



CAROLINA TRACK & FIELD

2023 TOP-FIVE MARKS - MEN

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

Date	Meet	Athlete	Mark
1/27	Columbia Challenge	Anthony Greenhow, Jr.	6.77 - F
1/27	Columbia Challenge	Elisha Brooks	6.82 - P
1/27	Columbia Challenge	Anthony Greenhow, Jr.	6.85 - P
1/27	Columbia Challenge	Elisha Brooks	6.91 - F
1/14	Gamecock Opener	Prescott Jefferson	6.92 - F

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
1/28	Columbia Challenge	Anthony Greenhow, Jr.	21.31
1/14	Gamecock Opener	Jackson Junkins	21.77
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
1/14	Gamecock Opener	Evan Miller	45.91
1/21	Carolina Challenge	William Spencer, Jr.	46.70
1/28	Columbia Challenge	William Spencer, Jr.	47.82
12/2	Clemson Opener	Jayson Ward	48.19
1/14	Gamecock Opener	EJ Richardson	48.29

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
1/28	Columbia Challenge	Aidan Hatton	1:53.51
1/14	Gamecock Opener	William Spencer, Jr.	1:53.51

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
1/28	Columbia Challenge	Jackson Dawson	4:15.74
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

3000-METER RUN (Record: 7:41.93, Anass Essayi, 2023)

Date	Meet	Athlete	Mark
1/28	Columbia Challenge	Anass Essayi	7:41.93
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

5000-METER RUN (Record: 13:58.05, Rogerio Amaral, 2023)

Date	Meet	Athlete	Mark
1/27	Columbia Challenge	Rogerio Amaral	13:58.05

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

Date	Meet	Athlete	Mark
1/27	Columbia Challenge	Filip Demsar	7.76 - F
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

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

Date	Meet	Athletes	Mark
1/27	Columbia Challenge	Hatton, Wright Mensch, Galbraith	10:21.69
1/21	Carolina Challenge	Luke, Mathis	10:22.44
1/14	Gamecock Opener	Mangione, Dawson Galbraith, Mangione Reers, Wood	10:24.83
1/14	Gamecock Opener	Hatton, Mathis Wright, Luke	10:25.85
1/21	Carolina Challenge	Galbraith, Hatton Reers, Wood	10:31.05

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

Date	Meet	Athletes	Mark
1/21	Carolina Challenge	Miller, Spencer Richardson, Junkins	3:08.74
1/14	Gamecock Opener	Junkins, Spencer, Jr. Ward, Richarson	3:09.71
1/28	Columbia Challenge	Ward, Spencer Junkins, Richardson	3:11.54
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
1/27	Columbia Challenge	Dillon McCarthy	5.05m 16-6.75
1/21	Carolina Challenge	Dillon McCarthy	5.05m 16-6.75
1/14	Gamecock Opener	Dillon McCarthy	4.90m 16-0.75
12/2	Clemson Opener	Dillon McCarthy	4.65m 15-3
12/2	Clemson Opener	Jonathan Togami	4.50m 14-9

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

Date	Meet	Athlete	Mark
1/14	Gamecock Opener	Kobe Franklin	2.15m 7-0.5
1/21	Carolina Challenge	Kobe Franklin	2.10m 6-10.75
1/28	Columbia Challenge	Kobe Franklin	2.05m 6-8.75
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 24-0.75
1/14	Gamecock Opener	Blair Brooks	7.26m 23-10
12/2	Clemson Opener	Blair Brooks	7.26m 23-10
1/27	Columbia Challenge	Blair Brooks	7.24m 23-9
1/27	Columbia Challenge	Elisha Brooks	7.10m 23-3.5

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

Date	Meet	Athlete	Mark
1/20	Carolina Challenge	Blair Brooks	14.88m 48-10
1/27	Columbia Challenge	Blair Brooks	14.64m 48-0.5
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
1/21	Carolina Challenge	Dylan Targgart	19.25m 63-2
1/27	Columbia Challenge	Dylan Targgart	18.94m 62-1.75
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
1/21	Carolina Challenge	Ridge Dowe	16.50m 54-1.75
1/14	Gamecock Opener	Ridge Dowe	16.38m 53-9

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

ROGERIO AMARAL • SO • COIMBRA, PORTUGAL

Date	Meet	Event	Finish	Time/Mark
3000m (PR: 8:02.55)				
1/21	Carolina Challenge	3000m	1st	8:02.55
5000m (PR: 13:58.05)				
1/27	Columbia Challenge	5000m	1st	13:58.05

BLAIR BROOKS • GR • CEDAR RAPIDS, IOWA

Date	Meet	Event	Finish	Time/Mark
60m (PR: 7.05*)				
1/14	Gamecock Opener	60m - P	14th	7.15
Long Jump (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
1/27	Columbia Challenge	Long Jump	5th	7.24m 23-9
Triple Jump (PR: 14.88m 48-10)				
1/14	Gamecock Opener	Triple Jump	3rd	13.78m 45-2.5
1/20	Carolina Challenge	Triple Jump	2nd	14.88m 48-10
1/27	Columbia Challenge	Triple Jump	7th	14.64m 48-0.5

ELISHA BROOKS • SR • PHOENIX, ARIZONA

Date	Meet	Event	Finish	Time/Mark
60m (PR: 6.82)				
1/27	Columbia Challenge	60m - P	5th	6.82
1/27	Columbia Challenge	60m - F	6th	6.91
60mH (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 Jump (PR: 1.80m 5-10.75)				
1/14	Gamecock Opener	High Jump	7th	1.80m 5-10.75
Long Jump (PR: 7.10m 23-3.5)				
12/2	Clemson Opener	Long Jump	3rd	7.07m 23-0.25
1/27	Columbia Challenge	Long Jump	6th	7.10m 23-3.5
Pole Vault (PR: 4.25m 13-11.25)				
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
Mile (PR: 4:16.96)				
1/14	Gamecock Opener	Mile	3rd	4:18.42
1/20	Carolina Challenge	Mile	1st	4:16.96
1/28	Columbia Challenge	Mile	11th	4:15.74

RIDGE DOWE • JR • BLUFFTON, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
Weight Throw (PR: 16.50m 54-1.75)				
1/14	Gamecock Opener	Weight Throw	2nd	16.38m 53-9
1/21	Carolina Challenge	Weight Throw	7th	16.50m 54-1.75

FILIP DEMSAR • SR • SLOVENIA

Date	Meet	Event	Finish	Time/Mark
60mH (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
1/27	Columbia Challenge	60mH - P	2nd	7.85
1/27	Columbia Challenge	60mH - F	2nd	7.76

ANASS ESSAYI • SO • MOROCCO

Date	Meet	Event	Finish	Time/Mark
3000m (PR: 7:41.93)				
1/28	Columbia Challenge	3000m	1st	7:41.93

EMORY FLOYD • FR • MARIETTA, GEORGIA

Date	Meet	Event	Finish	Time/Mark
60m (PR: 7.04)				
1/27	Columbia Challenge	60m - P	22nd	7.04

KOBE FRANKLIN • RSR • WOODBRIDGE, VIRGINIA

Date	Meet	Event	Finish	Time/Mark
High Jump (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
1/28	Columbia Challenge	High Jump	5th	2.05m 6-8.75

ALEX GALBRAITH • JR • CINCINNATI, OHIO

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
60m (PR: 6.75)				
1/27	Columbia Challenge	60m - P	6th	6.85
1/27	Columbia Challenge	60m - F	2nd	6.77
200m (PR: 20.89)				
1/21	Carolina Challenge	200m	2nd	21.23
1/28	Columbia Challenge	200m	2nd	21.31
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
1/28	Columbia Challenge	800m	9th	1:53.51
1000m (PR: 2:27.54)				
12/2	Clemson Opener	1000m	2nd	2:27.54
Mile (PR: 4:18.21)				
1/14	Gamecock Opener	Mile	2nd	4:18.21

PRESCOTT JEFFERSON • SO • COLUMBIA, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
60m (PR: 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
1/27	Columbia Challenge	60m - P	30th	7.27
200m (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
1/28	Columbia Challenge	400m	9th	49.09

GATLIN LAWSON • SR • LUGOFF, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
60m (PR: 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 Vault (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

UPDATED 1/30/23

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



CAROLINA TRACK & FIELD

2023 INDOOR PROGRESSIONS - MEN

JAKE MANGIONE • SO • LEXINGTON, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
600m (PR: 1:21.81)				
12/2	Clemson Opener	600m	8th	1:21.81
800m (PR: 1:55.26)				
1/14	Gamecock Opener	800m	5th	1:57.86
1/20	Carolina Challenge	800m	4th	1:55.26

JACKSON MARSEILLE • JR • FORT LAUDERDALE, FLORIDA

Date	Meet	Event	Finish	Time/Mark
High Jump (PR: 2.15m 7-0.5)				
1/28	Columbia Challenge	High Jump	--	NH

ETHAN MATHIS • SO • CHAPEL HILL, NORTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
800m (PR: 1:58.04)				
1/20	Carolina Challenge	800m	13th	1:58.04

DILLON McCARTHY • JR • MOUNT PLEASANT, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
Pole Vault (PR: 5.05m 16-6.75)				
12/2	Clemson Opener	Pole Vault	2nd	4.65m 15-3
1/14	Gamecock Opener	Pole Vault	1st	4.90m 16-0.75
1/21	Carolina Challenge	Pole Vault	1st	5.05m 16-6.75
1/27	Columbia Challenge	Pole Vault	2nd	5.05m 16-6.75

JACK MENSCH • SR • IRMO, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
800m (PR: 1:52.94)				
1/20	Carolina Challenge	800m	1st	1:53.05
1/28	Columbia Challenge	800m	11th	1:53.84
1000m (PR: 2:28.61)				
12/2	Clemson Opener	1000m	3rd	2:28.61
Mile (PR: 4:29.50)				
1/14	Gamecock Opener	Mile	8th	4:29.50

EVAN MILLER • R-SR • ZEPHYRHILLS, FLORIDA

Date	Meet	Event	Finish	Time/Mark
200m (PR: 20.71)				
1/21	Carolina Challenge	200m	1st	20.76
300m (PR: 32.54)				
12/2	Clemson Opener	300m	2nd	32.54
400m (PR: 45.91)				
1/14	Gamecock Opener	400m	1st	45.91

KYLE REERS • JR • FRENCHTOWN, NEW JERSEY

Date	Meet	Event	Finish	Time/Mark
800m (PR: 1:54.62)				
1/20	Carolina Challenge	800m	7th	1:56.49

E.J. RICHARDSON • SR • HAMPTON, VIRGINIA

Date	Meet	Event	Finish	Time/Mark
400m (PR: 47.22)				
12/2	Clemson Opener	400m	7th	49.74
1/14	Gamecock Opener	400m	2nd	48.29
1/20	Carolina Challenge	400m	1st	48.57
1/28	Columbia Challenge	400m	4th	48.50

WILLIAM SPENCER, JR. • SR • HENRICO, VIRGINIA

Date	Meet	Event	Finish	Time/Mark
300m (PR: 33.78)				
12/2	Clemson Opener	300m	3rd	33.78
400m (PR: 46.70)				
1/21	Carolina Challenge	400m	2nd	46.70
1/28	Columbia Challenge	400m	3rd	47.82
800m (PR: 1:53.51)				
1/14	Gamecock Opener	800m	1st	1:53.51

DYLAN TARGGART • JR • COLDWATER, MICHIGAN

Date	Meet	Event	Finish	Time/Mark
Shot Put (PR: 19.25m 63-2)				
1/14	Gamecock Opener	Shot Put	1st	18.88m 61-11.5
1/21	Carolina Challenge	Shot Put	1st	19.25m 63-2
1/27	Columbia Challenge	Shot Put	2nd	18.94m 62-1.75

JONATHAN TOGAMI • JR • MOUNT PLEASANT, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
Pole Vault (PR: 4.71m 15-5.5)				
12/2	Clemson Opener	Pole Vault	4th	4.50m 14-9
1/21	Carolina Challenge	Pole Vault	--	NH

JAYSON WARD • FR • MIDLOTHIAN, VIRGINIA

Date	Meet	Event	Finish	Time/Mark
200m (PR: 22.00)				
1/21	Carolina Challenge	200m	6th	22.00
400m (PR: 48.19)				
12/2	Clemson Opener	400m	1st	48.19
1/14	Gamecock Opener	400m	4th	48.49
1/28	Columbia Challenge	400m	7th	48.90

HENRY WOOD • SO • CHARLESTON, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
3000m (PR: 8:50.67)				
12/2	Clemson Opener	3000m	16th	9:06.91
1/20	Carolina Challenge	3000m	4th	8:50.67

WILLIAM WRIGHT • FR • ANDERSON, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
800m (PR: 1:53.40)				
1/14	Gamecock Opener	800m	2nd	1:54.10
1/21	Carolina Challenge	800m	8th	1:53.40
1/28	Columbia Challenge	800m	10th	1:53.56
1000m (PR: 2:31.21)				
12/2	Clemson Opener	1000m	5th	2:31.21

DISTANCE MEDLEY RELAY

Date	Meet	Team	Finish	Time
1/14	Gamecock Opener	Galbraith, Mangione Reers, Wood	1st	10:24.83
1/14	Gamecock Opener	Hatton, Mathis Wright, Luke	3rd	10:25.85
1/21	Carolina Challenge	Luke, Mathis Mangione, Dawson	1st	10:22.44
1/21	Carolina Challenge	Galbraith, Hatton Reers, Wood	2nd	10:31.05
1/27	Columbia Challenge	Hatton, Wright Mensch, Galbraith	6th	10:21.69

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
1/14	Gamecock Opener	Junkins, Spencer, Jr. Ward, Richardson	1st	3:09.71
1/21	Carolina Challenge	Miller, Spencer Richardson, Junkins	2nd	3:08.74
1/28	Columbia Challenge	Ward, Spencer Junkins, Richardson	2nd	3:11.54

* 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
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
1/27	Columbia Challenge	Jayla Jamison	7.46 - P
1/27	Columbia Challenge	Jayla Jamison	7.47 - F

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

Date	Meet	Athlete	Mark
1/21	Carolina Challenge	Jayla Jamison	23.39
1/28	Columbia Challenge	Jayla Jamison	23.47
1/21	Carolina Challenge	Angel Frank	23.81
1/21	Carolina Challenge	Aalliyah Francis	23.99
1/21	Carolina Challenge	Anastasia Sumpter	24.72

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
1/21	Carolina Challenge	Alysia Johnson	54.43
1/28	Columbia Challenge	Jahnile Registre	54.49
1/14	Gamecock Opener	Elena Kelety	54.61

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
1/21	Carolina Challenge	Grace Zamrowski	2:09.83
1/21	Carolina Challenge	Kieleigh Gayle	2:10.67
1/21	Carolina Challenge	Alex Costantino	2:11.61
1/21	Carolina Challenge	Jahnile Registre	2:11.82
12/2	Clemson Opener	Jahnile Registre	2:13.03

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
1/28	Columbia Challenge	Alex Costantino	4:55.70
1/14	Gamecock Opener	Grace Zamrowski	4:58.00
1/28	Columbia Challenge	Emily Pierontoni	4:59.53
1/21	Carolina Challenge	Emily Pierontoni	5:00.46

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

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
1/27	Columbia Challenge	Ella Zeigler	17:22.10
1/27	Columbia Challenge	Anna Boyd	17:27.14
1/27	Columbia Challenge	Hayden Withers	17:46.01
1/27	Columbia Challenge	Gabriella Gait-Smith	18:36.15
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
1/27	Columbia Challenge	Costantino, Kelety Gayle, Zamrowski	11:42.88
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)

Date	Meet	Athletes	Mark
1/21	Carolina Challenge	Jamison, Frank Johnson, Registre	3:32.40
1/28	Columbia Challenge	Jamison, Johnson Kelety, Registre	3:37.25
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

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

Date	Meet	Athlete	Mark
1/20	Carolina Challenge	Emma Stone	3.70m 12-1.5
12/2	Clemson Opener	Mia Joseph	3.50m 11-5.75
12/2	Clemson Opener	Rachel Valentine	3.50m 11-5.75
1/20	Carolina Challenge	Rachel Valentine	3.40m 11-1.75
1/14	Gamecock Opener	Rachel Valentine	3.40m 11-1.75
1/14	Gamecock Opener	Mia Joseph	3.40m 11-1.75

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 Sipsey	5.67m 18-7.25
12/2	Clemson Opener	Shaienne Sipsey	5.45m 17-10.75

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

Date	Meet	Athlete	Mark

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

Date	Meet	Athlete	Mark
1/27	Columbia Challenge	KD Young	16.03m 52-7.25
1/21	Carolina Challenge	KD Young	15.74m 51-7.5
1/14	Gamecock Opener	KD Young	15.67m 51-5

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

Date	Meet	Athlete	Mark
1/14	Gamecock Opener	Kayla Racine	19.36m 63-6.25
1/28	Columbia Challenge	KD Young	19.25m 63-2
1/28	Columbia Challenge	Kayla Racine	18.26m 59-11
1/21	Carolina Challenge	KD Young	18.26m 59-11
1/14	Gamecock Opener	KD Young	17.15m 56-3.25

PENTATHLON (Record: 4133, Chelsea Hammond, 2004)

Date	Meet	Athlete	Mark

P - Preliminary Round

S - Semifinal Round

F - Final Round

UPDATED 1/30/23

* 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
Mile (PR: 5:07.14)				
1/14	Gamecock Opener	Mile	8th	5:07.54
1/21	Carolina Challenge	Mile	7th	5:08.22

ANNA BOYD • FR • ATTLEBORO, MASSACHUSETTS

Date	Meet	Event	Finish	Time/Mark
3000m (PR: 10:15.06)				
1/14	Gamecock Opener	3000m	6th	10:22.36
1/21	Carolina Challenge	3000m	7th	10:15.06
5000m (PR: 17:27.74)				
1/27	Columbia Challenge	5000m	3rd	17:27.74

SYLVIA CHELANGAT • FR • KENYA

Date	Meet	Event	Finish	Time/Mark
400m (PR: 55.75)				
1/28	Columbia Challenge	400m	6th	55.75

ALEX COSTANTINO • SO • NORTH ANDOVER, MASSACHUSETTS

Date	Meet	Event	Finish	Time/Mark
800m (PR: 2:11.61)				
1/21	Carolina Challenge	800m	7th	2:11.61
1000m (PR: 2:52.81)				
12/2	Clemson Opener	1000m	2nd	2:52.81
Mile (PR: 4:53.84)				
1/14	Gamecock Opener	Mile	1st	4:53.84
1/28	Columbia Challenge	Mile	6th	4:55.70

CAMILLE ELLISON • FR • WALTERBORO, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
60m (PR: 8.89)				
1/20	Carolina Challenge	60m - P	72nd	8.89

AALLIYAH FRANCIS • FR • WESTMORELAND, JAMAICA

Date	Meet	Event	Finish	Time/Mark
200m (PR: 23.99)				
1/21	Carolina Challenge	200m	4th	23.99
300m (PR: 36.83)				
12/2	Clemson Opener	300m	1st	36.83

ANGEL FRANK • SR • CHARLESTON, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
60m (PR: 7.54)				
1/27	Columbia Challenge	60m - P	3rd	7.54
1/27	Columbia Challenge	60m - F	7th	7.59
200m (PR: 23.81)				
1/21	Carolina Challenge	200m	3rd	23.81
300m (PR: 38.84)				
12/2	Clemson Opener	300m	3rd	38.84
400m (PR: 53.61)				
1/14	Gamecock Opener	400m	2nd	54.16

GABRIELLA GAIT-SMITH • FR • JOHANNESBURG, SOUTH AFRICA

Date	Meet	Event	Finish	Time/Mark
3000m (PR: 10:18.04)				
1/14	Gamecock Opener	3000m	2nd	10:18.04
1/21	Carolina Challenge	3000m	12th	10:38.83
5000m (PR: 18:36.15)				
1/27	Columbia Challenge	5000m	10th	18:36.15

KIELEY GAYLE • SO • UNION CITY, GEORGIA

Date	Meet	Event	Finish	Time/Mark
800m (PR: 2:10.67)				
12/2	Clemson Opener	800m	3rd	2:13.60
1/14	Gamecock Opener	800m	1st	2:13.15
1/21	Carolina Challenge	800m	5th	2:10.67
1/28	Columbia Challenge	800m	8th	2:13.89

MAKAYLA GRANT • FR • IRMO, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
60m (PR: 7.81)				
1/14	Gamecock Opener	60m - P	10th	7.91
1/20	Carolina Challenge	60m - P	10th	7.81
200m (PR: 25.32)				
1/14	Gamecock Opener	200m	5th	25.45
1/20	Carolina Challenge	200m	12th	25.32

JAYLA JAMISON • SO • WEST COLUMBIA, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
60m (PR: 7.25)				
1/14	Gamecock Opener	60m - P	1st	7.50
1/14	Gamecock Opener	60m - F	1st	7.36
1/20	Carolina Challenge	60m - S	1st	7.29
1/20	Carolina Challenge	60m - F	1st	7.25
1/27	Columbia Challenge	60m - P	1st	7.46
1/27	Columbia Challenge	60m - F	1st	7.47
200m (PR: 23.39)				
1/21	Carolina Challenge	200m	1st	23.39
1/28	Columbia Challenge	200m	1st	23.47

ALYSIA JOHNSON • JR • DURHAM, NORTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
400m (PR: 53.68)				
1/14	Gamecock Opener	400m	4th	55.01
1/21	Carolina Challenge	400m	3rd	54.43
1/28	Columbia Challenge	400m	3rd	54.78

MIA JOSEPH • SO • NORTH AUGUSTA, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
Pole Vault (PR: 3.50m 11-5.75)				
12/2	Clemson Opener	Pole Vault	1st	3.50m 11-5.75
1/14	Gamecock Opener	Pole Vault	6th	3.40m 11-1.75
1/20	Carolina Challenge	Pole Vault	--	NH

MOLLY JOSEPH • SR • AUGUSTA, GEORGIA

Date	Meet	Event	Finish	Time/Mark
3000m (PR: 10:40.51)				
1/14	Gamecock Opener	3000m	10th	10:53.02
5000m (PR: 18:39.36)				
1/20	Carolina Challenge	5000m	1st	18:39.36
1/27	Columbia Challenge	5000m	11th	18:43.76

ELENA KELETY • GR • FRANKFURT, GERMANY

Date	Meet	Event	Finish	Time/Mark
400m (PR: 54.61)				
12/2	Clemson Opener	400m	1st	55.20
1/14	Gamecock Opener	400m	3rd	54.61
1/21	Carolina Challenge	400m	8th	55.65
1/28	Columbia Challenge	400m	4th	55.40

MARIA LOMBARDI • FR • NEWARK, DELAWARE

Date	Meet	Event	Finish	Time/Mark
Mile (PR: 5:34.43)				
1/20	Carolina Challenge	Mile	25th	5:34.43

DEVYN McMICHAEL • SO • SUWANEE, GEORGIA

Date	Meet	Event	Finish	Time/Mark
60m (PR: 7.87)				
12/2	Clemson Opener	60m - P	15th	7.87
1/20	Carolina Challenge	60m - P	19th	7.89
200m (PR: 25.03)				
12/2	Clemson Opener	200m	5th	25.03

SARAH NEVILLE • SO • HILTON HEAD ISLAND, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
Mile (PR: 5:31.42)				
1/20	Carolina Challenge	Mile	10th	5:31.42

JENNA PELLIZZARI • JR • WILMINGTON, NORTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
Mile (PR: 5:18.31)				
1/14	Gamecock Opener	Mile	12th	5:18.31
1/20	Carolina Challenge	Mile	13th	5:18.53

EMILY PIERONTONI • JR • WOOLWICH TOWNSHIP, NEW JERSEY

Date	Meet	Event	Finish	Time/Mark
Mile (PR: 4:59.53)				
1/14	Gamecock Opener	Mile	5th	5:06.58
1/21	Carolina Challenge	Mile	6th	5:00.46
1/28	Columbia Challenge	Mile	15th	4:59.53

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CAROLINA TRACK & FIELD

2023 INDOOR PROGRESSIONS - WOMEN

ISABELLA PISANI • SR • HINSDALE, ILLINOIS

Date	Meet	Event	Finish	Time/Mark
Mile (PR: 5:12.66)				
1/14	Gamecock Opener	Mile	13th	5:18.94
1/20	Carolina Challenge	Mile	18th	5:20.37

KAYLA RACINE • SR • BLYTHEWOOD, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
Weight Throw (PR: 20.08m 65-10.5)				
1/14	Gamecock Opener	Weight Throw	1st	19.36m 63-6.25
1/28	Columbia Challenge	Weight Throw	5th	18.26m 59-11

JAHNILE REGISTRE • SO • ORLANDO, FLORIDA

Date	Meet	Event	Finish	Time/Mark
400m (PR: 53.77)				
1/14	Gamecock Opener	400m	1st	53.77
1/28	Columbia Challenge	400m	1st	54.49
800m (PR: 2:11.82)				
12/2	Clemson Opener	800m	1st	2:13.03
1/21	Carolina Challenge	800m	9th	2:11.82

CAILYN SCHARNECK • SO • WARD HILL, MASSACHUSETTS

Date	Meet	Event	Finish	Time/Mark
Weight Throw (PR: 14.54m 47-8.5)				
1/20	Carolina Challenge	Weight Throw	8th	14.54m 47-8.5

SHAIANNE SIPSEY • SR • BONAIRE, GEORGIA

Date	Meet	Event	Finish	Time/Mark
60m (PR: 7.80)				
12/2	Clemson Opener	60m - P	13th	7.80
200m (PR: 24.56)				
1/14	Gamecock Opener	200m	11th	25.92
Long Jump (PR: 5.67m 18-7.25)				
12/2	Clemson Opener	Long Jump	7th	5.45m 17-10.75
1/14	Gamecock Opener	Long Jump	5th	5.67m 18-7.25

EMILY SMITH • SR • LIMERICK, PENNSYLVANIA

Date	Meet	Event	Finish	Time/Mark
Mile (PR: 5:08.46)				
1/14	Gamecock Opener	Mile	9th	5:09.95
1/20	Carolina Challenge	Mile	2nd	5:08.46

SVENJA SOMMER • JR • FRANKFURT, GERMANY

Date	Meet	Event	Finish	Time/Mark
800m (PR: 2:15.41)				
1/21	Carolina Challenge	800m	12th	2:15.41
Mile (PR: 5:03.24)				
1/14	Gamecock Opener	Mile	4th	5:03.76
1/28	Columbia Challenge	Mile	21st	5:03.24

EMMA STONE • SO • WAXHAW, NORTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
Pole Vault (PR: 3.70m 12-1.5)				
12/2	Clemson Opener	Pole Vault	--	NH
1/14	Gamecock Opener	Pole Vault	--	NH
1/20	Carolina Challenge	Pole Vault	1st	3.70m 12-1.5
1/28	Columbia Challenge	Pole Vault	--	NH

ANASTASIA SUMPTER • JR • CAMDEN, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
60m (PR: 7.50)				
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
1/20	Carolina Challenge	60m - S	7th	7.51
1/20	Carolina Challenge	60m - F	4th	7.50
1/27	Columbia Challenge	60m - P	10th	7.65
200m (PR: 24.72)				
12/2	Clemson Opener	200m	4th	24.76
1/21	Carolina Challenge	200m	13th	24.72
1/28	Columbia Challenge	200m	29th	25.80

RACHEL VALENTINE • SO • MARIETTA, GEORGIA

Date	Meet	Event	Finish	Time/Mark
Pole Vault (PR: 3.80m 12-5.5)				
12/2	Clemson Opener	Pole Vault	3rd	3.50m 11-5.75
1/14	Gamecock Opener	Pole Vault	4th	3.40m 11-1.75
1/20	Carolina Challenge	Pole Vault	4th	3.40m 11-1.75

DANIELLE VARRASSO • FR • GRANVILLE, OHIO

Date	Meet	Event	Finish	Time/Mark
60mH (PR: 9.32)				
12/2	Clemson Opener	60mH - P	8th	9.32
12/2	Clemson Opener	60mH - F	6th	9.37
1/20	Carolina Challenge	60mH - P	13th	9.38

ALLY WILSON • SO • CENTRAL, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
Mile (PR: 5:13.78)				
1/20	Carolina Challenge	Mile	6th	5:13.78

HAYDEN WITHERS • FR • CINCINNATI, OHIO

Date	Meet	Event	Finish	Time/Mark
3000m (PR: 10:23.00)				
1/21	Carolina Challenge	3000m	11th	10:23.00
5000m (PR: 17:46.01)				
1/27	Columbia Challenge	5000m	5th	17:46.01

KD YOUNG • 6TH • DECATUR, ILLINOIS

Date	Meet	Event	Finish	Time/Mark
Shot Put (PR: 16.08m 52-9.25)				
1/14	Gamecock Opener	Shot Put	1st	15.67m 51-5
1/21	Carolina Challenge	Shot Put	1st	15.74m 51-7.5
1/27	Columbia Challenge	Shot Put	1st	16.03m 52-7.25
Weight Throw (PR: 19.25m 63-2)				
1/14	Gamecock Opener	Weight Throw	3rd	17.15m 56-3.25
1/21	Carolina Challenge	Weight Throw	3rd	18.26m 59-11
1/28	Columbia Challenge	Weight Throw	2nd	19.25m 63-2

GRACE ZAMROWSKI • SO • GARNET VALLEY, PENNSYLVANIA

Date	Meet	Event	Finish	Time/Mark
800m (PR: 2:09.83)				
1/21	Carolina Challenge	800m	4th	2:09.83
1/28	Columbia Challenge	800m	13th	2:16.04
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
5000m (PR: 17:22.10)				
1/27	Columbia Challenge	5000m	2nd	17:22.10

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 Pisan, Pellizzari	2nd	12:25.23
1/21	Carolina Challenge	Pierontoni, Sommer Wilson, Bowers	3rd	12:31.60
1/27	Columbia Challenge	Costantino, Kelety Gayle, Zamrowski	2nd	11:42.88

UPDATED 1/30/23

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CAROLINA TRACK & FIELD

2023 INDOOR PROGRESSIONS - WOMEN

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
1/21	Carolina Challenge	Jamison, Frank Johnson, Registre	1st	3:32.40
1/28	Columbia Challenge	Jamison, Johnson Kelety, Registre	1st	3:37.25