



# CAROLINA TRACK & FIELD

## 2023 TOP-FIVE MARKS - MEN

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

Date	Meet	Athlete	Mark
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### 200-METER DASH (Record: 20.38, Rodney Martin, 2005)

Date	Meet	Athlete	Mark
12/2	Clemson Opener	Prescott Jefferson	21.95

### 300-METER DASH

Date	Meet	Athlete	Mark
12/2	Clemson Opener	Evan Miller	32.54
12/2	Clemson Opener	William Spencer, Jr.	33.78
12/2	Clemson Opener	Jackson Junkins	33.86

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

Date	Meet	Athlete	Mark
12/2	Clemson Opener	Jayson Ward	48.19
12/2	Clemson Opener	EJ Richardson	49.74

### 600-METER RUN

Date	Meet	Athlete	Mark
12/2	Clemson Opener	Jacob Mangione	1:21.81

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

Date	Meet	Athlete	Mark
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### 1000-METER RUN (Record: 2:25.00, Bob Kaczka, 1969)

Date	Meet	Athlete	Mark
12/2	Clemson Opener	Aidan Hatton	2:27.54
12/2	Clemson Opener	Jack Mensch	2:28.61
12/2	Clemson Opener	William Wright	2:31.21

### MILE RUN (Record: 3:57.37, Anass Essayi, 2022)

Date	Meet	Athlete	Mark
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### 3000-METER RUN (Record: 8:16.00, Robert Razick, 2013)

Date	Meet	Athlete	Mark
12/2	Clemson Opener	Henry Wood	9:06.91

### 5000-METER RUN (Record: 14:25.58, Keith Gorski, 1992)

Date	Meet	Athlete	Mark
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### 60-METER HURDLES (Record: 7.52, Terrence Trammel, 1999)

Date	Meet	Athlete	Mark
12/2	Clemson Opener	Filip Demsar	7.87 - P
12/2	Clemson Opener	Filip Demsar	7.89 - F
12/2	Clemson Opener	Elisha Brooks	8.21 - P
12/2	Clemson Opener	Elisha Brooks	8.29 - F

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

Date	Meet	Athletes	Mark
12/2	Clemson Opener	Miller, Ward Richardson, Spencer, Jr.	3:12.46
12/2	Clemson Opener	Junkins, Demsar Mangione, Wright	3:20.56

### POLE VAULT (Record: 5.50m | 18-0.5, Marvin Reitze, 2012/Chris Steddum, 2004)

Date	Meet	Athlete	Mark
12/2	Clemson Opener	Dillon McCarthy	4.65m   15-3.0
12/2	Clemson Opener	Jonathan Togami	4.50m   14-9.0
12/2	Clemson Opener	Elisha Brooks	3.90m   12-9.5

### HIGH JUMP (Record: 2.20m | 7-2.5, Tye Williams, 2018)

Date	Meet	Athlete	Mark
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### LONG JUMP (Record: 8.08m | 26-6.25, Tony Allmond, 2004)

Date	Meet	Athlete	Mark
12/2	Clemson Opener	Blair Brooks	7.26m   23-10
12/2	Clemson Opener	Elisha Brooks	7.07m   23-02.5

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

Date	Meet	Athlete	Mark
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### WEIGHT THROW (Record: 22.40m | 73-6, Ryan Harrison, 1999)

Date	Meet	Athlete	Mark
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### HEPTATHLON (Record: 5581 Points, Fred Townsend, 2004)

Date	Meet	Athlete	Mark
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P - Preliminary Round

S - Semifinal Round

F - Final Round

H - Heptathlon Competition

\* Denotes mark set at previous school | ^ Denotes mark set in international competition



# CAROLINA TRACK & FIELD

## 2023 INDOOR PROGRESSIONS - MEN

### BLAIR BROOKS • GR • CEDAR RAPIDS, IOWA

Date	Meet	Event	Finish	Time/Mark
<b>Long Jump (PR: 7.38m   24-2.5*)</b>				
12/2	Clemson Opener	Long Jump	1st	7.26m   23-10

### ELISHA BROOKS • SR • PHOENIX, ARIZONA

Date	Meet	Event	Finish	Time/Mark
<b>60mH (PR: 8.09)</b>				
12/2	Clemson Opener	60mH - Prelims	5th	8.21
12/2	Clemson Opener	60mH - Finals	4th	8.29
<b>Long Jump (PR: 7.10m   23-3.5)</b>				
12/2	Clemson Opener	Long Jump	3rd	7.07m   23-0.25
<b>Pole Vault (PR: 4.25m   13-11.25)</b>				
12/2	Clemson Opener	Pole Vault	5th	3.90m   12-9.5

### FILIP DEMSAR • SR • SLOVENIA

Date	Meet	Event	Finish	Time/Mark
<b>60mH (PR: 7.74)</b>				
12/2	Clemson Opener	60mH - Prelims	3rd	7.87
12/2	Clemson Opener	60mH - Finals	2nd	7.89

### AIDAN HATTON • SO • CHARLESTON, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
<b>1000m (PR: 2:27.54)</b>				
12/2	Clemson Opener	1000m	2nd	2:27.54

### PRESCOTT JEFFERSON • SO • COLUMBIA, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
<b>60m (PR: 6.88)</b>				
12/2	Clemson Opener	60m - Prelims	--	FS
<b>200m (PR: 21.95)</b>				
12/2	Clemson Opener	200m	3rd	21.95

### JACKSON JUNKINS • SR • PAWLEYS ISLAND, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
<b>300m (PR: 33.86)</b>				
12/2	Clemson Opener	300m	4th	33.86

### JAKE MANGIONE • SO • LEXINGTON, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
<b>600m (PR: 1:21.81)</b>				
12/2	Clemson Opener	600m	8th	1:21.81

### DILLON McCARTHY • JR • MOUNT PLEASANT, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
<b>Pole Vault (PR: 5.00   16-4.75)</b>				
12/2	Clemson Opener	Pole Vault	2nd	4.65m   15-3.0

### JACK MENSCH • SR • IRMO, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
<b>1000m (PR: 2:28.61)</b>				
12/2	Clemson Opener	1000m	3rd	2:28.61

### EVAN MILLER • R-SR • ZEPHYRHILLS, FLORIDA

Date	Meet	Event	Finish	Time/Mark
<b>300m (PR: 32.54)</b>				
12/2	Clemson Opener	300m	2nd	32.54

### E.J. RICHARDSON • SR • HAMPTON, VIRGINIA

Date	Meet	Event	Finish	Time/Mark
<b>400m (PR: 47.22)</b>				
12/2	Clemson Opener	400m	7th	49.74

### WILLIAM SPENCER, JR. • SR • HENRICO, VIRGINIA

Date	Meet	Event	Finish	Time/Mark
<b>300m (PR: 33.78)</b>				
12/2	Clemson Opener	300m	3rd	33.78

### JONATHAN TOGAMI • JR • MOUNT PLEASANT, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
<b>Pole Vault (PR: 4.71m   15-5.5)</b>				
12/2	Clemson Opener	Pole Vault	4th	4.50m   14-9.0

### JAYSON WARD • FR • MIDLOTHIAN, VIRGINIA

Date	Meet	Event	Finish	Time/Mark
<b>400m (PR: 48.19)</b>				
12/2	Clemson Opener	400m	1st	48.19

### HENRY WOOD • SO • CHARLESTON, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
<b>3000m (PR: 9:06.91)</b>				
12/2	Clemson Opener	3000m	16th	9:06.91

### WILLIAM WRIGHT • FR • ANDERSON, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
<b>1000m (PR: 2:31.21)</b>				
12/2	Clemson Opener	1000m	5th	2:31.21

### 4X400M RELAY

Date	Meet	Team	Finish	Time
12/2	Clemson Opener	Miller, Ward Richardson, Spencer Jr.	2nd	3:12.46
12/2	Clemson Opener	Junkins, Demsar Mangione, Wright	4th	3:20.56

UPDATED 12/3/22

\* Denotes mark set at previous school | ^ Denotes mark set in international competition



# CAROLINA TRACK & FIELD

## 2023 TOP-FIVE MARKS - WOMEN

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

Date	Meet	Athlete	Mark
12/2	Clemson Opener	Anastasia Sumpter	7.52 - F
12/2	Clemson Opener	Anastasia Sumpter	7.63 - P
12/2	Clemson Opener	Shaienne Sipse	7.80 - P
12/2	Clemson Opener	Devyn McMichael	7.87 - P

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

Date	Meet	Athlete	Mark
12/2	Clemson Opener	Anastasia Sumpter	24.76
12/2	Clemson Opener	Devyn McMichael	25.03

### 300-METER DASH

Date	Meet	Athlete	Mark
12/2	Clemson Opener	Aalliyah Francis	36.83
12/2	Clemson Opener	Angel Frank	38.84

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

Date	Meet	Athlete	Mark
12/2	Clemson Opener	Elena Kelety	55.20

### 500-METER RUN

Date	Meet	Athlete	Mark
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### 600-METER RUN

Date	Meet	Athlete	Mark
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### 800-METER RUN (Record: 2:06.05, Shay Shelton, 2006)

Date	Meet	Athlete	Mark
12/2	Clemson Opener	Jahnile Registre	2:13.03
12/2	Clemson Opener	Kieley Gayle	2:13.60

### 1000-METER RUN (Record: 2:50.51, Anna Todd, 2015)

Date	Meet	Athlete	Mark
12/2	Clemson Opener	Alex Costantino	2:52.81
12/2	Clemson Opener	Grace Zamrowski	2:54.38

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

Date	Meet	Athlete	Mark
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### 3000-METER RUN (Record: 9:39.97, Beatrice Biwott, 2011)

Date	Meet	Athlete	Mark
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### 5000-METER RUN (Record: 16:19.02, Kayla Lampe, 2013)

Date	Meet	Athlete	Mark
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### 60-METER HURDLES (Record: 8.07, Destinee Rocker, 2022)

Date	Meet	Athlete	Mark
12/2	Clemson Opener	Danielle Varrasso	9.32 - P
12/2	Clemson Opener	Danielle Varrasso	9.37 - F

### 4X400 RELAY (Record: 3:28.25, Ross, Barber, Washington, Demus, 2003)

Date	Meet	Athletes	Mark
12/2	Clemson Opener	Frank, Francis Registre, Johnson	3:39.89
12/2	Clemson Opener	Kelety, Gayle Sumpter, Varrasso	3:51.46

### DMR (Record: 11:30.72, Ramomene, Stoddart, Watkins, Lake, 2003)

Date	Meet	Athletes	Mark
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### HIGH JUMP (Record: 1.91m | 6-3.25, Jeannelle Scheper, 2013)

Date	Meet	Athlete	Mark
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### POLE VAULT (Record: 4.35m | 14-3.25, Hailey Sweatman, 2020)

Date	Meet	Athlete	Mark
12/2	Clemson Opener	Mia Joseph	3.50m   11-05.75
12/2	Clemson Opener	Rachel Valentine	3.50m   11-05.75

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

Date	Meet	Athlete	Mark
12/2	Clemson Opener	Shaienne Sipse	5.45m   17-10.75

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

Date	Meet	Athlete	Mark
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### SHOT PUT (Record: 17.07m | 56-0, Crystal Brownlee, 1998)

Date	Meet	Athlete	Mark
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### WEIGHT THROW (Record: 21.72m | 71-3.75, Dawn Ellerbe, 1997)

Date	Meet	Athlete	Mark
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### PENTATHLON (Record: 4133, Chelsea Hammond, 2004)

Date	Meet	Athlete	Mark
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P - Preliminary Round

S - Semifinal Round

F - Final Round

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# CAROLINA TRACK & FIELD

## 2023 INDOOR PROGRESSIONS - WOMEN

### ALEX COSTANTINO • SO • NORTH ANDOVER, MASSACHUSETTS

Date	Meet	Event	Finish	Time/Mark
<b>1000m (PR: 2:52.81)</b>				
12/2	Clemson Opener	1000m	2nd	2:52.81

### AALLIYAH FRANCIS • FR • WESTMORELAND, JAMAICA

Date	Meet	Event	Finish	Time/Mark
<b>300m (PR: 36.83)</b>				
12/2	Clemson Opener	300m	1st	36.83

### ANGEL FRANK • SR • CHARLESTON, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
<b>300m (PR: 38.84)</b>				
12/2	Clemson Opener	300m	3rd	38.84

### KIELEY GAYLE • SO • UNION CITY, GEORGIA

Date	Meet	Event	Finish	Time/Mark
<b>800m (PR: 2:12.65)</b>				
12/2	Clemson Opener	800m	3rd	2:13.60

### MIA JOSEPH • SO • NORTH AUGUSTA, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
<b>Pole Vault (PR: 3.50m   11-05.75)</b>				
12/2	Clemson Opener	Pole Vault	1st	3.50m   11-05.75

### ELENA KELETY • GR • FRANKFURT, GERMANY

Date	Meet	Event	Finish	Time/Mark
<b>400m (PR: 55.20)</b>				
12/2	Clemson Opener	400m	1st	55.20

### DEVYN McMICHAEL • SO • SUWANEE, GEORGIA

Date	Meet	Event	Finish	Time/Mark
<b>60m (PR: 7.87)</b>				
12/2	Clemson Opener	60m - P	15th	7.87
<b>200m (PR: 25.03)</b>				
12/2	Clemson Opener	200m	5th	25.03

### JAHNILE REGISTRE • SO • ORLANDO, FLORIDA

Date	Meet	Event	Finish	Time/Mark
<b>800m (PR: 2:13.03)</b>				
12/2	Clemson Opener	800m	1st	2:13.03

### SHAIANNE SIPSEY • SR • BONAIRE, GEORGIA

Date	Meet	Event	Finish	Time/Mark
<b>60m (PR: 7.80)</b>				
12/2	Clemson Opener	60m - P	13th	7.80
<b>Long Jump (PR: 5.45m   17-10.75)</b>				
12/2	Clemson Opener	Long Jump	7th	5.45m   17-10.75

### EMMA STONE • SO • WAXHAW, NORTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
<b>Pole Vault (PR: 3.68m   12-0.75)</b>				
12/2	Clemson Opener	Pole Vault	--	NH

### ANASTASIA SUMPTER • JR • CAMDEN, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
<b>60m (PR: 7.52)</b>				
12/2	Clemson Opener	60m - P	7th	7.63
12/2	Clemson Opener	60m - F	5th	7.52
<b>200m (PR: 24.76)</b>				
12/2	Clemson Opener	200m	4th	24.76

### RACHEL VALENTINE • SO • MARIETTA, GEORGIA

Date	Meet	Event	Finish	Time/Mark
<b>Pole Vault (PR: 3.80m   12-5.50)</b>				
12/2	Clemson Opener	Pole Vault	3rd	3.50m   11-05.75

### DANIELLE VARRASSO • FR • GRANVILLE, OHIO

Date	Meet	Event	Finish	Time/Mark
<b>60mH (PR: 9.32)</b>				
12/2	Clemson Opener	60mH - P	8th	9.32
12/2	Clemson Opener	60mH - F	6th	9.37

### GRACE ZAMROWSKI • SO • GARNET VALLEY, PENNSYLVANIA

Date	Meet	Event	Finish	Time/Mark
<b>1000m (PR: 2:54.38)</b>				
12/2	Clemson Opener	1000m	6th	2:54.38

### 4X400M RELAY

Date	Meet	Team	Finish	Time
12/2	Clemson Opener	Frank, Francis Registre, Johnson	1st	3:39.89
12/2	Clemson Opener	Kelety, Gayle Sumpter, Varrasso	4th	3:51.46

UPDATED 12/3/22

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