendrix	10:37.30

5,000-METER RUN (Record: 16:19.02, Kayla Lampe, 2013)

Date	Meet	Athlete	Mark
2/12	Tiger Paw Invite	Kira Jenkins	18:12.62
2/4	Dr. Sander Invitational	Claudia Satzke	18:12.63
2/4	Dr. Sander Invitational	Katerina Hendrix	18:14.71
1/22	Carolina Challenge	Katerina Hendrix	18:19.18
1/22	Carolina Challenge	Claudia Satzke	18:19.64

60-METER HURDLES (Record: 8.07, Destinee Rocker, 2022)

Date	Meet	Athlete	Mark
2/11	Tiger Paw Invite	Destinee Rocker	8.07
3/11	NCAA Indoor Championships	Destinee Rocker	8.10
2/11	Tiger Paw Invite	Destinee Rocker	8.11
2/25	SEC Indoor Championships	Destinee Rocker	8.17
12/3	Clemson Opener	Destinee Rocker	8.18

4X400-METER RELAY (Record: 3:28.25, Ross, M. Barber, Washington, Demus, 2003)

Date	Meet	Athlete	Mark
2/12	Tiger Paw Invite	Dunmore, Davis, Johnson, Pyatt	3:29.36
2/26	SEC Indoor Championships	Dunmore, Davis, Glenn, Pyatt	3:31.76
3/12	NCAA Indoor Championships	Dunmore, Glenn, Johnson, Pyatt	3:33.08
2/18	UofSC Indoor Open	Dunmore, Glenn, Nagbe, Pyatt	3:34.64
1/15	Gamecock Opener	Frank, Davis, Glenn, Pyatt	3:36.04

DISTANCE MEDLEY RELAY (Record: 11:30.72, Ramomene, Stoddart, Watkins, Lake, 2003)

Date	Meet	Athlete	Mark
2/4	Dr. Sander Invitational	Costantino, Registre, Zamrowski, Lebo	11:58.41
1/22	Carolina Challenge	Costantino, Kavanaugh, Zamrowski, Lebo	12:14.56
2/18	UofSC Indoor Open	Smith, Zamrowski Davison, Pisani	12:22.22
1/29	South Carolina Invitational	Bowers, Zamrowski, Davison, Abrams	12:45.60
1/22	Carolina Challenge	Bowers, Gayle, Cella, Smith	12:48.61

HIGH JUMP (Record: 1.91m/6-3.25, Jeannelle Scheper, 2013)

Date	Meet	Athlete	Mark
2/26	SEC Indoor Championships	Rachel Glenn	1.88m/6-2
3/12	NCAA Indoor Championships	Rachel Glenn	1.86m/6-1.25
1/22	Carolina Challenge	Rachel Glenn	1.84m/6-0.50
2/5	Dr. Sander Invitational	Rachel Glenn	1.80m/5-10.75
2/18	UofSC Indoor Open	Rachel Glenn	1.80m/5-10.75

POLE VAULT (Record: 4.35m/14-3.25, Hailey Sweatman, 2020)

Date	Meet	Athlete	Mark
1/28	South Carolina Invitational	Emily Valentine	3.80m/12-5.50
1/21	Carolina Challenge	Emily Valentine	3.75m/12-3.50
2/5	Dr. Sander Invitational	Emily Valentine	3.75m/12-3.50
2/11	Tiger Paw Invite	Emily Valentine	3.74m/12-3.25
2/18	UofSC Indoor Open	Alyssa Rice	3.68m/12-0.75

LONG JUMP (Record: 6.60m/21-8, Antoinette Wilks, 2001)

Date	Meet	Athlete	Mark
--			

TRIPLE JUMP (Record: 13.47m/44-2.50, Natasha Dicks, 2017)

Date	Meet	Athlete	Mark
2/12	Tiger Paw Invite	Shaienne Sipsey	12.58m/41-3.25
1/15	Gamecock Opener	Shaienne Sipsey	12.31m/40-4.75
1/22	Carolina Challenge	Shaienne Sipsey	12.26m/40-2.75
2/5	Dr. Sander Invitational	Shaienne Sipsey	12.22m/40-1.25
1/8	Orange and Purple Elite	Shaienne Sipsey	11.96m/39-3

SHOT PUT (Record: 17.07m/56-0, Crystal Brownlee, 1998)

Date	Meet	Athlete	Mark
1/22	Carolina Challenge	KD Young	16.08m/52-9.25
2/4	Dr. Sander Invitational	KD Young	15.35m/50-4.50
1/8	Orange and Purple Elite	KD Young	15.09m/49-6.25
2/26	SEC Indoor Championships	KD Young	15.04m/49-4.25
2/18	UofSC Indoor Open	KD Young	15.00m/49-2.50

WEIGHT THROW (Record: 21.72m/71-3.75, Dawn Ellerbe, 1997)

Date	Meet	Athlete	Mark
2/18	UofSC Indoor Open	Kayla Racine	20.08m/65-10.50
2/11	Tiger Paw Invite	KD Young	19.12m/62-8.75
1/22	Carolina Challenge	KD Young	19.01m/62-4.50
1/15	Gamecock Opener	Kayla Racine	18.98m/62-3.25
2/5	Dr. Sander Invitational	Kayla Racine	18.96m/62-2.50

PENTATHLON (Record: 4,133 points, Chelsea Hammond, 2004)

Date	Meet	Athlete	Mark
--			



CAROLINA TRACK & FIELD

2022 INDOOR PROGRESSIONS - WOMEN

KATHLEEN ABRAMS • FR • MATTHEWS, NORTH CAROLINA

PRs: 1,500M - 5:09.58; MILE - 5:18.42; 3K - 10:50.43; 5K - 19:59.40

Date	Meet	Event	Finish	Time/Mark
1/15	Gamecock Opener	Mile	16th	5:23.89
1/21	Carolina Challenge	Mile	31st	5:25.49
1/28	South Carolina Invitational	3,000 Meters	17th	10:50.43
2/18	UofSC Indoor Open	Mile Invitational	13th	5:18.42

SAVANNAH BOWERS • SO • VIRGINIA BEACH, VIRGINIA

PRs: 1,000M - 3:01.86; 1,500M - 4:45.84; MILE - 5:07.14

Date	Meet	Event	Finish	Time/Mark
1/15	Gamecock Opener	Mile	17th	5:23.97
1/21	Carolina Challenge	Mile	26th	5:20.57
1/28	South Carolina Invitational	Mile	18th	5:12.13
2/11	Tiger Paw Invite	Mile	15th	5:12.21
2/18	UofSC Indoor Open	Mile Invitational	3rd	5:07.14

HANNAH CELLA • SO • FLEMINGTON, NEW JERSEY

PRs: 800M - 2:25.52; 1,500M - 5:03.91; MILE - 5:18.16

Date	Meet	Event	Finish	Time/Mark
1/21	Carolina Challenge	Mile	30th	5:25.44
1/28	South Carolina Invitational	Mile	40th	5:25.29
2/18	UofSC Indoor Open	Mile Invitational	21st	5:23.63

ALEX COSTANTINO • FR • NORTH ANDOVER, MASSACHUSETTS

PRs: 800M - 2:14.70; MILE - 4:56.93

Date	Meet	Event	Finish	Time/Mark
1/15	Gamecock Opener	Mile	6th	5:08.64
1/21	Carolina Challenge	Mile	6th	5:00.02
1/29	South Carolina Invitational	800 Meters	5th	2:14.70
2/5	Dr. Sander Invitational	Mile	24th	4:57.94
2/11	Tiger Paw Invite	Mile	6th	4:56.93
2/25	SEC Indoor Championships	Mile - P	17th	5:01.45

STEPHANIE DAVIS • SR • GAITHERSBURG, MARYLAND

PRs: 200M - 23.01; 400M - 51.29

Date	Meet	Event	Finish	Time/Mark
12/3	Clemson Opener	300 Meters	1st	37.41
1/15	Gamecock Opener	400 Meters	3rd	52.69
1/22	Carolina Challenge	200 Meters	5th	23.68
1/28	South Carolina Invitational	400 Meters Inv.	3rd	52.47
2/5	Dr. Sander Invitational	400 Meters Inv.	1st	53.85
2/11	Tiger Paw Invite	400 Meters	4th	52.09
2/25	SEC Indoor Championships	400 Meters - P	2nd	51.68Q
2/26	SEC Indoor Championships	400 Meters - F	5th	51.29

ELIZABETH DAVISON • SO • HOUSTON, TEXAS

PRs: 800M - 2:27.53; 1,000M - 3:10.75; MILE - 5:27.32

Date	Meet	Event	Finish	Time/Mark
12/3	Clemson Opener	1,000 Meters	7th	3:10.75
1/15	Gamecock Opener	Mile	20th	5:32.92
1/21	Carolina Challenge	Mile	40th	5:32.60
1/28	South Carolina Invitational	Mile	42nd	5:27.32

MAKENZIE DUNMORE • SR • ATLANTA, GEORGIA

PRs: 600M - 7.18; 100M - 11.25; 200M - 22.53; 400M - 50.63

Date	Meet	Event	Finish	Time/Mark
2/11	Tiger Paw Invite	400 Meters	8th	54.03
2/18	UofSC Indoor Open	400 Meters	1st	53.19
2/25	SEC Indoor Championships	400 Meters - P	9th	52.79

BROOKE DONOGHUE • FR • PHOENIXVILLE, PENNSYLVANIA

PRs: MILE - 5:31.03

Date	Meet	Event	Finish	Time/Mark
1/15	Gamecock Opener	Mile	22nd	5:39.97
2/18	UofSC Indoor Open	Mile	1st	5:31.03

ALYSSA FLINK • FR • ROCK HILL, SOUTH CAROLINA

PRs: N/A

Date	Meet	Event	Finish	Time/Mark
1/8	Orange and Purple Elite	High Jump	-	NH

ANGEL FRANK • SO • CHARLESTON, SOUTH CAROLINA

PRs: 100M - 12.23; 200M - 23.84; 400M - 53.61

Date	Meet	Event	Finish	Time/Mark
12/3	Clemson Opener	300 Meters	5th	38.89
1/8	Orange and Purple Elite	200 Meters	1st	24.37
1/15	Gamecock Opener	60 Meters - Prelim	4th	7.55q

1/15	Gamecock Opener	60 Meters	4th	7.54
1/15	Gamecock Opener	200 Meters	1st	23.84
1/22	Carolina Challenge	400 Meters	5th	55.22
1/28	South Carolina Invitational	60 Meters - Prelims	7th	7.54q
1/28	South Carolina Invitational	60 Meters - Final	6th	7.60
1/29	South Carolina Invitational	200 Meters Inv.	6th	23.93
2/5	Dr. Sander Invitational	400 Meters	1st	55.53
2/11	Tiger Paw Invite	400 Meters	17th	54.78
2/18	UofSC Indoor Open	400 Meters	2nd	53.73
2/25	SEC Indoor Championships	400 Meters - P	16th	53.61

TIERRA FRASIER • FR • ROCK HILL, SOUTH CAROLINA

PRs: 60M - 7.35; 200M - 23.29

Date	Meet	Event	Finish	Time/Mark
1/15	Gamecock Opener	60 Meters - Prelim	5th	7.60q
1/15	Gamecock Opener	60 Meters	5th	7.58
1/15	Gamecock Opener	200 Meters	2nd	24.18
1/21	Carolina Challenge	60 Meters - Qualif.	1st	7.54q
1/21	Carolina Challenge	60 Meters - Semis	12th	7.63
1/22	Carolina Challenge	200 Meters	8th	24.20
1/28	South Carolina Invitational	60 Meters - Pelims	6th	7.52Q
1/28	South Carolina Invitational	60 Meters - Final	4th	7.48
1/29	South Carolina Invitational	200 Meters Inv.	3rd	23.46
2/4	Dr. Sander Invitational	60 Meters - Prelim	1st	7.50Q
2/4	Dr. Sander Invitational	60 Meters - Final	1st	7.35
2/5	Dr. Sander Invitational	200 Meters	2nd	23.98
2/11	Tiger Paw Invite	60 Meters - P	11th	7.42q
2/11	Tiger Paw Invite	60 Meters - S	T10th	7.37
2/12	Tiger Paw Invite	200 Meters	7th	23.29
2/18	UofSC Indoor Open	200 Meters	T4th	23.49
2/25	SEC Indoor Championships	60 Meters - P	12th	7.41
2/25	SEC Indoor Championships	200 Meters - P	9th	23.41

KIELEY GAYLE • FR • UNION CITY, GEORGIA

PRs: 400M - 1:00.51; 600M - 1:39.23; 800M - 2:12.65

Date	Meet	Event	Finish	Time/Mark
12/3	Clemson Opener	600 Meters	16th	1:39.23
1/8	Orange and Purple Elite	400 Meters	4th	1:01.55
1/15	Gamecock Opener	400 Meters	16th	1:01.45
1/21	Carolina Challenge	400 Meters	28th	1:00.51
1/29	South Carolina Invitational	800 Meters	12th	2:17.88
2/12	Tiger Paw Invite	800 Meters	24th	2:15.73
2/18	UofSC Indoor Open	800 Meters Inv.	6th	2:12.65
2/25	SEC Indoor Championships	800 Meters - P	18th	2:13.87

SYRAH GHJSELINGS • FR • GHENT, BELGIUM

PRs: MILE - 5:10.97

Date	Meet	Event	Finish	Time/Mark
1/15	Gamecock Opener	Mile	7th	5:10.97

RACHEL GLENN • FR • LONG BEACH, CALIFORNIA

PRs: 60-M H - 8.99; 400-M H - 58.30; HJ - 1.93m/6-4; LJ - 4.47m/14-8

Date	Meet	Event	Finish	Time/Mark
1/22	Carolina Challenge	High Jump Inv.	1st	1.84m/6-0.50
1/29	South Carolina Invitational	High Jump Inv.	2nd	1.78m/5-10
2/5	Dr. Sander Invitational	High Jump Inv.	T2nd	1.80m/5-10.75
2/18	UofSC Indoor Open	High Jump Inv.	1st	1.80m/5-10.75
2/26	SEC Indoor Championships	High Jump	2nd	1.88m/6-2
3/12	NCAA Indoor Championships	High Jump	3rd	1.86m/6-1.25

KENSI GRAY • SO • KNOXVILLE, TENNESSEE

PRs: 800M - 2:14.77; 1,000M - 3:05.20

Date	Meet	Event	Finish	Time/Mark
12/3	Clemson Opener	1,000 Meters	4th	3:07.16
1/8	Orange and Purple Elite	1,000 Meters	8th	3:05.20
1/15	Gamecock Opener	800 Meters	4th	2:17.54
1/21	Carolina Challenge	800 Meters	16th	2:17.78
1/29	South Carolina Invitational	800 Meters	14th	2:18.48
2/5	Dr. Sander Invitational	800 Meters	40th	2:19.34

KATERINA HENDRIX • FR • SPARTANBURG, SOUTH CAROLINA

PRs: 3K - 10:31.05; 5K - 18:14.71

Date	Meet	Event	Finish	Time/Mark
1/15	Gamecock Opener	3,000 Meters	8th	10:37.30
1/22	Carolina Challenge	5,000 Meters	5th	18:19.18
1/28	South Carolina Invitational	3,000 Meters	13th	10:26.57
2/4	Dr. Sander Invitational	5,000 Meters	4th	18:14.71
2/12	Tiger Paw Invite	5,000 Meters	6th	18:54.25



CAROLINA TRACK & FIELD

2022 INDOOR PROGRESSIONS - WOMEN

2/18 UofSC Indoor Open 3,000 Meters 4th 10:40.43

KIERA HUGHES • JR • EAST SETAUKET, NEW YORK

PRs: 200M - 27.77; 60-M HURDLES - 9.38; 100-M HURDLES - 15.53

Date	Meet	Event	Finish	Time/Mark
1/28	South Carolina Invitational	60-M Hurdles - Q	40th	9.83
2/18	UofSC Indoor Open	60-M Hurdles - Q	15th	9.71

JAYLA JAMISON • FR • WEST COLUMBIA, SOUTH CAROLINA

PRs: 60M - 7.30; 200M - 23.46

Date	Meet	Event	Finish	Time/Mark
12/3	Clemson Opener	60 Meters - Prelims	1st	7.41q
12/3	Clemson Opener	60 Meters	1st	7.30
1/15	Gamecock Opener	60 Meters - Prelim	2nd	7.50q
1/15	Gamecock Opener	60 Meters	2nd	7.34
1/22	Carolina Challenge	200 Meters	3rd	23.46
1/28	South Carolina Invitational	60 Meters - Prelims	3rd	7.43Q
2/4	Dr. Sander Invitational	60 Meters - Prelim	4th	7.60Q
2/18	UofSC Indoor Open	60 Meters - Semis	5th	7.55Q
2/18	UofSC Indoor Open	60 Meters - Final	1st	7.38
2/18	UofSC Indoor Open	200 Meters	6th	23.64
2/25	SEC Indoor Championships	60 Meters - P	10th	7.38

KIRA JENKINS • SR • LANCASTER, PENNSYLVANIA

PRs: 3K - 10:27.10; 5K - 18:12.62

Date	Meet	Event	Finish	Time/Mark
1/28	South Carolina Invitational	3,000 Meters	14th	10:46.04
2/4	Dr. Sander Invitational	5,000 Meters	5th	18:20.25
2/12	Tiger Paw Invite	5,000 Meters	2nd	18:12.62
2/18	UofSC Indoor Open	3,000 Meters	1st	10:27.10

ALYSIA JOHNSON • FR • DURHAM, NORTH CAROLINA

PRs: 400M - 52.51

Date	Meet	Event	Finish	Time/Mark
12/3	Clemson Opener	400 Meters	1st	54.52
1/28	South Carolina Invitational	400 Meters Inv.	7th	55.55
2/5	Dr. Sander Invitational	400 Meters	18th	57.16
2/11	Tiger Paw Invite	400 Meters	10th	54.21
2/18	UofSC Indoor Open	400 Meters	4th	54.52
2/25	SEC Indoor Championships	400 Meters - P	17th	53.68

MIA JOSEPH • FR • NORTH AUGUSTA, SOUTH CAROLINA

PRs: PV - 3.38m/11-1

Date	Meet	Event	Finish	Time/Mark
12/3	Clemson Opener	Pole Vault	--	NH
1/8	Orange and Purple Elite	Pole Vault	4th	3.37m/11-0.75
1/15	Gamecock Opener	Pole Vault	4th	3.35m/10-11.75
1/21	Carolina Challenge	Pole Vault	T2nd	3.30m/10-10
1/28	South Carolina Invitational	Pole Vault	9th	3.30m/10-10
2/18	UofSC Indoor Open	Pole Vault	7th	3.38m/11-1

MACIE KAVANAUGH • JR • WEST END, NORTH CAROLINA

PRs: 400M - 57.82; 800M - 2:12.64

Date	Meet	Event	Finish	Time/Mark
12/3	Clemson Opener	600 Meters	8th	1:36.79
1/21	Carolina Challenge	400 Meters	26th	59.79
1/28	South Carolina Invitational	400 Meters	16th	58.91
1/29	South Carolina Invitational	800 Meters	21st	2:21.06
2/11	Tiger Paw Invite	400 Meters	66th	59.00
2/12	Tiger Paw Invite	800 Meters	28th	2:16.90
2/18	UofSC Indoor Open	800 Meters Inv.	--	DNF

MEG LEBO • SO • CARLISLE, PENNSYLVANIA

PRs: 800M - 2:22.90; MILE - 5:06.57

Date	Meet	Event	Finish	Time/Mark
1/15	Gamecock Opener	Mile	11th	5:17.58
1/21	Carolina Challenge	Mile	12th	5:06.57
2/5	Dr. Sander Invitational	Mile	46th	5:18.73
2/12	Tiger Paw Invite	800 Meters	--	DNF
2/18	UofSC Indoor Open	Mile Invitational	--	DNF

DEVYN MCMICHAEL • FR • SUWANEE, GEORGIA

PRs: 60M - 7.90; 200M - 25.90

Date	Meet	Event	Finish	Time/Mark
1/15	Gamecock Opener	60 Meters - Prelim	21st	7.96
1/15	Gamecock Opener	200 Meters	23rd	26.17
1/21	Carolina Challenge	60 Meters - Qualif.	33rd	8.03
1/21	Carolina Challenge	200 Meters	34th	25.91

1/29	South Carolina Invitational	200 Meters	66th	26.71
2/11	Tiger Paw Invite	60 Meters - P	T49th	8.00
2/12	Tiger Paw Invite	200 Meters	73rd	26.16
2/18	UofSC Indoor Open	60 Meters - Qualif.	9th	7.90q
2/18	UofSC Indoor Open	60 Meters - Semis	T18th	7.92
2/18	UofSC Indoor Open	200 Meters	19th	25.90

PEARL NAGBE • SO • GLEN ALLEN, VIRGINIA

PRs: 400M - 54.88

Date	Meet	Event	Finish	Time/Mark
12/3	Clemson Opener	400 Meters	4th	56.13
1/8	Orange and Purple Elite	400 Meters	1st	56.20
1/15	Gamecock Opener	400 Meters	6th	55.62
1/22	Carolina Challenge	400 Meters	9th	55.59
1/28	South Carolina Invitational	400 Meters Inv.	8th	56.07
2/5	Dr. Sander Invitational	400 Meters	6th	56.26
2/11	Tiger Paw Invite	400 Meters	28th	55.68
2/25	SEC Indoor Championships	400 Meters - P	21st	54.88

SARAH NEVILLE • FR • HILTON HEAD ISLAND, SOUTH CAROLINA

PRs: 800M - 2:27.74; MILE - 5:35.67

Date	Meet	Event	Finish	Time/Mark
1/15	Gamecock Opener	800 Meters	11th	2:27.74
2/18	UofSC Indoor Open	Mile	2nd	5:35.67

JENNA PELLIZZARI • FR • WILMINGTON, NORTH CAROLINA

PRs: 1,500M - 5:24.98; MILE - 5:23.48

Date	Meet	Event	Finish	Time/Mark
1/15	Gamecock Opener	Mile	21st	5:34.16
1/21	Carolina Challenge	3,000 Meters	32nd	11:06.86
1/28	South Carolina Invitational	Mile	45th	5:30.10
2/18	UofSC Indoor Open	Mile Invitational	20th	5:23.48

EMILY PIERONTONI • FR • WOOLWICH TOWNSHIP, NEW JERSEY

PRs: MILE - 5:20.17

Date	Meet	Event	Finish	Time/Mark
1/15	Gamecock Opener	Mile	19th	5:31.89
1/21	Carolina Challenge	Mile	43rd	5:35.90
1/28	South Carolina Invitational	Mile	36th	5:20.62
2/18	UofSC Indoor Open	Mile Invitational	15th	5:20.17

ISABELLA PISANI • SO • HINSDALE, ILLINOIS

PRs: 800M - 2:17.13; 1,000M - 3:02.81; MILE - 5:12.66

Date	Meet	Event	Finish	Time/Mark
1/21	Carolina Challenge	800 Meters	24th	2:22.67
1/28	South Carolina Invitational	Mile	19th	5:13.24
2/11	Tiger Paw Invite	Mile	17th	5:12.66

AALIYAH PYATT • FR • FREDERICKSBURG, VIRGINIA

PRs: 200M - 25.04; 300M - 39.37; 400M - 53.36

Date	Meet	Event	Finish	Time/Mark
12/3	Clemson Opener	300 Meters	6th	39.37
1/8	Orange and Purple Elite	200 Meters	3rd	25.04
1/15	Gamecock Opener	400 Meters	5th	55.11
2/5	Dr. Sander Invitational	200 Meters	21st	25.09
2/5	Dr. Sander Invitational	400 Meters	15th	56.80
2/11	Tiger Paw Invite	400 Meters	16th	54.73
2/18	UofSC Indoor Open	400 Meters	5th	54.88
2/25	SEC Indoor Championships	400 Meters - P	15th	53.36

KAYLA RACINE • SO • BLYTHEWOOD, SOUTH CAROLINA

PRs: SP - 13.56m/44-6; WT - 20.08m/65-10.50; HT - 44.87m/147-2; DT - 44.21m/145-0

Date	Meet	Event	Finish	Time/Mark
1/8	Orange and Purple Elite	Weight Throw	3rd	18.72m/61-0.50
1/15	Gamecock Opener	Weight Throw	1st	18.98m/62-3.25
1/29	South Carolina Invitational	Weight Throw Inv.	1st	17.99m/59-0.25
2/5	Dr. Sander Invitational	Weight Throw	6th	18.96m/62-2.50
2/11	Tiger Paw Invite	Weight Throw	2nd	19.12m/62-8.75
2/18	UofSC Indoor Open	Weight Throw	2nd	20.08m/65-10.50
2/25	SEC Indoor Championships	Weight Throw	15th	17.63m/57-10.25

ALYSSA RICE • FR • MECHANICSVILLE, VIRGINIA

PRs: PV - 3.68m/12-0.75

Date	Meet	Event	Finish	Time/Mark
1/28	South Carolina Invitational	Pole Vault Inv.	11th	3.60m/11-9.75
2/5	Dr. Sander Invitational	Pole Vault	--	NH
2/11	Tiger Paw Invite	Pole Vault	--	NH
2/18	UofSC Indoor Open	Pole Vault	4th	3.68m/12-0.75



CAROLINA TRACK & FIELD

2022 INDOOR PROGRESSIONS - WOMEN

BRIANA RECKLING • JR • SOUTH ORANGE, NEW JERSEY

PRs: 400M - 57.99; 800M - 2:15.34

Date	Meet	Event	Finish	Time/Mark
12/3	Clemson Opener	600 Meters	9th	1:37.19
1/8	Orange and Purple Elite	400 Meters	--	DNF

JAHNILE REGISTRE • FR • ORLANDO, FLORIDA

PRs: 300M - 38.78; 400M - 56.12

Date	Meet	Event	Finish	Time/Mark
12/3	Clemson Opener	300 Meters	4th	38.78
1/28	South Carolina Invitational	400 Meters Inv.	13th	57.66
2/5	Dr. Sander Invitational	400 Meters	23rd	57.45
2/18	UofSC Indoor Open	400 Meters	6th	56.12
2/25	SEC Indoor Championships	400 Meters - P	27th	56.96

DESTINEE ROCKER • SR • LITHONIA, GEORGIA

PRs: 200M - 24.03; 60H - 8.07

Date	Meet	Event	Finish	Time/Mark
12/3	Clemson Opener	60-M Hurdles - P	1st	8.25q
12/3	Clemson Opener	60-Meter Hurdles	1st	8.18
1/15	Gamecock Opener	60-M Hurdles - P	1st	8.32Q
1/15	Gamecock Opener	60-M Hurdles	1st	8.23
1/21	Carolina Challenge	60 Meters - Qualif.	16th	7.85
1/21	Carolina Challenge	60-M Hurdles - P	1st	8.26Q
1/21	Carolina Challenge	60-M Hurdles	1st	8.26
1/28	South Carolina Invitational	60-M Hurdles - P	1st	8.18Q
1/28	South Carolina Invitational	60-M Hurdles - F	2nd	8.22
2/4	Dr. Sander Invitational	60-M Hurdles - P	1st	8.26Q
2/4	Dr. Sander Invitational	60-M Hurdles - F	2nd	8.24
2/11	Tiger Paw Invite	60-M Hurdles - P	5th	8.13Q
2/11	Tiger Paw Invite	60-M Hurdles - S	5th	8.07
2/11	Tiger Paw Invite	60-M Hurdles - F	6th	8.24
2/25	SEC Indoor Championships	60-M Hurdles - P	9th	8.17
3/11	NCAA Indoor Championships	60-M Hurdles - P	13th	8.10

CLAUDIA SATZKE • FR • RED BANK, NEW JERSEY

PRs: 1,500M - 4:59.61; MILE - 5:27.73; 3K - 10:22.62; 5K - 18:12.63

Date	Meet	Event	Finish	Time/Mark
1/15	Gamecock Opener	3,000 Meters	4th	10:22.62
1/22	Carolina Challenge	5,000 Meters	6th	18:19.64
1/28	South Carolina Invitational	3,000 Meters	14th	10:46.04
2/4	Dr. Sander Invitational	5,000 Meters	3rd	18:12.63
2/12	Tiger Paw Invite	5,000 Meters	4th	18:24.80

SHAIANNE SIPSEY • SO • BONAIRE, GEORGIA

PRs: 200M - 24.56; 300M - 39.31; 400M - 55.57; TJ - 12.58m/41-3.25

Date	Meet	Event	Finish	Time/Mark
1/8	Orange and Purple Elite	Triple Jump	1st	11.96m/39-3
1/15	Gamecock Opener	Triple Jump	1st	12.31m/40-4.75
1/22	Carolina Challenge	Triple Jump Inv.	5th	12.26m/40-2.75
1/29	South Carolina Invitational	Triple Jump Inv.	6th	11.88m/38-11.75
2/5	Dr. Sander Invitational	Triple Jump	6th	12.22m/40-1.25
2/12	Tiger Paw Invite	Triple Jump	13th	12.58m/41-3.25
2/18	UofSC Indoor Open	Triple Jump	3rd	11.89m/39-0.25
2/26	SEC Indoor Championships	Triple Jump	15th	11.71m/38-5

EMILY SMITH • FR • LIMERICK, PENNSYLVANIA

PRs: 1,000M - 3:09.47; MILE - 5:20.88

Date	Meet	Event	Finish	Time/Mark
12/3	Clemson Opener	1,000 Meters	6th	3:09.47
1/21	Carolina Challenge	Mile	36th	5:28.80
1/28	South Carolina Invitational	Mile	38th	5:20.88
2/11	Tiger Paw Invite	Mile	20th	5:21.82

BRIANNA STAMPS • JR • MOUNT PLEASANT, SOUTH CAROLINA

PRs: PV - 3.46m/11-4.25

Date	Meet	Event	Finish	Time/Mark
1/22	Carolina Challenge	Pole Vault	5th	2.85m/9-4.25
1/28	South Carolina Invitational	Pole Vault	14th	3.10m/10-2
2/18	UofSC Indoor Open	Pole Vault	9th	3.18m/10-5.25

EMMA STONE • FR • WAXHAW, NORTH CAROLINA

PRs: PV - 3.60m/11-9.75

Date	Meet	Event	Finish	Time/Mark
12/3	Clemson Opener	Pole Vault	--	NH
2/5	Dr. Sander Invitational	Pole Vault	T20th	3.60m/11-9.75
2/11	Tiger Paw Invite	Pole Vault	12th	3.59m/11-9.25
2/18	UofSC Indoor Open	Pole Vault	--	NH

2/26	SEC Indoor Championships	Pole Vault	--	NH
------	--------------------------	------------	----	----

ANASTASIA SUMPTER • FR • CAMDEN, SOUTH CAROLINA

PRs: 60M - 7.76; 100M - 12.60; 200M - 25.67

Date	Meet	Event	Finish	Time/Mark
1/15	Gamecock Opener	60 Meters - Prelim	10th	7.80
1/15	Gamecock Opener	200 Meters	18th	25.87
1/21	Carolina Challenge	60 Meters - Qualif.	14th	7.84
1/21	Carolina Challenge	200 Meters	37th	25.99
1/28	South Carolina Invitational	60 Meters - Qualif.	5th	7.76q
1/28	South Carolina Invitational	60 Meters - Semis	19th	7.88
1/29	South Carolina Invitational	200 Meters	22nd	25.67
2/11	Tiger Paw Invite	60 Meters - P	T49th	8.00
2/12	Tiger Paw Invite	200 Meters	71st	25.96

EMILY VALENTINE • FR • MARIETTA, GEORGIA

PRs: PV - 3.80m/12-5.50

Date	Meet	Event	Finish	Time/Mark
12/3	Clemson Opener	Pole Vault	6th	3.45m/11-3.75
1/8	Orange and Purple Elite	Pole Vault	3rd	3.67m/12-0.50
1/15	Gamecock Opener	Pole Vault	2nd	3.65m/11-11.75
1/21	Carolina Challenge	Pole Vault Inv.	4th	3.75m/12-3.50
1/28	South Carolina Invitational	Pole Vault Inv.	9th	3.80m/12-5.50
2/5	Dr. Sander Invitational	Pole Vault	16th	3.75m/12-3.50
2/11	Tiger Paw Invite	Pole Vault	6th	3.74m/12-3.25
2/26	SEC Indoor Championships	Pole Vault	--	NH

LILY WEEKS • FR • MANSFIELD, OHIO

PRs: 3K - 10:37.24; 5K - 18:32.43

Date	Meet	Event	Finish	Time/Mark
1/15	Gamecock Opener	3,000 Meters	7th	10:37.24
1/29	South Carolina Invitational	5,000 Meters Inv.	8th	19:01.47
2/4	Dr. Sander Invitational	5,000 Meters	6th	18:32.43

ALLY WILSON • FR • CENTRAL, SOUTH CAROLINA

PRs: 800M - 2:19.90; MILE - 5:21.73

Date	Meet	Event	Finish	Time/Mark
1/15	Gamecock Opener	800 Meters	7th	2:23.12
1/21	Carolina Challenge	800 Meters	26th	2:24.01
1/29	South Carolina Invitational	800 Meters	20th	2:19.90
2/12	Tiger Paw Invite	800 Meters	33rd	2:20.35
2/18	UofSC Indoor Open	Mile Invitational	16th	5:21.73

KELSEY WORTHINGTON • JR • TUCKER, GEORGIA

PRs: PV - 3.78m/12-4.75

Date	Meet	Event	Finish	Time/Mark
1/28	South Carolina Invitational	Pole Vault	3rd	3.50m/11-5.75
2/11	Tiger Paw Invite	Pole Vault	--	NH
2/18	UofSC Indoor Open	Pole Vault	6th	3.53m/11-7
2/26	SEC Indoor Championships	Pole Vault	--	NH

KD YOUNG • JR • DECATUR, ILLINOIS

PRs: SP - 16.08m/52-9.25; WT - 19.01m/62-4.50; HT - 56.38m/185-0; DT - 46.03m/151-0

Date	Meet	Event	Finish	Time/Mark
1/8	Orange and Purple Elite	Shot Put	1st	15.09m/49-6.25
1/8	Orange and Purple Elite	Weight Throw	T1st	18.91m/62-0.50
1/15	Gamecock Opener	Shot Put	1st	15.05m/49-4.50
1/15	Gamecock Opener	Weight Throw	2nd	18.10m/59-4.75
1/22	Carolina Challenge	Shot Put Inv.	2nd	16.08m/52-9.25
1/22	Carolina Challenge	Weight Throw Inv.	4th	19.01m/62-4.50
2/4	Dr. Sander Invitational	Shot Put	3rd	15.35m/50-4.50
2/18	UofSC Indoor Open	Shot Put	2nd	15.00m/49-2.50
2/26	SEC Indoor Championships	Shot Put	15th	15.04m/49-4.25

GRACE ZAMROWSKI • FR • GARNET VALLEY, PENNSYLVANIA

PRs: 800M - 2:12.88

Date	Meet	Event	Finish	Time/Mark
1/15	Gamecock Opener	400 Meters	21st	1:02.07
1/21	Carolina Challenge	800 Meters	10th	2:16.27
1/29	South Carolina Invitational	800 Meters	8th	2:15.76
2/5	Dr. Sander Invitational	800 Meters	28th	2:15.61
2/12	Tiger Paw Invite	800 Meters	26th	2:16.32
2/18	UofSC Indoor Open	800 Meters Inv.	7th	2:12.88
2/25	SEC Indoor Championships	800 Meters - P	19th	2:16.82