



# 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
3/25	Weems Baskin Relays	DJ Black	10.66 (0.7)
3/18	Island Relays Bahamas	Anthony Greenhow, Jr.	10.66 - F
3/17	Island Relays Bahamas	DJ Black	10.72 - P
3/24	Weems Baskin Relays	Prescott Jefferson	10.85 (-0.5)

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

Date	Meet	Athlete	Mark
3/25	Weems Baskin Relays	Jackson Junkins	21.52 (0.7)
3/17	Island Relays Bahamas	Emory Floyd	22.09
3/25	Weems Baskin Relays	Prescott Jefferson	22.17 (0.6)
3/25	Weems Baskin Relays	Gatlin Lawson	22.28 (2.3)
3/17	Island Relays Bahamas	Jackson Junkins	22.38

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

Date	Meet	Athlete	Mark
3/25	Weems Baskin Relays	Evan Miller	45.60
3/17	Island Relays Bahamas	EJ Richardson	47.01
3/24	Weems Baskin Relays	Jack Mensch	48.50
3/17	Island Relays Bahamas	Jackson Junkins	50.21
3/24	Weems Baskin Relays	Ethan Mathis	53.45

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

Date	Meet	Athlete	Mark
3/25	Weems Baskin Relays	William Wright	1:53.27
3/17	Island Relays Bahamas	Aidan Hatton	1:54.32
3/17	Island Relays Bahamas	Jack Mensch	1:55.18
3/25	Weems Baskin Relays	Jake Mangione	1:55.67
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	Rogério Amaral	3:54.80
3/25	Weems Baskin Relays	Jackson Dawson	3:59.71
3/25	Weems Baskin Relays	Alex Galbraith	4:04.88
3/25	Weems Baskin Relays	Aidan Hatton	4:08.82
3/25	Weems Baskin Relays	George Luke	4:10.56

### 5000-METER RUN (Record: 14:03.16, Rogerio Amaral, 2023)

Date	Meet	Athlete	Mark
3/23	Raleigh Relays	Rogério Amaral	14:03.16
3/24	Weems Baskin Relays	Henry Wood	15:47.87

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

Date	Meet	Athlete	Mark
3/25	Weems Baskin Relays	Filip Demsar	13.67 (1.1)
3/18	Island Relays Bahamas	Filip Demsar	14.15

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

Date	Meet	Athletes	Mark
3/25	Weems Baskin Relays	Greenhow, Miller Lawson, Black	39.99
3/18	Island Relays Bahamas	Brooks, Demsar Floyd, Greenhow	40.11

### 4X300 RELAY

Date	Meet	Athletes	Mark
3/24	Weems Baskin Relays	Junkins, Richardson Lawson, Spencer	2:14.75

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

Date	Meet	Athletes	Mark
3/25	Weems Baskin Relays	Junkins, Demsar E. Brooks, Miller	3:10.77
3/18	Island Relays Bahamas	Demsar, Greenhow Junkins, Lawson	3:11.58
3/25	Weems Baskin Relays	Wright, Hatton Reers, Mangione	3:22.96

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

Date	Meet	Athletes	Mark
3/24	Weems Baskin Relays	Luke, Dawson Mangione, Galbraith	7:43.13
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
3/25	Weems Baskin Relays	Kobe Franklin	1.98m   6-6

### 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
3/24	Weems Baskin Relays	Blair Brooks	7.20m   23-7.5
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

### POLE VAULT (Record: 5.51m | 18-1, Marvin Reitze, 2012)

Date	Meet	Athlete	Mark
3/25	Weems Baskin Relays	Dillon McCarthy	4.77m   15-7.75

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

Date	Meet	Athlete	Mark
3/25	Weems Baskin Relays	Dylan Targgart	19.42m   63-8.75
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
3/25	Weems Baskin Relays	Dylan Targgart	51.78m   169-10
3/18	Island Relays Bahamas	Dylan Targgart	50.60m   166-0
3/25	Weems Baskin Relays	Elisha Brooks	35.40m   116-1
3/18	Island Relays Bahamas	Elisha Brooks	29.66m   97-4

### HAMMER (Record: 67.78m | 222-4, John Stoikos, 1995)

Date	Meet	Athlete	Mark
3/24	Weems Baskin Relays	Ridge Dowe	52.60m   172-7

### 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
<b>5000m (PR: 14:03.16)</b>				
3/23	Raleigh Relays	5000m	31st	14:03.16

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

Date	Meet	Event	Finish	Time/Mark
<b>100m (PR: 10.66)</b>				
3/17	Island Relays Bahamas	100m - P	5th	10.72
3/18	Island Relays Bahamas	100m - F	7th	10.92
3/25	Weems Baskin Relays	100m	5th	10.66 (0.7)
<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>100m (PR: 10.89)</b>				
3/24	Weems Baskins Relays	100m	18th	11.18 (1.0)
<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
3/24	Weems Baskin Relays	Long Jump	1st	7.20m   23-7.5
<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
3/25	Weems Baskin Relays	Discus	30th	35.40m   116-1
<b>Javelin (PR: 49.60m   162-9)</b>				
3/17	Island Relays Bahamas	Javelin	6th	49.60m   162-9
<b>Pole Vault (PR: 4.30m   14-1.25)</b>				
3/24	Weems Baskin Relays	Pole Vault	--	NH

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

Date	Meet	Event	Finish	Time/Mark
<b>1500m (PR: 3:59.71)</b>				
3/25	Weems Baskin Relays	1500m	6th	3:59.71

### FILIP DEMSAR • JR • SLOVENIA

Date	Meet	Event	Finish	Time/Mark
<b>110mH (PR: 13.67)</b>				
3/18	Island Relays Bahamas	110mH	1st	14.15
3/25	Weems Baskin Relays	110mH	1st	13.67 (1.1)

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

Date	Meet	Event	Finish	Time/Mark
<b>Hammer (PR: 52.60m   172-7)</b>				
3/24	Weems Baskin Relays	Hammer	5th	52.60m   172-7

### 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
3/25	Weems Baskin Relays	High Jump	4th	1.98m   6-6

### ALEX GALBRAITH • JR • CINCINNATI, OHIO

Date	Meet	Event	Finish	Time/Mark
<b>1500m (PR: 3:49.55)</b>				
3/25	Weems Baskin Relays	1500m	11th	4:04.88

### 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
<b>1500m (PR: 4:08.82)</b>				
3/25	Weems Baskin Relays	1500m	13th	4:08.82

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

Date	Meet	Event	Finish	Time/Mark
<b>100m (PR: 10.85)</b>				
3/24	Weems Baskins Relays	100m	2nd	10.85 (-0.5)
<b>200m (PR: 22.17)</b>				
3/25	Weems Baskin Relays	200m	39th	22.17 (0.6)

### 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
3/25	Weems Baskin Relays	200m	10th	21.52 (0.7)
<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
3/25	Weems Baskin Relays	100m	17th	10.96 (0.7)
<b>200m (PR: 22.28)</b>				
3/17	Island Relays Bahamas	200m	19th	22.51
3/25	Weems Baskin Relays	200m	44th	22.28 (2.3)

### 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

### GEORGE LUKE • SO • CLINTON, CONNECTICUT

Date	Meet	Event	Finish	Time/Mark
<b>1500m (PR: 4:10.56)</b>				
3/25	Weems Baskin Relays	1500m	14th	4:10.56

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

Date	Meet	Event	Finish	Time/Mark
<b>800m (PR: 1:55.67)</b>				
3/25	Weems Baskin Relays	800m	8th	1:55.67

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

Date	Meet	Event	Finish	Time/Mark
<b>400m (PR: 53.45)</b>				
3/24	Weems Baskin Relays	400m	45th	53.45

### 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
3/25	Weems Baskin Relay	Pole Vault	6th	4.77m   15-7.75

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

Date	Meet	Event	Finish	Time/Mark
<b>400m (PR: 48.50)</b>				
3/24	Weems Baskin Relays	400m	2nd	48.50
<b>800m (PR: 1:52.01)</b>				
3/17	Island Relays Bahamas	800m	4th	1:55.18
<b>1500m (PR: 3:57.46)</b>				
3/25	Weems Baskin Relays	1500m	15th	4:13.05

### EVAN MILLER • SR • ZEPHYRHILLS, FLORIDA

Date	Meet	Event	Finish	Time/Mark
<b>400m (PR: 45.60)</b>				
3/25	Weems Baskin Relays	400m	1st	45.60

UPDATED 3/27/23

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# CAROLINA TRACK & FIELD

## 2023 OUTDOOR PROGRESSIONS - MEN

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

Date	Meet	Event	Finish	Time/Mark
<b>800m (PR: 1:54.76)</b>				
3/25	Weems Baskin Relays	800m	9th	1:56.46

### 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

### TYLER STARGEL • FR • DAYTON, OHIO

Date	Meet	Event	Finish	Time/Mark
<b>200m (PR: 23.91)</b>				
3/25	Weems Baskin Relays	200m	81st	23.91 (2.1)

### DYLAN TARGGART • SO • COLDWATER, MICHIGAN

Date	Meet	Event	Finish	Time/Mark
<b>Shot Put (PR: 19.42m   63-8.75)</b>				
3/18	Island Relays Bahamas	Shot Put	3rd	18.57m   60-11
3/25	Weems Baskin Relays	Shot Put	1st	19.42m   63-8.75
<b>Discus (PR: 52.70m   172-10)</b>				
3/18	Island Relays Bahamas	Discus	4th	50.60m   166-0
3/25	Weems Baskin Relays	Discus	3rd	51.78m   169-10

### JONATHAN TOGAMI • JR • MOUNT PLEASANT, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
<b>Pole Vault (PR: 4.75m   15-7)</b>				
3/25	Weems Baskin Relays	Pole Vault	--	NH

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

Date	Meet	Event	Finish	Time/Mark
<b>5000m (PR: 15:47.87)</b>				
3/24	Weems Baskin Relays	5000m	17th	15:47.87

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

Date	Meet	Event	Finish	Time/Mark
<b>800m (PR: 1:53.27)</b>				
3/17	Island Relays Bahamas	800m	5th	1:55.81
3/25	Weems Baskin Relays	800m	4th	1:53.27

### 4X100M RELAY

Date	Meet	Team	Finish	Time
3/18	Island Relays Bahamas	B. Brooks, Demsar Floyd, Greenhow	3rd	40.11
3/25	Weems Baskin Relays	Greenhow, Miller Lawson, Black	1st	39.99

### 4X300M RELAY

Date	Meet	Team	Finish	Time
3/24	Weems Baskin Relays	Junkins, Richardson Lawson, Spencer	1st	2:14.75

### 4X400M RELAY

Date	Meet	Team	Finish	Time
3/18	Island Relays Bahamas	Demsar, Greenhow Junkins, Lawson	2nd	3:11.58
3/25	Weems Baskin Relays	Junkins, Demsar E. Brooks, Miller	2nd	3:10.77
3/25	Weems Baskin Relays	Wright, Hatton Reers, Mangione	10th	3:22.96

### 4X800M RELAY

Date	Meet	Team	Finish	Time
3/18	Island Relays Bahamas	Amaral, Hatton Mensch, Spencer	2nd	7:53.21
3/24	Weems Baskin Relays	Luke, Dawson Mangione, Galbraith	1st	7:43.13

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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
3/25	Weems Baskin Relays	Jayla Jamison	11.44 (1.2)
3/25	Weems Baskin Relays	Anastasia Sumpter	11.88 (1.2)
3/17	Island Relays Bahamas	Anastasia Sumpter	12.22 - P
3/17	Island Relays Bahamas	Makayla Grant	12.30 - P
3/25	Weems Baskin Relays	Makayla Grant	12.34 (1.5)

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

Date	Meet	Athlete	Mark
3/17	Island Relays Bahamas	Jayla Jamison	23.28
3/25	Weems Baskin Relays	Jahnile Registre	23.76 (1.5)
3/25	Weems Baskin Relays	Anastasia Sumpter	24.90 (2.4)
3/17	Island Relays Bahamas	Makayla Grant	25.25
3/25	Weems Baskin Relays	Makayla Grant	25.30 (0.3)

### 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
3/25	Weems Baskin Relays	Sylvia Chelangat	54.30
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
3/25	Weems Baskin Relays	Kieley Gayle	2:12.52
3/17	Island Relays Bahamas	Kieley Gayle	2:13.91
3/25	Weems Baskin Relays	Svenja Sommer	2:13.93
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
3/25	Weems Baskin Relays	Brooke Donoghue	4:41.72
3/18	Island Relays Bahamas	Alex Costantino	4:44.16
3/25	Weems Baskin Relays	Alex Costantino	4:45.53
3/25	Weems Baskin Relays	Emily Pierontoni	4:45.98

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

Date	Meet	Athlete	Mark
3/25	Weems Baskin Relays	Gabriella Gait-Smith	10:02.23
3/25	Weems Baskin Relays	Ella Zeigler	10:17.95
3/18	Island Relays Bahamas	Hayden Withers	10:28.39
3/18	Island Relays Bahamas	Anna Boyd	10:40.47
3/25	Weems Baskin Relays	Claudia Satzke	11:04.10

### 5000-METER RUN (Record: 16:12.77., Anna Kathryn Stoddard, 2021)

Date	Meet	Athlete	Mark
3/24	Weems Baskin Relays	Hayden Withers	17:57.78
3/24	Weems Baskin Relays	Lilly Weeks	18:16.69
3/24	Weems Baskin Relays	Anna Boyd	18:28.12
3/24	Weems Baskin Relays	Molly Joseph	20:00.36

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

Date	Meet	Athlete	Mark
3/17	Island Relays Bahamas	Elena Kelety	58.19
3/25	Weems Baskin Relays	Elena Kelety	58.71

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

Date	Meet	Athletes	Mark
3/25	Weems Baskin Relays	Francis, Jamison Johnson, Sumpter	44.17
3/18	Island Relays Bahamas	Francis, Grant Jamison, Johnson	44.95

### 4X400 RELAY (Record: 3:25.45, Davis, Dunmore, Frank, Registre, 2022)

Date	Meet	Athletes	Mark
3/25	Weems Baskin Relays	Registre, Jamison Chelangat, Gayle	3:37.57
3/25	Weems Baskin Relays	Sumpter, Sommer McMichael, Grant	3:59.08

### 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
3/24	Weems Baskin Relays	Bowers, Pierontoni Smith, Wilson	9:18.26

### HIGH JUMP (Record: 1.96m | 6-5, Jeannelle Scheper, 2015)

Date	Meet	Athlete	Mark
3/25	Weems Baskin Relays	Markia Anderson	1.43m   4-8.25

### 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
3/24	Weems Baskin Relays	Cailyn Scharneck	42.72m   140-2

P - Preliminary Round

S - Semifinal Round

F - Final Round

H - Heptathlon Competition

UPDATED 3/27/23

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## 2023 OUTDOOR PROGRESSIONS - WOMEN

### KATHLEEN ABRAMS • JR • MATTHEWS, NORTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
<b>3000m (PR: 11:13.34)</b>				
3/25	Weems Baskin Relays	3000m	16th	11:46.76

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

Date	Meet	Event	Finish	Time/Mark
<b>High Jump (PR: 1.43m   4-8.25)</b>				
3/25	Weems Baskin Relays	High Jump	2nd	1.43m   4-8.25

### SAVANNAH BOWERS • JR • VIRGINIA BEACH, VIRGINIA

Date	Meet	Event	Finish	Time/Mark
<b>1500m (PR: 4:45.84)</b>				
3/25	Weems Baskin Relays	1500m	3rd	4:46.34

### 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
<b>5000m (PR: 18:28.12)</b>				
3/24	Weems Baskin Relays	5000m	5th	18:28.12

### SYLVIA CHELANGAT • FR • KENYA

Date	Meet	Event	Finish	Time/Mark
<b>400m (PR: 54.30)</b>				
3/25	Weems Baskin Relays	400m	3rd	54.30
<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
3/25	Weems Baskin Relays	1500m	6th	4:45.53

### BROOKE DONOGHUE • SO • PHOENIXVILLE, PENNSYLVANIA

Date	Meet	Event	Finish	Time/Mark
<b>1500m (PR: 4:41.72)</b>				
3/25	Weems Baskin Relays	1500m	1st	4:41.72

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

Date	Meet	Event	Finish	Time/Mark
<b>100m (PR: 13.73)</b>				
3/24	Weems Baskin Relays	100m	40th	13.73 (0.5)

### 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

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

Date	Meet	Event	Finish	Time/Mark
<b>3000m (PR: 10:02.23)</b>				
3/25	Weems Baskin Relays	3000m	2nd	10:02.23

### 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
3/25	Weems Baskin Relays	800m	1st	2:12.52

### 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
3/25	Weems Baskin Relays	100m	16th	12.34 (1.5)
<b>200m (PR: 25.25)</b>				
3/17	Island Relays Bahamas	200m	14th	25.25
3/25	Weems Baskin Relays	200m	25th	25.30 (0.3)

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

Date	Meet	Event	Finish	Time/Mark
<b>100m (PR: 11.26)</b>				
3/25	Weems Baskin Relays	100m	1st	11.44 (1.2)
<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>200m (PR: --)</b>				
3/25	Weems Baskin Relays	200m	--	DNF
<b>400m (PR: 52.41)</b>				
3/17	Island Relays Bahamas	400m	6th	54.99

### MOLLY JOSEPH • SO • AUGUSTA, GEORGIA

Date	Meet	Event	Finish	Time/Mark
<b>5000m (PR: 20:00.36)</b>				
3/24	Weems Baskin Relays	5000m	17th	20:00.36

### 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
3/25	Weems Baskin Relays	400mH	2nd	58.71

### MARIA LOMBARDI • FR • NEWARK, DELAWARE

Date	Meet	Event	Finish	Time/Mark
<b>1500m (PR: 5:03.09)</b>				
3/25	Weems Baskin Relays	1500m	29th	5:03.09

### DEVYNN McMICHAEL • SO • SUWANEE, GEORGIA

Date	Meet	Event	Finish	Time/Mark
<b>100m (PR: 12.32)</b>				
3/25	Weems Baskin Relays	100m	23rd	12.50 (1.5)
<b>200m (PR: 25.05)</b>				
3/25	Weems Baskin Relays	200m	46th	25.83 (1.5)

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

Date	Meet	Event	Finish	Time/Mark
<b>1500m (PR: 5:06.72)</b>				
3/25	Weems Baskin Relays	1500m	38th	5:11.19

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

Date	Meet	Event	Finish	Time/Mark
<b>1500m (PR: 4:57.85)</b>				
3/25	Weems Baskin Relays	1500m	22nd	4:57.85

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

Date	Meet	Event	Finish	Time/Mark
<b>1500m (PR: 4:45.07)</b>				
3/25	Weems Baskin Relays	1500m	7th	4:45.98

### ISABELLA PISANI • JR • HINSDALE, ILLINOIS

Date	Meet	Event	Finish	Time/Mark
<b>1500m (PR: 4:43.83)</b>				
3/25	Weems Baskin Relays	1500m	33rd	5:05.83

### JAHNILE REGISTRE • SO • ORLANDO, FLORIDA

Date	Meet	Event	Finish	Time/Mark
<b>200m (PR: 23.76)</b>				
3/25	Weems Baskin Relays	200m	1st	23.76 (1.5)
<b>400m (PR: 53.28)</b>				
3/17	Island Relays Bahamas	400m	2nd	53.28

### CLAUDIA SATZKE • SO • RED BANK, NEW JERSEY

Date	Meet	Event	Finish	Time/Mark
<b>3000m (PR: 11:04.10)</b>				
3/25	Weems Baskin Relays	3000m	14th	11:04.10

### CAILYN SCHARNECK • FR • WARD HILL, MASSACHUSETTS

Date	Meet	Event	Finish	Time/Mark
<b>Hammer (PR: 42.72m   140-2)</b>				
3/24	Weems Baskin Relays	Hammer	16th	42.72m   140-2

### EMILY SMITH • JR • LIMERICK, PENNSYLVANIA

Date	Meet	Event	Finish	Time/Mark
<b>1500m (PR: 4:50.41)</b>				
3/25	Weems Baskin Relays	1500m	5th	4:50.41

### SVENJA SOMMER • FR • FRANKFURT, GERMANY

Date	Meet	Event	Finish	Time/Mark
<b>800m (PR: 2:13.93)</b>				
3/25	Weems Baskin Relays	800m	2nd	2:13.93
<b>1500m (PR: 4:35.25)</b>				
3/18	Island Relays Bahamas	1500m	1st	4:35.25

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



# CAROLINA TRACK & FIELD

## 2023 OUTDOOR PROGRESSIONS - WOMEN

### 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 SUMPTEP • 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
3/25	Weems Baskin Relays	100m	4th	11.88 (1.2)
<b>200m (PR: 24.90)</b>				
3/17	Island Relays Bahamas	200m	17th	25.53
3/25	Weems Baskin Relays	200m	11th	24.90 (2.4)

### RACHEL VALENTINE • FR • MARIETTA, GEORGIA

Date	Meet	Event	Finish	Time/Mark
<b>Pole Vault (PR: --)</b>				
3/25	Weems Baskin Relays	Pole Vault	--	NH

### LILLY WEEKS • SO • MANSFIELD, OHIO

Date	Meet	Event	Finish	Time/Mark
<b>5000m (PR: 18:16.69)</b>				
3/24	Weems Baskin Relays	5000m	4th	18:16.69

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

Date	Meet	Event	Finish	Time/Mark
<b>1500m (PR: 4:48.48)</b>				
3/25	Weems Baskin Relays	1500m	4th	4:48.48

### 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
<b>5000m (PR: 17:57.78)</b>				
3/24	Weems Baskin Relays	5000m	2nd	17:57.78

### 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
<b>3000m (PR: 10:17.95)</b>				
3/25	Weems Baskin Relays	3000m	3rd	10:17.95

### 4X100M RELAY

Date	Meet	Team	Finish	Time
3/18	Island Relays Bahamas	Francis, Grant Jamison, Johnson	4th	44.95
3/25	Weems Baskin Relays	Francis, Jamison Johnson, Sumpter	1st	44.17

### 4X400M RELAY

Date	Meet	Team	Finish	Time
3/25	Weems Baskin Relays	Registre, Jamison Chelangat, Gayle	1st	3:37.57
3/25	Weems Baskin Relays	Sumpter, Sommer McMichael, Grant	10th	3:59.08

### 4X800M RELAY

Date	Meet	Team	Finish	Time
3/18	Island Relays Bahamas	Kelety, Chelangat Gayle, Zamrowski	1st	8:56.91
3/24	Weems Baskin Relays	Bowers, Pierontoni Smith, Wilson	1st	9:18.26

UPDATED 3/27/23

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