

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
1/20	Carolina Challenge	Gatlin Lawson	6.97 - P
1/20	Carolina Challenge	Gatlin Lawson	7.06 - S
1/14	Gamecock Opener	Gatlin Lawson	7.09 - P

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

Date	Meet	Athlete	Mark
1/21	Carolina Challenge	Evan Miller	20.76
1/21	Carolina Challenge	Anthony Greenhow, Jr.	21.23
1/14	Gamecock Opener	Jackson Junkins	21.77
12/2	Clemson Opener	Prescott Jefferson	21.95
1/21	Carolina Challenge	Jayson Ward	22.00

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	lackson lunkins	33.86	

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

Date	Meet	Athlete	Mark
1/14	Gamecock Opener	Evan Miller	45.91
1/21	Carolina Challenge	William Spencer, Jr.	46.70
12/2	Clemson Opener	Jayson Ward	48.19
1/14	Gamecock Opener	EJ Richardson	48.29
1/21	Carolina Challenge	Jackson Junkins	48.40

600-METER RUN

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

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

Date	Meet	Athlete	Mark	
1/21	Carolina Challenge	Aidan Hatton	1:50.56	
1/20	Carolina Challenge	Jack Mensch	1:53.05	
1/21	Carolina Challenge	William Wright	1:53.40	
1/14	Gamecock Opener	William Spencer, Jr.	1:53.51	
1/14	Gamecock Opener	William Wright	1:54.10	

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	
1/21	Carolina Challenge	Alex Galbraith	4:15.21	
1/20	Carolina Challenge	Jackson Dawson	4:16.96	
1/14	Gamecock Opener	Aidan Hatton	4:18.21	
1/14	Gamecock Opener	Jackson Dawson	4:18.42	
1/20	Carolina Challenge	George Luke	4:21.94	

Date	Meet	Athlete	Mark
1/21	Carolina Challenge	Rogerio Amaral	8:02.55
1/20	Carolina Challenge	Henry Wood	8:50.67
12/2	Clemson Opener	Henry Wood	9:06.91

Date Meet Athlete

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

Date	Meet	Athlete	Mark	
1/20	Carolina Challenge	Filip Demsar	7.77 - S	
1/20	Carolina Challenge	Filip Demsar	7.77 - F	
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	

Mark

DISTANCE MEDLEY RELAY	(Pecard: 9:13 26	Ronner	Swartz	Towle	Cronin	1995)
DISTANCE MEDLET RELAT	(Record. 9.43.20,	bonner,	SWartz,	iowie,	Cronni,	1993)

Date	Meet	Athletes	Mark
1/21	Carolina Challenge	Luke, Mathis	10:22.44
		Mangione, Dawson	
1/14	Gamecock Opener	Galbraith, Mangione	10:24.83
		Reers, Wood	
1/14	Gamecock Opener	Hatton, Mathis	10:25.85
		Wright, Luke	
1/21	Carolina Challenge	Galbraith, Hatton	10:31.05
		Reers, Wood	

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

Date	Meet	Athletes	Mark
1/21	Carolina Challenge	Miller, Spencer	3:08.74
		Richardson, Junkins	
1/14	Gamecock Opener	Junkins, Spencer, Jr.	3:09.71
		Ward, Richarson	
12/2	Clemson Opener	Miller, Ward	3:12.46
		Richardson, Spencer, Jr	
12/2	Clemson Opener	Junkins, Demsar	3:20.56
		Mangione, Wright	

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

Date	Meet	Athlete	Mark
1/21	Carolina Challenge	Dillon McCarthy	5.05m 16-06.75
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
1/21	Carolina Challenge	Kobe Franklin	2.10m 6-10.75
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
1/21	Carolina Challenge	Blair Brooks	7.33m 24-00.75
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

BADT PUT (Record: 21.33m | 69-11.75, Josh Awotunde, 2018) Date Meet Athlete Mark 1/21 Carolina Challenge Dylan Targgart 19.25m | 63-02.0

7/2.4	<u> </u>	D.I. T. I	10.00 01.11.5		
1/14	Gamecock Opener	Dylan Targgart	18.88m 61-11.5		
WEIGHT THROW (Record: 22.40m 73-6, Ryan Harrison, 1999)					
WEIGH	IT THROW (Record: 22.40m	73-6. Rvan Harrison. 199	9)		
WEIGH Date	IT THROW (Record: 22.40m Meet	73-6, Ryan Harrison, 199 Athlete	9) Mark		

1/14 Gamecock Opener Ridge Dowe 16.38m | 53-9.0 HEPTATHLON (Record: 5581 Points, Fred Townsend, 2004)

Date Meet Athlete

P - Prelminary Round

S - Semifinal Round

F - Final Round

H - Heptathlon Competition

Mark



2023 INDOOR PROGRESSIONS - MEN

	IO AMARAL • SO • COIMBI	· · · · · · · · · · · · · · · · · · ·		
Date	Meet	Event	Finish	Time/Mark
3000m	(PR: 8:02.55)			
1/21	Carolina Challenge	3000m	1st	8:02.55
BLAIR B	BROOKS • GR • CEDAR RA	PIDS, IOWA		
Date	Meet	Event	Finish	Time/Mark
60m (P	R: 7.05*)			
1/14	Gamecock Opener	60m - P	14th	7.15
Long Ju	Imp (PR: 7.38m 24-2.5*)			
12/2	Clemson Opener	Long Jump	1st	7.26m 23-10
1/14	Gamecock Opener	Long Jump	1st	7.26m 23-10
1/21	Carolina Challenge	Long Jump	4th	7.33m 24-0.75
Triple J	ump (PR: 14.88m 48-10.0)		
1/14	Gamecock Opener	Triple Jump	3rd	13.78m 45-2.5
1/20	Carolina Challenge	Triple Jump	2nd	14.88m 48-10.0

ELISHA BROOKS • SR • PHOENIX, ARIZONA

Date	Meet	Event	Finish	Time/Mark
60mH (F	PR: 8.09)			
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
High Jun	np (PR: 1.80m 5-10.75)			
1/14	Gamecock Opener	High Jump	7th	1.80m 5-10.75
Long Ju	mp (PR: 7.10m 23-3.5)			
12/2	Clemson Opener	Long Jump	3rd	7.07m 23-0.25
Pole Vau	ılt (PR: 4.25m 13-11.25)			
12/2	Clemson Opener	Pole Vault	5th	3.90m 12-9.5

Date	Meet	Event	Finish	Time/Mark
Mile (PF	2: 4:16.96)			
1/14	Gamecock Opener	Mile	3rd	4:18.42
1/20	Carolina Challenge	Mile	1st	4:16.96

RIDGED	OWE - JK - BLOFFION, 3	OUTH CAROLINA					
Date	Meet	Event	Finish	Time/Mark			
Weight	Weight Throw (PR: 16.50m 54-01.75)						
1/14	Gamecock Opener	Weight Throw	2nd	16.38m 53-9			
1/21	Carolina Challenge	Weight Throw	7th	16.50m 54-01.75			
FILIP DE	MSAR • SR • SLOVENIA						
Date	Meet	Event	Finish	Time/Mark			
60mH (F	PR: 7.74)						
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			
1/20	Carolina Challenge	60mH - S	1st	7.77			
1/20	Carolina Challenge	60mH - F	2nd	7.77			

Date	Meet	Event	Finish	Time/Mark
High Jur	np (PR: 2.15m 7-0.5)			
1/14	Gamecock Opener	High Jump	1st	2.15m 7-0.5
1/21	Carolina Challenge	High Jump	3rd	2.10m 6-10.75

Date	Meet	Event	Finish	Time/Mark
Mile (PR:	4:14.94)			
1/21	Carolina Challenge	Mile	5th	4:15.21

ANTHONY GREENHOW, JR • SO • POWHATAN, VIRGINIA							
Date	Meet	Event	Finish	Time/Mark			
200m (PR: 20.89)						
1/21	Carolina Challenge	200m	2nd	21.23			
400m (PR: 48.46)						
1/14	Gamecock Opener	400m	3rd	48.46			

AIDAN HATTON • SO • CHARLESTON, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark		
800m (PR: 1:50.56)					
1/21	Carolina Challenge	800m	3rd	1:50.56		
1000m	(PR: 2:27.54)					
12/2	Clemson Opener	1000m	2nd	2:27.54		
Mile (PF	8: 4:18.21)					
1/14	Gamecock Opener	Mile	2nd	4:18.21		

PRESCOTT JEFFERSON • SO • COLUMBIA, SOUTH CAROLINA

1112000		20112174, 200111	CAROLINA		
Date	Meet	Event	Finish	Time/Mark	
60m (PF	२: 6.88)				
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	
200m (F	PR: 21.95)				
12/2	Clemson Opener	200m	3rd	21.95	

JACKSON JUNKINS • SR • PAWLEYS ISLAND, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark	
200m (PR	: 21.71)				
1/14	Gamecock Opener	200m	3rd	21.77	
300m (PR	: 33.86)				
12/2	Clemson Opener	300m	4th	33.86	
400m (PR	: 47.39)				
1/21	Carolina Challenge	400m	4th	48.40	

GATLIN LAWSON • SR • LUGOFF, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark	
60m (P	R: 6.89)				
1/14	Gamecock Opener	60m - P	12th	7.09	
1/20	Carolina Challenge	60m - P	7th	6.97	
1/20	Carolina Challenge	60m - S	17th	7.06	
200m (PR: 22.01)				
1/14	Gamecock Opener	200m	8th	22.35	

CARSON LENSER • SO • VILONIA, ARKANSAS Date Meet Event Finish Time/Mark

Pole Va	ault (PR: 5.26m 17-3)			
1/14	Gamecock Opener	Pole Vault	 NH	
1/21	Carolina Challenge	Pole Vault	 NH	

GEORGE LUKE • SO • CLINTON, CONNECTICUT

Date	Meet	Event	Finish	Time/Mark
Mile (PR	: 4:21.94)			
1/14	Gamecock Opener	Mile	4th	4:22.85
1/20	Carolina Challenge	Mile	4th	4:21.94

JAKE MANGIONE • SO • LEXINGTON, SOUTH CAROLINA

8th	1:21.81
5th	1:57.86
4th	1:55.26

ETHAN MATHIS • SO • CHAPEL HILL, NORTH CAROLINA						
Date	Meet	Event	Finish	Time/Mark		
800m (I	PR: 1:58.04)					
1/20	Carolina Challenge	800m	13th	1:58.04		

DILLON McCARTHY • JR • MOUNT PLEASANT, SOUTH CAROLINA Date Meet Finish Time/Mark Event Pole Vault (PR: 5.05m | 16-06.75) 12/2 Clemson Opener Pole Vault 2nd 4.65m | 15-3.0 1/14 Gamecock Opener Pole Vault 4.90m | 16-0.75 1st Pole Vault 5.05m | 16-06.75 1/21 Carolina Challenge 1st

	IENSCH • SR • IRMO, SOUT			
Date	Meet	Event	Finish	Time/Mark
800m (PR: 1:52.94)			
1/20	Carolina Challenge	800m	1st	1:53.05
1000m	(PR: 2:28.61)			
12/2	Clemson Opener	1000m	3rd	2:28.61
Mile (PF	R: 4:29.50)			
1/14	Gamecock Opener	Mile	8th	4:29.50

UPDATED 1/23/23



2023 INDOOR PROGRESSIONS - MEN

Date	LER • R-SR • ZEPHYRHILLS Meet	Event	Finish	Time/	Mark
200m (PR					
/21	Carolina Challenge	200m	1st	20.76	
300m (PR	-				
2/2	Clemson Opener	300m	2nd	32.54	
400m (PR	2: 45.91)				
/14	Gamecock Opener	400m	1st	45.91	
YLE REE	RS • JR • FRENCHTOWN, N	NEW JERSEY			
Date	Meet	Event	Finish	Time/	Mark
-	2: 1:54.62)				
/20	Carolina Challenge	800m	7th	1:56.49)
	ARDSON • SR • HAMPTON,		Finish	Time o /I	Maule
Date 400m (PR	Meet	Event	Finish	Time/	Mark
2/2	Clemson Opener	400m	7th	49.74	
/14	Gamecock Opener	400m	2nd	48.29	
/20	Carolina Challenge	400m	1st	48.57	
/20	Carolina Challerige	400111	130	40.57	
VILLIAM	SPENCER, JR. • SR • HENR	ICO, VIRGINIA			
Date	Meet	Event	Finish	Time/	Mark
00m (PR					
-	Clemson Opener	300m	3rd	33.78	
400m (PR					
/21	Carolina Challenge	400m	2nd	46.70	
300m (PR					
/14	Gamecock Opener	800m	1st	1:53.51	
		-			
DYLAN TA	RGGART • JR • COLDWAT				
Date	Meet	Event	Finish	Time/	Mark
Shot Put (PR: 19.25m 63-02)				
/14	Gamecock Opener	Shot Put	1st	18.88m	n 61-11.5
/21	Carolina Challenge	Shot Put	1st	19.25m	1 63-02
JONATHA	N TOGAMI • JR • MOUNT F				
Date	Meet	Event	Finish		Mark
Date Pole Vauli	Meet t (PR: 4.71m 15-5.5)	Event	Finish	Time/	
Date Pole Vault 12/2	Meet t (PR: 4.71m 15-5.5) Clemson Opener	Event Pole Vault		Time/ 1 4.50m	Mark 14-9.0
Date Pole Vault 12/2	Meet t (PR: 4.71m 15-5.5)	Event	Finish	Time/	
Date Pole Vault 12/2 1/21	Meet (PR: 4.71m 15-5.5) Clemson Opener Carolina Challenge	Event Pole Vault Pole Vault	Finish	Time/ 1 4.50m	
Date Pole Vault 2/2 /21 JAYSON \	Meet t (PR: 4.71m 15-5.5) Clemson Opener Carolina Challenge WARD • FR • MIDLOTHIAN,	Event Pole Vault Pole Vault VIRGINIA	Finish 4th 	4.50m	14-9.0
Date Pole Vault 2/2 /21 JAYSON V Date	Meet t (PR: 4.71m 15-5.5) Clemson Opener Carolina Challenge VARD • FR • MIDLOTHIAN, Meet	Event Pole Vault Pole Vault	Finish	4.50m	14-9.0
Date Pole Vault 2/2 /21 JAYSON N Date 200m (PR	Meet t (PR: 4.71m 15-5.5) Clemson Opener Carolina Challenge WARD • FR • MIDLOTHIAN, Meet t: 22.00)	Event Pole Vault Pole Vault VIRGINIA Event	Finish 4th Finish	Time/1 4.50m NH Time/1	14-9.0
Date Pole Vault 2/2 /21 JAYSON V Date 200m (PR /21	Meet t (PR: 4.71m 15-5.5) Clemson Opener Carolina Challenge WARD • FR • MIDLOTHIAN, Meet t: 22.00) Carolina Challenge	Event Pole Vault Pole Vault VIRGINIA	Finish 4th 	4.50m	14-9.0
Date Pole Vault 12/2 JAYSON V Date 200m (PR 1/21 400m (PR	Meet t (PR: 4.71m 15-5.5) Clemson Opener Carolina Challenge WARD • FR • MIDLOTHIAN, Meet t: 22.00) Carolina Challenge t: 48.19)	Event Pole Vault Pole Vault VIRGINIA Event 200m	Finish 4th Finish 6th	Time/I 4.50m NH Time/I 22.00	14-9.0
Date Pole Vault 2/2 /21 JAYSON \ Date 200m (PR /21 400m (PR 2/2	Meet t (PR: 4.71m 15-5.5) Clemson Opener Carolina Challenge VARD • FR • MIDLOTHIAN, Meet t: 22.00) Carolina Challenge t: 48.19) Clemson Opener	Event Pole Vault Pole Vault VIRGINIA Event 200m 400m	Finish 4th Finish 6th 1st	Time/I 4.50m NH Time/I 22.00 48.19	14-9.0
Date Pole Vault 12/2 1/21	Meet t (PR: 4.71m 15-5.5) Clemson Opener Carolina Challenge WARD • FR • MIDLOTHIAN, Meet t: 22.00) Carolina Challenge t: 48.19)	Event Pole Vault Pole Vault VIRGINIA Event 200m	Finish 4th Finish 6th	Time/I 4.50m NH Time/I 22.00	14-9.0
Date Pole Vault 2/2 /21 JAYSON \ Date 200m (PR /21 400m (PR 2/2 /14	Meet t (PR: 4.71m 15-5.5) Clemson Opener Carolina Challenge VARD • FR • MIDLOTHIAN, Meet t: 22.00) Carolina Challenge t: 48.19) Clemson Opener Gamecock Opener	Event Pole Vault Pole Vault VIRGINIA Event 200m 400m	Finish 4th Finish 6th 1st 4th	Time/I 4.50m NH Time/I 22.00 48.19	14-9.0
Date Pole Vault 2/2 /21 JAYSON N Date 200m (PR /21 400m (PR 2/2 /14 HENRY W	Meet t (PR: 4.71m 15-5.5) Clemson Opener Carolina Challenge WARD • FR • MIDLOTHIAN, Meet t: 22.00) Carolina Challenge t: 48.19) Clemson Opener Gamecock Opener OOD • SO • CHARLESTON,	Event Pole Vault Pole Vault VIRGINIA Event 200m 400m	Finish 4th Finish 6th 1st 4th	Time/I 4.50m NH Time/I 22.00 48.19 48.49	14-9.0 Mark
Date Pole Vault 2/2 /21 JAYSON \ Date 200m (PR /21 400m (PR 2/2 /14 HENRY W Date	Meet t (PR: 4.71m 15-5.5) Clemson Opener Carolina Challenge VARD • FR • MIDLOTHIAN, Meet t: 22.00) Carolina Challenge t: 48.19) Clemson Opener Gamecock Opener OOD • SO • CHARLESTON, Meet	Event Pole Vault Pole Vault VIRGINIA Event 200m 400m SOUTH CAROLIN	Finish 4th Finish 6th 1st 4th	Time/I 4.50m NH Time/I 22.00 48.19 48.49	14-9.0 Mark
Date Pole Vault 2/2 /21 VAYSON \ Date 200m (PR /21 400m (PR 2/2 /14 HENRY W Date 5000m (P	Meet t (PR: 4.71m 15-5.5) Clemson Opener Carolina Challenge VARD • FR • MIDLOTHIAN, Meet t: 22.00) Carolina Challenge t: 48.19) Clemson Opener Gamecock Opener OOD • SO • CHARLESTON, Meet PR: 8:50.67)	Event Pole Vault Pole Vault VIRGINIA Event 200m 400m SOUTH CAROLIN Event	Finish 4th Finish 6th 1st 4th A Finish	Time/I 4.50m NH 22.00 48.19 48.49 Time/I	14-9.0 Mark Mark
Date Pole Vault 2/2 /21 JAYSON \ Date 200m (PR 2/2 /14 HENRY W Date 3000m (P 2/2	Meet t (PR: 4.71m 15-5.5) Clemson Opener Carolina Challenge VARD • FR • MIDLOTHIAN, Meet t: 22.00) Carolina Challenge t: 48.19) Clemson Opener Gamecock Opener OOD • SO • CHARLESTON, Meet R: 8:50.67) Clemson Opener	Event Pole Vault Pole Vault VIRGINIA Event 200m 400m SOUTH CAROLIN Event 3000m	Finish 4th Finish 6th 1st 4th A Finish 16th 16th	Time/I 4.50m NH 22.00 48.19 48.49 Time/I 9:06.9	14-9.0 Mark Mark
Date Pole Vault (2/2 //21 JAYSON \ Date 200m (PR 1/21 400m (PR 1/2/2 //14 HENRY W Date 3000m (P 1/2/2	Meet t (PR: 4.71m 15-5.5) Clemson Opener Carolina Challenge VARD • FR • MIDLOTHIAN, Meet t: 22.00) Carolina Challenge t: 48.19) Clemson Opener Gamecock Opener OOD • SO • CHARLESTON, Meet PR: 8:50.67)	Event Pole Vault Pole Vault VIRGINIA Event 200m 400m SOUTH CAROLIN Event	Finish 4th Finish 6th 1st 4th A Finish	Time/I 4.50m NH 22.00 48.19 48.49 Time/I	14-9.0 Mark Mark
Date Pole Vault (2/2 //21 JAYSON \ Date 200m (PR //21 400m (PR (2/2 //14 HENRY W Date 3000m (P (2/2 //14	Meet t (PR: 4.71m 15-5.5) Clemson Opener Carolina Challenge VARD • FR • MIDLOTHIAN, Meet t: 22.00) Carolina Challenge t: 48.19) Clemson Opener Gamecock Opener OOD • SO • CHARLESTON, Meet PR: 8:50.67) Clemson Opener Carolina Challenge	Event Pole Vault Pole Vault VIRGINIA Event 200m 400m SOUTH CAROLIN Event 3000m 3000m	Finish 4th Finish 6th 1st 4th A Finish 16th 4th	Time/I 4.50m NH 22.00 48.19 48.49 Time/I 9:06.9	14-9.0 Mark Mark
Date Pole Vault 12/2 JAYSON \ Date 200m (PR 1/21 400m (PR 1/21 400m (PR 1/21 400m (PR 1/21 400m (PR 1/22 1/14 HENRY W Date 3000m (P 1/22 1/20 WILLIAM	Meet t (PR: 4.71m 15-5.5) Clemson Opener Carolina Challenge VARD • FR • MIDLOTHIAN, Meet t: 22.00) Carolina Challenge t: 48.19) Clemson Opener Gamecock Opener OOD • SO • CHARLESTON, Meet 'R: 8:50.67) Clemson Opener Carolina Challenge WRIGHT • FR • ANDERSON	Event Pole Vault Pole Vault VIRGINIA Event 200m 400m 400m SOUTH CAROLIN Event 3000m 4, SOUTH CAROLIN	Finish 4th Finish 6th 1st 4th A Finish 16th 4th NA	Time/I 4.50m NH 22.00 48.19 48.49 Time/I 9:06.9 8:50.6	14-9.0 Mark Mark 1 7
Date Pole Vault 2/2 JAYSON \ Date 200m (PR /21 400m (PR 2/2 /14 HENRY W Date 3000m (P 2/2 /20 WILLIAM Date	Meet t (PR: 4.71m 15-5.5) Clemson Opener Carolina Challenge VARD • FR • MIDLOTHIAN, Meet t: 22.00) Carolina Challenge t: 48.19) Clemson Opener Gamecock Opener OOD • SO • CHARLESTON, Meet PR: 8:50.67) Clemson Opener Carolina Challenge WRIGHT • FR • ANDERSON Meet	Event Pole Vault Pole Vault VIRGINIA Event 200m 400m SOUTH CAROLIN Event 3000m 3000m	Finish 4th Finish 6th 1st 4th A Finish 16th 4th	Time/I 4.50m NH 22.00 48.19 48.49 Time/I 9:06.9	14-9.0 Mark Mark 1 7
Date Pole Vault (2/2 //21 JAYSON \Date 200m (PR //21 400m (PF (2/2 //14 HENRY W Date 3000m (P (2/2 //20 WILLIAM Date 8000m (PR	Meet t (PR: 4.71m 15-5.5) Clemson Opener Carolina Challenge VARD • FR • MIDLOTHIAN, Meet t: 22.00) Carolina Challenge t: 48.19) Clemson Opener Gamecock Opener OOD • SO • CHARLESTON, Meet R: 8:50.67) Clemson Opener Carolina Challenge WRIGHT • FR • ANDERSON Meet t: 1:53.40)	Event Pole Vault Pole Vault VIRGINIA Event 200m 400m 400m SOUTH CAROLIN Event 3000m 4, SOUTH CAROLIN	Finish 4th Finish 6th 1st 4th A Finish 16th 4th NA	Time/I 4.50m NH 22.00 48.19 48.49 Time/I 9:06.9 8:50.6	14-9.0 Mark Mark 1 7
Date Pole Vault 2/2 /21 JAYSON \ Date 200m (PR /21 400m (PR 2/2 /14 HENRY W Date 3000m (P 2/2 /20 WILLIAM Date 300m (PR 2/2 /20	Meet t (PR: 4.71m 15-5.5) Clemson Opener Carolina Challenge VARD • FR • MIDLOTHIAN, Meet t: 22.00) Carolina Challenge t: 48.19) Clemson Opener Gamecock Opener OOD • SO • CHARLESTON, Meet FR: 8:50.67) Clemson Opener Carolina Challenge WRIGHT • FR • ANDERSON Meet t: 1:53.40) Gamecock Opener	Event Pole Vault Pole Vault VIRGINIA Event 200m 400m 400m 3000m 3000m 3000m 4, SOUTH CAROLIN Event 800m	Finish 4th Finish 6th 1st 4th A Finish 16th 4th VA Finish	Time/I 4.50m NH 22.00 48.19 48.49 Time/I 9:06.9 8:50.6: Time/I 1:54.10	14-9.0 Mark Mark 1 7 Mark
Date Pole Vault 2/2 JAYSON \ Date 2000m (PR 2/2 \/14 HENRY W Date 3000m (PR 2/2 /20 WILLIAM Date 3000m (PR /14 /14 /21	Meet t (PR: 4.71m 15-5.5) Clemson Opener Carolina Challenge VARD • FR • MIDLOTHIAN, Meet t: 22.00) Carolina Challenge t: 48.19) Clemson Opener Gamecock Opener OOD • SO • CHARLESTON, Meet R: 8:50.67) Clemson Opener Carolina Challenge WRIGHT • FR • ANDERSON Meet t: 153.40) Gamecock Opener Carolina Challenge	Event Pole Vault Pole Vault VIRGINIA Event 200m 400m 400m SOUTH CAROLIN Event 3000m 3000m 4, SOUTH CAROLIN Event	Finish 4th Finish 6th 1st 4th A Finish 16th 4th VA Finish 2nd	Time/I 4.50m NH 22.00 48.19 48.49 Time/I 9:06.9 8:50.6 Time/I	14-9.0 Mark Mark 1 7 Mark
Date Pole Vault 2/2 JAYSON \ Date 200m (PR /21 400m (PR 2/2 /14 HENRY W Date 3000m (PR /2/ 2/2 /20 WILLIAM Date 3000m (PR /14 /21 10000m (P	Meet t (PR: 4.71m 15-5.5) Clemson Opener Carolina Challenge VARD • FR • MIDLOTHIAN, Meet t: 22.00) Carolina Challenge t: 48.19) Clemson Opener Gamecock Opener OOD • SO • CHARLESTON, Meet VR: 8:50.67) Clemson Opener Carolina Challenge WRIGHT • FR • ANDERSON Meet t: 1:53.40) Gamecock Opener Carolina Challenge R: 2:31.21)	Event Pole Vault Pole Vault VIRGINIA Event 200m 400m 400m 3000m 3000m 3000m 4, SOUTH CAROLIN Event 800m 800m	Finish 4th Finish 6th 1st 4th 1st 4th 1st 4th 16th 16th 4th 16th 2nd 8th	Time/I 4.50m NH 22.00 48.19 48.49 Time/I 9:06.9 8:50.6 Time/I 1:54.10 1:53.40	14-9.0 Mark Mark 1 7 Mark
Date Pole Vault 2/2 /21 JAYSON \ Date 200m (PR /21 460m (PF 2/2 /14 HENRY W Date 5000m (P 2/2 /20 WILLIAM Date 3000m (PR /14 /21 0000m (P	Meet t (PR: 4.71m 15-5.5) Clemson Opener Carolina Challenge VARD • FR • MIDLOTHIAN, Meet t: 22.00) Carolina Challenge t: 48.19) Clemson Opener Gamecock Opener OOD • SO • CHARLESTON, Meet R: 8:50.67) Clemson Opener Carolina Challenge WRIGHT • FR • ANDERSON Meet t: 153.40) Gamecock Opener Carolina Challenge	Event Pole Vault Pole Vault VIRGINIA Event 200m 400m 400m 3000m 3000m 3000m 4, SOUTH CAROLIN Event 800m	Finish 4th Finish 6th 1st 4th A Finish 16th 4th VA Finish 2nd	Time/I 4.50m NH 22.00 48.19 48.49 Time/I 9:06.9 8:50.6: Time/I 1:54.10	14-9.0 Mark Mark 1 7 Mark
Date Pole Vault 2/2 /21 JAYSON \Date 200m (PR 2/2 /21 400m (PR 2/2 /14 HENRY W Date 3000m (P 2/2 /20 WILLIAM Date 3000m (PR /14 /21 /21 WILLIAM Date 3000m (PR /22 /20	Meet t (PR: 4.71m 15-5.5) Clemson Opener Carolina Challenge VARD • FR • MIDLOTHIAN, Meet t: 22.00) Carolina Challenge t: 48.19) Clemson Opener Gamecock Opener Carolina Challenge WRIGHT • FR • ANDERSON Meet t: 1:53.40) Gamecock Opener Carolina Challenge R: 2:31.21) Clemson Opener	Event Pole Vault Pole Vault VIRGINIA Event 200m 400m 400m 3000m 3000m 3000m 4, SOUTH CAROLIN Event 800m 800m	Finish 4th Finish 6th 1st 4th 1st 4th 1st 4th 16th 16th 4th 16th 2nd 8th	Time/I 4.50m NH 22.00 48.19 48.49 Time/I 9:06.9 8:50.6 Time/I 1:54.10 1:53.40	14-9.0 Mark Mark 1 7 Mark
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Date Pole Vault 2/2 JAYSON \ Date 2000m (PR /21 400m (PR 2/2 /14 HENRY W Date 30000m (PR /14 /21 WILLIAM Date 3000m (PR /14 /21 10000m (PR /22 2/2 /20	Meet (PR: 4.71m 15-5.5) Clemson Opener Carolina Challenge (VARD • FR • MIDLOTHIAN, Meet 22.00) Carolina Challenge 48.19) Clemson Opener Gamecock Opener OOD • SO • CHARLESTON, Meet R: 8:50.67) Clemson Opener Carolina Challenge WRIGHT • FR • ANDERSON Meet 1: 153.40) Gamecock Opener Carolina Challenge R: 2:31.21) Clemson Opener EMEDLEY RELAY Meet	Event Pole Vault Pole Vault VIRGINIA Event 200m 400m 400m 3000m 3000m 3000m 4, SOUTH CAROLIN Event 800m 1000m Team	Finish 4th Finish 6th 1st 4th 4th 4th 1st 4th 16th 4th 16th 4th 2nd 8th 5th	Time/I 4.50m NH 22.00 48.19 48.49 Time/I 9:06.9 8:50.6 Time/I 1:54.10 1:53.40 2:31.21 Finish	14-9.0 Mark Mark 1 7 Mark
Date Pole Vault 2/2 JAYSON \ Date 2000m (PR /21 400m (PR 2/2 /14 HENRY W Date 30000m (PR /14 /21 WILLIAM Date 3000m (PR /14 /21 10000m (PR /22 2/2 /20	Meet t (PR: 4.71m 15-5.5) Clemson Opener Carolina Challenge VARD • FR • MIDLOTHIAN, Meet t: 22.00) Carolina Challenge t: 48.19) Clemson Opener Gamecock Opener OOD • SO • CHARLESTON, Meet R: 8:50.67) Clemson Opener Carolina Challenge WRIGHT • FR • ANDERSON Meet t: 1:53.40) Gamecock Opener Carolina Challenge R: 2:31.21) Clemson Opener E MEDLEY RELAY	Event Pole Vault Pole Vault VIRGINIA Event 200m 400m 400m 3000m 3000m 3000m 3000m 3000m 1000m Team Galbraith, Mangio	Finish 4th Finish 6th 1st 4th 4th 4th 1st 4th 16th 4th 16th 4th 2nd 8th 5th	Time/I 4.50m NH 22.00 48.19 48.49 Time/I 9:06.9 8:50.6 Time/I 1:54.10 1:53.40 2:31.21	14-9.0 Mark Mark 1 7 Mark
Date Pole Vault 2/2 /21 JAYSON \Date 200m (PR /21 400m (PR 2/2 /14 HENRY W Date 3000m (PR /14 Date 3000m (PR /14 /21 Dotte 2/2 DISTANCE Date /14	Meet (PR: 4.71m 15-5.5) Clemson Opener Carolina Challenge (ARD • FR • MIDLOTHIAN, Meet (22.00) Carolina Challenge (Carolina Challenge (Carolina Challenge (Carolina Challenge) (Clemson Opener (Carolina Challenge) (Clemson Opener (Carolina Challenge) (Carol	Event Pole Vault Pole Vault VIRGINIA Event 200m 400m 400m 3000m 3000m 3000m 3000m 3000m 1000m Team Galbraith, Mangic Reers, Wood	Finish 4th Finish 6th 1st 4th 4th 1st 4th 16th 16th 4th 2nd 8th 5th	Time/I 4.50m NH 22.00 48.19 48.49 Time/I 9:06.9 8:50.6 Time/I 1:53.40 2:31.21 Finish	14-9.0 Mark Mark 1 7 Mark) Time 10:24.83
Date Pole Vault 2/2 /21 VAYSON \Date 200m (PR /21 4600m (PR 2/2 /14 HENRY W Date 50000m (PR /14 2/2 0000m (PR /14 /21 0000m (PR /22 2/2 0000m (PR /22 2/2 0000m (PR /21 0000m (PR /22 /22 /22 /22 /22 /22 /22 /2	Meet (PR: 4.71m 15-5.5) Clemson Opener Carolina Challenge (VARD • FR • MIDLOTHIAN, Meet 22.00) Carolina Challenge 48.19) Clemson Opener Gamecock Opener OOD • SO • CHARLESTON, Meet R: 8:50.67) Clemson Opener Carolina Challenge WRIGHT • FR • ANDERSON Meet 1: 153.40) Gamecock Opener Carolina Challenge R: 2:31.21) Clemson Opener EMEDLEY RELAY Meet	Event Pole Vault Pole Vault VIRGINIA Event 200m 400m 400m SOUTH CAROLIN Event 3000m 3000m 4, SOUTH CAROLIN Event 800m 1000m Team Galbraith, Mangia Reers, Wood Hatton, Mathis	Finish 4th Finish 6th 1st 4th 4th 1st 4th 16th 16th 4th 2nd 8th 5th	Time/I 4.50m NH 22.00 48.19 48.49 Time/I 9:06.9 8:50.6 Time/I 1:54.10 1:53.40 2:31.21 Finish	14-9.0 Mark Mark 1 7 Mark
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Date Pole Vault 2/2 JAYSON \ Date 2000m (PR 2/2 \ 4000m (PR 2/2 \ 14 400m (PR 2/2 \ 14 5000m (PR 2/2 \ 20 WILLIAM Date 3000m (PR 2/2 \ 20 WILLIAM Date 3000m (PR 2/2 \ 20 WILLIAM Date 2/2 \ 20 WILLIAM Date 2/2 \ 20 WILLIAM Date 2/2 \ 20 WILLIAM Date 2/2 \ 20 WILLIAM Date 2/2 \ 20 WILLIAM Date 2/2 \ 20 WILLIAM Date 2/2 \ 20 WILLIAM Date 2/2 \ 20 WILLIAM Date 2/2 \ 20 WILLIAM Date 2/2 \ 20 WILLIAM \ 21 \ 20 WILLIAM \ 21 \ 20 WILLIAM \ 21 \ 20 \ 20 \ 20 \ 20 \ 20 \ 20 \ 20	Meet (PR: 4.71m 15-5.5) Clemson Opener Carolina Challenge (ARD • FR • MIDLOTHIAN, Meet (22.00) Carolina Challenge (Carolina Challenge (Carolina Challenge (Carolina Challenge) (Clemson Opener (Carolina Challenge) (Clemson Opener (Carolina Challenge) (Carol	Event Pole Vault Pole Vault VIRGINIA Event 200m 400m 400m 3000m 3000m 3000m 3000m 4, SOUTH CAROLIN Event 800m 1000m Team Galbraith, Mangia Reers, Wood Hatton, Mathis Wright, Luke Luke, Mathis	Finish 4th Finish 6th 1st 4th 4th 1st 4th 16th 16th 4th 16th 2nd 8th 5th	Time/I 4.50m NH 22.00 48.19 48.49 Time/I 9:06.9 8:50.6 Time/I 1:53.40 2:31.21 Finish	14-9.0 Mark Mark 1 7 Mark) Time 10:24.83
Date Pole Vault 2/2 /21 JAYSON \Date 200m (PR 2/2 /14 HENRY W Date 3000m (P 2/2 /20 WILLIAM Date 3000m (P 2/2 /20 WILLIAM Date 3000m (PR 2/2 /20 WILLIAM Date 3000m (PR 2/2 /20	Meet (PR: 4.71m 15-5.5) Clemson Opener Carolina Challenge (VARD • FR • MIDLOTHIAN, Meet (22.00) Carolina Challenge (23.00) Carolina Challenge (248.19) Clemson Opener Gamecock Opener (248.19) Clemson Opener (248.19) C	Event Pole Vault Pole Vault VIRGINIA Event 200m 400m 400m 3000m 3000m 3000m 4, SOUTH CAROLIN Event 800m 1000m Team Galbraith, Mangic Reers, Wood Hatton, Mathis Wright, Luke	Finish 4th Finish 6th 1st 4th 1st 4th 1st 4th 16th 16th 16th 4th 2nd 8th 5th 5th	Time/I 4.50m NH 22.00 48.19 48.49 Time/I 9:06.9 8:50.6 Time/I 1:54.10 1:53.40 1:53.40 2:31.21 Finish Ist	14-9.0 Mark Mark 1 7 Mark 0 Time 10:24.83 10:25.85

4X400M RELAY					
Time					
3:12.46					
3:20.56					
3:09.71					
3:08.74					
-					



2023 TOP-FIVE MARKS - WOMEN

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

Date	Meet	Athlete	Mark	
1/20	Carolina Challenge	Jayla Jamison	7.25 - F	
1/20	Carolina Challenge	Jayla Jamison	7.29 - S	
1/14	Gamecock Opener	Jayla Jamison	7.36 - F	
1/14	Gamecock Opener	Jayla Jamison	7.50 - P	
1/20	Carolina Challenge	Anastasia Sumpter	7.50 - F	

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

Date	Meet	Athlete	Mark	
1/21	Carolina Challenge	Jayla Jamison	23.39	
1/21	Carolina Challenge	Angel Frank	23.81	
1/21	Carolina Challenge	Aalliyah Francis	23.99	
1/21	Carolina Challenge	Anastasia Sumpter	24.72	
12/2	Clemson Opener	Anastasia Sumpter	24.76	

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)

Meet	Athlete	Mark	
Gamecock Opener	Jahnile Registre	53.77	
Gamecock Opener	Angel Frank	54.16	
Carolina Challenge	Alysia Johnson	54.43	
Gamecock Opener	Elena Kelety	54.61	
Gamecock Opener	Alysia Johnson	55.01	
	Gamecock Opener Gamecock Opener Carolina Challenge Gamecock Opener	Gamecock OpenerJahnile RegistreGamecock OpenerAngel FrankCarolina ChallengeAlysia JohnsonGamecock OpenerElena Kelety	Gamecock OpenerJahnile Registre53.77Gamecock OpenerAngel Frank54.16Carolina ChallengeAlysia Johnson54.43Gamecock OpenerElena Kelety54.61

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500-METER RUN Mo

Date	Meet	Athlete	Mark
600-M	IETER RUN		
Date	Moot	Athlete	Mark

800-METER RUN (Record: 2:06.05, Shay Shelton, 2006) Date Meet Athlete Mark 1/21 Carolina Challenge Grace Zamrowski 2:09.83 1/21 Carolina Challenge Kieley Gayle 2:10.67 1/21 Carolina Challenge 2:11.61 Alex Costantino 1/21 Carolina Challenge Jahnile Registre 2:11.82 Jahnile Registre 12/2Clemson Opener 2:13.03

1000-M	IETER RUN (Record: 2:50.51, Anna	a 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)

Meet	Athlete	Mark	
Gamecock Opener	Alex Costantino	4:53.84	
Gamecock Opener	Grace Zamrowski	4:58.00	
Carolina Challenge	Emily Pierontoni	5:00.46	
Gamecock Opener	Svenja Sommer	5:03.76	
Gamecock Opener	Emily Pierontoni	5:06.58	
	Gamecock Opener Gamecock Opener Carolina Challenge Gamecock Opener	Gamecock OpenerAlex CostantinoGamecock OpenerGrace ZamrowskiCarolina ChallengeEmily PierontoniGamecock OpenerSvenja Sommer	Gamecock OpenerAlex Costantino4:53.84Gamecock OpenerGrace Zamrowski4:58.00Carolina ChallengeEmily Pierontoni5:00.46Gamecock OpenerSvenja Sommer5:03.76

3000-METER RUN (Record: 9:39.97, Beatrice Biwott, 2011) Date Moot Athlata

Date	Meet	Athlete	Mark	
1/21	Carolina Challenge	Ella Zeigler	10:08.88	
1/21	Carolina Challenge	Anna Boyd	10:15.06	
1/14	Gamecock Opener	Gabriella Gait-Smith	10:18.04	
1/14	Gamecock Opener	Anna Boyd	10:22.36	
1/21	Carolina Challenge	Hayden Withers	10:23.00	

5000-METER RUN (Record: 16:19.02, Kayla Lampe, 2013)

Date	Meet	Athlete	Mark	
1/20	Carolina Challenge	Molly Joseph	18:39.36	

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	
1/20	Carolina Challenge	Danielle Varrasso	9.38 - P	

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
1/21	Carolina Challenge	Smith, Parsons Pisani, Pellizzari	12:25.23
1/21	Carolina Challenge	Pierontoni, Sommer Wilson, Bowers	12:31.60

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

Meet	Athletes	Mark	
Carolina Challenge	Jamison, Frank	3:32.40	
	Johnson, Registre		
Gamecock Opener	Frank, Johnson	3:37.93	
	Francis, Registre		
Clemson Opener	Frank, Francis	3:39.89	
	Registre, Johnson		
Gamecock Opener	Kelety, Jamison	3:50.72	
	Gayle, Parsons		
Clemson Opener	Kelety, Gayle	3:51.46	
	Sumpter, Varrasso		
	Gamecock Opener Clemson Opener Gamecock Opener	Johnson, Registre Gamecock Opener Frank, Johnson Francis, Registre Clemson Opener Francis Registre, Johnson Gamecock Opener Kelety, Jamison Gayle, Parsons Clemson Opener Kelety, Gayle	Johnson, Registre Gamecock Opener Frank, Johnson Francis, Registre Clemson Opener Frank, Francis Gamecock Opener Registre, Johnson Gamecock Opener Kelety, Jamison Gamecock Opener Kelety, Jamison Gamecock Opener Kelety, Gayle

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

Date	Meet	Athlete	Mark		
1/20	Carolina Challenge	Emma Stone	3.70m 12-01.50		
12/2	Clemson Opener	Mia Joseph	3.50m 11-05.75		
12/2	Clemson Opener	Rachel Valentine	3.50m 11-05.75		
1/20	Carolina Challenge	Rachel Valentine	3.40m 11-01.75		
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) D

Date	Meet	Athlete	Mark
	JUMP (Record: 6.60m 21-8	Antoinatta Wilks 2001)	
LONG	Johne (Record. 0.00111 21-0	, Antomette Wilks, 2001)	
Date	Meet	Athlete	Mark
			Mark 5.67m 18-07.25

TRIPLE JUMP (Record: 13.47m | 44-2.50, Natasha Dicks, 2017) Date Meet Athlete Mark

Date	Meet	Athlete	Mark
1/21	Carolina Challenge	KD Young	15.74m 51-07.5
1/14	Gamecock Opener	KD Young	15.67m 51-05
WEIGH Date	IT THROW (Record: 21.72m Meet	71-3.75, Dawn Ellerbe, 1997 Athlete) Mark
Date	•		
Date	•		
	Meet	Athlete	Mark
Date 1/14	Meet Gamecock Opener	Athlete Kayla Racine	Mark 19.36m 63-06.25

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

P - Prelminary Round

S - Semifinal Round

F - Final Round

UPDATED 1/23/23



2023 INDOOR PROGRESSIONS - WOMEN

Date	Meet	Event	GINIA Finish	Time/Mark
	5:07.14)			
/14	Gamecock Opener	Mile	8th	5:07.54
/21	Carolina Challenge	Mile	7th	5:08.22
	YD • FR • ATTLEBORO,			
ate	Meet	Event	Finish	Time/Mark
14	PR: 10:15.06) Gamecock Opener	3000m	6th	10:22.36
/21	Carolina Challenge	3000m	7th	10:22:36
21	Carolina challenge	3000111	7.011	10.15.00
LEX CO	STANTINO • SO • NORTH	ANDOVER, MAS	SACHUSETT	s
ate	Meet	Event	Finish	Time/Mark
	R: 2:11.61)			
/21	Carolina Challenge	800m	7th	2:11.61
	PR: 2:52.81)	1000-	Que el	2.52.01
2/2	Clemson Opener 4:53.84)	1000m	2nd	2:52.81
/14	Gamecock Opener	Mile	1st	4:53.84
	Sumesser opener		150	
AMILLE	ELLISON • FR • WALTER	RBORO, SOUTH C	AROLINA	
ate	Meet	Event	Finish	Time/Mark
Om (PR:		60 F	70 1	0.00
/20	Carolina Challenge	60m - P	72nd	8.89
	H FRANCIS • FR • WEST	MORELAND. JAM	AICA	
ate	Meet	Event	Finish	Time/Mark
	R: 23.99)			
/21	Carolina Challenge	200m	4th	23.99
•	R: 36.83)			
2/2	Clemson Opener	300m	1st	36.83
NGE: -				
NGEL F	RANK • SR • CHARLESTO Meet	DN, SOUTH CARO	LINA Finish	Time/Mark
	R: 23.81)	Event	FIIISI	rine/ mark
/21	Carolina Challenge	200m	3rd	23.81
	R: 38.84)			
		300m	3rd	38.84
	Clemson Opener			
2/2				
2/2 00m (Pl		400m	2nd	54.16
2/2 00m (Pl 14	R: 53.61) Gamecock Opener	400m		
2/2 00m (Pl /14 ABRIEL	R: 53.61) Gamecock Opener LA GAIT-SMITH • FR • JC	400m DHANNESBURG, S		CA
2/2 IOOm (PI /14 GABRIEL Date	R: 53.61) Gamecock Opener LA GAIT-SMITH • FR • JC Meet	400m		
2/2 00m (Pl /14 6ABRIEL 0ate 6000m (l	R: 53.61) Gamecock Opener LA GAIT-SMITH • FR • JC Meet PR: 10:18.04)	400m DHANNESBURG, S		CA Time/Mark
2/2 00m (Pl /14 64881EL 0ate 6000m (1 /14	R: 53.61) Gamecock Opener LA GAIT-SMITH • FR • JC Meet	400m DHANNESBURG, S Event	OUTH AFRIC Finish	CA
2/2 00m (Pl /14 6ABRIEL 9ate 000m (1 /14	R: 53.61) Gamecock Opener LA GAIT-SMITH • FR • JC Meet PR: 10:18.04) Gamecock Opener	400m DHANNESBURG, S Event 3000m	OUTH AFRIC Finish 2nd	CA Time/Mark 10:18.04
2/2 OOm (Pl /14 ABRIEL Doom (l /14 /21 IELEY G	R: 53.61) Gamecock Opener LA GAIT-SMITH • FR • JC Meet PR: 10:18.04) Gamecock Opener Carolina Challenge AYLE • SO • UNION CITY	400m DHANNESBURG, S Event 3000m 3000m 4, GEORGIA	OUTH AFRIC Finish 2nd 12th	CA Time/Mark 10:18.04 10:38.83
2/2 000m (Pl /14 6ABRIEL bate 000m (l /14 /21 (IELEY G bate	R: 53.61) Gamecock Opener LA GAIT-SMITH • FR • JC Meet PR: 10:18.04) Gamecock Opener Carolina Challenge AYLE • SO • UNION CITY Meet	400m DHANNESBURG, S Event 3000m 3000m	OUTH AFRIC Finish 2nd	CA Time/Mark 10:18.04
2/2 000m (Pl /14 6ABRIEL 0000m (l /14 /21 6000m (Pl 000m (Pl	R: 53.61) Gamecock Opener LA GAIT-SMITH • FR • JC Meet PR: 10:18.04) Gamecock Opener Carolina Challenge AYLE • SO • UNION CITY Meet R: 2:10.67)	400m DHANNESBURG, S Event 3000m 3000m 7, GEORGIA Event	OUTH AFRIC Finish 2nd 12th Finish	CA Time/Mark 10:18.04 10:38.83 Time/Mark
2/2 00m (Pl /14 6ABRIEL 000m (l /14 /21 1ELEY G 00m (Pl 2/2	R: 53.61) Gamecock Opener LA GAIT-SMITH • FR • JC Meet PR: 10:18.04) Gamecock Opener Carolina Challenge AYLE • SO • UNION CITY Meet R: 2:10.67) Clemson Opener	400m DHANNESBURG, S Event 3000m 3000m 7, GEORGIA Event 800m	OUTH AFRIC Finish 2nd 12th Finish 3rd	CA Time/Mark 10:18.04 10:38.83 Time/Mark 2:13.60
2/2 00m (Pl /14 ABRIEL Aate 000m (l /14 (IELEY G Aate 00m (Pl 2/2 /14	R: 53.61) Gamecock Opener LA GAIT-SMITH • FR • JC Meet PR: 10:18.04) Gamecock Opener Carolina Challenge AYLE • SO • UNION CITY Meet R: 2:10.67) Clemson Opener Gamecock Opener	400m DHANNESBURG, S Event 3000m 3000m 7, GEORGIA Event 800m 800m	OUTH AFRIC Finish 2nd 12th Finish 3rd 1st	CA Time/Mark 10:18.04 10:38.83 Time/Mark 2:13.60 2:13.15
2/2 00m (Pl /14 ABRIEL Aate 000m (l /14 (IELEY G Aate 00m (Pl 2/2 /14	R: 53.61) Gamecock Opener LA GAIT-SMITH • FR • JC Meet PR: 10:18.04) Gamecock Opener Carolina Challenge AYLE • SO • UNION CITY Meet R: 2:10.67) Clemson Opener	400m DHANNESBURG, S Event 3000m 3000m 7, GEORGIA Event 800m	OUTH AFRIC Finish 2nd 12th Finish 3rd	CA Time/Mark 10:18.04 10:38.83 Time/Mark 2:13.60
2/2 000m (Pl /14 6ABRIEL 0000m (l /14 /21 (IELEY G 000m (Pl 2/2 /14 /21	R: 53.61) Gamecock Opener LA GAIT-SMITH • FR • JC Meet PR: 10:18.04) Gamecock Opener Carolina Challenge AYLE • SO • UNION CITY Meet R: 2:10.67) Clemson Opener Gamecock Opener	400m PHANNESBURG, S Event 3000m 3000m 7, GEORGIA Event 800m 800m 800m	OUTH AFRIC Finish 2nd 12th Finish 3rd 1st	CA Time/Mark 10:18.04 10:38.83 Time/Mark 2:13.60 2:13.15
2/2 00m (Pl /14 ABRIEL bate 000m (l /14 /21 ELELY G bate 00m (Pl 2/2 /14 /21 ELEY G bate 00m (Pl 4 /21 ELEY G bate 000m (Pl 1 /14 /21 ELEY G /14 /21 /21 /21 /21 /21 /21 /21 /21	R: 53.61) Gamecock Opener LA GAIT-SMITH • FR • JC Meet PR: 10:18.04) Gamecock Opener Carolina Challenge AYLE • SO • UNION CITY Meet R: 2:10.67) Clemson Opener Gamecock Opener Carolina Challenge A GRANT • FR • IRMO, SC Meet	400m PHANNESBURG, S Event 3000m 3000m 7, GEORGIA Event 800m 800m 800m	OUTH AFRIC Finish 2nd 12th Finish 3rd 1st	CA Time/Mark 10:18.04 10:38.83 Time/Mark 2:13.60 2:13.15
2/2 00m (Pl /14 6ABRIEL bate 000m (l /14 /21 1ELEY G bate 00m (Pl /22 /14 /21 1AKAYL bate 0m (PR:	R: 53.61) Gamecock Opener LA GAIT-SMITH • FR • JC Meet PR: 10:18.04) Gamecock Opener Carolina Challenge AYLE • SO • UNION CITY Meet R: 2:10.67) Clemson Opener Gamecock Opener Carolina Challenge A GRANT • FR • IRMO, SC Meet	400m DHANNESBURG, S Event 3000m 3000m 7, GEORGIA Event 800m 800m 800m 00TH CAROLINA Event	OUTH AFRIC Finish 2nd 12th Finish 3rd 1st 5th	CA Time/Mark 10:18.04 10:38.83 Time/Mark 2:13.60 2:13.15 2:10.67
2/2 00m (Pl /14 ABRIEL bate 0000m (l /14 /21 IELEY G bate 00m (Pl /2/2 /14 /21 IAKAYL /bate 0m (PR: /14	R: 53.61) Gamecock Opener LA GAIT-SMITH • FR • JC Meet PR: 10:18.04) Gamecock Opener Carolina Challenge AYLE • SO • UNION CITY Meet R: 2:10.67) Clemson Opener Gamecock Opener Carolina Challenge A GRANT • FR • IRMO, SC Meet 7.81) Gamecock Opener	400m DHANNESBURG, S Event 3000m 3000m 7, GEORGIA Event 800m 800m 800m 0UTH CAROLINA Event 60m - P	OUTH AFRIC Finish 2nd 12th Finish 3rd 1st 5th Finish 10th	CA Time/Mark 10:18.04 10:38.83 Time/Mark 2:13.60 2:13.15 2:10.67 Time/Mark 7.91
2/2 00m (Pl /14 ABRIEL bate 000m (l /14 /21 IELEY G bate 00m (Pl 2/2 /14 /21 IAKAYLI /14 0m (PR: /14	R: 53.61) Gamecock Opener LA GAIT-SMITH • FR • JC Meet PR: 10:18.04) Gamecock Opener Carolina Challenge AYLE • SO • UNION CITY Meet R: 2:10.67) Clemson Opener Gamecock Opener Carolina Challenge A GRANT • FR • IRMO, SC Meet 7.81) Gamecock Opener Carolina Challenge	400m DHANNESBURG, S Event 3000m 3000m 7, GEORGIA Event 800m 800m 800m 00TH CAROLINA Event	OUTH AFRIC Finish 2nd 12th Finish 3rd 1st 5th Finish	CA Time/Mark 10:18.04 10:38.83 Time/Mark 2:13.60 2:13.15 2:10.67 Time/Mark
2/2 00m (Pl /14 ABRIEL ate 000m (l /14 /21 IELEY G bate 00m (Pl /2/2 /14 /21 IAKAYL /ate 0m (PR /14 /20 00m (PR /14 /20 00m (Pl /14 /21 /21 /14 /21 /14 /21 /21 /14 /21 /21 /21 /21 /21 /21 /21 /21	R: 53.61) Gamecock Opener LA GAIT-SMITH • FR • JC Meet PR: 10:18.04) Gamecock Opener Carolina Challenge AYLE • SO • UNION CITY Meet R: 2:10.67) Clemson Opener Gamecock Opener Carolina Challenge A GRANT • FR • IRMO, SC Meet 7.81) Gamecock Opener Carolina Challenge R: 25.32)	400m PHANNESBURG, S Event 3000m 3000m 7, GEORGIA Event 800m 800m 800m 0UTH CAROLINA Event 60m - P 60m - P	OUTH AFRIC Finish 2nd 12th Finish 3rd 1st 5th Finish 10th 10th	CA Time/Mark 10:18.04 10:38.83 Time/Mark 2:13.60 2:13.15 2:10.67 Time/Mark 7.91 7.81
2/2 000m (Pl /14 548RIEL 0000m (l /14 /21 5000m (Pl 2/2 /14 /21 14KAYL/ 000m (Pl /21 14KAYL/ 000m (Pl /20 000m (Pl /14	R: 53.61) Gamecock Opener LA GAIT-SMITH • FR • JC Meet PR: 10:18.04) Gamecock Opener Carolina Challenge AYLE • SO • UNION CITY Meet R: 2:10.67) Clemson Opener Gamecock Opener Carolina Challenge A GRANT • FR • IRMO, SC Meet 7.81) Gamecock Opener Carolina Challenge R: 25.32) Gamecock Opener	400m PHANNESBURG, S Event 3000m 3000m 7, GEORGIA Event 800m 800m 800m 00TH CAROLINA Event 60m - P 60m - P 200m	OUTH AFRIC Finish 2nd 12th Finish 3rd 1st 5th Finish 10th 10th 10th 5th	CA Time/Mark 10:18.04 10:38.83 Time/Mark 2:13.60 2:13.15 2:10.67 Time/Mark 7.91 7.81 25.45
2/2 000m (Pl /14 64 64 64 64 64 64 64 64 64 6	R: 53.61) Gamecock Opener LA GAIT-SMITH • FR • JC Meet PR: 10:18.04) Gamecock Opener Carolina Challenge AYLE • SO • UNION CITY Meet R: 2:10.67) Clemson Opener Gamecock Opener Carolina Challenge A GRANT • FR • IRMO, SC Meet 7.81) Gamecock Opener Carolina Challenge R: 25.32)	400m PHANNESBURG, S Event 3000m 3000m 7, GEORGIA Event 800m 800m 800m 0UTH CAROLINA Event 60m - P 60m - P	OUTH AFRIC Finish 2nd 12th Finish 3rd 1st 5th Finish 10th 10th	CA Time/Mark 10:18.04 10:38.83 Time/Mark 2:13.60 2:13.15 2:10.67 Time/Mark 7.91 7.81
2/2 000m (Pl /14 0000m (Pl /14 0000m (Pl /14 /21 14 14 /21 14 14 /20 00m (Pl /14 /20	R: 53.61) Gamecock Opener LA GAIT-SMITH • FR • JC Meet PR: 10:18.04) Gamecock Opener Carolina Challenge AYLE • SO • UNION CITY Meet R: 2:10.67) Clemson Opener Gamecock Opener Carolina Challenge A GRANT • FR • IRMO, SC Meet 7.81) Gamecock Opener Carolina Challenge R: 25.32) Gamecock Opener Carolina Challenge	400m DHANNESBURG, S Event 3000m 3000m 7, GEORGIA Event 800m 800m 800m 00TH CAROLINA Event 60m - P 60m - P 200m 200m	OUTH AFRIC Finish 2nd 12th Finish 3rd 1st 5th Finish 10th 10th 10th 10th 5th 12th	CA Time/Mark 10:18.04 10:38.83 Time/Mark 2:13.60 2:13.15 2:10.67 Time/Mark 7.91 7.81 25.45
2/2 000m (Pl /14 0000m (Pl /14 0000m (l /14 /21 (IELEY G 00m (Pl /14 /20 00m (Pl /14 /20 AYLA J/	R: 53.61) Gamecock Opener LA GAIT-SMITH • FR • JC Meet PR: 10:18.04) Gamecock Opener Carolina Challenge AYLE • SO • UNION CITY Meet R: 2:10.67) Clemson Opener Gamecock Opener Carolina Challenge A GRANT • FR • IRMO, SC Meet 7.81) Gamecock Opener Carolina Challenge R: 25.32) Gamecock Opener Carolina Challenge R: 25.32) Gamecock Opener Carolina Challenge R: 25.32) Gamecock Opener Carolina Challenge R: 25.32) Gamecock Opener Carolina Challenge	400m PHANNESBURG, S Event 3000m 3000m 7, GEORGIA Event 800m 800m 800m 800m 0UTH CAROLINA Event 60m - P 60m - P 200m 200m 200m	OUTH AFRIC Finish 2nd 12th Finish 3rd 1st 5th Finish 10th 10th 10th 10th 5th 12th	CA Time/Mark 10:18.04 10:38.83 Time/Mark 2:13.60 2:13.15 2:10.67 Time/Mark 7.91 7.81 25.45 25.32
2/2 400m (Pl /14 548RIEL 5000m (Pl /14 /21 500m (Pl 2/2 /14 /21 500m (Pl /14 /20 500m (Pl /14 /20 /20 /20 /20 /20 /20 /20 /20	R: 53.61) Gamecock Opener LA GAIT-SMITH • FR • JC Meet PR: 10:18.04) Gamecock Opener Carolina Challenge AYLE • SO • UNION CITY Meet R: 2:10.67) Clemson Opener Gamecock Opener Carolina Challenge A GRANT • FR • IRMO, SC Meet 7.81) Gamecock Opener Carolina Challenge R: 25.32) Gamecock Opener Carolina Challenge R: 25.32) Gamecock Opener Carolina Challenge R: 25.32) Gamecock Opener Carolina Challenge R: 25.32) Gamecock Opener Carolina Challenge MISON • SO • WEST CO Meet	400m DHANNESBURG, S Event 3000m 3000m 7, GEORGIA Event 800m 800m 800m 00TH CAROLINA Event 60m - P 60m - P 200m 200m	OUTH AFRIC Finish 2nd 12th Finish 3rd 1st 5th Finish 10th 10th 10th 10th 5th 2th	CA Time/Mark 10:18.04 10:38.83 Time/Mark 2:13.60 2:13.15 2:10.67 Time/Mark 7.91 7.81 25.45
2/2 400m (Pl /14 5ABRIEL 5000m (Pl /14 /21 KIELEY G 500m (Pl /2/2 /14 /21 MAKAYL /21 MAKAYL /20 200m (Pl /14 /20	R: 53.61) Gamecock Opener LA GAIT-SMITH • FR • JC Meet PR: 10:18.04) Gamecock Opener Carolina Challenge AYLE • SO • UNION CITY Meet R: 2:10.67) Clemson Opener Gamecock Opener Carolina Challenge A GRANT • FR • IRMO, SC Meet 7.81) Gamecock Opener Carolina Challenge R: 25.32) Gamecock Opener Carolina Challenge R: 25.32) Gamecock Opener Carolina Challenge R: 25.32) Gamecock Opener Carolina Challenge R: 25.32) Gamecock Opener Carolina Challenge MISON • SO • WEST CO Meet	400m PHANNESBURG, S Event 3000m 3000m 7, GEORGIA Event 800m 800m 800m 800m 0UTH CAROLINA Event 60m - P 60m - P 200m 200m 200m	OUTH AFRIC Finish 2nd 12th Finish 3rd 1st 5th Finish 10th 10th 10th 10th 5th 2th	CA Time/Mark 10:18.04 10:38.83 Time/Mark 2:13.60 2:13.15 2:10.67 Time/Mark 7.91 7.81 25.45 25.32
2/2 400m (Pl /14 5000m (Pl /14 5000m (I /14 /21 (IELEY G 5000m (Pl /2/2 /14 /21 MAKAYL /21 MAKAYL /21 MAKAYL /20 500m (Pl /14 /20 500m (Pl /14 /20 /20 /20 /20 /20 /20 /20 /20	R: 53.61) Gamecock Opener LA GAIT-SMITH • FR • JC Meet PR: 10:18.04) Gamecock Opener Carolina Challenge AYLE • SO • UNION CITY Meet R: 2:10.67) Clemson Opener Gamecock Opener Carolina Challenge A GRANT • FR • IRMO, SC Meet 7.81) Gamecock Opener Carolina Challenge R: 25.32) Gamecock Opener Carolina Challenge R: 25.32) Gamecock Opener Carolina Challenge AMISON • SO • WEST CO Meet 7.25)	400m PHANNESBURG, S Event 3000m 3000m (, GEORGIA Event 800m 800m 800m 0UTH CAROLINA Event 60m - P 60m - P 200m 200m 200m LUMBIA, SOUTH (Event	OUTH AFRIC Finish 2nd 12th Finish 3rd 1st 5th Finish 10th 10th 10th 2th 2th CAROLINA Finish	CA Time/Mark 10:18.04 10:38.83 Time/Mark 2:13.60 2:13.15 2:10.67 Time/Mark 7.91 7.81 25.45 25.32 Time/Mark
2/2 000m (Pl /14 0000m (Pl /14 20 000m (Pl 2/2 /14 /21 14 2/2 /14 /21 14 /20 000m (Pl /14 /20 000m (Pl /14 /14 /20 000m (Pl /14 /14 /20	R: 53.61) Gamecock Opener LA GAIT-SMITH • FR • JC Meet PR: 10:18.04) Gamecock Opener Carolina Challenge AYLE • SO • UNION CITY Meet R: 2:10.67) Clemson Opener Gamecock Opener Carolina Challenge A GRANT • FR • IRMO, SC Meet 7.81) Gamecock Opener Carolina Challenge R: 25.32) Gamecock Opener Carolina Challenge	400m DHANNESBURG, S Event 3000m 3000m 7, GEORGIA Event 800m 800m 800m 0UTH CAROLINA Event 60m - P 60m - P 200m 200m LUMBIA, SOUTH C Event 60m - P	OUTH AFRIC Finish 2nd 12th 3rd 1st 5th Finish 10th 10th 10th 10th 2th CAROLINA Finish 1st	CA Time/Mark 10:18.04 10:38.83 Time/Mark 2:13.60 2:13.15 2:10.67 Time/Mark 7.91 7.81 25.45 25.32 Time/Mark 7.50

Date	Meet	I, NORTH CAROLIN Event	Finish	Time/Mark
400m (Pl				
/14	Gamecock Opener	400m	4th	55.01
/21	Carolina Challenge	400m	3rd	54.43
	EPH • SO • NORTH AUGU	STA. SOUTH CARO	LINA	
ate	Meet	Event	Finish	Time/Mark
ole Vaul	t (PR: 3.50m 11-05.75)			
2/2	Clemson Opener	Pole Vault	1st	3.50m 11-05.75
/14	Gamecock Opener	Pole Vault	6th	3.40m 11-01.75
/20	Carolina Challenge	Pole Vault		NH
IOLLY J	OSEPH • SR • AUGUSTA,	GEORGIA		
Date	Meet	Event	Finish	Time/Mark
	PR: 10:40.51)			
/14	Gamecock Opener	3000m	10th	10:53.02
	PR: 18:39.36)	E000m	1ct	19.70 76
/20	Carolina Challenge	5000m	1st	18:39.36
	ELETY • GR • FRANKFUR	T. GERMANY		
ate	Meet	Event	Finish	Time/Mark
	R: 54.61)			
2/2	Clemson Opener	400m	1st	55.20
/14	Gamecock Opener	400m	3rd	54.61
/21	Carolina Challenge	400m	8th	55.65
	OMBARDI • FR • NEWAR	K. DELAWARE		
ate	Meet	Event	Finish	Time/Mark
Om (PR:	7.87)			
20	Carolina Challenge	Mile	25th	5:34.43
	ICMICHAEL • SO • SUWA		Finish	Time /Mark
Date 50m (PR:	Meet	Event	Finish	Time/Mark
2/2	Clemson Opener	60m - P	15th	7.87
/20	Carolina Challenge	60m - P	19th	7.89
200m (PF	R: 25.03)			
2/2	Clemson Opener	200m	5th	25.03
				NA
		EAD ICLAND COUT		NA
	EVILLE • SO • HILTON H			Time/Mark
Date	Meet	EAD ISLAND, SOUT Event	Finish	Time/Mark
Date 1ile (PR:	Meet			Time/Mark 5:31.42
Date file (PR: /20	Meet 5:31.42) Carolina Challenge	Event Mile	Finish 10th	
Date 1ile (PR: 720 ENNA PI	Meet 5:31.42) Carolina Challenge ELLIZZARI • JR • WILMIN	Event Mile	Finish 10th ROLINA	5:31.42
Date 1ile (PR: /20 ENNA Pl Date	Meet 5:31.42) Carolina Challenge ELLIZZARI • JR • WILMIN Meet	Event Mile	Finish 10th	
Pate file (PR: /20 ENNA Pl Pate file (PR:	Meet 5:31.42) Carolina Challenge ELLIZZARI • JR • WILMIN Meet 5:18.31)	Event Mile	Finish 10th ROLINA	5:31.42
Date file (PR: /20 ENNA PI Date file (PR: /14	Meet 5:31.42) Carolina Challenge ELLIZZARI • JR • WILMIN Meet	Event Mile IGTON, NORTH CAR Event	Finish 10th ROLINA Finish	5:31.42 Time/Mark
Date Mile (PR: /20 ENNA Pl Date Mile (PR: /14 /20	Meet 5:31.42) Carolina Challenge ELLIZZARI • JR • WILMIN Meet 5:18.31) Gamecock Opener Carolina Challenge	Event Mile IGTON, NORTH CAI Event Mile Mile	Finish 10th ROLINA Finish 12th 13th	5:31.42 Time/Mark 5:18.31 5:18.53
Date Mile (PR: /20 ENNA Pl Date Mile (PR: /14 /20 EMILY Pli	Meet 5:31.42) Carolina Challenge ELLIZZARI • JR • WILMIN Meet 5:18.31) Gamecock Opener Carolina Challenge ERONTONI • JR • WOOL	Event Mile IGTON, NORTH CAI Event Mile Mile	Finish 10th ROLINA Finish 12th 13th NEW JERS	5:31.42 Time/Mark 5:18.31 5:18.53 EY
Date Hile (PR: /20 ENNA PI Date Hile (PR: /14 /20 EMILY PII Date	Meet 5:31.42) Carolina Challenge ELLIZZARI • JR • WILMIN Meet 5:18.31) Gamecock Opener Carolina Challenge ERONTONI • JR • WOOLY Meet	Event Mile IGTON, NORTH CAI Event Mile Mile	Finish 10th ROLINA Finish 12th 13th	5:31.42 Time/Mark 5:18.31 5:18.53
Date file (PR: /20 IENNA PI Date file (PR: /14 /20 EMILY PII Date Mile (PR: /14 /20 EMILY PII Date Mile (PR:	Meet 5:31.42) Carolina Challenge ELLIZZARI • JR • WILMIN Meet 5:18.31) Gamecock Opener Carolina Challenge ERONTONI • JR • WOOLY Meet 5:00.46)	Event Mile IGTON, NORTH CAN Event Mile WICH TOWNSHIP, N Event	Finish 10th ROLINA Finish 12th 13th NEW JERS Finish	5:31.42 Time/Mark 5:18.31 5:18.53 EY Time/Mark
Date file (PR: /20 ENNA Ploate file (PR: /14 /20 EMILY Pli Date file (PR: /14 Date	Meet 5:31.42) Carolina Challenge ELLIZZARI • JR • WILMIN Meet 5:18.31) Gamecock Opener Carolina Challenge ERONTONI • JR • WOOLY Meet 5:00.46) Gamecock Opener	Event Mile IGTON, NORTH CAU Event Mile Mile WICH TOWNSHIP, N Event Mile	Finish 10th ROLINA Finish 12th 13th NEW JERS Finish 5th	5:31.42 Time/Mark 5:18.31 5:18.53 EY Time/Mark 5:06.58
Date file (PR: /20 FILENNA PI Date /14 /20 EMILY PII Date Mile (PR: /14 Date Mile (PR: /14	Meet 5:31.42) Carolina Challenge ELLIZZARI • JR • WILMIN Meet 5:18.31) Gamecock Opener Carolina Challenge ERONTONI • JR • WOOLY Meet 5:00.46)	Event Mile IGTON, NORTH CAN Event Mile WICH TOWNSHIP, N Event	Finish 10th ROLINA Finish 12th 13th NEW JERS Finish	5:31.42 Time/Mark 5:18.31 5:18.53 EY Time/Mark
Date file (PR: /20 ENNA Pl Date file (PR: /14 /20 SABELL/	Meet 5:31.42) Carolina Challenge ELLIZZARI • JR • WILMIN Meet 5:18.31) Gamecock Opener Carolina Challenge ERONTONI • JR • WOOLY Meet 5:00.46) Gamecock Opener	Event Mile IGTON, NORTH CAI Event Mile WICH TOWNSHIP, N Event Mile Mile	Finish 10th ROLINA Finish 12th 13th NEW JERS Finish 5th	5:31.42 Time/Mark 5:18.31 5:18.53 EY Time/Mark 5:06.58
Date file (PR: /20 ENNA Pl Date file (PR: /14 /20 SMILY Pli Date file (PR: /14 /21 SABELL/ Date	Meet 5:31.42) Carolina Challenge ELLIZZARI • JR • WILMIN Meet 5:18.31) Gamecock Opener Carolina Challenge ERONTONI • JR • WOOLN Meet 5:00.46) Gamecock Opener Carolina Challenge A PISANI • SR • HINSDAL Meet	Event Mile IGTON, NORTH CAI Event Mile WICH TOWNSHIP, N Event Mile Mile	Finish 10th ROLINA Finish 12th 13th NEW JERS Finish 5th	5:31.42 Time/Mark 5:18.31 5:18.53 EY Time/Mark 5:06.58
Date file (PR: /20 ENNA Pl Date file (PR: /14 /20 EMILY PII Date file (PR: /14 /21 SABELL/ Date file (PR:	Meet 5:31.42) Carolina Challenge ELLIZZARI • JR • WILMIN Meet 5:18.31) Gamecock Opener Carolina Challenge ERONTONI • JR • WOOLN Meet 5:00.46) Gamecock Opener Carolina Challenge A PISANI • SR • HINSDAL Meet 5:12.66)	Event Mile IGTON, NORTH CAN Event Mile Mile WICH TOWNSHIP, N Event Mile Mile E, ILLINOIS Event	Finish 10th ROLINA Finish 12th 13th NEW JERS Finish 5th 6th Finish	5:31.42 Time/Mark 5:18.31 5:18.53 EY Time/Mark 5:06.58 5:00.46 Time/Mark
Date file (PR: /20 ENNA Pl Date file (PR: /14 /20 EMILY Pll Date file (PR: /14 /21 SABELLL Date file (PR: /14	Meet 5:31.42) Carolina Challenge ELLIZZARI • JR • WILMIN Meet 5:18.31) Gamecock Opener Carolina Challenge ERONTONI • JR • WOOLY Meet 5:00.46) Gamecock Opener Carolina Challenge A PISANI • SR • HINSDALL Meet 5:12.66) Gamecock Opener	Event Mile IGTON, NORTH CAI Event Mile WICH TOWNSHIP, N Event Mile Mile E, ILLINOIS Event Mile	Finish 10th ROLINA Finish 12th 13th KEW JERS Finish 5th 6th Finish	5:31.42 Time/Mark 5:18.31 5:18.53 EY Time/Mark 5:06.58 5:00.46 Time/Mark 5:18.94
Date file (PR: /20 ENNA Pl Date file (PR: /14 /20 EMILY Pll Date file (PR: /14 /21 SABELLL Date file (PR: /14	Meet 5:31.42) Carolina Challenge ELLIZZARI • JR • WILMIN Meet 5:18.31) Gamecock Opener Carolina Challenge ERONTONI • JR • WOOLN Meet 5:00.46) Gamecock Opener Carolina Challenge A PISANI • SR • HINSDAL Meet 5:12.66)	Event Mile IGTON, NORTH CAN Event Mile Mile WICH TOWNSHIP, N Event Mile Mile E, ILLINOIS Event	Finish 10th ROLINA Finish 12th 13th NEW JERS Finish 5th 6th Finish	5:31.42 Time/Mark 5:18.31 5:18.53 EY Time/Mark 5:06.58 5:00.46 Time/Mark
Date file (PR: /20 ENNA Pi Date file (PR: /14 /20 SABELL/ Date file (PR: /14 /21 SABELL/ Date file (PR: /14 /20	Meet 5:31.42) Carolina Challenge ELLIZZARI • JR • WILMIN Meet 5:18.31) Gamecock Opener Carolina Challenge ERONTONI • JR • WOOLV Meet 5:00.46) Gamecock Opener Carolina Challenge A PISANI • SR • HINSDAL Meet 5:12.66) Gamecock Opener Carolina Challenge	Event Mile IGTON, NORTH CAI Event Mile WICH TOWNSHIP, N Event Mile E, ILLINOIS Event Mile Mile Mile	Finish 10th ROLINA Finish 12th 13th Sth 6th 5th 6th Finish 13th 13th	5:31.42 Time/Mark 5:18.31 5:18.53 EY Time/Mark 5:06.58 5:00.46 Time/Mark 5:18.94
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200m

1st

23.39

200m (PR: 23.39) 1/21 Carolina Challenge

UPDATED 1/23/23



2023 INDOOR PROGRESSIONS - WOMEN

Date	CHARNECK • SO • WAR	Event	Finish	Time/Mark
	hrow (PR: 14.54m 47-08			
/20	Carolina Challenge	Weight Throw	8th	14.54m 47-08.50
-				
HAIANN	E SIPSEY • SR • BONAIR	E, GEORGIA		
Date	Meet	Event	Finish	Time/Mark
50m (PR:				
-	Clemson Opener	60m - P	13th	7.80
200m (PF				
/14	Gamecock Opener	200m	11th	25.92
Long Jum	p (PR: 5.67m 18-07.25)			
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 SM	ITH • SR • LIMERICK, PE	NNSYLVANIA		
Date	Meet	Event	Finish	Time/Mark
Mile (PR:	5:08.46)			
1/14	Gamecock Opener	Mile	9th	5:09.95
/20	Carolina Challenge	Mile	2nd	5:08.46
VENJA S	SOMMER • JR • FRANKFU	JRT, GERMANY		
Date	Meet	Event	Finish	Time/Mark
300m (PF	R: 2:15.41)			
/21	Carolina Challenge	800m	12th	2:15.41
Mile (PR:	5:03.76)			
/14	Gamecock Opener	Mile	4th	5:03.76
EMMA ST	ONE • SO • WAXHAW, N	ORTH CAROLINA		
Date	Meet	Event	Finish	Time/Mark
ole Vaul	t (PR: 3.70m 12-01.50)			
2/2	Clemson Opener	Pole Vault		NH
/14	Gamecock Opener	Pole Vault		NH
/20	Carolina Challenge	Pole Vault	1st	3.70m 12-01.50
ANASTAS	SIA SUMPTER • JR • CAM	DEN, SOUTH CARO	LINA	
Date	Meet	Event	Finish	Time/Mark
50m (PR:	7.50)			
2/2	Clemson Opener	60m - P	7th	7.63
2/2	Clemson Opener	60m - F	5th	7.52
/14	Gamecock Opener	60m - P	2nd	7.60
/14	Gamecock Opener	60m - F	2nd	7.51
1/20	Carolina Challenge	60m - S	7th	7.51
/20	Carolina Challenge	60m - F	4th	7.50
200m (PF				
2/2	Clemson Opener	200m	4th	24.76
/21	Carolina Challenge	200m	13th	24.72
ACHEL	VALENTINE • SO • MARIE	ETTA, GEORGIA		
Date	Meet	Event	Finish	Time/Mark
ole Vaul	t (PR: 3.80m 12-5.50)			
2/2	Clemson Opener	Pole Vault	3rd	3.50m 11-05.75
/14	Gamecock Opener	Pole Vault	4th	3.40m 11-01.75
/ 14	Carolina Challenge	Pole Vault	4th	3.40m 11-01.75
	caronna chanenge			
	Carolina Challenge			
/20				
/20 DANIELLI	E VARRASSO • FR • GRA		Finish	Time/Mark
/20 DANIELLI Date	E VARRASSO • FR • GRA Meet	NVILLE, OHIO	Finish	Time/Mark
/20 DANIELLI Date 50mH (PF	E VARRASSO • FR • GRA Meet R: 9.32)	NVILLE, OHIO Event		
DANIELLI Date 50mH (Pf 12/2	E VARRASSO • FR • GRA Meet R: 9.32) Clemson Opener	NVILLE, OHIO Event 60mH - P	8th	9.32
DANIELLI Date 50mH (PF 12/2 12/2	E VARRASSO • FR • GRA Meet R: 9.32) Clemson Opener Clemson Opener	NVILLE, OHIO Event 60mH - P 60mH - F	8th 6th	9.32 9.37
20 DANIELLI Date 50mH (PF 2/2 2/2	E VARRASSO • FR • GRA Meet R: 9.32) Clemson Opener	NVILLE, OHIO Event 60mH - P	8th	9.32
/20 DANIELLI Date 50mH (PF 2/2 2/2 2/2 /20	E VARRASSO • FR • GRA Meet R: 9.32) Clemson Opener Clemson Opener Carolina Challenge	NVILLE, OHIO Event 60mH - P 60mH - F 60mH - P	8th 6th	9.32 9.37
DANIELLI Date 50mH (PF 12/2 12/2 1/20 ALLY WIL	E VARRASSO • FR • GRA Meet R: 9.32) Clemson Opener Clemson Opener Carolina Challenge LSON • SO • CENTRAL, S	NVILLE, OHIO Event 60mH - P 60mH - F 60mH - P OUTH CAROLINA	8th 6th 13th	9.32 9.37 9.38
DANIELLI Date 50mH (PF 12/2 12/2 1/20	E VARRASSO • FR • GRA Meet R: 9.32) Clemson Opener Clemson Opener Carolina Challenge LSON • SO • CENTRAL, S Meet	NVILLE, OHIO Event 60mH - P 60mH - F 60mH - P	8th 6th	9.32 9.37

1/20	Carolina Challenge	Mile	6th	5:13.78	
HAYDEI	N WITHERS • FR • CINCIN	ΝΑΤΙ, ΟΗΙΟ			
Date	Meet	Event	Finish	Time/Mark	
3000m	(PR: 10:23.00)				
1/21	Carolina Challenge	3000m	11th	10:23.00	

KD YOUNG • 6TH • DECATUR, ILLINOIS

Date	Meet	Event	Finish	Time/Mark
Shot Pu	t (PR: 16.08m 52-9.25)			
1/14	Gamecock Opener	Shot Put	1st	15.67m 51-05
1/21	Carolina Challenge	Shot Put	1st	15.74m 51-07.5
Weight	Throw (PR: 19.01m 62-4.	50)		
1/14	Gamecock Opener	Weight Throw	3rd	17.15m 56-03.25
1/21	Carolina Challenge	Weight Throw	3rd	18.26m 59-11.00

GRACE ZAMROWSKI • SO • GARNET VALLEY, PENNSYLVANIA

Date	Meet	Event	Finish	Time/Mark	
800m (I	PR: 2:09.83)				
1/21	Carolina Challenge	800m	4th	2:09.83	
1000m ((PR: 2:54.38)				
12/2	Clemson Opener	1000m	6th	2:54.38	
Mile (PR	: 4:58.00)				
1/14	Gamecock Opener	Mile	2nd	4:58.00	

ELLA ZEIGLER • FR • OLNEY, MARYLAND

Date	Meet	Event	Finish	Time/Mark
Mile (PR	: 5:07.35)			
1/14	Gamecock Opener	Mile	7th	5:07.35
3000m	(PR: 10:08.88)			
1/21	Carolina Challenge	3000m	6th	10:08.88

DISTANCE MEDLEY RELAY

Date	Meet	Team	Finish	Time
1/14	Gamecock Opener	Pierontoni, Sommer Smith, Zeigler	1st	12:10.64
1/21	Carolina Challenge	Smith, Parsons Pisani, Pellizzari	2nd	12:25.23
1/21	Carolina Challenge	Pierontoni, Sommer Wilson, Bowers	3rd	12:31.60

4X400M RELAY

Date	Meet	Team	Finish	Time
12/2	Clemson Opener	Frank, Francis	1st	3:39.89
		Registre, Johnson		
12/2	Clemson Opener	Kelety, Gayle	4th	3:51.46
		Sumpter, Varrasso		
1/14	Gamecock Opener	Frank, Johnson	1st	3:37.93
		Francis, Registre		
1/14	Gamecock Opener	Kelety, Jamison	3rd	3:50.72
		Gayle, Parsons		
1/21	Carolina Challenge	Jamison, Frank	1st	3:32.40
		Johnson, Registre		