



# CAROLINA TRACK & FIELD

## 2023 TOP-FIVE MARKS - MEN

### 100-METER DASH (Record: 10.04, Terrence Trammel, 2000)

Date	Meet	Athlete	Mark
3/17	Island Relays Bahamas	Anthony Greenhow, Jr.	10.60 - P
3/18	Island Relays Bahamas	Anthony Greenhow, Jr.	10.66 - F
3/17	Island Relays Bahamas	DJ Black	10.72 - P
3/17	Island Relays Bahamas	Emory Floyd	10.86 - P
3/18	Island Relays Bahamas	DJ Black	10.92 - F

### 200-METER DASH (Record: 20.00, Nncincilli Titi, 2018)

Date	Meet	Athlete	Mark
3/17	Island Relays Bahamas	Emory Floyd	22.09
3/17	Island Relays Bahamas	Jackson Junkins	22.38
3/17	Island Relays Bahamas	Gatlin Lawson	22.51
3/17	Island Relays Bahamas	Blair Brooks	23.04
3/17	Island Relays Bahamas	Carson Lenser	23.26

### 400-METER RUN (Record: 44.53, Quincy Hall, 2019)

Date	Meet	Athlete	Mark
3/17	Island Relays Bahamas	EJ Richardson	47.01
3/17	Island Relays Bahamas	Jackson Junkins	50.21

### 800-METER RUN (Record: 1:44.47, Otukile Lekote, 2001)

Date	Meet	Athlete	Mark
3/17	Island Relays Bahamas	Aidan Hatton	1:54.32
3/17	Island Relays Bahamas	Jack Mensch	1:55.18
3/17	Island Relays Bahamas	Will Wright	1:55.81

### 1500-METER RUN (Record: 3:39.03, Anass Essayi, 2022)

Date	Meet	Athlete	Mark
3/18	Island Relays Bahamas	Rogerio Amaral	3:54.80

### 110-METER HURDLES (Record: 13.19, Terrence Trammel, 2000)

Date	Meet	Athlete	Mark
3/18	Island Relays Bahamas	Filip Demsar	14.15

### 4X100 RELAY (Record: 38.45, Crenshaw, Trammell, Hackley, Howard, 2000)

Date	Meet	Athletes	Mark
3/18	Island Relays Bahamas	Brooks, Demsar Floyd, Greenhow	40.11

### 4X400 RELAY (Record: 3:02.16, Law, Lekote, Harris, Fortenberry, 2002)

Date	Meet	Athletes	Mark
3/18	Island Relays Bahamas	Demsar, Greenhow Junkins, Lawson	3:11.58

### 4X800 RELAY (Record: 7:24.94, Sheley, J. Brown, D. Brown, Schaper, 1974)

Date	Meet	Athletes	Mark
3/18	Island Relays Bahamas	Amaral, Hatton Mensch, Spencer	7:53.21

### HIGH JUMP (Record: 2.25m | 7-4.5, Tye Williams, 2017)

Date	Meet	Athlete	Mark
3/18	Island Relays Bahamas	Kobe Franklin	2.00m   6-6.75

### LONG JUMP (Record: 8.35m | 27-4.75w, Tony Allmond, 2004)

Date	Meet	Athlete	Mark
3/18	Island Relays Bahamas	Blair Brooks	7.31m   23-11.75
3/18	Island Relays Bahamas	Kobe Franklin	6.28m   20-7.25
3/18	Island Relays Bahamas	DJ Black	6.21m   20-4.5

### TRIPLE JUMP (Record: 16.47m | 54-0.5, Michael Wamer, 2015)

Date	Meet	Athlete	Mark
3/18	Island Relays Bahamas	Blair Brooks	14.59m   47-10.5

### SHOT PUT (Record: 20.77m | 68-1.75, Josh Awotunde, 2018)

Date	Meet	Athlete	Mark
3/18	Island Relays Bahamas	Dylan Targgart	18.57m   60-11
3/18	Island Relays Bahamas	Elisha Brooks	11.42m   37-5.5

### DISCUS (Record: 60.01m | 196-10, Ryan Harrison, 1999)

Date	Meet	Athlete	Mark
3/18	Island Relays Bahamas	Dylan Targgart	50.60m   166-0
3/18	Island Relays Bahamas	Elisha Brooks	29.66m   97-4

### JAVELIN (NEW) (Record: 72.71m | 238-6, Joshua Suttmeier, 2012)

Date	Meet	Athlete	Mark
3/17	Island Relays Bahamas	Elisha Brooks	49.60m   162-9

P - Preliminary Round

S - Semifinal Round

F - Final Round

D - Decathlon Competition

\* Denotes mark set at previous school | ^ Denotes mark set in international competition | w - Denotes aided by wind



# CAROLINA TRACK & FIELD

## 2023 OUTDOOR PROGRESSIONS - MEN

### ROGERIO AMARAL • FR • COIMBRA, PORTUGAL

Date	Meet	Event	Finish	Time/Mark
<b>1500m (PR: 3:54.80)</b>				
3/18	Island Relays Bahamas	1500m	1st	3:54.80

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

Date	Meet	Event	Finish	Time/Mark
<b>100m (PR: 10.72)</b>				
3/17	Island Relays Bahamas	100m - P	5th	10.72
3/18	Island Relays Bahamas	100m - F	7th	10.92
<b>Long Jump (PR: 6.21m   20-4.5)</b>				
3/18	Island Relays Bahamas	Long Jump	6th	6.21m   20-4.5

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

Date	Meet	Event	Finish	Time/Mark
<b>200m (PR: 23.04)</b>				
3/17	Island Relays Bahamas	200m	21st	23.04
<b>Long Jump (PR: 7.42m   24-4.25*)</b>				
3/18	Island Relays Bahamas	Long Jump	3rd	7.31m   23-11.75
<b>Triple Jump (PR: 14.59m   47-10.5)</b>				
3/18	Island Relays Bahamas	Triple Jump	2nd	14.59m   47-10.5

### ELISHA BROOKS • JR • PHOENIX, ARIZONA

Date	Meet	Event	Finish	Time/Mark
<b>Shot Put (PR: 13.10m   42-11.75)</b>				
3/18	Island Relays Bahamas	Shot Put	8th	11.42m   37-5.5
<b>Discus (PR: 35.74m   117-3)</b>				
3/18	Island Relays Bahamas	Discus	13th	29.66m   97-4
<b>Javelin (PR: 49.60m   162-9)</b>				
3/17	Island Relays Bahamas	Javelin	6th	49.60m   162-9

### FILIP DEMSAR • JR • SLOVENIA

Date	Meet	Event	Finish	Time/Mark
<b>110mH (PR: 13.69)</b>				
3/18	Island Relays Bahamas	110mH	1st	14.15

### EMORY FLOYD • FR • MARIETTA, GEORGIA

Date	Meet	Event	Finish	Time/Mark
<b>100m (PR: 10.86)</b>				
3/17	Island Relays Bahamas	100m - P	12th	10.86
<b>200m (PR: 22.09)</b>				
3/17	Island Relays Bahamas	200m	14th	22.09

### KOBE FRANKLIN • SR • WOODBRIDGE, VIRGINIA

Date	Meet	Event	Finish	Time/Mark
<b>200m (PR: 23.48)</b>				
3/17	Island Relays Bahamas	200m	25th	23.48
<b>Long Jump (PR: 6.28m   20-7.25)</b>				
3/18	Island Relays Bahamas	Long Jump	5th	6.28m   20-7.25
<b>High Jump (PR: 2.07m   6-9.5)</b>				
3/18	Island Relays Bahamas	High Jump	2nd	2.00m   6-6.75

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

Date	Meet	Event	Finish	Time/Mark
<b>100m (PR: 10.60)</b>				
3/17	Island Relays Bahamas	100m - P	1st	10.60
3/18	Island Relays Bahamas	100m - F	1st	10.66

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

Date	Meet	Event	Finish	Time/Mark
<b>800m (PR: 1:52.25)</b>				
3/17	Island Relays Bahamas	800m	2nd	1:54.32

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

Date	Meet	Event	Finish	Time/Mark
<b>200m (PR: 21.49)</b>				
3/17	Island Relays Bahamas	200m	17th	22.38
<b>400m (PR: 46.49)</b>				
3/17	Island Relays Bahamas	400m	9th	50.21

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

Date	Meet	Event	Finish	Time/Mark
<b>100m (PR: 10.77)</b>				
3/17	Island Relays Bahamas	100m - P	14th	11.32
<b>200m (PR: 22.31)</b>				
3/17	Island Relays Bahamas	200m	19th	22.51

### CARSON LENSER • SO • VILONIA, ARKANSAS

Date	Meet	Event	Finish	Time/Mark
<b>200m (PR: 23.26)</b>				
3/17	Island Relays Bahamas	200m	23rd	23.26
<b>Pole Vault (PR: 5.25m   17-2.75)</b>				
3/18	Island Relays Bahamas	Pole Vault	--	NH

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

Date	Meet	Event	Finish	Time/Mark
<b>Pole Vault (PR: 5.15m   16-10.75)</b>				
3/18	Island Relays Bahamas	Pole Vault	--	NH

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

Date	Meet	Event	Finish	Time/Mark
<b>800m (PR: 1:52.01)</b>				
3/17	Island Relays Bahamas	800m	4th	1:55.18

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

Date	Meet	Event	Finish	Time/Mark
<b>400m (PR: 47.01)</b>				
3/17	Island Relays Bahamas	400m	1st	47.01

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

Date	Meet	Event	Finish	Time/Mark
<b>400mH (PR: 49.56)</b>				
3/18	Island Relays Bahamas	400mH	--	DNF

### DYLAN TARGGART • SO • COLDWATER, MICHIGAN

Date	Meet	Event	Finish	Time/Mark
<b>Shot Put (PR: 19.02m   62-5)</b>				
3/18	Island Relays Bahamas	Shot Put	3rd	18.57m   60-11
<b>Discus (PR: 52.70m   172-10)</b>				
3/18	Island Relays Bahamas	Discus	4th	50.60m   166-0

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

Date	Meet	Event	Finish	Time/Mark
<b>800m (PR: 1:51.41)</b>				
3/17	Island Relays Bahamas	800m	5th	1:55.81

### 4X100M RELAY

Date	Meet	Team	Finish	Time
3/18	Island Relays Bahamas	B. Brooks, Demsar Floyd, Greenhow	3rd	40.11

### 4X400M RELAY

Date	Meet	Team	Finish	Time
3/18	Island Relays Bahamas	Demsar, Greenhow Junkins, Lawson	2nd	3:11.58

### 4X800M RELAY

Date	Meet	Team	Finish	Time
3/18	Island Relays Bahamas	Amaral, Hatton Mensch, Spencer	2nd	7:53.21

UPDATED 3/19/23

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# CAROLINA TRACK & FIELD

## 2023 TOP-FIVE MARKS - WOMEN

### 100-METER DASH (Record: 11.02w, LaKya Brookins, 2011)

Date	Meet	Athlete	Mark
3/17	Island Relays Bahamas	Anastasia Sumpter	12.22 - P
3/17	Island Relays Bahamas	Makayla Grant	12.30 - P
3/18	Island Relays Bahamas	Anastasia Sumpter	12.46 - F

### 200-METER DASH (Record: 22.36, Shalonda Solomon, 2006)

Date	Meet	Athlete	Mark
3/17	Island Relays Bahamas	Jayla Jamison	23.28
3/17	Island Relays Bahamas	Makayla Grant	25.25
3/17	Island Relays Bahamas	Anastasia Sumpter	25.53

### 400-METER RUN (Record: 49.60, Wadeline Jonathas, 2019)

Date	Meet	Athlete	Mark
3/17	Island Relays Bahamas	Jahnile Registre	53.28
3/17	Island Relays Bahamas	Aalliyah Francis	53.29
3/17	Island Relays Bahamas	Alysia Johnson	54.99

### 800-METER RUN (Record: 2:02.91, Charmaine Howell, 1998)

Date	Meet	Athlete	Mark
3/17	Island Relays Bahamas	Sylvia Chelangat	2:05.99
3/17	Island Relays Bahamas	Kieley Gayle	2:13.91
3/17	Island Relays Bahamas	Grace Zamrowski	2:13.93

### 1500-METER RUN (Record: 4:25.74, Anna Kathryn Stoddard, 2021)

Date	Meet	Athlete	Mark
3/18	Island Relays Bahamas	Svenja Sommer	4:35.25
3/18	Island Relays Bahamas	Alex Costantino	4:44.16
3/18	Island Relays Bahamas	Ella Zeigler	4:48.89

### 3000-METER RUN (Record: 9:29.76., Anna Kathryn Stoddard, 2021)

Date	Meet	Athlete	Mark
3/18	Island Relays Bahamas	Hayden Withers	10:28.39
3/18	Island Relays Bahamas	Anna Boyd	10:40.47

### 400-METER HURDLES (Record: 53.43, Lashinda Demus, 2004)

Date	Meet	Athlete	Mark
3/17	Island Relays Bahamas	Elena Kelety	58.19

### 4X100 RELAY (Record: 42.83, Ross, Whipple, Joyce, Bailey, 2003)

Date	Meet	Athletes	Mark
3/18	Island Relays Bahamas	Francis, Grant Jamison, Johnson	44.95

### 4X800 RELAY (Record: 8:45.44, Demus, Shelton, Watkins, Ramonene, 2004)

Date	Meet	Athletes	Mark
3/18	Island Relays Bahamas	Kelety, Chelangat Gayle, Zamrowski	8:56.91

### SHOT PUT (Record: 17.28m | 56-8.5, Crystal Brownlee, 1997)

Date	Meet	Athlete	Mark
3/18	Island Relays Bahamas	KD Young	15.77m   51-8.75

### HAMMER THROW (Record: 65.01m | 213-3, Lisa Misipeka, 1998)

Date	Meet	Athlete	Mark
3/17	Island Relays Bahamas	KD Young	55.23m   181-2

P - Preliminary Round

S - Semifinal Round

F - Final Round

H - Heptathlon Competition



# CAROLINA TRACK & FIELD

## 2023 OUTDOOR PROGRESSIONS - WOMEN

### ANNA BOYD • FR • ATTLEBORO, MASSACHUSETTS

Date	Meet	Event	Finish	Time/Mark
<b>3000m (PR: 10:40.47)</b>				
3/18	Island Relays Bahamas	3000m	7th	10:40.47

### SYLVIA CHELANGAT • FR • KENYA

Date	Meet	Event	Finish	Time/Mark
<b>800m (PR: 2:05.99)</b>				
3/17	Island Relays Bahamas	800m	1st	2:05.99

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

Date	Meet	Event	Finish	Time/Mark
<b>1500m (PR: 4:33.52)</b>				
3/18	Island Relays Bahamas	1500m	5th	4:33.52

### AALLIYAH FRANCIS • SO • WESTMORELAND, JAMAICA

Date	Meet	Event	Finish	Time/Mark
<b>400m (PR: 53.29)</b>				
3/17	Island Relays Bahamas	400m	3rd	53.29

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

Date	Meet	Event	Finish	Time/Mark
<b>800m (PR: 2:10.92)</b>				
3/17	Island Relays Bahamas	800m	5th	2:13.91

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

Date	Meet	Event	Finish	Time/Mark
<b>100m (PR: 12.30)</b>				
3/17	Island Relays Bahamas	100m - P	10th	12.30
<b>200m (PR: 25.25)</b>				
3/17	Island Relays Bahamas	200m	14th	25.25

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

Date	Meet	Event	Finish	Time/Mark
<b>200m (PR: 22.77*)</b>				
3/17	Island Relays Bahamas	200m	1st	23.28

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

Date	Meet	Event	Finish	Time/Mark
<b>400m (PR: 52.41)</b>				
3/17	Island Relays Bahamas	400m	6th	54.99

### ELENA KELETY • FR • FRANKFURT, GERMANY

Date	Meet	Event	Finish	Time/Mark
<b>400mH (PR: 58.19)</b>				
3/17	Island Relays Bahamas	400mH	3rd	58.19

### JAHNILE REGISTRE • SO • ORLANDO, FLORIDA

Date	Meet	Event	Finish	Time/Mark
<b>400m (PR: 53.28)</b>				
3/17	Island Relays Bahamas	400m	2nd	53.28

### SVENJA SOMMER • FR • FRANKFURT, GERMANY

Date	Meet	Event	Finish	Time/Mark
<b>1500m (PR: 4:35.25)</b>				
3/18	Island Relays Bahamas	1500m	1st	4:35.25

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

Date	Meet	Event	Finish	Time/Mark
<b>Pole Vault (PR: --)</b>				
3/18	Island Relays Bahamas	Pole Vault	--	NH

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

Date	Meet	Event	Finish	Time/Mark
<b>100m (PR: 11.82)</b>				
3/17	Island Relays Bahamas	100m - P	6th	12.22
3/18	Island Relays Bahamas	100m - F	5th	12.46
<b>200m (PR: 25.53)</b>				
3/17	Island Relays Bahamas	200m	17th	25.53

### HAYDEN WITHERS • FR • CINCINNATI, OHIO

Date	Meet	Event	Finish	Time/Mark
<b>3000m (PR: 10:28.39)</b>				
3/18	Island Relays Bahamas	3000m	6th	10:28.39

### KD YOUNG • SR • DECATUR, ILLINOIS

Date	Meet	Event	Finish	Time/Mark
<b>Shot Put (PR: 16.23m   53-3)</b>				
3/18	Island Relays Bahamas	Shot Put	5th	15.77m   51-8.75
<b>Hammer Throw (PR: 62.23m   204-2)</b>				
3/17	Island Relays Bahamas	Hammer	4th	55.23m   181-2

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

Date	Meet	Event	Finish	Time/Mark
<b>800m (PR: 2:12.17)</b>				
3/17	Island Relays Bahamas	800m	6th	2:13.93

### ELLA ZEIGLER • FR • OLNEY, MARYLAND

Date	Meet	Event	Finish	Time/Mark
<b>1500m (PR: 4:48.89)</b>				
3/18	Island Relays Bahamas	1500m	7th	4:48.89

### 4X100M RELAY

Date	Meet	Team	Finish	Time
3/18	Island Relays Bahamas	Francis, Grant Jamison, Johnson	4th	44.95

### 4X800M RELAY

Date	Meet	Team	Finish	Time
3/18	Island Relays Bahamas	Kelety, Chelangat Gayle, Zamrowski	1st	8:56.91