



# 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
2/10	Tiger Paw Invite	Elisha Brooks	6.78 - P
1/27	Columbia Challenge	Elisha Brooks	6.82 - P
1/27	Columbia Challenge	Anthony Greenhow, Jr.	6.85 - F
2/17	USC Indoor Open	Emory Floyd	6.89 - P
2/10	Tiger Paw Invite	Emory Floyd	6.89 - P

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

Date	Meet	Athlete	Mark
2/11	Tiger Paw Invite	Evan Miller	20.75
1/21	Carolina Challenge	Evan Miller	20.76
2/4	South Carolina Invitational	Evan Miller	20.91
2/17	USC Indoor Open	Evan Miller	20.95
2/24	SEC Indoor Championship	Evan Miller	21.11 - P

### 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
3/10	NCAA Indoor Championship	Evan Miller	46.06 - P
1/21	Carolina Challenge	William Spencer, Jr.	46.70
2/10	Tiger Paw Invite	William Spencer, Jr.	46.89
2/17	USC Indoor Open	William Spencer, Jr.	47.38

### 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
2/17	USC Indoor Open	Jack Mensch	1:49.70
2/24	SEC Indoor Championship	Jack Mensch	1:50.31 - P
1/21	Carolina Challenge	Aidan Hatton	1:50.56
2/11	Tiger Paw Invite	Jack Mensch	1:50.82
2/11	Tiger Paw Invite	Aidan Hatton	1:50.91

### 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
2/17	USC Indoor Open	George Luke	2:29.59
12/2	Clemson Opener	William Wright	2:31.21

### MILE RUN (Record: 3:50.46, Anass Essayi, 2023)

Date	Meet	Athlete	Mark
2/11	David Hemery Valentine Invite	Anass Essayi	3:50.46
2/25	SEC Indoor Championship	Anass Essayi	4:01.20 - F
2/24	SEC Indoor Championship	Anass Essayi	4:02.93 - P
3/11	NCAA Indoor Championship	Anass Essayi	4:03.61 - F
3/10	NCAA Indoor Championship	Anass Essayi	4:09.59 - P

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

Date	Meet	Athlete	Mark
1/28	Columbia Challenge	Anass Essayi	7:41.93
2/25	SEC Indoor Championship	Anass Essayi	7:53.73
1/21	Carolina Challenge	Rogerio Amaral	8:02.55
2/25	SEC Indoor Championship	Rogerio Amaral	8:04.04
2/11	Tiger Paw Invite	Rogerio Amaral	8:05.99

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

Date	Meet	Athlete	Mark
1/27	Columbia Challenge	Rogerio Amaral	13:58.05
2/24	SEC Indoor Championship	Rogerio Amaral	14:19.11

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

Date	Meet	Athlete	Mark
2/10	Tiger Paw Invite	Filip Demsar	7.70 - F
2/25	SEC Indoor Championship	Filip Demsar	7.71 - F
2/24	SEC Indoor Championship	Filip Demsar	7.71 - P
2/10	Tiger Paw Invite	Filip Demsar	7.75 - S
2/3	South Carolina Invitational	Filip Demsar	7.76 - F
1/27	Columbia Challenge	Filip Demsar	7.76 - F

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

Date	Meet	Athletes	Mark
2/4	South Carolina Invitational	Mensch, Mangione Reers, Luke	10:07.43
2/24	SEC Indoor Championship	Mensch, Junkins Hatton, Luke	10:17.91
1/27	Columbia Challenge	Hatton, Wright Mensch, Galbraith	10:21.69
1/21	Carolina Challenge	Luke, Mathis Mangione, Dawson	10:22.44
1/14	Gamecock Opener	Galbraith, Mangione Reers, Wood	10:24.83

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

Date	Meet	Athletes	Mark
2/11	Tiger Paw Invite	Spencer, Richardson Miller, Junkins	3:08.46
1/21	Carolina Challenge	Miller, Spencer Richardson, Junkins	3:08.74
1/14	Gamecock Opener	Junkins, Spencer, Jr. Ward, Richardson	3:09.71
2/4	South Carolina Invitational	Spencer, Richardson Ward, Junkins	3:09.98
1/28	Columbia Challenge	Ward, Spencer Junkins, Richardson	3:11.54

### 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
2/11	Tiger Paw Invite	Dillon McCarthy	4.97m   16-3.5
2/4	South Carolina Invitational	Dillon McCarthy	4.97m   16-3.5
1/14	Gamecock Opener	Dillon McCarthy	4.90m   16-0.75

### 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
2/25	SEC Indoor Championship	Kobe Franklin	2.10m   6-10.75
1/21	Carolina Challenge	Kobe Franklin	2.10m   6-10.75
1/28	Columbia Challenge	Kobe Franklin	2.05m   6-8.75
2/4	South Carolina Invitational	Kobe Franklin	2.03m   6-8

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

Date	Meet	Athlete	Mark
2/10	Tiger Paw Invite	Blair Brooks	7.33m   24-0.75
1/21	Carolina Challenge	Blair Brooks	7.33m   24-0.75
2/24	SEC Indoor Championship	Blair Brooks	7.30m   23-11.5
1/14	Gamecock Opener	Blair Brooks	7.26m   23-10
12/2	Clemson Opener	Blair Brooks	7.26m   23-10

### 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
2/11	Tiger Paw Invite	Blair Brooks	14.84m   48-8.25
1/27	Columbia Challenge	Blair Brooks	14.64m   48-0.5
2/17	USC Indoor Open	Blair Brooks	14.63m   48-0
2/25	SEC Indoor Championship	Blair Brooks	14.38m   47-2.25

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

Date	Meet	Athlete	Mark
2/11	Tiger Paw Invite	Dylan Targgart	19.26m   63-2.25
1/21	Carolina Challenge	Dylan Targgart	19.25m   63-2
2/4	South Carolina Invitational	Dylan Targgart	19.23m   63-1.25
1/27	Columbia Challenge	Dylan Targgart	18.94m   62-1.75
1/14	Gamecock Opener	Dylan Targgart	18.88m   61-11.5

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



# CAROLINA TRACK & FIELD

## 2023 TOP-FIVE MARKS - MEN

### 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
2/17	USC Indoor Open	Ridge Dowe	16.41m   53-10.25
1/14	Gamecock Opener	Ridge Dowe	16.38m   53-9
2/3	South Carolina Invitational	Ridge Dowe	15.09m   49-6.25

### 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*



# CAROLINA TRACK & FIELD

## 2023 INDOOR PROGRESSIONS - MEN

### ROGERIO AMARAL • SO • COIMBRA, PORTUGAL

Date	Meet	Event	Finish	Time/Mark
<b>3000m (PR: 8:02.55)</b>				
1/21	Carolina Challenge	3000m	1st	8:02.55
2/11	Tiger Paw Invite	3000m	1st	8:05.99
2/25	SEC Indoor Championship	3000m	8th	8:04.04
<b>5000m (PR: 13:58.05)</b>				
1/27	Columbia Challenge	5000m	1st	13:58.05
2/24	SEC Indoor Championship	5000m	6th	14:19.11

### DJ BLACK • FR • INMAN, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
<b>60m (PR: 6.91)</b>				
2/3	South Carolina Invitational	60m - P	20th	7.03
2/17	USC Indoor Open	60m - P	7th	6.94
2/17	USC Indoor Open	60m - F	7th	6.91
<b>Long Jump (PR: 7.07m   23-2.5)</b>				
2/3	South Carolina Invitational	Long Jump	7th	6.92m   22-8.5
2/10	Tiger Paw Invite	Long Jump	25th	7.07m   23-2.5
2/17	USC Indoor Open	Long Jump	6th	6.80m   22-3.75
2/24	SEC Indoor Championship	Long Jump	--	NM

### 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
1/21	Carolina Challenge	Long Jump	4th	7.33m   24-0.75
1/27	Columbia Challenge	Long Jump	5th	7.24m   23-9
2/10	Tiger Paw Invite	Long Jump	12th	7.33m   24-0.75
<b>Triple Jump (PR: 14.88m   48-10)</b>				
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
2/11	Tiger Paw Invite	Triple Jump	12th	14.84m   48-8.25
2/17	USC Indoor Open	Triple Jump	7th	14.63m   48-0
2/25	SEC Indoor Championship	Triple Jump	14th	14.38m   47-2.25

### ELISHA BROOKS • SR • PHOENIX, ARIZONA

Date	Meet	Event	Finish	Time/Mark
<b>60m (PR: 6.78)</b>				
1/27	Columbia Challenge	60m - P	5th	6.82
1/27	Columbia Challenge	60m - F	6th	6.91
2/10	Tiger Paw Invite	60m - P	26th	6.78
<b>60mH (PR: 8.02)</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
2/3	South Carolina Invitational	60mH - S	8th	8.02
2/3	South Carolina Invitational	60mH - F	7th	8.08
<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
1/27	Columbia Challenge	Long Jump	6th	7.10m   23-3.5
2/10	Tiger Paw Invite	Long Jump	40th	5.69m   18-8
2/24	SEC Indoor Championship	Long Jump	17th	7.30m   23-11.5
<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>800m (PR: 1:53.06)</b>				
2/4	South Carolina Invitational	800m	8th	1:53.06
2/11	Tiger Paw Invite	800m	--	DNF
<b>Mile (PR: 4:12.16)</b>				
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
2/10	Tiger Paw Invite	Mile	11th	4:12.16

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

Date	Meet	Event	Finish	Time/Mark
<b>Weight Throw (PR: 16.50m   54-1.75)</b>				
1/14	Gamecock Opener	Weight Throw	2nd	16.38m   53-9
1/21	Carolina Challenge	Weight Throw	7th	16.50m   54-1.75
2/3	South Carolina Invitational	Weight Throw	6th	15.09m   49-6.25
2/17	USC Indoor Open	Weight Throw	4th	16.41m   53-10.25

### FILIP DEMSAR • SR • SLOVENIA

Date	Meet	Event	Finish	Time/Mark
<b>60mH (PR: 7.70)</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
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
2/3	South Carolina Invitational	60mH - S	1st	7.87
2/3	South Carolina Invitational	60mH - F	2nd	7.76
2/10	Tiger Paw Invite	60mH - P	8th	7.79
2/10	Tiger Paw Invite	60mH - S	8th	7.75
2/10	Tiger Paw Invite	60mH - F	5th	7.70
2/17	USC Indoor Open	60mH - P	2nd	7.92
2/17	USC Indoor Open	60mH - F	1st	7.78
2/24	SEC Indoor Championship	60mH - P	4th	7.71
2/25	SEC Indoor Championship	60mH - F	1st	7.71

### ANASS ESSAYI • SO • MOROCCO

Date	Meet	Event	Finish	Time/Mark
<b>Mile (PR: 3:50.46)</b>				
2/11	David Hemery Invite	Mile	2nd	3:50.46
2/24	SEC Indoor Championship	Mile - P	1st	4:02.93
2/25	SEC Indoor Championship	Mile - F	1st	4:01.20
3/10	NCAA Indoor Championship	Mile - P	11th	4:09.59
3/11	NCAA Indoor Championship	Mile - F	3rd	4:03.61
<b>3000m (PR: 7:41.93)</b>				
1/28	Columbia Challenge	3000m	1st	7:41.93
2/25	SEC Indoor Championship	3000m	3rd	7:53.73

### EMORY FLOYD • FR • MARIETTA, GEORGIA

Date	Meet	Event	Finish	Time/Mark
<b>60m (PR: 6.89)</b>				
1/27	Columbia Challenge	60m - P	22nd	7.04
2/3	South Carolina Invitational	60m - P	10th	6.95
2/3	South Carolina Invitational	60m - S	19th	6.97
2/10	Tiger Paw Invite	60m - P	39th	6.89
2/17	USC Indoor Open	60m - P	5th	6.90
2/17	USC Indoor Open	60m - F	5th	6.89
2/24	SEC Indoor Championship	60m - P	20th	6.91

### 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
2/25	SEC Indoor Championship	High Jump	7th	2.10m   6-10.75
1/21	Carolina Challenge	High Jump	3rd	2.10m   6-10.75
1/28	Columbia Challenge	High Jump	5th	2.05m   6-8.75
2/4	South Carolina Invitational	High Jump	2nd	2.03m   6-8
2/11	Tiger Paw Invite	High Jump	--	NH
2/17	USC Indoor Open	High Jump	2nd	2.00m   6-6.75

### ALEX GALBRAITH • JR • CINCINNATI, OHIO

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

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

Date	Meet	Event	Finish	Time/Mark
<b>60m (PR: 6.75)</b>				
1/27	Columbia Challenge	60m - P	6th	6.85
1/27	Columbia Challenge	60m - F	2nd	6.77
<b>200m (PR: 20.89)</b>				
1/21	Carolina Challenge	200m	2nd	21.23
1/28	Columbia Challenge	200m	2nd	21.31
<b>400m (PR: 48.46)</b>				
1/14	Gamecock Opener	400m	3rd	48.46

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



# CAROLINA TRACK & FIELD

## 2023 INDOOR PROGRESSIONS - MEN

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

Date	Meet	Event	Finish	Time/Mark
<b>800m (PR: 1:50.56)</b>				
1/21	Carolina Challenge	800m	3rd	1:50.56
1/28	Columbia Challenge	800m	9th	1:53.51
2/4	South Carolina Invitational	800m	2nd	1:51.04
2/11	Tiger Paw Invite	800m	11th	1:50.91
2/17	USC Indoor Open	800m	2nd	1:51.38
2/24	SEC Indoor Championship	800m - P	24th	1:56.30
<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
1/27	Columbia Challenge	60m - P	30th	7.27
2/3	South Carolina Invitational	60m - P	26th	7.08
2/17	USC Indoor Open	60m - P	17th	7.04
<b>200m (PR: 21.95)</b>				
12/2	Clemson Opener	200m	3rd	21.95
2/4	South Carolina Invitational	200m	55th	23.05
2/17	USC Indoor Open	200m	27th	22.77

### 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
<b>400m (PR: 47.39)</b>				
1/21	Carolina Challenge	400m	4th	48.40
1/28	Columbia Challenge	400m	9th	49.09
2/3	South Carolina Invitational	400m	10th	48.65
2/10	Tiger Paw Invite	400m	77th	49.96

### 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
1/20	Carolina Challenge	60m - P	7th	6.97
1/20	Carolina Challenge	60m - S	17th	7.06
2/17	USC Indoor Open	60m - P	27th	7.11
<b>200m (PR: 22.01)</b>				
1/14	Gamecock Opener	200m	8th	22.35
2/17	USC Indoor Open	200m	16th	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
1/21	Carolina Challenge	Pole Vault	--	NH
2/17	USC Indoor Open	Pole Vault	2nd	4.85m   15-11
2/24	SEC Indoor Championship	Pole Vault	--	NH

### GEORGE LUKE • SO • CLINTON, CONNECTICUT

Date	Meet	Event	Finish	Time/Mark
<b>800m (PR: 1:55.45)</b>				
2/11	Tiger Paw Invite	800m	34th	1:57.89
<b>1000m (PR: 2:29.59)</b>				
2/17	USC Indoor Open	1000m	1st	2:29.59
<b>Mile (PR: 4:11.71)</b>				
1/14	Gamecock Opener	Mile	4th	4:22.85
1/20	Carolina Challenge	Mile	4th	4:21.94
2/3	South Carolina Invitational	Mile	24th	4:17.43
2/10	Tiger Paw Invite	Mile	8th	4:11.71

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

Date	Meet	Event	Finish	Time/Mark
<b>400m (PR: 50.64)</b>				
2/3	South Carolina Invitational	400m	31st	50.64
<b>600m (PR: 1:21.81)</b>				
12/2	Clemson Opener	600m	8th	1:21.81
<b>800m (PR: 1:55.26)</b>				
1/14	Gamecock Opener	800m	5th	1:57.86
1/20	Carolina Challenge	800m	4th	1:55.26
2/17	USC Indoor Open	800m	8th	1:55.28

### JACKSON MARSEILLE • JR • FORT LAUDERDALE, FLORIDA

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

### ETHAN MATHIS • SO • CHAPEL HILL, NORTH CAROLINA

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

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

Date	Meet	Event	Finish	Time/Mark
<b>Pole Vault (PR: 5.05m   16-6.75)</b>				
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
2/4	South Carolina Invitational	Pole Vault	5th	4.97m   16-3.5
2/11	Tiger Paw Invite	Pole Vault	3rd	4.97m   16-3.5

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

Date	Meet	Event	Finish	Time/Mark
<b>800m (PR: 1:49.70)</b>				
1/20	Carolina Challenge	800m	1st	1:53.05
1/28	Columbia Challenge	800m	11th	1:53.84
2/11	Tiger Paw Invite	800m	10th	1:50.82
2/17	USC Indoor Open	800m	1st	1:49.70
2/24	SEC Indoor Championship	800m - P	13th	1:50.31
<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>200m (PR: 20.71)</b>				
1/21	Carolina Challenge	200m	1st	20.76
2/4	South Carolina Invitational	200m	1st	20.91
2/11	Tiger Paw Invite	200m	9th	20.75
2/17	USC Indoor Open	200m	1st	20.95
2/24	SEC Indoor Championship	200m - P	15th	21.11
<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
3/10	NCAA Indoor Championship	400m - P	13th	46.06

### KYLE REERS • JR • FRENCHTOWN, NEW JERSEY

Date	Meet	Event	Finish	Time/Mark
<b>800m (PR: 1:54.62)</b>				
1/20	Carolina Challenge	800m	7th	1:56.49
2/17	USC Indoor Open	800m	11th	1:55.97

### 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
1/20	Carolina Challenge	400m	1st	48.57
1/28	Columbia Challenge	400m	4th	48.50
2/3	South Carolina Invitational	400m	11th	48.76
2/10	Tiger Paw Invite	400m	49th	48.39
2/17	USC Indoor Open	400m	3rd	48.37
2/24	SEC Indoor Championship	400m - P	30th	48.40



# CAROLINA TRACK & FIELD

## 2023 INDOOR PROGRESSIONS - MEN

### 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>400m (PR: 46.70)</b>				
1/21	Carolina Challenge	400m	2nd	46.70
1/28	Columbia Challenge	400m	3rd	47.82
2/10	Tiger Paw Invite	400m	23rd	46.89
2/17	USC Indoor Open	400m	1st	47.38
2/24	SEC Indoor Championship	400m - P	23rd	47.40
<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: 19.26m   63-2.25)</b>				
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
2/4	South Carolina Invitational	Shot Put	1st	19.23m   63-1.25
2/11	Tiger Paw Invite	Shot Put	3rd	19.26m   63-2.25
2/17	USC Indoor Open	Shot Put	1st	18.73m   61-5.5
2/25	SEC Indoor Championship	Shot Put	8th	18.62m   61-1.25

### 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
1/21	Carolina Challenge	Pole Vault	--	NH
2/4	South Carolina Invitational	Pole Vault	--	NH
2/11	Tiger Paw Invite	Pole Vault	10th	4.52m   14-10
2/17	USC Indoor Open	Pole Vault	--	NH
2/24	SEC Indoor Championship	Pole Vault	--	NH

### JAYSON WARD • FR • MIDLOTHIAN, VIRGINIA

Date	Meet	Event	Finish	Time/Mark
<b>200m (PR: 22.00)</b>				
1/21	Carolina Challenge	200m	6th	22.00
<b>400m (PR: 48.19)</b>				
12/2	Clemson Opener	400m	1st	48.19
1/14	Gamecock Opener	400m	4th	48.49
1/28	Columbia Challenge	400m	7th	48.90
2/3	South Carolina Invitational	400m	5th	48.42

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

Date	Meet	Event	Finish	Time/Mark
<b>Mile (PR: 4:23.71)</b>				
2/3	South Carolina Invitational	Mile	32nd	4:23.71
<b>3000m (PR: 8:44.17)</b>				
12/2	Clemson Opener	3000m	16th	9:06.91
1/20	Carolina Challenge	3000m	4th	8:50.67
2/17	USC Indoor Open	3000m	6th	8:44.17

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

Date	Meet	Event	Finish	Time/Mark
<b>800m (PR: 1:51.41)</b>				
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
2/4	South Carolina Invitational	800m	6th	1:52.53
2/11	Tiger Paw Invite	800m	14th	1:51.41
2/17	USC Indoor Open	800m	6th	1:54.41
<b>1000m (PR: 2:31.21)</b>				
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
2/4	South Carolina Invitational	Mensch, Mangione Reers, Luke	5th	10:07.43
2/4	South Carolina Invitational	Hatton, Wright Dawson, Wood	8th	10:36.50
2/24	SEC Indoor Championship	Mensch, Junkins Hatton, Luke	11th	10:17.91

### 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
2/4	South Carolina Invitational	Spencer, Richardson Ward, Junkins	3rd	3:09.98

\* 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
2/10	Tiger Paw Invite	Jayla Jamison	7.23 - S
2/17	USC Indoor Open	Jayla Jamison	7.25 - F
1/20	Carolina Challenge	Jayla Jamison	7.25 - F
2/3	South Carolina Invitational	Jayla Jamison	7.26 - F
3/10	NCAA Indoor Championship	Jayla Jamison	7.27 - P

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

Date	Meet	Athlete	Mark
2/11	Tiger Paw Invite	Jayla Jamison	23.05
3/10	NCAA Indoor Championship	Jayla Jamison	23.13 - P
2/24	SEC Indoor Championship	Jayla Jamison	23.16 - P
1/21	Carolina Challenge	Jayla Jamison	23.39
1/28	Columbia Challenge	Jayla Jamison	23.47

### 300-METER DASH

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

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

Date	Meet	Athlete	Mark
2/24	SEC Indoor Championship	Jahnile Registre	53.23 - P
2/10	Tiger Paw Invite	Jahnile Registre	53.26
1/14	Gamecock Opener	Jahnile Registre	53.77
2/24	SEC Indoor Championship	Angel Frank	53.78 - P
2/17	USC Indoor Open	Angel Frank	54.01

### 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
2/4	South Carolina Invitational	Silan Ayyildiz	2:06.41
2/11	Tiger Paw Invite	Sylvia Chelangat	2:07.26
2/24	SEC Indoor Championship	Elena Kelety	2:07.43 - P
2/4	South Carolina Invitational	Sylvia Chelangat	2:07.66
2/11	Tiger Paw Invite	Elena Kelety	2:08.08

### 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: 4:32.14, Silan Ayyildiz, 2023)

Date	Meet	Athlete	Mark
2/25	SEC Indoor Championship	Silan Ayyildiz	4:32.14 - F
2/10	David Hemery Valentine Invite	Silan Ayyildiz	4:32.74
2/3	South Carolina Invitational	Silan Ayyildiz	4:36.33
3/10	NCAA Indoor Championship	Silan Ayyildiz	4:43.65 - P
2/24	SEC Indoor Championship	Silan Ayyildiz	4:44.14 - P

### 3000-METER RUN (Record: 9:10.54, Silan Ayyildiz, 2023)

Date	Meet	Athlete	Mark
2/17	USC Indoor Open	Silan Ayyildiz	9:10.54
2/25	SEC Indoor Championship	Silan Ayyildiz	9:17.06
2/11	Tiger Paw Invite	Ella Zeigler	10:00.23
2/25	SEC Indoor Championship	Ella Zeigler	10:07.10
1/21	Carolina Challenge	Ella Zeigler	10:08.88

### 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
2/10	Tiger Paw Invite	Hayden Withers	18:00.01
2/10	Tiger Paw Invite	Anna Boyd	18:07.05

### 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
2/3	South Carolina Invitational	Danielle Varrasso	9.73 - P

### DISTANCE MEDLEY RELAY (Record: 11:22.59, Costantino, Registre, Kelety, Sommer, 2023)

Date	Meet	Athletes	Mark
2/24	SEC Indoor Championship	Costantino, Registre, Kelety, Sommer	11:22.59
1/27	Columbia Challenge	Costantino, Kelety, Gayle, Zamrowski	11:42.88
2/4	South Carolina Invitational	Sommer, Parsons, Costantino, Pierontoni	11:47.31
1/14	Gamecock Opener	Pierontoni, Sommer, Smith, Zeigler	12:10.64
1/21	Carolina Challenge	Smith, Parsons, Pisani, Pellizzari	12:25.23

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

Date	Meet	Athletes	Mark
3/11	NCAA Indoor Championship	Frank, Francis, Johnson, Registre	3:30.09
2/25	SEC Indoor Championship	Frank, Francis, Johnson, Registre	3:32.35
1/21	Carolina Challenge	Jamison, Frank, Johnson, Registre	3:32.40
2/11	Tiger Paw Invite	Frank, Registre, Kelety, Chelangat	3:34.62
1/28	Columbia Challenge	Jamison, Johnson, Kelety, Registre	3:37.25

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

Date	Meet	Athlete	Mark
2/3	South Carolina Invitational	Emma Stone	3.90m   12-9.5
2/24	SEC Indoor Championship	Emma Stone	3.81m   12-6
2/17	USC Indoor Open	Rachel Valentine	3.70m   12-1.5
1/20	Carolina Challenge	Emma Stone	3.70m   12-1.5
2/10	Tiger Paw Invite	Rachel Valentine	3.60m   11-9.75

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

Date	Meet	Athlete	Mark
2/4	South Carolina Invitational	Markia Anderson	1.50m   4-11
2/17	USC Indoor Open	Markia Anderson	1.45m   4-9

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

Date	Meet	Athlete	Mark
2/25	SEC Indoor Championship	KD Young	16.84m   55-3
2/17	USC Indoor Open	KD Young	16.27m   53-4.5
2/4	South Carolina Invitational	KD Young	16.15m   53-0
1/27	Columbia Challenge	KD Young	16.03m   52-7.25
2/11	Tiger Paw Invite	KD Young	16.02m   52-6.75

### 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
2/17	USC Indoor Open	KD Young	19.21m   63-0.25
2/4	South Carolina Invitational	KD Young	18.81m   61-8.5
2/24	SEC Indoor Championship	KD Young	18.78m   61-7.5

### PENTATHLON (Record: 4133, Chelsea Hammond, 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 - WOMEN

### MARKIA ANDERSON • FR • SPARTANBURG, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
<b>High Jump (PR: 1.50m   4-11)</b>				
2/4	South Carolina Invitational	High Jump	10th	1.50m   4-11
2/17	USC Indoor Open	High Jump	7th	1.45m   4-9

### SILAN AYYILDIZ • SO • ISTANBUL, TURKEY

Date	Meet	Event	Finish	Time/Mark
<b>800m (PR: 2:06.41)</b>				
2/4	South Carolina Invitational	800m	1st	2:06.41
<b>Mile (PR: 4:32.14)</b>				
2/3	South Carolina Invitational	Mile	1st	4:36.33
2/10	David Hemery Invite	Mile	5th	4:32.74
2/24	SEC Indoor Championship	Mile - P	4th	4:44.14
2/25	SEC Indoor Championship	Mile - F	2nd	4:32.14
3/10	NCAA Indoor Championship	Mile - P	14th	4:43.65
<b>3000m (PR: 9:10.54)</b>				
2/17	USC Indoor Open	3000m	1st	9:10.54
2/25	SEC Indoor Championship	3000m	4th	9:17.06

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

Date	Meet	Event	Finish	Time/Mark
<b>Mile (PR: 5:03.25)</b>				
1/14	Gamecock Opener	Mile	8th	5:07.54
1/21	Carolina Challenge	Mile	7th	5:08.22
2/3	South Carolina Invitational	Mile	13th	5:03.25
2/17	USC Indoor Open	Mile	4th	5:07.84

### ANNA BOYD • FR • ATTLEBORO, MASSACHUSETTS

Date	Meet	Event	Finish	Time/Mark
<b>3000m (PR: 10:15.06)</b>				
1/14	Gamecock Opener	3000m	6th	10:22.36
1/21	Carolina Challenge	3000m	7th	10:15.06
2/25	SEC Indoor Championship	3000m	38th	10:25.80
<b>5000m (PR: 17:27.74)</b>				
1/27	Columbia Challenge	5000m	3rd	17:27.74
2/10	Tiger Paw Invite	5000m	4th	18:07.05

### SYLVIA CHELANGAT • FR • KENYA

Date	Meet	Event	Finish	Time/Mark
<b>400m (PR: 55.23)</b>				
1/28	Columbia Challenge	400m	6th	55.75
2/3	South Carolina Invitational	400m	7th	55.23
<b>800m (PR: 2:07.26)</b>				
2/4	South Carolina Invitational	800m	3rd	2:07.66
2/11	Tiger Paw Invite	800m	5th	2:07.26
2/17	USC Indoor Open	800m	2nd	2:08.37
2/24	SEC Indoor Championship	800m - P	18th	2:10.71

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

Date	Meet	Event	Finish	Time/Mark
<b>800m (PR: 2:09.70)</b>				
1/21	Carolina Challenge	800m	7th	2:11.61
2/4	South Carolina Invitational	800m	9th	2:09.70
<b>1000m (PR: 2:52.81)</b>				
12/2	Clemson Opener	1000m	2nd	2:52.81
<b>Mile (PR: 4:53.84)</b>				
1/14	Gamecock Opener	Mile	1st	4:53.84
1/28	Columbia Challenge	Mile	6th	4:55.70
2/10	Tiger Paw Invite	Mile	5th	4:54.18

### BROOKE DONOGHUE • SO • PHOENIXVILLE, PENNSYLVANIA

Date	Meet	Event	Finish	Time/Mark
<b>Mile (PR: 5:15.32)</b>				
2/3	South Carolina Invitational	Mile	28th	5:19.46
2/17	USC Indoor Open	Mile	7th	5:15.32

### CAMILLE ELLISON • FR • WALTERBORO, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
<b>60m (PR: 8.56)</b>				
1/20	Carolina Challenge	60m - P	72nd	8.89
2/3	South Carolina Invitational	60m - P	83rd	8.82
2/17	USC Indoor Open	60m - P	39th	8.56

### AALLIYAH FRANCIS • FR • WESTMORELAND, JAMAICA

Date	Meet	Event	Finish	Time/Mark
<b>200m (PR: 23.99)</b>				
1/21	Carolina Challenge	200m	4th	23.99
<b>300m (PR: 36.83)</b>				
12/2	Clemson Opener	300m	1st	36.83
<b>400m (PR: 54.24)</b>				
2/17	USC Indoor Open	400m	3rd	54.24
2/24	SEC Indoor Championship	400m - P	24th	54.67

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

Date	Meet	Event	Finish	Time/Mark
<b>60m (PR: 7.54)</b>				
1/27	Columbia Challenge	60m - P	3rd	7.54
1/27	Columbia Challenge	60m - F	7th	7.59
<b>200m (PR: 23.81)</b>				
1/21	Carolina Challenge	200m	3rd	23.81
<b>300m (PR: 38.84)</b>				
12/2	Clemson Opener	300m	3rd	38.84
<b>400m (PR: 53.61)</b>				
1/14	Gamecock Opener	400m	2nd	54.16
2/10	Tiger Paw Invite	400m	40th	54.47
2/17	USC Indoor Open	400m	1st	54.01
2/24	SEC Indoor Championship	400m - P	18th	53.78

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

Date	Meet	Event	Finish	Time/Mark
<b>3000m (PR: 10:18.04)</b>				
1/14	Gamecock Opener	3000m	2nd	10:18.04
1/21	Carolina Challenge	3000m	12th	10:38.83
2/17	USC Indoor Open	3000m	5th	10:30.95
<b>5000m (PR: 18:36.15)</b>				
1/27	Columbia Challenge	5000m	10th	18:36.15
2/4	South Carolina Invitational	5000m	8th	18:46.49

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

Date	Meet	Event	Finish	Time/Mark
<b>800m (PR: 2:09.43)</b>				
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
2/4	South Carolina Invitational	800m	8th	2:09.43
2/24	SEC Indoor Championship	800m - P	17th	2:10.35

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

Date	Meet	Event	Finish	Time/Mark
<b>60m (PR: 7.73)</b>				
1/14	Gamecock Opener	60m - P	10th	7.91
1/20	Carolina Challenge	60m - P	10th	7.81
2/3	South Carolina Invitational	60m - P	73rd	8.47
2/17	USC Indoor Open	60m - P	7th	7.75
2/17	USC Indoor Open	60m - P	8th	7.73
2/24	SEC Indoor Championship	60m - P	27th	7.86
<b>200m (PR: 24.76)</b>				
1/14	Gamecock Opener	200m	5th	25.45
1/20	Carolina Challenge	200m	12th	25.32
2/4	South Carolina Invitational	200m	15th	25.23
2/17	USC Indoor Open	200m	10th	25.07
2/24	SEC Indoor Championship	200m - P	37th	24.76

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



# CAROLINA TRACK & FIELD

## 2023 INDOOR PROGRESSIONS - WOMEN

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

Date	Meet	Event	Finish	Time/Mark
<b>60m (PR: 7.23)</b>				
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
2/3	South Carolina Invitational	60m - S	3rd	7.32
2/3	South Carolina Invitational	60m - F	3rd	7.26
2/10	Tiger Paw Invite	60m - P	13th	7.31
2/10	Tiger Paw Invite	60m - S	8th	7.23
2/17	USC Indoor Open	60m - P	1st	7.39
2/17	USC Indoor Open	60m - F	1st	7.25
2/24	SEC Indoor Championship	60m - P	9th	7.32
3/10	NCAA Indoor Championship	60m - P	16th	7.27
<b>200m (PR: 23.05)</b>				
1/21	Carolina Challenge	200m	1st	23.39
1/28	Columbia Challenge	200m	1st	23.47
2/11	Tiger Paw Invite	200m	6th	23.05
2/24	SEC Indoor Championship	200m - P	9th	23.16
3/10	NCAA Indoor Championship	200m - P	15th	23.13

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

Date	Meet	Event	Finish	Time/Mark
<b>400m (PR: 53.68)</b>				
1/14	Gamecock Opener	400m	4th	55.01
1/21	Carolina Challenge	400m	3rd	54.43
1/28	Columbia Challenge	400m	3rd	54.78
2/17	USC Indoor Open	400m	5th	54.83
2/24	SEC Indoor Championship	400m - P	26th	55.36

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

Date	Meet	Event	Finish	Time/Mark
<b>Pole Vault (PR: 3.50m   11-5.75)</b>				
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
2/3	South Carolina Invitational	Pole Vault	9th	3.30m   10-10
2/10	Tiger Paw Invite	Pole Vault	--	NH
2/17	USC Indoor Open	Pole Vault	--	NH

### MOLLY JOSEPH • SR • AUGUSTA, GEORGIA

Date	Meet	Event	Finish	Time/Mark
<b>3000m (PR: 10:40.51)</b>				
1/14	Gamecock Opener	3000m	10th	10:53.02
2/17	USC Indoor Open	3000m	6th	11:09.46
<b>5000m (PR: 18:39.36)</b>				
1/20	Carolina Challenge	5000m	1st	18:39.36
1/27	Columbia Challenge	5000m	11th	18:43.76
2/10	Tiger Paw Invite	5000m	5th	19:23.42

### ELENA KELETY • GR • FRANKFURT, GERMANY

Date	Meet	Event	Finish	Time/Mark
<b>400m (PR: 54.61)</b>				
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
<b>800m (PR: 2:07.43)</b>				
2/4	South Carolina Invitational	800m	5th	2:08.39
2/11	Tiger Paw Invite	800m	7th	2:08.08
2/24	SEC Indoor Championship	800m - P	12th	2:07.43

### MARIA LOMBARDI • FR • NEWARK, DELAWARE

Date	Meet	Event	Finish	Time/Mark
<b>Mile (PR: 5:24.61)</b>				
1/20	Carolina Challenge	Mile	25th	5:34.43
2/3	South Carolina Invitational	Mile	34th	5:27.63
2/17	USC Indoor Open	Mile	2nd	5:24.61

### DEVYNN McMICHAEL • SO • SUWANEE, GEORGIA

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

### SARAH NEVILLE • SO • HILTON HEAD ISLAND, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
<b>Mile (PR: 5:31.10)</b>				
1/20	Carolina Challenge	Mile	10th	5:31.42
2/3	South Carolina Invitational	Mile	47th	5:39.61
2/17	USC Indoor Open	Mile	6th	5:31.10

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

Date	Meet	Event	Finish	Time/Mark
<b>Mile (PR: 5:18.31)</b>				
1/14	Gamecock Opener	Mile	12th	5:18.31
1/20	Carolina Challenge	Mile	13th	5:18.53
2/17	USC Indoor Open	Mile	9th	5:23.58
<b>3000m (PR: 10:40.50)</b>				
2/3	South Carolina Invitational	3000m	9th	10:40.50

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

Date	Meet	Event	Finish	Time/Mark
<b>800m (PR: 2:17.34)</b>				
2/11	Tiger Paw Invite	800m	27th	2:17.34
<b>Mile (PR: 4:59.53)</b>				
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
2/10	Tiger Paw Invite	Mile	12th	5:02.05
2/17	USC Indoor Open	Mile	3rd	5:05.15
2/24	SEC Indoor Championship	Mile - P	20th	5:03.61
<b>3000m (PR: N/A)</b>				
2/17	USC Indoor Open	3000m	--	DNF

### ISABELLA PISANI • SR • HINSDALE, ILLINOIS

Date	Meet	Event	Finish	Time/Mark
<b>Mile (PR: 5:12.66)</b>				
1/14	Gamecock Opener	Mile	13th	5:18.94
1/20	Carolina Challenge	Mile	18th	5:20.37
2/3	South Carolina Invitational	Mile	24th	5:15.32

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

Date	Meet	Event	Finish	Time/Mark
<b>Weight Throw (PR: 20.08m   65-10.5)</b>				
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
<b>400m (PR: 53.23)</b>				
1/14	Gamecock Opener	400m	1st	53.77
1/28	Columbia Challenge	400m	1st	54.49
2/10	Tiger Paw Invite	400m	19th	53.26
2/17	USC Indoor Open	400m	2nd	54.15
2/24	SEC Indoor Championship	400m - P	15th	53.23
<b>800m (PR: 2:11.82)</b>				
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
<b>Weight Throw (PR: 15.36m   50-4.75)</b>				
1/20	Carolina Challenge	Weight Throw	8th	14.54m   47-8.5
2/3	South Carolina Invitational	Weight Throw	3rd	15.36m   50-4.75
2/17	USC Indoor Open	Weight Throw	7th	15.31m   50-2.75

UPDATED 3/14/23

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





# CAROLINA TRACK & FIELD

## 2023 INDOOR PROGRESSIONS - WOMEN

### SHAIANNE SIPSEY • SR • BONAIRE, GEORGIA

Date	Meet	Event	Finish	Time/Mark
<b>60m (PR: 7.80)</b>				
12/2	Clemson Opener	60m - P	13th	7.80
<b>200m (PR: 24.56)</b>				
1/14	Gamecock Opener	200m	11th	25.92
<b>Long Jump (PR: 5.67m   18-7.25)</b>				
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
<b>Mile (PR: 5:01.09)</b>				
1/14	Gamecock Opener	Mile	9th	5:09.95
1/20	Carolina Challenge	Mile	2nd	5:08.46
2/3	South Carolina Invitational	Mile	12th	5:01.09
2/10	Tiger Paw Invite	Mile	16th	5:04.94
2/17	USC Indoor Open	Mile	5th	5:09.00

### SVENJA SOMMER • JR • FRANKFURT, GERMANY

Date	Meet	Event	Finish	Time/Mark
<b>800m (PR: 2:10.59)</b>				
1/21	Carolina Challenge	800m	12th	2:15.41
2/4	South Carolina Invitational	800m	11th	2:10.59
2/11	Tiger Paw Invite	800m	30th	2:18.45
<b>Mile (PR: 4:48.23)</b>				
1/14	Gamecock Opener	Mile	4th	5:03.76
1/28	Columbia Challenge	Mile	21st	5:03.24
2/10	Tiger Paw Invite	Mile	1st	4:48.23
2/17	USC Indoor Open	Mile	1st	4:55.05
<b>3000m (PR: N/A)</b>				
2/17	USC Indoor Open	3000m	--	DNF

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

Date	Meet	Event	Finish	Time/Mark
<b>Pole Vault (PR: 3.90m   12-9.5)</b>				
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
2/3	South Carolina Invitational	Pole Vault	3rd	3.90m   12-9.5
2/24	SEC Indoor Championship	Pole Vault	17th	3.81m   12-6

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

Date	Meet	Event	Finish	Time/Mark
<b>60m (PR: 7.39)</b>				
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
2/3	South Carolina Invitational	60m - S	9th	7.51
2/10	Tiger Paw Invite	60m - P	47th	7.56
2/17	USC Indoor Open	60m - P	2nd	7.41
2/17	USC Indoor Open	60m - F	2nd	7.39
<b>200m (PR: 24.72)</b>				
12/2	Clemson Opener	200m	4th	24.76
1/21	Carolina Challenge	200m	13th	24.72
1/28	Columbia Challenge	200m	29th	25.80
2/4	South Carolina Invitational	200m	4th	24.72
2/11	Tiger Paw Invite	200m	77th	24.80

### RACHEL VALENTINE • SO • MARIETTA, GEORGIA

Date	Meet	Event	Finish	Time/Mark
<b>Pole Vault (PR: 3.80m   12-5.5)</b>				
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
2/3	South Carolina Invitational	Pole Vault	8th	3.45m   11-3.75
2/10	Tiger Paw Invite	Pole Vault	9th	3.60m   11-9.75
2/17	USC Indoor Open	Pole Vault	3rd	3.70m   12-1.5

### 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
1/20	Carolina Challenge	60mH - P	13th	9.38
2/3	South Carolina Invitational	60mH - P	22nd	9.73

### ALLY WILSON • SO • CENTRAL, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
<b>Mile (PR: 5:09.87)</b>				
1/20	Carolina Challenge	Mile	6th	5:13.78
2/3	South Carolina Invitational	Mile	18th	5:09.87

### HAYDEN WITHERS • FR • CINCINNATI, OHIO

Date	Meet	Event	Finish	Time/Mark
<b>3000m (PR: 10:23.00)</b>				
1/21	Carolina Challenge	3000m	11th	10:23.00
2/17	USC Indoor Open	3000m	--	DNF
2/25	SEC Indoor Championship	3000m	39th	10:33.81
<b>5000m (PR: 17:46.01)</b>				
1/27	Columbia Challenge	5000m	5th	17:46.01
2/10	Tiger Paw Invite	5000m	3rd	18:00.31

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

Date	Meet	Event	Finish	Time/Mark
<b>Shot Put (PR: 16.84m   55-3)</b>				
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
2/4	South Carolina Invitational	Shot Put	2nd	16.15m   53-0
2/11	Tiger Paw Invite	Shot Put	8th	16.02m   52-6.75
2/17	USC Indoor Open	Shot Put	1st	16.27m   53-4.5
2/25	SEC Indoor Championship	Shot Put	7th	16.84m   55-3
<b>Weight Throw (PR: 19.25m   63-2)</b>				
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
2/4	South Carolina Invitational	Weight Throw	1st	18.81m   61-8.5
2/10	Tiger Paw Invite	Weight Throw	9th	18.48m   60-7.75
2/17	USC Indoor Open	Weight Throw	1st	19.21m   63-0.25
2/24	SEC Indoor Championship	Weight Throw	16th	18.78m   61-7.5

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

Date	Meet	Event	Finish	Time/Mark
<b>800m (PR: 2:09.83)</b>				
1/21	Carolina Challenge	800m	4th	2:09.83
1/28	Columbia Challenge	800m	13th	2:16.04
2/11	Tiger Paw Invite	800m	15th	2:12.36
2/17	USC Indoor Open	800m	3rd	2:10.45
2/24	SEC Indoor Championship	800m - P	19th	2:10.84
<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>Mile (PR: 4:58.10)</b>				
1/14	Gamecock Opener	Mile	7th	5:07.35
2/17	USC Indoor Open	Mile	2nd	4:58.10
<b>3000m (PR: 10:00.23)</b>				
1/21	Carolina Challenge	3000m	6th	10:08.88
2/11	Tiger Paw Invite	3000m	6th	10:00.23
2/25	SEC Indoor Championship	3000m	33rd	10:07.10
<b>5000m (PR: 17:22.10)</b>				
1/27	Columbia Challenge	5000m	2nd	17:22.10

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# CAROLINA TRACK & FIELD

## 2023 INDOOR PROGRESSIONS - WOMEN

### 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
1/27	Columbia Challenge	Costantino, Keley Gayle, Zamrowski	2nd	11:42.88
2/4	South Carolina Invitational	Sommer, Parsons Costantino, Pierontoni	2nd	11:47.31
2/4	South Carolina Invitational	Smith, Pisani Wilson, Pellizzari	6th	12:27.82
2/24	SEC Indoor Championship	Costantino, Registre Keley, Sommer	6th	11:22.59

### 4X400M RELAY

Date	Meet	Team	Finish	Time
12/2	Clemson Opener	Frank, Francis Registre, Johnson	1st	3:39.89
12/2	Clemson Opener	Keley, Gayle Sumpter, Varrasso	4th	3:51.46
1/14	Gamecock Opener	Frank, Johnson Francis, Registre	1st	3:37.93
1/14	Gamecock Opener	Keley, 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 Keley, Registre	1st	3:37.25
2/11	Tiger Paw Invite	Frank, Registre Keley, Chelangat	10th	3:34.62
2/25	SEC Indoor Championship	Frank, Francis Johnson, Registre	2nd	3:32.35
3/11	NCAA Indoor Championship	Frank, Francis Johnson, Registre	7th	3:30.09