



# CAROLINA TRACK & FIELD

## 2023 TOP-FIVE MARKS - MEN

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

Date	Meet	Athlete	Mark
1/14	Gamecock Opener	Prescott Jefferson	6.92 - F
1/14	Gamecock Opener	Prescott Jefferson	6.97 - P
1/14	Gamecock Opener	Gatlin Lawson	7.09 - P
1/14	Gamecock Opener	Blair Brooks	7.15 - P

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

Date	Meet	Athlete	Mark
1/14	Gamecock Opener	Jackson Junkins	21.77
12/2	Clemson Opener	Prescott Jefferson	21.95
1/14	Gamecock Opener	Gatlin Lawson	22.35

### 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
1/14	Gamecock Opener	Evan Miller	45.91
12/2	Clemson Opener	Jayson Ward	48.19
1/14	Gamecock Opener	EJ Richardson	48.29
1/14	Gamecock Opener	Anthony Greenhow	48.46
1/14	Gamecock Opener	Jayson Ward	48.49

### 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
1/14	Gamecock Opener	William Spencer, Jr.	1:53.51
1/14	Gamecock Opener	William Wright	1:54.10
1/14	Gamecock Opener	Jacob Mangione	1:57.86

### 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
1/14	Gamecock Opener	Aidan Hatton	4:18.21
1/14	Gamecock Opener	Jackson Dawson	4:18.42
1/14	Gamecock Opener	George Luke	4:22.85
1/14	Gamecock Opener	Jack Mensch	4:29.50

### 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
1/14	Gamecock Opener	Filip Demsar	7.81 - P
1/14	Gamecock Opener	Filip Demsar	7.82 - F
12/2	Clemson Opener	Filip Demsar	7.87 - P
12/2	Clemson Opener	Filip Demsar	7.89 - F
1/14	Gamecock Opener	Elisha Brooks	8.20 - F

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

Date	Meet	Athletes	Mark
1/14	Gamecock Opener	Galbraith, Mangione Reers, Wood	10:24.83
1/14	Gamecock Opener	Hatton, Mathis Wright, Luke	10:25.85

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

Date	Meet	Athletes	Mark
1/14	Gamecock Opener	Junkins, Spencer, Jr. Ward, Richardson	3:09.71
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
1/14	Gamecock Opener	Dillon McCarthy	4.90m   16-0.75
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
1/14	Gamecock Opener	Kobe Franklin	2.15m   7-0.50
1/14	Gamecock Opener	Elisha Brooks	1.80m   5-10.75

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

Date	Meet	Athlete	Mark
1/14	Gamecock Opener	Blair Brooks	7.26m   23-10
12/2	Clemson Opener	Blair Brooks	7.26m   23-10
12/2	Clemson Opener	Elisha Brooks	7.07m   23-2.5

### TRIPLE JUMP (Record: 15.98m | 52-5.25, Greg Cryer, 2006)

Date	Meet	Athlete	Mark
1/14	Gamecock Opener	Blair Brooks	13.78m   45-2.5

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

Date	Meet	Athlete	Mark
1/14	Gamecock Opener	Dylan Targgart	18.88m   61-11.5

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

Date	Meet	Athlete	Mark
1/14	Gamecock Opener	Ridge Dowe	16.38m   53-9.0

### 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>60m (PR: 7.05*)</b>				
1/14	Gamecock Opener	60m - P	14th	7.15
<b>Long Jump (PR: 7.38m   24-2.5*)</b>				
12/2	Clemson Opener	Long Jump	1st	7.26m   23-10
1/14	Gamecock Opener	Long Jump	1st	7.26m   23-10
<b>Triple Jump (PR: 14.55m   47-9*)</b>				
1/14	Gamecock Opener	Triple Jump	3rd	13.78m   45-2.5

### ELISHA BROOKS • SR • PHOENIX, ARIZONA

Date	Meet	Event	Finish	Time/Mark
<b>60mH (PR: 8.09)</b>				
12/2	Clemson Opener	60mH - P	5th	8.21
12/2	Clemson Opener	60mH - F	4th	8.29
1/14	Gamecock Opener	60mH - P	3rd	8.24
1/14	Gamecock Opener	60mH - F	4th	8.20
<b>High Jump (PR: 1.80m   5-10.75)</b>				
1/14	Gamecock Opener	High Jump	7th	1.80m   5-10.75
<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

### JACKSON DAWSON • FR • FORT MILL, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
<b>Mile (PR: 4:18.42)</b>				
1/14	Gamecock Opener	Mile	3rd	4:18.42

### RIDGE DOWE • JR • BLUFFTON, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
<b>Weight Throw (PR: 16.38m   53-9)</b>				
1/14	Gamecock Opener	Weight Throw	2nd	16.38m   53-9

### FILIP DEMSAR • SR • SLOVENIA

Date	Meet	Event	Finish	Time/Mark
<b>60mH (PR: 7.74)</b>				
12/2	Clemson Opener	60mH - P	3rd	7.87
12/2	Clemson Opener	60mH - F	2nd	7.89
1/14	Gamecock Opener	60mH - P	1st	7.81
1/14	Gamecock Opener	60mH - F	1st	7.82

### KOBE FRANKLIN • RSR • WOODBRIDGE, VIRGINIA

Date	Meet	Event	Finish	Time/Mark
<b>High Jump (PR: 2.15m   7-0.5)</b>				
1/14	Gamecock Opener	High Jump	1st	2.15m   7-0.5

### ANTHONY GREENHOW, JR • SO • POWHATAN, VIRGINIA

Date	Meet	Event	Finish	Time/Mark
<b>400m (PR: 48.46)</b>				
1/14	Gamecock Opener	400m	3rd	48.46

### 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
<b>Mile (PR: 4:18.21)</b>				
1/14	Gamecock Opener	Mile	2nd	4:18.21

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

Date	Meet	Event	Finish	Time/Mark
<b>60m (PR: 6.88)</b>				
12/2	Clemson Opener	60m - P	--	FS
1/14	Gamecock Opener	60m - P	5th	6.97
1/14	Gamecock Opener	60m - F	3rd	6.92
<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>200m (PR: 21.71)</b>				
1/14	Gamecock Opener	200m	3rd	21.77
<b>300m (PR: 33.86)</b>				
12/2	Clemson Opener	300m	4th	33.86

### GATLIN LAWSON • SR • LUGOFF, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
<b>60m (PR: 6.89)</b>				
1/14	Gamecock Opener	60m - P	12th	7.09
<b>200m (PR: 22.01)</b>				
1/14	Gamecock Opener	200m	8th	22.35

### CARSON LENSER • SO • VILONIA, ARKANSAS

Date	Meet	Event	Finish	Time/Mark
<b>Pole Vault (PR: 5.26m   17-3)</b>				
1/14	Gamecock Opener	Pole Vault	--	NH

### GEORGE LUKE • SO • CLINTON, CONNECTICUT

Date	Meet	Event	Finish	Time/Mark
<b>Mile (PR: 4:22.85)</b>				
1/14	Gamecock Opener	Mile	4th	4:22.85

### 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
<b>800m (PR: 1:57.86)</b>				
1/14	Gamecock Opener	800m	5th	1:57.86

### 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
1/14	Gamecock Opener	Pole Vault	1st	4.90m   16-0.75

### 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
<b>Mile (PR: 4:29.50)</b>				
1/14	Gamecock Opener	Mile	8th	4:29.50

### 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
<b>400m (PR: 45.91)</b>				
1/14	Gamecock Opener	400m	1st	45.91

### 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
1/14	Gamecock Opener	400m	2nd	48.29

### 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
<b>800m (PR: 1:53.51)</b>				
1/14	Gamecock Opener	800m	1st	1:53.51

### DYLAN TARGGART • JR • COLDWATER, MICHIGAN

Date	Meet	Event	Finish	Time/Mark
<b>Shot Put (PR: 18.88m   61-11.5)</b>				
1/14	Gamecock Opener	Shot Put	1st	18.88m   61-11.5

### 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
1/14	Gamecock Opener	400m	4th	48.49

### 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

UPDATED 1/16/23

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



# CAROLINA TRACK & FIELD

## 2023 INDOOR PROGRESSIONS - MEN

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

Date	Meet	Event	Finish	Time/Mark
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#### 800m (PR: 1:54.10)

1/14	Gamecock Opener	800m	2nd	1:54.10
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#### 1000m (PR: 2:31.21)

12/2	Clemson Opener	1000m	5th	2:31.21
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### DISTANCE MEDLEY RELAY

Date	Meet	Team	Finish	Time
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1/14	Gamecock Opener	Galbraith, Mangione Reers, Wood	1st	10:24.83
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1/14	Gamecock Opener	Hatton, Mathis Wright, Luke	3rd	10:25.85
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### 4X400M RELAY

Date	Meet	Team	Finish	Time
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12/2	Clemson Opener	Miller, Ward Richardson, Spencer Jr.	2nd	3:12.46
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12/2	Clemson Opener	Junkins, Demsar Mangione, Wright	4th	3:20.56
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1/14	Gamecock Opener	Junkins, Spencer, Jr. Ward, Richardson	1st	3:09.71
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# CAROLINA TRACK & FIELD

## 2023 TOP-FIVE MARKS - WOMEN

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

Date	Meet	Athlete	Mark
1/14	Gamecock Opener	Jayla Jamison	7.36 - F
1/14	Gamecock Opener	Jayla Jamison	7.50 - P
1/14	Gamecock Opener	Anastasia Sumpter	7.51 - F
12/2	Clemson Opener	Anastasia Sumpter	7.52 - F
1/14	Gamecock Opener	Anastasia Sumpter	7.60 - 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
1/14	Gamecock Opener	Makayla Grant	25.45
1/14	Gamecock Opener	Shaienne Sipse	25.92

### 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
1/14	Gamecock Opener	Jahnile Registre	53.77
1/14	Gamecock Opener	Angel Frank	54.16
1/14	Gamecock Opener	Elena Kelety	54.61
1/14	Gamecock Opener	Alysia Johnson	55.01
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
1/14	Gamecock Opener	Kielely Gayle	2:13.15
12/2	Clemson Opener	Kielely 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
1/14	Gamecock Opener	Alex Costantino	4:53.84
1/14	Gamecock Opener	Grace Zamrowski	4:58.00
1/14	Gamecock Opener	Svenja Sommer	5:03.76
1/14	Gamecock Opener	Emily Pierontoni	5:06.58
1/14	Gamecock Opener	Ella Zeigler	5:07.35

### 3000-METER RUN (Record: 9:39.97, Beatrice Biwott, 2011)

Date	Meet	Athlete	Mark
1/14	Gamecock Opener	Gabriella Gait-Smith	10:18.04
1/14	Gamecock Opener	Anna Boyd	10:22.36
1/14	Gamecock Opener	Molly Joseph	10:53.02

### 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

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

Date	Meet	Athletes	Mark
1/14	Gamecock Opener	Pierontoni, Sommer Smith, Zeigler	12:10.64

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

Date	Meet	Athletes	Mark
1/14	Gamecock Opener	Frank, Johnson Francis, Registre	3:37.93
12/2	Clemson Opener	Frank, Francis Registre, Johnson	3:39.89
1/14	Gamecock Opener	Kelety, Jamison Gayle, Parsons	3:50.72
12/2	Clemson Opener	Kelety, Gayle Sumpter, Varrasso	3:51.46

### 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
1/14	Gamecock Opener	Rachel Valentine	3.40m   11-01.75
1/14	Gamecock Opener	Mia Joseph	3.40m   11-01.75

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

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

Date	Meet	Athlete	Mark
1/14	Gamecock Opener	Shaienne Sipse	5.67m   18-07.25
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
1/14	Gamecock Opener	KD Young	15.67m   51-05

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

Date	Meet	Athlete	Mark
1/14	Gamecock Opener	Kayla Racine	19.36m   63-06.25
1/14	Gamecock Opener	KD Young	17.15m   56-03.25

### PENTATHLON (Record: 4133, Chelsea Hammond, 2004)

Date	Meet	Athlete	Mark
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P - Preliminary Round

S - Semifinal Round

F - Final Round

UPDATED 1/16/23

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



# CAROLINA TRACK & FIELD

## 2023 INDOOR PROGRESSIONS - WOMEN

### SAVANNAH BOWERS • SR • VIRGINIA BEACH, VIRGINIA

Date	Meet	Event	Finish	Time/Mark
1/14	Gamecock Opener	Mile	8th	5:07.54

### ANNA BOYD • FR • ATTLEBORO, MASSACHUSETTS

Date	Meet	Event	Finish	Time/Mark
1/14	Gamecock Opener	3000m	6th	10:22.36

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

Date	Meet	Event	Finish	Time/Mark
12/2	Clemson Opener	1000m	2nd	2:52.81
1/14	Gamecock Opener	Mile	1st	4:53.84

### AALLIYAH FRANCIS • FR • WESTMORELAND, JAMAICA

Date	Meet	Event	Finish	Time/Mark
12/2	Clemson Opener	300m	1st	36.83

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

Date	Meet	Event	Finish	Time/Mark
12/2	Clemson Opener	300m	3rd	38.84
1/14	Gamecock Opener	400m	2nd	54.16

### GABRIELLA GAIT-SMITH • FR • JOHANNESBURG, SOUTH AFRICA

Date	Meet	Event	Finish	Time/Mark
1/14	Gamecock Opener	3000m	2nd	10:18.04

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

Date	Meet	Event	Finish	Time/Mark
12/2	Clemson Opener	800m	3rd	2:13.60
1/14	Gamecock Opener	800m	1st	2:13.15

### MAKAYLA GRANT • FR • IRMO, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
1/14	Gamecock Opener	60m - P	10th	7.91
1/14	Gamecock Opener	200m	5th	25.45

### JAYLA JAMISON • SO • WEST COLUMBIA, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
1/14	Gamecock Opener	60m - P	1st	7.50
1/14	Gamecock Opener	60m - F	1st	7.36

### ALYSIA JOHNSON • JR • DURHAM, NORTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
1/14	Gamecock Opener	400m	4th	55.01

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

Date	Meet	Event	Finish	Time/Mark
12/2	Clemson Opener	Pole Vault	1st	3.50m   11-05.75
1/14	Gamecock Opener	Pole Vault	6th	3.40m   11-01.75

### MOLLY JOSEPH • SR • AUGUSTA, GEORGIA

Date	Meet	Event	Finish	Time/Mark
1/14	Gamecock Opener	3000m	10th	10:53.02

### ELENA KELETY • GR • FRANKFURT, GERMANY

Date	Meet	Event	Finish	Time/Mark
12/2	Clemson Opener	400m	1st	55.20
1/14	Gamecock Opener	400m	3rd	54.61

### DEVYNN McMICHAEL • SO • SUWANEE, GEORGIA

Date	Meet	Event	Finish	Time/Mark
12/2	Clemson Opener	60m - P	15th	7.87
12/2	Clemson Opener	200m	5th	25.03

### JENNA PELLIZZARI • JR • WILMINGTON, NORTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
1/14	Gamecock Opener	Mile	12th	5:18.31

### EMILY PIERONTONI • JR • WOOLWICH TOWNSHIP, NEW JERSEY

Date	Meet	Event	Finish	Time/Mark
1/14	Gamecock Opener	Mile	5th	5:06.58

### ISABELLA PISANI • SR • HINSDALE, ILLINOIS

Date	Meet	Event	Finish	Time/Mark
1/14	Gamecock Opener	Mile	13th	5:18.94

### KAYLA RACINE • SR • BLYTHEWOOD, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
1/14	Gamecock Opener	Weight Throw	1st	19.36m   63-06.25

### JAHNILE REGISTRE • SO • ORLANDO, FLORIDA

Date	Meet	Event	Finish	Time/Mark
1/14	Gamecock Opener	400m	1st	53.77
12/2	Clemson Opener	800m	1st	2:13.03

### SHAIANNE SIPSEY • SR • BONAIRE, GEORGIA

Date	Meet	Event	Finish	Time/Mark
12/2	Clemson Opener	60m - P	13th	7.80
1/14	Gamecock Opener	200m	11th	25.92
12/2	Clemson Opener	Long Jump	7th	5.45m   17-10.75
1/14	Gamecock Opener	Long Jump	5th	5.67m   18-07.25

### EMILY SMITH • SR • LIMERICK, PENNSYLVANIA

Date	Meet	Event	Finish	Time/Mark
1/14	Gamecock Opener	Mile	9th	5:09.95

### SVENJA SOMMER • JR • FRANKFURT, GERMANY

Date	Meet	Event	Finish	Time/Mark
1/14	Gamecock Opener	Mile	4th	5:03.76

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

Date	Meet	Event	Finish	Time/Mark
12/2	Clemson Opener	Pole Vault	--	NH
1/14	Gamecock Opener	Pole Vault	--	NH

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

Date	Meet	Event	Finish	Time/Mark
12/2	Clemson Opener	60m - P	7th	7.63
12/2	Clemson Opener	60m - F	5th	7.52
1/14	Gamecock Opener	60m - P	2nd	7.60
1/14	Gamecock Opener	60m - F	2nd	7.51
12/2	Clemson Opener	200m	4th	24.76

### RACHEL VALENTINE • SO • MARIETTA, GEORGIA

Date	Meet	Event	Finish	Time/Mark
12/2	Clemson Opener	Pole Vault	3rd	3.50m   11-05.75
1/14	Gamecock Opener	Pole Vault	4th	3.40m   11-01.75

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



# CAROLINA TRACK & FIELD

## 2023 INDOOR PROGRESSIONS - WOMEN

### 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

### KD YOUNG • 6TH • DECATUR, ILLINOIS

Date	Meet	Event	Finish	Time/Mark
<b>Shot Put (PR: 16.08m   52-9.25)</b>				
1/14	Gamecock Opener	Shot Put	1st	15.67m   51-05
<b>Weight Throw (PR: 19.01m   62-4.50)</b>				
1/14	Gamecock Opener	Weight Throw	3rd	17.15m   56-03.25

### 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
<b>Mile (PR: 4:58.00)</b>				
1/14	Gamecock Opener	Mile	2nd	4:58.00

### ELLA ZEIGLER • FR • OLNEY, MARYLAND

Date	Meet	Event	Finish	Time/Mark
<b>60m (PR: 5:07.35)</b>				
1/14	Gamecock Opener	Mile	7th	5:07.35

### DISTANCE MEDLEY RELAY

Date	Meet	Team	Finish	Time
1/14	Gamecock Opener	Pierontoni, Sommer Smith, Zeigler	1st	12:10.64

### 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
1/14	Gamecock Opener	Frank, Johnson Francis, Registre	1st	3:37.93
1/14	Gamecock Opener	Kelety, Jamison Gayle, Parsons	3rd	3:50.72