

2023 TOP-FIVE MARKS - MEN

| 100-METER DASH (R | lecord: 10.04, Terrence Trammel, 2000) |
|-------------------|--|
|-------------------|--|

| Date | Meet | Athlete | Mark |
|------|--------------------------|-----------------------|------------------|
| 4/22 | USC Open | Anthony Greenhow, Jr. | 10.25w (3.6) |
| 5/24 | NCAA East Regional | Anthony Greenhow, Jr. | 10.28w (2.3) - P |
| 4/22 | USC Open | DJ Black | 10.46w (2.7) |
| 4/22 | USC Open | Gatlin Lawson | 10.57w (2.7) |
| 5/12 | SEC Outdoor Championship | DJ Black | 10.50 (1.2) - P |

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

| Date | Meet | Athlete | Mark |
|------|--------------------------|-----------------------|------------------|
| 3/31 | Florida Relays | Evan Miller | 20.48 (-0.5) |
| 5/24 | NCAA East Regional | Evan Miller | 20.49 (1.1) - P |
| 5/24 | NCAA East Regional | Anthony Greenhow, Jr. | 20.70 (1.6) - P |
| 4/14 | Tom Jones Memorial | Anthony Greenhow, Jr. | 20.75 (0.8) |
| 5/11 | SEC Outdoor Championship | Anthony Greenhow, Jr. | 20.98 (-1.4) - P |

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

| Date | Meet | Athlete | Mark | |
|------|--------------------------|-------------|-----------|--|
| 5/12 | SEC Outdoor Championship | Evan Miller | 45.11 - P | |
| 4/15 | Tom Jones Memorial | Evan Miller | 45.14 | |
| 3/25 | Weems Baskin Relays | Evan Miller | 45.60 | |
| 5/13 | SEC Outdoor Championship | Evan Miller | 45.96 - F | |
| 5/24 | NCAA East Regional | Evan Miller | 46.01 - P | |

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

| Date | Meet | Athlete | Mark |
|------|--------------------------|--------------|-------------|
| 4/15 | Tom Jones Memorial | Jack Mensch | 1:49.57 |
| 4/1 | Florida Relays | Jack Mensch | 1:49.73 |
| 5/11 | SEC Outdoor Championship | Aidan Hatton | 1:50.95 - P |
| 4/22 | USC Open | Aidan Hatton | 1:51.09 |
| 4/1 | Florida Relays | Aidan Hatton | 1:51.45 |

1500-METER RUN (Record: 3:36.89, Anass Essayi, 2023)

| Date | Meet | Athlete | Mark |
|------|--------------------------|--------------|-------------|
| 4/15 | Bryan Clay Invitational | Anass Essayi | 3:36.89 |
| 6/7 | NCAA Championship | Anass Essayi | 3:39.52 - P |
| 5/13 | SEC Outdoor Championship | Anass Essayi | 3:41.52 - F |
| 5/12 | SEC Outdoor Championship | Anass Essayi | 3:43.13 - P |
| 6/9 | NCAA Championship | Anass Essayi | 3:43.31 - F |

5000-METER RUN (Record: 13:52.94, Rogerio Amaral, 2023)

| Date | Meet | Athlete | Mark |
|------|---------------------|----------------|--------------|
| 4/27 | Penn Relays | Rogerio Amaral | 13:52.94 |
| 3/23 | Raleigh Relays | Rogerio Amaral | 14:03.16 |
| 5/26 | NCAA East Regional | Rogerio Amaral | 14:35.76 - Q |
| 4/22 | USC Open | George Luke | 15:38.48 |
| 3/24 | Weems Baskin Relays | Henry Wood | 15:47.87 |
| | | | |

Athlete

Rogerio Amaral

Mark

30:15.90 - F

10000-METER RUN (Record: 30:05.24, Rob Devlin, 1986)

SEC Outdoor Championship

Date

Meet

| 110-METER HURDLES (Record: 13.19, Terrence Trammel, 2000) | | | | |
|---|--------------------|--------------|------------------|--|
| Date | Meet | Athlete | Mark | |
| 4/1 | Florida Relays | Filip Demsar | 13.57w (3.0) - F | |
| 4/22 | USC Open | Filip Demsar | 13.59w (5.0) - F | |
| 5/26 | NCAA East Regional | Filip Demsar | 13.60w (5.8) - Q | |
| 5/24 | NCAA East Regional | Filip Demsar | 13.62w (3.5) - P | |
| 4/22 | USC Open | Filip Demsar | 13.66 (0.9) - P | |

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

| Date | Meet | Athletes | Mark |
|------|--------------------------|-------------------|-------|
| 3/25 | Weems Baskin Relays | Greenhow, Miller | 39.99 |
| | | Lawson, Black | |
| 5/13 | SEC Outdoor Championship | Black, Miller | 40.00 |
| | | Greenhow, Floyd | |
| 3/18 | Island Relays Bahamas | Brooks, Demsar | 40.11 |
| | | Floyd, Greenhow | |
| 4/22 | USC Open | Lawson, Jefferson | 40.42 |
| | | Demsar, Floyd | |
| 4/15 | Tom Jones Memorial | E. Brooks, Miller | 40.63 |
| | | Greenhow, Lawson | |

| 4X200 RELAY (Record: 1:21.60, Ngwigwa, Sales, Moore, Anderson, 2 | 2009) |
|--|-------|
|--|-------|

| Date | Meet | Athletes | Mark | |
|------|----------------|-------------------|---------|--|
| 4/1 | Florida Relays | Greenhow, Demsar | 1:24.81 | |
| | | Miller, E. Brooks | | |
| 4/28 | Penn Relays | Junkins, Lawson | 1:27.43 | |
| | | Jofforson Plack | | |

4X300 RELAY

4/22

USC Open

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

4X400 RELAY (Record: 3:02.16, Law, Lekote, Harris, Fortenberry, 2002) Meet Athletes Mark Florida Relays Miller, Richardson 3:09.16 Demsar, Junkins 3/25 Weems Baskin Relays Junkins, Demsar E. Brooks, Miller 3/18 Island Relays Bahamas 3:11.58 Demsar, Greenhow Junkins, Lawson 4/28 Penn Relays Miller, E. Brooks 3:16.41 - P

Demsar, Junkins

Wright, Luke

Hatton, Mangione

3:20.35

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

| Date | Meet | Athletes | Mark |
|------|-----------------------|---------------------|---------|
| 3/31 | Florida Relays | Wright, Hatton | 7:25.33 |
| | | Dawson, Mensch | |
| 4/29 | Penn Relays | Wright, Hatton | 7:33.88 |
| | | Dawson, Mensch | |
| 3/24 | Weems Baskin Relays | Luke, Dawson | 7:43.13 |
| | | Mangione, Galbraith | |
| 3/18 | Island Relays Bahamas | Amaral, Hatton | 7:53.21 |
| | | Mensch, Spencer | |

DISTANCE MEDLEY RELAY (Record: 9:39.34, D. Brown, Reid, J. Brown, Schaper, 1974)

| Date | Meet | Athletes | Mark | |
|------|-------------|----------------|----------|--|
| 4/28 | Penn Relays | Hatton, Wright | 10:12.09 | |
| | | Dawson Luko | | |

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

| Date | Meet | Athlete | Mark |
|------|--------------------------|---------------|-----------------|
| 5/12 | SEC Outdoor Championship | Kobe Franklin | 2.09m 6-10.25 |
| 4/14 | Tom Jones Memorial | Kobe Franklin | 2.09m 6-10.25 |
| 3/31 | Florida Relays | Kobe Franklin | 2.06m 6-9 |
| 4/22 | USC Open | Kobe Franklin | 2.05m 6-8.75 |
| 4/29 | Penn Relays | Kobe Franklin | 2.02m 6-7.5 |

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 |
| 3/31 | Florida Relays | Blair Brooks | 7.11m 23-4 |
| 4/14 | Tom Jones Memorial | Blair Brooks | 7.09m 23-3.25 |
| 4/28 | Penn Relays | Blair Brooks | 6.98m 22-10.75 |

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 |
| 4/1 | Florida Relays | Blair Brooks | 14.48m 47-6.25 |

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

| Date | Meet | Athlete | Mark |
|------|--------------------------|-----------------|-----------------|
| 5/13 | SEC Outdoor Championship | Dillon McCarthy | 5.30m 17-4.5 |
| 5/24 | NCAA East Regional | Dillon McCarthy | 5.05m 16-6.75 |
| 4/14 | Tom Jones Memorial | Dillon McCarthy | 4.83m 15-10 |
| 4/1 | Florida Relays | Dillon McCarthy | 4.83m 15-10 |
| 4/29 | Penn Relays | Dillon McCarthy | 4.82m 15-9.75 |

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

| Date | Meet | Athlete | Mark |
|------|--------------------------|----------------|------------------|
| 4/14 | Tom Jones Memorial | Dylan Targgart | 19.89m 65-3.25 |
| 4/1 | Florida Relays | Dylan Targgart | 19.80m 64-11.5 |
| 5/12 | SEC Outdoor Championship | Dylan Targgart | 19.53m 64-1 |
| 3/25 | Weems Baskin Relays | Dylan Targgart | 19.42m 63-8.75 |
| 4/29 | Penn Relays | Dylan Targgart | 18.96m 62-2.5 |



2023 TOP-FIVE MARKS - MEN

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

| Date | Meet | Athlete | Mark |
|------|--------------------------|----------------|-----------------|
| 4/22 | USC Open | Dylan Targgart | 54.86m 180-0 |
| 5/26 | NCAA East Regional | Dylan Targgart | 53.49m 175-6 |
| 5/13 | SEC Outdoor Championship | Dylan Targgart | 53.23m 174-7 |
| 4/15 | Tom Jones Memorial | Dylan Targgart | 51.82m 170-0 |
| 3/25 | Weems Baskin Relays | Dylan Targgart | 51.78m 169-10 |

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

| Date | Meet | Athlete | Mark |
|------|--------------------------|------------|-----------------|
| 5/11 | SEC Outdoor Championship | Ridge Dowe | 53.78m 176-5 |
| 4/14 | Tom Jones Memorial | Ridge Dowe | 53.30m 174-10 |
| 3/24 | Weems Baskin Relays | Ridge Dowe | 52.60m 172-7 |
| 4/22 | USC Open | Ridge Dowe | 51.30m 168-3 |

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 Prelminary Round
- S Semifinal Round
- F Final Round
- D Decathlon Competition



2023 OUTDOOR PROGRESSIONS - MEN

200m (PR: 20.60[^] / 20.57w)

3/17

4/14 5/11

5/24

Island Relays Bahamas

Tom Jones Memorial

SEC Championship

NCAA East Regional

200m - P

200m - P

200m - P

200m

| | O AMARAL • FR • COIMBRA | Event | Et. Lab | The - /841- | | MSAR • JR • SLO |
|--------------|---|--------------|-----------|----------------------------------|-----------------------|--------------------------------------|
| Date | Meet PR: 3:54.80) | Event | Finish | Time/Mark | Date | Meet PR: 13.66 / 13.57v |
| 3/18 | Island Relays Bahamas | 1500m | 1st | 3:54.80 | 3/18 | Island Relays E |
| | (PR: 13:52.94) | | 100 | 0.0 1.00 | 3/25 | Weems Baskin |
| 3/23 | Raleigh Relays | 5000m | 31st | 14:03.16 | 4/1 | Florida Relays |
| 4/27 | Penn Relays | 5000m | 8th | 13:52.94 | 4/1 | Florida Relays |
| 5/13 | SEC Championship | 5000m | | DNF | 4/15 | Tom Jones Me |
| 5/26 | NCAA East Regional | 5000m - Q | 42nd | 14:35.76 | 4/22 | USC Open |
| | (PR: 30:15.90) | | | | 4/22 | USC Open |
| 5/11 | SEC Championship | 10000m | 3rd | 30:15.90 | 4/28 | Penn Relays |
| | | | | | 4/29 | Penn Relays |
| | CK • FR • INMAN, SOUTH CA | | El-Jak | Time - /84 | 5/12 | SEC Champior |
| Date | Meet R: 10.50 / 10.46w) | Event | Finish | Time/Mark | 5/13 5/24 | SEC Champior NCAA East Re |
| 3/17 | Island Relays Bahamas | 100m - P | 5th | 10.72 | 5/26 | NCAA East Re |
| 3/18 | Island Relays Bahamas | 100m - F | 7th | 10.92 | $-\frac{5/20}{6/7}$ | NCAA Champi |
| 3/25 | Weems Baskin Relays | 100m | 5th | 10.66 (0.7) | | NCAA CHamp |
| 4/22 | USC Open | 100m | 18th | 10.46w (2.7) | PIDGE D | OWE • FR • BLUI |
| 5/12 | SEC Championship | 100m - P | 24th | 10.50 (1.2) | Date | Meet |
| | mp (PR: 6.21m 20-4.5) | | 2 | 10.00 (1.2) | | (PR: 53.78m 17 |
| 3/18 | Island Relays Bahamas | Long Jump | 6th | 6.21m 20-4.5 | 3/24 | Weems Baskin |
| -, | | | | | 4/14 | Tom Jones Me |
| BLAIR B | ROOKS • SO • CEDAR RAPI | DS, IOWA | | | 4/22 | USC Open |
| Date | Meet | Event | Finish | Time/Mark | 5/11 | SEC Champior |
| 100m (P | R: 10.89) | | | · | | |
| 3/24 | Weems Baskins Relays | 100m | 18th | 11.18 (1.0) | ANASS E | SSAYI • SO • MC |
| 200m (F | PR: 23.04) | | | | Date | Meet |
| 3/17 | Island Relays Bahamas | 200m | 21st | 23.04 | 1500m (| PR: 3:36.89) |
| Long Ju | mp (PR: 7.42m 24-4.25*) | | | | 4/14 | Bryan Clay Inv |
| 3/18 | Island Relays Bahamas | Long Jump | 3rd | 7.31m 23-11.75 | 5/12 | SEC Champior |
| 3/24 | Weems Baskin Relays | Long Jump | 1st | 7.20m 23-7.5 | 5/13 | SEC Champior |
| 3/31 | Florida Relays | Long Jump | 8th | 7.11m 23-4 | 5/24 | NCAA East Re |
| 4/14 | Tom Jones Memorial | Long Jump | 11th | 7.09m 23-3.25 | 5/26 | NCAA East Re |
| 4/22 | USC Open | Long Jump | 5th | 6.97m 22-10.5 | 6/7 | NCAA Champ |
| 4/28 | Penn Relays | Long Jump | 9th | 6.98m 22-10.75 | 6/9 | NCAA Champ |
| 5/12 | SEC Championship | Long Jump | | F | _ | |
| Triple Ju | ımp (PR: 14.59m 47-10.5) | | | | EMORY I | FLOYD • FR • MA |
| 3/18 | Island Relays Bahamas | Triple Jump | 2nd | 14.59m 47-10.5 | Date | Meet |
| 4/1 | Florida Relays | Triple Jump | 8th | 14.48m 47-6.25 | _ ` | R: 10.86) |
| 4/15 | Tom Jones Memorial | Triple Jump | | F | 3/17 | Island Relays E |
| 4/22 | USC Open | Triple Jump | | F | _ | R: 21.33) |
| 5/13 | SEC Championship | Triple Jump | | F | _ 3/17 | Island Relays E |
| | | | | | 5/11 | SEC Champior |
| | BROOKS • JR • PHOENIX, A | | | (54) | | |
| Date | Meet | Event | Finish | Time/Mark | _ | RANKLIN • SR • V |
| | R: 10.90) | 100 D | 71.4 | 11.70 (1.6) | Date | Meet R: 23.48) |
| 5/12 | SEC Championship | 100m - P | 31st | 11.78 (1.6) | _ 200m (P 3/17 | |
| | PR: 14.44) | 11Omal I D | 1546 | 14.40.717) | | Island Relays E |
| 4/1 | Florida Relays | 110mH - P | 15th | 14.49 (1.7) | | mp (PR: 6.28m 2 |
| 4/15 | Tom Jones Memorial (PR: 13.10m 42-11.75) | 110mH - P | 34th | 14.46 (1.1) | _ <u>3/18</u> | Island Relays E np (PR: 2.09m 6 |
| | | Shot Put | 8th | 11 42m 77 E E | | Island Relays E |
| 3/18 4/22 | Island Relays Bahamas USC Open | Shot Put | | 11.42m 37-5.5 | | Weems Baskir |
| | PR: 35.78m 117-4) | SHOL PUL | 19th | 12.16m 39-10.75 | 3/25 | Florida Relays |
| | | Discus | 17+b | 29.66m 97-4 | 3/31 | Tom Jones Me |
| 3/18 3/25 | Island Relays Bahamas Weems Baskin Relays | Discus | 13th | | - 4/14 4/22 | |
| 4/22 | | Discus | 30th | 35.40m 116-1 35.78m 117-4 | $-\frac{4/22}{4/20}$ | USC Open |
| | USC Open (PR: 49.60m 162-9) | Discus | 21st | 35./8/11 11/-4 | - <u>4/29</u> 5/12 | Penn Relays SEC Champior |
| 3/17 | Island Relays Bahamas | Javelin | 6th | 49.60m 162-9 | 5/12 | NCAA East Re |
| | ult (PR: 4.30m 14-1.25) | Javeilli | Oth | 49.00111 102-9 | | NCAA Last Ne |
| 3/24 | Weems Baskin Relays | Pole Vault | | NH | ALEY G | ALBRAITH • JR • |
| 3/ 24 | Weellis Baskiii Relays | Fole vault | | INII | Date | Meet |
| IVCKEO | N DAWSON • FR • FORT MI | II SOUTH CAR | NI INI A | | | PR: 3:49.55) |
| Date | Meet | Event | Finish | Time/Mark | 3/25 | Weems Baskin |
| | PR: 3:53.36) | FACIIT | 1 1111311 | rane, riaik | | **CCITS DasKIII |
| 3/25 | Weems Baskin Relays | 1500m | 6th | 3:59.71 | ANTHON | IY GREENHOW, J |
| 4/14 | Tom Jones Memorial | 1500m | 32nd | 3:53.36 | Date | Meet |
| 5/12 | SEC Championship | 1500m - P | 32nd | 3:59.27 | | R: 10.60 / 10.25w |
| -/ | | .0001 | 02110 | 2.00.L, | 3/17 | Island Relays E |
| | | | | | | |
| | | | | | 3/18 | Island Relays E |

| | ISAR • JR • SLOVENIA | Event | Cipioh | Time (Marile |
|--|--|--|---|---|
| Date | Meet | Event | Finish | Time/Mark |
| | R: 13.66 / 13.57w) | 110 | 1ah | 1415 |
| 3/18 | Island Relays Bahamas | 110mH | 1st | 14.15 |
| 3/25 | Weems Baskin Relays | 110mH | 1st | 13.67 (1.1) |
| 4/1 | Florida Relays | 110mH - P | 6th | 13.77 (1.2) |
| 4/1 | Florida Relays | 110mH - F | 7th | 13.57w (3.0) |
| 4/15 | Tom Jones Memorial | 110mH - P | 15th | 13.93 (1.1) |
| 4/22 | USC Open | 110mH - P | 1st | 13.66 (0.9) |
| 4/22 | USC Open | 110mH - F | 2nd | 13.59w (5.0) |
| 4/28 | Penn Relays | 110mH - P | 7th | 14.20 (0.6) |
| 4/29 | Penn Relays | 110mH - F | 8th | 14.17 (-0.5) |
| 5/12 | SEC Championship | 110mH - P | 6th | 13.76w (2.7) |
| 5/13 | SEC Championship | 110mH - F | 6th | 13.85 (0.0) |
| 5/24 | NCAA East Regional | 110mH - P | 14th | 13.62w (3.5) |
| 5/26 | NCAA East Regional | 110mH - Q | 6th | 13.60w (5.8) |
| 6/7 | | | | |
| 0/ / | NCAA Championship | 110mH - S | 18th | 13.81 (1.1) |
| DIDGE DO | WE • FR • BLUFFTON, SO | IITH CAPOLINA | | |
| Date | Meet | Event | Finish | Time/Mark |
| | PR: 53.78m 176-5) | | э. | . iiiie, riai k |
| 3/24 | Weems Baskin Relays | Hammer | 5th | 52.60m 172-7 |
| 4/14 | Tom Jones Memorial | Hammer | 10th | 53.30m 174-10 |
| | | | | |
| 4/22 | USC Open | Hammer | 5th | 51.30m 168-3 |
| 5/11 | SEC Championship | Hammer | 17th | 53.78m 176-5 |
| ANACC TO | CAVI. CO . HODOCCO | | | |
| ANASS ES Date | SAYI • SO • MOROCCO Meet | Event | Finish | Time/Mark |
| | R: 3:36.89) | Event | FIIIISII | Tille/ Mark |
| 4/14 | Bryan Clay Invitational | 1500m | 7th | 3:36.89 |
| | | 1500m - P | 7th | |
| 5/12 | SEC Championship | | | 3:43.13 |
| 5/13 | SEC Championship | 1500m - F | 1st | 3:41.52 |
| 5/24 | NCAA East Regional | 1500m - P | 23rd | 3:46.48 |
| 5/26 | NCAA East Regional | 1500m - Q | 14th | 3:53.83 |
| 6/7 | NCAA Championship | 1500m - S | 2nd | 3:39.52 |
| 6/9 | NCAA Championship | 1500m - F | 4th | 3:43.31 |
| | | | | |
| | OYD • FR • MARIETTA, G | | | |
| Date | Meet | Event | Finish | Time/Mark |
| IOOm (PR | : 10.86) | | | - |
| 3/17 | Island Relays Bahamas | 100m - P | 12th | 10.86 |
| 200m (PR | | | | |
| 3/17 | Island Relays Bahamas | 200m | 14th | 22.09 |
| 5/11 | SEC Championship | 200m - P | 23rd | 21.33 (-1.2) |
| | , | | | |
| KOBE FRA | ANKLIN • SR • WOODBRID | GE, VIRGINIA | | |
| Date | Meet | Event | Finish | Time/Mark |
| 200m (PR | : 23.48) | | | |
| | | | | |
| 3/17 | Island Relays Bahamas | 200m | 25th | 23.48 |
| | Island Relays Bahamas p (PR: 6.28m 20-7.25) | 200m | 25th | 23.48 |
| Long Jum | | 200m Long Jump | 25th 5th | 23.48 6.28m 20-7.25 |
| Long Jum 3/18 | p (PR: 6.28m 20-7.25) | | | |
| Long Jum 3/18 High Jump | p (PR: 6.28m 20-7.25) Island Relays Bahamas | | | |
| Long Jum 3/18 High Jump 3/18 | p (PR: 6.28m 20-7.25) Island Relays Bahamas o (PR: 2.09m 6-10.25) Island Relays Bahamas | Long Jump High Jump | 5th 2nd | 6.28m 20-7.25 2.00m 6-6.75 |
| Long Jum 3/18 High Jump 3/18 3/25 | p (PR: 6.28m 20-7.25) Island Relays Bahamas o (PR: 2.09m 6-10.25) Island Relays Bahamas Weems Baskin Relays | Long Jump High Jump High Jump | 5th 2nd 4th | 6.28m 20-7.25 2.00m 6-6.75 1.98m 6-6 |
| Long Jum 3/18 High Jump 3/18 3/25 3/31 | p (PR: 6.28m 20-7.25) Island Relays Bahamas o (PR: 2.09m 6-10.25) Island Relays Bahamas Weems Baskin Relays Florida Relays | Long Jump High Jump High Jump High Jump | 5th 2nd 4th 5th | 6.28m 20-7.25 2.00m 6-6.75 1.98m 6-6 2.06m 6-9 |
| Long Jum 3/18 High Jump 3/18 3/25 3/31 4/14 | p (PR: 6.28m 20-7.25) Island Relays Bahamas o (PR: 2.09m 6-10.25) Island Relays Bahamas Weems Baskin Relays Florida Relays Tom Jones Memorial | Long Jump High Jump High Jump High Jump High Jump | 5th 2nd 4th 5th 7th | 6.28m 20-7.25 2.00m 6-6.75 1.98m 6-6 2.06m 6-9 2.09m 6-10.25 |
| Long Jum 3/18 High Jump 3/18 3/25 3/31 4/14 4/22 | p (PR: 6.28m 20-7.25) Island Relays Bahamas o (PR: 2.09m 6-10.25) Island Relays Bahamas Weems Baskin Relays Florida Relays Tom Jones Memorial USC Open | Long Jump High Jump High Jump High Jump High Jump High Jump | 5th 2nd 4th 5th 7th 8th | 6.28m 20-7.25 2.00m 6-6.75 1.98m 6-6 2.06m 6-9 2.09m 6-10.25 2.05m 6-8.75 |
| Long Jum 3/18 High Jump 3/18 3/25 3/31 4/14 4/22 4/29 | p (PR: 6.28m 20-7.25) Island Relays Bahamas o (PR: 2.09m 6-10.25) Island Relays Bahamas Weems Baskin Relays Florida Relays Tom Jones Memorial USC Open Penn Relays | Long Jump High Jump High Jump High Jump High Jump High Jump High Jump | 5th 2nd 4th 5th 7th 8th 9th | 6.28m 20-7.25 2.00m 6-6.75 1.98m 6-6 2.06m 6-9 2.09m 6-10.25 2.05m 6-8.75 2.02m 6-7.5 |
| Long Jum 3/18 High Jump 3/18 3/25 3/31 4/14 4/22 4/29 5/12 | p (PR: 6.28m 20-7.25) Island Relays Bahamas (PR: 2.09m 6-10.25) Island Relays Bahamas Weems Baskin Relays Florida Relays Tom Jones Memorial USC Open Penn Relays SEC Championship | Long Jump High Jump High Jump High Jump High Jump High Jump High Jump High Jump | 5th 2nd 4th 5th 7th 8th 9th 6th | 6.28m 20-7.25 2.00m 6-6.75 1.98m 6-6 2.06m 6-9 2.09m 6-10.25 2.05m 6-8.75 2.02m 6-7.5 2.09m 6-10.25 |
| Long Jum 3/18 High Jump 3/18 3/25 3/31 4/14 4/22 4/29 5/12 | p (PR: 6.28m 20-7.25) Island Relays Bahamas o (PR: 2.09m 6-10.25) Island Relays Bahamas Weems Baskin Relays Florida Relays Tom Jones Memorial USC Open Penn Relays | Long Jump High Jump High Jump High Jump High Jump High Jump High Jump | 5th 2nd 4th 5th 7th 8th 9th | 6.28m 20-7.25 2.00m 6-6.75 1.98m 6-6 2.06m 6-9 2.09m 6-10.25 2.05m 6-8.75 |
| Jum 3/18 High Jump 3/18 3/18 3/25 3/31 4/14 4/22 4/29 5/12 5/26 | p (PR: 6.28m 20-7.25) Island Relays Bahamas o (PR: 2.09m 6-10.25) Island Relays Bahamas Weems Baskin Relays Florida Relays Tom Jones Memorial USC Open Penn Relays SEC Championship NCAA East Regional | Long Jump High Jump High Jump High Jump High Jump High Jump High Jump High Jump High Jump High Jump | 5th 2nd 4th 5th 7th 8th 9th 6th | 6.28m 20-7.25 2.00m 6-6.75 1.98m 6-6 2.06m 6-9 2.09m 6-10.25 2.05m 6-8.75 2.02m 6-7.5 2.09m 6-10.25 |
| Long Jum 3/18 High Jump 3/18 3/25 3/31 4/14 4/22 4/29 5/12 5/26 | p (PR: 6.28m 20-7.25) Island Relays Bahamas b (PR: 2.09m 6-10.25) Island Relays Bahamas Weems Baskin Relays Florida Relays Tom Jones Memorial USC Open Penn Relays SEC Championship NCAA East Regional | Long Jump High Jump High Jump High Jump High Jump High Jump High Jump High Jump High Jump High Jump | 5th 2nd 4th 5th 7th 8th 9th 6th 34th | 6.28m 20-7.25 2.00m 6-6.75 1.98m 6-6 2.06m 6-9 2.09m 6-10.25 2.05m 6-8.75 2.09m 6-10.25 1.99m 6-6.25 |
| Long Jum 3/18 High Jump 3/18 3/18 3/25 3/31 4/14 4/22 4/29 5/12 5/26 ALEX GAL Date | p (PR: 6.28m 20-7.25) Island Relays Bahamas p (PR: 2.09m 6-10.25) Island Relays Bahamas Weems Baskin Relays Florida Relays Tom Jones Memorial USC Open Penn Relays SEC Championship NCAA East Regional BRAITH • JR • CINCINNA Meet | Long Jump High Jump High Jump High Jump High Jump High Jump High Jump High Jump High Jump High Jump | 5th 2nd 4th 5th 7th 8th 9th 6th | 6.28m 20-7.2! 2.00m 6-6.75 1.98m 6-6 2.06m 6-9 2.09m 6-10.2! 2.05m 6-8.75 2.02m 6-7.5 2.09m 6-10.2! |
| Long Jum 3/18 High Jump 3/18 3/18 3/18 3/18 3/25 3/3/31 4/14 4/22 4/29 5/12 5/26 ALEX GAL Date 1500m (Pl | p (PR: 6.28m 20-7.25) Island Relays Bahamas of (PR: 2.09m 6-10.25) Island Relays Bahamas Weems Baskin Relays Florida Relays Tom Jones Memorial USC Open Penn Relays SEC Championship NCAA East Regional BRAITH • JR • CINCINNA' Meet R: 3:49.55) | Long Jump High Jump High Jump High Jump High Jump High Jump High Jump High Jump High Jump High Jump High Jump Event | 2nd 4th 5th 7th 8th 9th 6th 34th | 6.28m 20-7.25 2.00m 6-6.75 1.98m 6-6 2.06m 6-9 2.09m 6-10.25 2.05m 6-8.75 2.09m 6-10.25 1.99m 6-6.25 |
| 3/18 High Jump 3/18 3/25 3/31 4/14 4/22 4/29 5/12 5/26 ALEX GAL Date | p (PR: 6.28m 20-7.25) Island Relays Bahamas p (PR: 2.09m 6-10.25) Island Relays Bahamas Weems Baskin Relays Florida Relays Tom Jones Memorial USC Open Penn Relays SEC Championship NCAA East Regional BRAITH • JR • CINCINNA Meet | Long Jump High Jump High Jump High Jump High Jump High Jump High Jump High Jump High Jump High Jump | 5th 2nd 4th 5th 7th 8th 9th 6th 34th | 6.28m 20-7.25 2.00m 6-6.75 1.98m 6-6 2.06m 6-9 2.09m 6-10.25 2.05m 6-8.75 2.09m 6-10.25 1.99m 6-6.25 |
| Long Jum 3/18 High Jump 3/18 3/25 3/31 4/14 4/22 4/29 5/12 5/26 ALEX GAL Date 1500m (Pl | p (PR: 6.28m 20-7.25) Island Relays Bahamas b (PR: 2.09m 6-10.25) Island Relays Bahamas Weems Baskin Relays Florida Relays Tom Jones Memorial USC Open Penn Relays SEC Championship NCAA East Regional BRAITH • JR • CINCINNA' Meet R: 3:49.55) Weems Baskin Relays | Long Jump High Jump High Jump High Jump High Jump High Jump High Jump High Jump High Jump Til, OHIO Event | 5th 2nd 4th 5th 7th 8th 9th 6th 34th Finish | 6.28m 20-7.25 2.00m 6-6.75 1.98m 6-6 2.06m 6-9 2.09m 6-10.25 2.05m 6-8.75 2.09m 6-10.25 1.99m 6-6.25 |
| Long Jum 3/18 High Jump 3/18 3/25 3/31 4/14 4/22 4/29 5/26 ALEX GAL Date 1500m (PI 3/25 | p (PR: 6.28m 20-7.25) Island Relays Bahamas b (PR: 2.09m 6-10.25) Island Relays Bahamas Weems Baskin Relays Florida Relays Tom Jones Memorial USC Open Penn Relays SEC Championship NCAA East Regional BRAITH • JR • CINCINNA' Meet R: 3:49.55) Weems Baskin Relays | Long Jump High Jump High Jump High Jump High Jump High Jump High Jump High Jump High Jump High Jump High Jump High Jump OBLICATION EVENT OWHATAN, VIRGI | 5th 2nd 4th 5th 7th 8th 9th 6th 34th Finish | 6.28m 20-7.25 2.00m 6-6.75 1.98m 6-6 2.06m 6-9 2.09m 6-10.25 2.05m 6-8.75 2.02m 6-10.25 1.99m 6-10.25 1.99m 6-6.25 Time/Mark |
| Long Jum 3/18 13/18 13/25 13/31 14/14 14/22 14/29 15/26 ALEX GAL Date 1500m (Pl 3/25 ANTHONY Date | p (PR: 6.28m 20-7.25) Island Relays Bahamas O (PR: 2.09m 6-10.25) Island Relays Bahamas Weems Baskin Relays Florida Relays Tom Jones Memorial USC Open Penn Relays SEC Championship NCAA East Regional BRAITH • JR • CINCINNA' Meet R: 3:49.55) Weems Baskin Relays GREENHOW, JR • SO • P Meet | Long Jump High Jump High Jump High Jump High Jump High Jump High Jump High Jump High Jump Til, OHIO Event | 5th 2nd 4th 5th 7th 8th 9th 6th 34th Finish | 6.28m 20-7.25 2.00m 6-6.75 1.98m 6-6 2.06m 6-9 2.09m 6-10.25 2.05m 6-8.75 2.09m 6-10.25 1.99m 6-6.25 |
| Long Jum 3/18 High Jum 3/18 3/25 3/31 4/14 4/22 5/26 ALEX GAL Date 1500m (Pi 3/25 | p (PR: 6.28m 20-7.25) Island Relays Bahamas of (PR: 2.09m 6-10.25) Island Relays Bahamas Weems Baskin Relays Florida Relays Tom Jones Memorial USC Open Penn Relays SEC Championship NCAA East Regional BRAITH • JR • CINCINNA' Meet R: 3:49.55) Weems Baskin Relays ' GREENHOW, JR • SO • P Meet 10.60 / 10.25w) | Long Jump High Jump High Jump High Jump High Jump High Jump High Jump High Jump Tigh Jump High Jump High Jump OEvent 1500m OWHATAN, VIRGI Event | 5th 2nd 4th 5th 7th 8th 9th 6th 34th Finish | 6.28m 20-7.25 2.00m 6-6.75 1.98m 6-6 2.06m 6-9 2.09m 6-10.25 2.05m 6-8.75 2.02m 6-7.5 2.09m 6-10.25 1.99m 6-6.25 Time/Mark 4:04.88 |
| Long Jum 3/18 High Jum 3/18 3/18 3/25 3/31 4/14 4/22 5/26 ALEX GAL Date 1500m (PI 3/25 ANTHON) Date 100m (PR: 3/17 | p (PR: 6.28m 20-7.25) Island Relays Bahamas o (PR: 2.09m 6-10.25) Island Relays Bahamas o (PR: 2.09m 6-10.25) Island Relays Bahamas Weems Baskin Relays Florida Relays Tom Jones Memorial USC Open Penn Relays SEC Championship NCAA East Regional BRAITH • JR • CINCINNA Meet R: 3:49.55) Weems Baskin Relays (GREENHOW, JR • SO • P Meet 10.60 / 10.25w) Island Relays Bahamas | Long Jump High Jump High Jump High Jump High Jump High Jump High Jump High Jump High Jump TI, OHIO Event 1500m OWHATAN, VIRGI Event 100m - P | 5th 2nd 4th 5th 7th 8th 9th 6th 34th Finish 11th INIA Finish 1st | 6.28m 20-7.25 2.00m 6-6.75 1.98m 6-6 2.06m 6-9 2.09m 6-10.25 2.02m 6-7.5 2.02m 6-10.25 1.99m 6-6.25 Time/Mark 4:04.88 |
| Long Jum 3/18 High Jum 3/18 3/18 3/25 3/31 4/14 4/22 5/26 5/26 ALEX GAL Date 15/500m (Pl 3/25 ANTHONY Date 1000m (PR: 3/17 3/18 | p (PR: 6.28m 20-7.25) Island Relays Bahamas b (PR: 2.09m 6-10.25) Island Relays Bahamas b (PR: 2.09m 6-10.25) Island Relays Bahamas Weems Baskin Relays Florida Relays Tom Jones Memorial USC Open Penn Relays SEC Championship NCAA East Regional BRAITH • JR • CINCINNA' Meet R: 3:49.55) Weems Baskin Relays GREENHOW, JR • SO • P Meet Island Relays Bahamas Island Relays Bahamas | Long Jump High Jump High Jump High Jump High Jump High Jump High Jump High Jump High Jump TI, OHIO Event 1500m OWHATAN, VIRGI Event 100m - P 100m - F | 5th 2nd 4th 5th 7th 8th 9th 34th Finish IIth INIA Finish 1st 1st | 6.28m 20-7.25 2.00m 6-6.75 1.98m 6-6 2.06m 6-9 2.09m 6-10.25 2.02m 6-7.5 2.02m 6-10.25 Time/Mark 4:04.88 Time/Mark 10.60 10.66 |
| Long Jum 3/18 High Jum 3/18 S3/18 S3/25 S3/31 4/14 4/22 5/26 ALEX GAL Date 1500m (PI 3/25 ANTHONY Date 100om (PR: 3/17 S3/18 | p (PR: 6.28m 20-7.25) Island Relays Bahamas b (PR: 2.09m 6-10.25) Island Relays Bahamas b (PR: 2.09m 6-10.25) Island Relays Bahamas Weems Baskin Relays Florida Relays Tom Jones Memorial USC Open Penn Relays SEC Championship NCAA East Regional BRAITH • JR • CINCINNA' Meet R: 3:49.55) Weems Baskin Relays ' GREENHOW, JR • SO • P Meet 10.60 / 10.25w) Island Relays Bahamas Island Relays Bahamas USC Open | Long Jump High Jump High Jump High Jump High Jump High Jump High Jump High Jump High Jump High Jump OWHATAN, VIRGI Event 100m - P 100m - F 100m | 5th 2nd 4th 5th 7th 8th 9th 6th 34th Finish 11th INIA Finish 1st 1st 8th | 6.28m 20-7.25 2.00m 6-6.75 1.98m 6-6 2.06m 6-9 2.09m 6-10.25 2.05m 6-8.75 2.09m 6-10.25 1.99m 6-10.25 1.99m 6-6.25 Time/Mark 4:04.88 Time/Mark 10.60 10.66 10.25w (3.6) |
| Long Jum 3/18 3/18 3/25 3/31 4/14 4/22 4/29 5/12 5/26 ALEX GAL Date 1500m (PR: 3/17 3/18 4/22 4/22 | p (PR: 6.28m 20-7.25) Island Relays Bahamas b (PR: 2.09m 6-10.25) Island Relays Bahamas b (PR: 2.09m 6-10.25) Island Relays Bahamas Weems Baskin Relays Florida Relays Tom Jones Memorial USC Open Penn Relays SEC Championship NCAA East Regional BRAITH • JR • CINCINNA' Meet R: 3:49.55) Weems Baskin Relays GREENHOW, JR • SO • P Meet Island Relays Bahamas Island Relays Bahamas | Long Jump High Jump High Jump High Jump High Jump High Jump High Jump High Jump High Jump TI, OHIO Event 1500m OWHATAN, VIRGI Event 100m - P 100m - F | 5th 2nd 4th 5th 7th 8th 9th 34th Finish IIth INIA Finish 1st 1st | 6.28m 20-7.29 2.00m 6-6.75 1.98m 6-6 2.06m 6-9 2.09m 6-10.29 2.05m 6-8.75 2.02m 6-7.25 1.99m 6-10.29 1.99m 6-6.25 Time/Mark 4:04.88 Time/Mark 10.60 10.66 |

1st

15th

16th

10.60

20.75 (0.8)

20.98 (-1.4)

20.70 (1.6)

UPDATED 6/12/23



2023 OUTDOOR PROGRESSIONS - MEN

| Date | Meet | Event | Finish | Time/Mark | |
|---------|-----------------------|----------|--------|-----------|--|
| 800m (F | PR: 1:50.95) | | | | |
| 3/17 | Island Relays Bahamas | 800m | 2nd | 1:54.32 | |
| 4/1 | Florida Relays | 800m | 33rd | 1:51.45 | |
| 4/22 | USC Open | 800m | 4th | 1:51.09 | |
| 5/11 | SEC Championship | 800m - P | 23rd | 1:50.95 | |
| 1500m (| PR: 4:08.82) | | | | |
| 3/25 | Weems Baskin Relavs | 1500m | 13th | 4:08.82 | |

PRESCOTT JEFFERSON • SO • COLUMBIA, SOUTH CAROLINA

| Date | Meet | Event | Finish | Time/Mark | | | | |
|---------|---------------------------|----------|--------|--------------|--|--|--|--|
| 100m (F | 100m (PR: 10.68 / 10.60w) | | | | | | | |
| 3/24 | Weems Baskins Relays | 100m | 2nd | 10.85 (-0.5) | | | | |
| 4/1 | Florida Relays | 100m | 27th | 10.68w (2.5) | | | | |
| 4/15 | Tom Jones Memorial | 100m | 50th | 10.69w (2.2) | | | | |
| 4/22 | USC Open | 100m | 34th | 10.60w (2.7) | | | | |
| 5/12 | SEC Championship | 100m - P | 28th | 10.68 (1.3) | | | | |
| 200m (I | PR: 22.02) | | | | | | | |
| 3/25 | Weems Baskin Relays | 200m | 39th | 22.17 (0.6) | | | | |
| 4/14 | Tom Jones Memorial | 200m | 70th | 22.02 (-0.1) | | | | |
| 4/14 | Tom Jones Memorial | 200m | 70th | 22.02 (-0.1) | | | | |

JACKSON JUNKINS • SR • PAWLEYS ISLAND, SOUTH CAROLINA

| Date | Meet | Event | Finish | Time/Mark |
|---------|-----------------------|----------|--------|--------------|
| 200m (F | PR: 21.49 / 21.45w) | | | |
| 3/17 | Island Relays Bahamas | 200m | 17th | 22.38 |
| 3/25 | Weems Baskin Relays | 200m | 10th | 21.52 (0.7) |
| 4/22 | USC Open | 200m | 22nd | 21.45w (3.9) |
| 5/11 | SEC Championship | 200m - P | 29th | 21.75w (2.3) |
| 400m (F | PR: 46.49) | | | |
| 3/17 | Island Relays Bahamas | 400m | 9th | 50.21 |
| 4/15 | Tom Jones Memorial | 400m | 47th | 48.02 |
| 4/22 | Gatlin Lawson | 400m | 11th | 47.98 |
| 5/12 | SEC Championship | 400m - P | 27th | 47.71 |
| | | | | |

GATLIN LAWSON • JR • LUGOFF, SOUTH CAROLINA

| Date | Meet | Event | Finish | Time/Mark | | | |
|----------|-----------------------|----------|--------|--------------|--|--|--|
| 100m (PR | 2: 10.77 / 10.57w) | | | | | | |
| 3/17 | Island Relays Bahamas | 100m - P | 14th | 11.32 | | | |
| 3/25 | Weems Baskin Relays | 100m | 17th | 10.96 (0.7) | | | |
| 4/1 | Florida Relays | 100m | 30th | 10.74w (2.5) | | | |
| 4/22 | USC Open | 100m | 30th | 10.57w (2.7) | | | |
| 5/12 | SEC Championship | 100m - P | 30th | 10.93 (1.6) | | | |
| 200m (PF | R: 22.06 / 21.63w) | | | | | | |
| 3/17 | Island Relays Bahamas | 200m | 19th | 22.51 | | | |
| 3/25 | Weems Baskin Relays | 200m | 44th | 22.28 (2.3) | | | |
| 4/14 | Tom Jones Memorial | 200m | 72nd | 22.06 (1.6) | | | |
| 4/22 | USC Open | 200m | 29th | 21.63w (3.9) | | | |
| 5/11 | SEC Championship | 200m - P | 31st | 22.31 (-1.2) | | | |

CJ LICATA • SO • GLADSTONE, NEW JERSEY

| Date | Meet | Event | Finish | Time/Mark |
|-------------|------------------------|----------|--------|-------------------|
| Shot Put (I | PR: 19.41m 63-8.25*) | | | |
| 4/22 | USC Open | Shot Put | 1st | 18.27m 59-11.25 |

CARSON LENSER • SO • VILONIA, ARKANSAS

| Date | Meet | Event | Finish | Time/Mark |
|-----------|-------------------------|------------|--------|-----------|
| 200m (Pl | R: 23.26) | | | |
| 3/17 | Island Relays Bahamas | 200m | 23rd | 23.26 |
| Pole Vaul | t (PR: 5.25m 17-2.75) | | | |
| 3/18 | Island Relays Bahamas | Pole Vault | | NH |

GEORGE LUKE • SO • CLINTON, CONNECTICUT

| Date | Meet | Event | Finish | Time/Mark |
|----------|---------------------|-----------|--------|-----------|
| 1500m (I | PR: 3:52.98) | | | |
| 3/25 | Weems Baskin Relays | 1500m | 14th | 4:10.56 |
| 3/31 | Florida Relays | 1500m | 13th | 4:00.65 |
| 4/14 | Tom Jones Memorial | 1500m | 30th | 3:52.98 |
| 4/22 | USC Open | 1500m | 3rd | 4:01.06 |
| 5/12 | SEC Championship | 1500m - P | 33rd | 4:01.08 |

JAKE MANGIONE • SO • LEXINGTON, SOUTH CAROLINA

| Date | Meet | Event | Finish | Time/Mark | |
|---------|---------------------|-------|--------|-----------|--|
| 800m (P | R: 1:55.19) | | | | |
| 3/25 | Weems Baskin Relays | 800m | 8th | 1:55.67 | |
| 4/22 | USC Open | 800m | 17th | 1:55.19 | |

ETHAN MATHIS • FR • CHAPEL HILL, NORTH CAROLINA

| Date | Meet | Event | Finish | Time/Mark | |
|----------|---------------------|-------|--------|-----------|--|
| 400m (Pl | R: 53.45) | | | | |
| 3/24 | Weems Baskin Relays | 400m | 45th | 53.45 | |
| 4/22 | USC Open | 400m | 63rd | 54.36 | |

DILLON McCARTHY • JR • MOUNT PLEASANT, SOUTH CAROLINA

| Date | Meet | Event | Finish | Time/Mark |
|---------|--------------------------|------------|--------|-----------------|
| Pole Va | ult (PR: 5.30m 17-4.5) | | | |
| 3/18 | Island Relays Bahamas | Pole Vault | | NH |
| 3/25 | Weems Baskin Relay | Pole Vault | 6th | 4.77m 15-7.75 |
| 4/1 | Florida Relays | Pole Vault | 13th | 4.83m 15-10 |
| 4/14 | Tom Jones Memorial | Pole Vault | 17th | 4.83m 15-10 |
| 4/22 | USC Open | Pole Vault | | NH |
| 4/29 | Penn Relays | Pole Vault | 7th | 4.82m 15-9.75 |
| 5/13 | SEC Championship | Pole Vault | 5th | 5.30m 17-4.5 |
| 5/24 | NCAA East Regional | Pole Vault | 29th | 5.05m 16-6.75 |

JACK MENSCH • JR • IRMO, SOUTH CAROLINA

| Date | Meet | Event | Finish | Time/Mark |
|---------|-----------------------|-------|--------|-----------|
| 400m (| PR: 48.50) | | | |
| 3/24 | Weems Baskin Relays | 400m | 2nd | 48.50 |
| 800m (I | PR: 1:49.57) | | | |
| 3/17 | Island Relays Bahamas | 800m | 4th | 1:55.18 |
| 4/1 | Florida Relays | 800m | 12th | 1:49.73 |
| 4/15 | Tom Jones Memorial | 800m | 16th | 1:49.57 |
| 1500m (| (PR: 3:57.46) | | | |
| 3/25 | Weems Baskin Relays | 1500m | 15th | 4:13.05 |

EVAN MILLER • SR • ZEPHYRHILLS, FLORIDA

| Date | Meet | Event | Finish | Time/Mark | | |
|------------------|---------------------|----------|--------|--------------|--|--|
| 200m (PR: 20.35) | | | | | | |
| 3/31 | Florida Relays | 200m | 3rd | 20.48 (-0.5) | | |
| 5/24 | NCAA East Regional | 200m - P | 14th | 20.49 (1.1) | | |
| 5/26 | NCAA East Regional | 200m - Q | 22nd | 21.31w (2.2) | | |
| 400m (F | PR: 45.11) | | | | | |
| 3/25 | Weems Baskin Relays | 400m | 1st | 45.60 | | |
| 4/15 | Tom Jones Memorial | 400m | 2nd | 45.14 | | |
| 5/12 | SEC Championship | 400m - P | 7th | 45.11 | | |
| 5/13 | SEC Championship | 400m - F | 8th | 45.96 | | |
| 5/24 | NCAA East Regional | 400m - P | 7th | 46.01 | | |
| 5/26 | NCAA East Regional | 400m - Q | | DQ | | |

KYLE REERS • JR • FRENCHTOWN, NEW JERSEY

| Date | Meet | Event | Finish | Time/Mark | |
|----------|---------------------|-------|--------|-----------|--|
| 800m (PR | : 1:54.76) | | | | |
| 3/25 | Weems Baskin Relays | 800m | 9th | 1:56.46 | |
| 4/22 | USC Open | 800m | 33rd | 1.59.35 | |

E.J. RICHARDSON • JR • HAMPTON, VIRGINIA

| Date | Meet | Event | Finish | Time/Mark | |
|---------|-----------------------|-------|--------|-----------|--|
| 400m (F | PR: 47.01) | | | | |
| 3/17 | Island Relays Bahamas | 400m | 1st | 47.01 | |
| 4/15 | Tom Jones Memorial | 400m | 5.4+h | 10.25 | |

WILLIAM SPENCER, JR. • SR • HENRICO, VIRGINIA

| Date | Meet | Event | Finish | Time/Mark |
|----------|-----------------------|-------|--------|-----------|
| 400mH (P | R: 49.56) | | | |
| 3/18 | Island Relays Bahamas | 400mH | | DNF |

TYLER STARGEL • FR • DAYTON, OHIO

| Date | meet | Event | Finisn | i ime/ Mark | | | |
|---------------------------|---------------------|-----------|--------|--------------|--|--|--|
| 200m (PR: 23.91 / 23.51w) | | | | | | | |
| 3/25 | Weems Baskin Relays | 200m | 81st | 23.91 (2.1) | | | |
| 4/22 | USC Open | 200m | 88th | 23.51w (4.3) | | | |
| 110mH (PR: 15.68) | | | | | | | |
| 4/22 | USC Open | 110mH - P | 29th | 15.68 (-2.3) | | | |



2023 OUTDOOR PROGRESSIONS - MEN

DYLAN TARGGART • SO • COLDWATER, MICHIGAN

| Date | Meet | Event | Finish | Time/Mark |
|----------|--------------------------|----------|--------|------------------|
| Shot Pu | t (PR: 19.89m 65-3.25) | | | |
| 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 |
| 4/1 | Florida Relays | Shot Put | 2nd | 19.80m 64-11.5 |
| 4/14 | Tom Jones Memorial | Shot Put | 2nd | 19.89m 65-3.25 |
| 4/29 | Penn Relays | Shot Put | 9th | 18.96m 62-2.5 |
| 5/12 | SEC Championship | Shot Put | 4th | 19.53m 64-1 |
| 5/24 | NCAA East Regional | Shot Put | 15th | 18.61m 61-0.75 |
| Discus (| PR: 54.86m 180-0) | | | |
| 3/18 | Island Relays Bahamas | Discus | 4th | 50.60m 166-0 |
| 3/25 | Weems Baskin Relays | Discus | 3rd | 51.78m 169-10 |
| 4/15 | Tom Jones Memorial | Discus | 5th | 51.82m 170-0 |
| 4/22 | USC Open | Discus | 1st | 54.86m 180-0 |
| 4/28 | Penn Relays | Discus | 4th | 50.69m 166-3 |
| 5/13 | SEC Championship | Discus | 10th | 53.23m 174-7 |
| 5/26 | NCAA East Regional | Discus | 26th | 53.49m 175-6 |

JONATHAN TOGAMI • JR • MOUNT PLEASANT, SOUTH CAROLINA

| Date | Meet | Event | Finish | Time/Mark | | |
|-------------------------------|---------------------|------------|--------|-----------|--|--|
| Pole Vault (PR: 4.75m 15-7) | | | | | | |
| 3/25 | Weems Baskin Relays | Pole Vault | | NH | | |
| 4/1 | Florida Relays | Pole Vault | | NH | | |
| 4/14 | Tom Jones Memorial | Pole Vault | | NH | | |
| 4/22 | USC Open | Pole Vault | | NH | | |
| 4/28 | Penn Relays | Pole Vault | | NH | | |

HENRY WOOD • SO • CHARLESTON, SOUTH CAROLINA

| Date | Meet | Event | Finish | Time/Mark | |
|----------------------|---------------------|-------|--------|-----------|--|
| 5000m (PR: 15:38.48) | | | | | |
| 3/24 | Weems Baskin Relays | 5000m | 17th | 15:47.87 | |
| 4/22 | USC Open | 5000m | 12th | 15:38.48 | |

WILLIAM WRIGHT • FR • ANDERSON, SOUTH CAROLINA

| Date | Meet | Event | Finish | Time/Mark | |
|----------|-----------------------|----------|--------|-----------|--|
| 800m (PF | R: 1:52.74) | | | | |
| 3/17 | Island Relays Bahamas | 800m | 5th | 1:55.81 | |
| 3/25 | Weems Baskin Relays | 800m | 4th | 1:53.27 | |
| 4/15 | Tom Jones Memorial | 800m | 49th | 1:52.74 | |
| 4/22 | USC Open | 800m | 23rd | 1:56.30 | |
| 5/11 | SEC Championship | 800m - P | 33rd | 1:56.79 | |

4X100M RELAY

| Date | Meet | Team | Finish | Time |
|------|-----------------------|---------------------|--------|-------|
| 3/18 | Island Relays Bahamas | B. Brooks, Demsar | 3rd | 40.11 |
| | | Floyd, Greenhow | | |
| 3/25 | Weems Baskin Relays | Greenhow, Miller | 1st | 39.99 |
| | | Lawson, Black | | |
| 3/31 | Florida Relays | E. Brooks, Miller | | DQ |
| | | Junkins, Black | | |
| 4/15 | Tom Jones Memorial | E. Brooks, Miller | 18th | 40.63 |
| | | Greenhow, Lawson | | |
| 4/22 | USC Open | Lawson, Jefferson | 4th | 40.42 |
| | | Demsar, Floyd | | |
| 4/22 | USC Open | E. Brooks, Greenhow | | DNF |
| | | Black, Junkins | | |
| 4/28 | Penn Relays | E. Brooks, Miller | P | DNF |
| | | Black, Floyd | | |
| 5/13 | SEC Championship | Black, Miller | 9th | 40.00 |
| | | Greenhow, Floyd | | |
| 5/26 | NCAA East Regional | Black, Miller | Q | DQ |
| | | Greenhow, Floyd | | |

4X200M RELAY

| Date | Meet | Team | Finish | Time |
|------|----------------|-------------------|--------|---------|
| 4/1 | Florida Relays | Greenhow, Demsar | 1st | 1:24.81 |
| | | Miller, E. Brooks | | |
| 4/28 | Penn Relays | Junkins, Lawson | 7th | 1:27.43 |
| | | Jefferson, Black | | |

4X300M RELAY

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

4X400M RELAY

| Date | Meet | Team | Finish | Time |
|------|-----------------------|--------------------|---------|---------|
| 3/18 | Island Relays Bahamas | Demsar, Greenhow | 2nd | 3:11.58 |
| | | Junkins, Lawson | | |
| 3/25 | Weems Baskin Relays | Junkins, Demsar | 2nd | 3:10.77 |
| | | E. Brooks, Miller | | |
| 3/25 | Weems Baskin Relays | Wright, Hatton | 10th | 3:22.96 |
| | | Reers, Mangione | | |
| 4/1 | Florida Relays | Miller, Richardson | 7th | 3:09.16 |
| | | Demsar, Junkins | | |
| 4/22 | USC Open | Hatton, Mangione | 6th | 3:20.35 |
| | | Wright, Luke | | |
| 4/28 | Penn Relays | Miller, E. Brooks | 9th - P | 3:16.41 |
| | | Demsar, Junkins | | |
| | | | | |

4X800M RELAY

| Date | Meet | Team | Finish | Time |
|------|-----------------------|---------------------|--------|---------|
| 3/18 | Island Relays Bahamas | Amaral, Hatton | 2nd | 7:53.21 |
| | | Mensch, Spencer | | |
| 3/24 | Weems Baskin Relays | Luke, Dawson | 1st | 7:43.13 |
| | | Mangione, Galbraith | | |
| 3/31 | Florida Relays | Wright, Hatton | 2nd | 7:25.33 |
| | | Dawson, Mensch | | |
| 4/29 | Penn Relays | Wright, Hatton | 9th | 7:33.88 |
| | | Dawson, Mensch | | |

DISTANCE MEDLEY RELAY

| DISTANCE MEDLET RELAT | | | | | |
|-----------------------|-------------|----------------|--------|----------|--|
| Date | Meet | Team | Finish | Time | |
| 4/28 | Penn Relays | Hatton, Wright | 17th | 10:12.09 | |
| | | Dawson Luko | | | |



2023 TOP-FIVE MARKS - WOMEN

| 100-METER DASH | (Record: 1 | 1.02w LaK | va Brookins | 2011) |
|----------------|------------|-----------|-------------|-------|
| | | | | |

| Date | Meet | Athlete | Mark |
|------|---------------------------|-------------------|-----------------|
| 4/1 | Florida Relays | Jayla Jamison | 11.11w (4.1) |
| 3/25 | Weems Baskin Relays | Jayla Jamison | 11.44 (1.2) |
| 4/22 | USC Open | Anastasia Sumpter | 11.53w (3.0) |
| 5/12 | SEC Outdoor Championships | Jayla Jamison | 11.56 (0.4) - P |
| 4/15 | Tom Jones Memorial | Anastasia Sumpter | 11.71.(1.6) |

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

| Date | Meet | Athlete | Mark |
|------|--------------------|---------------|------------------|
| 5/25 | NCAA East Regional | Jayla Jamison | 22.71w (2.9) - P |
| 4/14 | Tom Jones Memorial | Jayla Jamison | 22.79 (0.7) |
| 5/27 | NCAA East Regional | Jayla Jamison | 22.84w (2.8) - Q |
| 6/8 | NCAA Championship | Jayla Jamison | 23.16 (0.5) - S |
| 3/31 | Florida Relays | Jayla Jamison | 23.17 (-0.5) |

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

| Date | Meet | Athlete | Mark | |
|------|-----------------------|------------------|-------|--|
| 4/22 | USC Open | Jahnile Registre | 52.86 | |
| 4/15 | Tom Jones Memorial | Jahnile Registre | 52.91 | |
| 4/22 | USC Open | Aalliyah Francis | 53.26 | |
| 3/17 | Island Relays Bahamas | Jahnile Registre | 53.28 | |
| 3/17 | Island Relays Bahamas | Aalliyah Francis | 53.29 | |

800-METER RUN (Record: 2:02.58, Sylvia Chelangat, 2023)

| Date | Meet | Athlete | Mark |
|------|--------------------------|------------------|-------------|
| 4/15 | Tom Jones Memorial | Sylvia Chelangat | 2:02.58 |
| 5/13 | SEC Outdoor Championship | Sylvia Chelangat | 2:03.98 - F |
| 5/11 | SEC Outdoor Championship | Sylvia Chelangat | 2:04.24 - P |
| 5/25 | NCAA East Regional | Sylvia Chelangat | 2:05.22 - P |
| 3/17 | Island Relays Bahamas | Sylvia Chelangat | 2:05.99 |

1500-METER RUN (Record: 4:12.11, Silan Ayyildiz, 2023)

| Date | Meet | Athlete | Mark |
|------|--------------------------|----------------|-------------|
| 5/27 | NCAA East Regional | Silan Ayyildiz | 4:12.11 - Q |
| 3/31 | Florida Relays | Silan Ayyildiz | 4:14.13 |
| 5/13 | SEC Outdoor Championship | Silan Ayyildiz | 4:17.67 - F |
| 5/25 | NCAA East Regional | Silan Ayyildiz | 4:17.97 - P |
| 5/12 | SEC Outdoor Championship | Silan Ayyildiz | 4:23.84 - P |

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 |
| 4/15 | Tom Jones Memorial | Ella Zeigler | 10:37.46 |
| 3/18 | Island Relays Bahamas | Anna Boyd | 10:40.47 |

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

| Date | Meet | Athlete | Mark |
|------|--------------------|----------------------|----------|
| 4/27 | Penn Relays | Gabriella Gait-Smith | 17:10.71 |
| 4/14 | Tom Jones Memorial | Gabriella Gait-Smith | 17:17.16 |
| 3/31 | Florida Relays | Gabriella Gait-Smith | 17:28.41 |
| 4/14 | Tom Jones Memorial | Lily Weeks | 17:50.63 |
| 4/22 | USC Open | Lilv Weeks | 17:53.68 |

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

| Date | Meet | Athlete | Mark |
|------|--------------------------|--------------|-----------|
| 5/11 | SEC Outdoor Championship | Elena Kelety | 58.19 - P |
| 3/17 | Island Relays Bahamas | Elena Kelety | 58.19 |
| 4/22 | USC Open | Elena Kelety | 58.28 |
| 5/25 | NCAA East Regional | Elena Kelety | 58.59 - P |
| 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 44.17 | |
| | | Johnson, Sumpter | |
| 3/31 | Florida Relays | Frank, Jamison | 44.73 - P |
| | | Registre, Sumpter | |
| 3/18 | Island Relays Bahamas | Francis, Grant | 44.95 |
| | | Jamison, Johnson | |
| | | | |

| Date | Meet | Athletes |
|--------|---|-----------------------------|
| 77.700 | TEEN! (Necola. 5.25.45, Davis, Dallinoi | c, i fulli, negistic, 2022) |

| Date | meet | Atnietes | Mark |
|------|--------------------------|---------------------|---------|
| 4/15 | Tom Jones Memorial | Frank, Chelangat | 3:32.61 |
| | | Francis, Registre | |
| 4/29 | Penn Relays | Francis, Chelangat | 3:33.02 |
| | | Frank, Registre | |
| 4/1 | Florida Relays | Registre, Frank | 3:34.81 |
| | | Chelangat, Sumpter | |
| 5/13 | SEC Outdoor Championship | Registre, Chelangat | 3:37.41 |
| | | Frank, Kelety | |
| 3/25 | Weems Baskin Relays | Registre, Jamison | 3:37.57 |
| | | Chelangat, Gayle | |

4X800 RELAY (Record: 8:40.20, Gayle, Kelety, Costantino, Ayyildiz, 2023)

| Date | Meet | Athletes | Mark |
|------|-----------------------|----------------------|---------|
| 4/29 | Penn Relays | Gayle, Kelety | 8:40.20 |
| | | Costantino, Ayyildiz | |
| 3/31 | Florida Relays | Gayle, Costantino | 8:45.92 |
| | | Zamrowski, Chelanga | t |
| 3/18 | Island Relays Bahamas | Kelety, Chelangat | 8:56.91 |
| | | Gayle, Zamrowski | |
| 3/24 | Weems Baskin Relays | Bowers, Pierontoni | 9:18.26 |
| | | Smith, Wilson | |

DISTANCE MEDLEY RELAY (Record: 11:19.09, Sommer, Gayle, Zamrowski, Ayyildiz)

| Date | Meet | Athletes | Mark | |
|------|-------------|---------------------|----------|--|
| 4/28 | Penn Relays | Sommer, Gayle | 11:19.09 | |
| | | Zamrowski. Avvildiz | | |

SPRINT MEDLEY RELAY (Record: 3:46.44, Joyce, Carpenter, Martin, Shelton, 2005)

| Date | Meet | Athletes | Mark |
|------|-------------|---------------------|---------|
| 4/28 | Penn Relays | Sumpter, Jamison | 4:19.92 |
| | | Registre, Chelangat | |

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

| Date | Meet | Athlete | Mark |
|------|---------------------|-----------------|----------------|
| 4/22 | USC Open | Markia Anderson | 1.45m 4-9 |
| 3/25 | Weems Baskin Relavs | Markia Anderson | 1.43m 4-8.25 |

POLE VAULT (Record: 4.26m | 13-11.75, Petra Olsen, 2014)

| Date | Meet | Athlete | Mark |
|------|--------------------|------------------|------------------|
| 4/28 | Penn Relays | Rachel Valentine | 3.63m 11-10.75 |
| 4/15 | Tom Jones Memorial | Rachel Valentine | 3.61m 11-10 |
| 4/22 | USC Open | Rachel Valentine | 3.56m 11-8 |
| 3/31 | Florida Relays | Rachel Valentine | 3.48m 11-5 |

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

| Date | Meet | Athlete | Mark |
|------|--------------------------|----------|-------------------|
| 5/12 | SEC Outdoor Championship | KD Young | 16.45m 53-11.75 |
| 4/1 | Florida Relays | KD Young | 16.13m 52-11 |
| 4/22 | USC Open | KD Young | 15.84m 51-11.75 |
| 4/15 | Tom Jones Memorial | KD Young | 15.83m 51-11.25 |
| 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 |
|------|--------------------------|----------|-----------------|
| 4/15 | Tom Jones Memorial | KD Young | 59.70m 195-10 |
| 4/22 | USC Open | KD Young | 58.48m 191-10 |
| 5/11 | SEC Outdoor Championship | KD Young | 58.19m 190-11 |
| 3/31 | Florida Relays | KD Young | 57.03m 187-1 |
| 4/27 | Penn Relays | KD Young | 56.94m 186-10 |

- P Prelminary Round
- S Semifinal Round
- F Final Round
- H Heptathlon Competition



2023 OUTDOOR PROGRESSIONS - WOMEN

| Date | Meet | Event | Finish | Time/Mark |
|---------|--------------------------|-----------|--------|-----------|
| 3000m | (PR: 11:13.34) | | | |
| 3/25 | Weems Baskin Relays | 3000m | 16th | 11:46.76 |
| SILAN A | YYILDIZ • SO • ISTANBUL, | TURKEY | | |
| Date | Meet | Event | Finish | Time/Mark |
| 800m (F | PR: 2:07.15) | | | |
| 4/1 | Florida Relays | 800m | 18th | 2:07.15 |
| 1500m (| PR: 4:12.11) | | | |
| 3/31 | Florida Relays | 1500m | 2nd | 4:14.13 |
| 5/12 | SEC Championship | 1500m - P | 3rd | 4:23.84 |
| 5/13 | SEC Championship | 1500m - F | 1st | 4:17.67 |
| 5/25 | NCAA East Regional | 1500m - P | 3rd | 4:17.97 |
| 5/27 | NCAA East Regional | 1500m - Q | 2nd | 4:12.11 |
| 6/8 | NCAA Championship | 1500m - S | 24th | 4:26.58 |

| MARKIA ANDERSON • FR • SPARTANBURG, SOUTH CAROLINA | | | | | |
|--|---------------------|-----------|--------|----------------|--|
| Date | Meet | Event | Finish | Time/Mark | |
| High Jump (PR: 1.43m 4-8.25) | | | | | |
| 3/25 | Weems Baskin Relays | High Jump | 2nd | 1.43m 4-8.25 | |
| 4/22 | USC Open | High Jump | 7th | 1.45m 4-9 | |

| SAVANN | IAH BOWERS • JR • VIRGII | NIA BEACH, VII | RGINIA | | |
|---------|--------------------------|----------------|--------|-----------|--|
| Date | Meet | Event | Finish | Time/Mark | |
| 1500m (| PR: 4:45.84) | | | | |
| 3/25 | Weems Baskin Relays | 1500m | 3rd | 4:46.34 | |
| 4/22 | USC Open | 1500m | 11th | 4:58.68 | |
| | | | | | |

| ANNA B | OYD • FR • ATTLEBORO, M | ASSACHUSETTS | | |
|--------|-------------------------|--------------|--------|-----------|
| Date | Meet | Event | Finish | Time/Mark |
| 3000m | (PR: 10:40.47) | | | |
| 3/18 | Island Relays Bahamas | 3000m | 7th | 10:40.47 |
| 5000m | (PR: 18:28.12) | | | |
| 3/24 | Weems Baskin Relays | 5000m | 5th | 18:28.12 |
| 4/22 | USC Open | 5000m | 11th | 18:36.17 |

| Date | Meet | Event | Finish | Time/Mark |
|--------|-----------------------|----------|--------|-----------|
| 400m (| PR: 54.30) | | | |
| 3/25 | Weems Baskin Relays | 400m | 3rd | 54.30 |
| 800m (| PR: 2:02.58) | | | |
| 3/17 | Island Relays Bahamas | 800m | 1st | 2:05.99 |
| 4/1 | Florida Relays | 800m | 20th | 2:08.34 |
| 4/15 | Tom Jones Memorial | 800m | 4th | 2:02.58 |
| 5/11 | SEC Championship | 800m - P | 2nd | 2:04.24 |
| 5/13 | SEC Championship | 800m - F | 2nd | 2:03.98 |
| 5/25 | NCAA East Regional | 800m - P | 9th | 2:05.22 |
| 5/27 | NCAA East Regional | 800m - Q | 25th | 2:11.83 |
| | | | | |

| Date | Meet | Event | Finish | Time/Mark |
|---------|-----------------------|-----------|--------|-----------|
| 1500m (| (PR: 4:31.24) | | | |
| 3/18 | Island Relays Bahamas | 1500m | 5th | 4:33.52 |
| 3/25 | Weems Baskin Relays | 1500m | 6th | 4:45.53 |
| 4/14 | Tom Jones Memorial | 1500m | 22nd | 4:31.24 |
| 4/22 | USC Open | 1500m | 9th | 4:37.83 |
| 5/12 | SEC Championship | 1500m - P | 29th | 4:34.32 |

| Date | Meet | Event | Finish | Time/Mark |
|-------|---------------------|-------|--------|-----------|
| 1500m | (PR: 4:38.22) | | | |
| 3/25 | Weems Baskin Relays | 1500m | 1st | 4:41.72 |
| 4/22 | USC Open | 1500m | 10th | 4:38.22 |

| Date | Meet | Event | Finish | Time/Mark |
|---------|---------------------|-------|--------|--------------|
| 100m (F | PR: 13.73 / 13.40w) | | | |
| 3/24 | Weems Baskin Relays | 100m | 40th | 13.73 (0.5) |
| 4/22 | USC Open | 100m | 80th | 13.40w (3.8) |
| 200m (I | PR: 28.10w) | | | |
| 4/22 | USC Open | 200m | 91st | 28.10w (3.5) |

| AALLIY | AH FRANCIS • SO • WESTM | ORELAND, JAM | AICA | |
|--------|-------------------------|--------------|--------|-----------|
| Date | Meet | Event | Finish | Time/Mark |
| 400m (| PR: 53.26) | | | |
| 3/17 | Island Relays Bahamas | 400m | 3rd | 53.29 |
| 4/22 | USC Open | 400m | 5th | 53.26 |
| 5/12 | SEC Championship | 400m - P | 23rd | 53.73 |

| Date | Meet | Event | Finish | Time/Mark |
|--------|--------------------|----------|--------|-----------|
| 400m (| PR: 53.13) | | | |
| 4/15 | Tom Jones Memorial | 400m | 26th | 53.34 |
| 4/22 | USC Open | 400m | 8th | 54.28 |
| 5/12 | SEC Championship | 400m - P | 24th | 53.87 |

| Date | Meet | Event | Finish | Time/Mark |
|-------|---------------------|-------|--------|-----------|
| 1500m | (PR: 4:36.61) | | | |
| 4/22 | USC Open | 1500m | 7th | 4:36.61 |
| 3000m | (PR: 10:02.23) | | | |
| 3/25 | Weems Baskin Relays | 3000m | 2nd | 10:02.23 |
| 5000m | (PR: 17:10.71) | | | |
| 3/31 | Florida Relays | 5000m | 5th | 17:28.41 |
| 4/14 | Tom Jones Memorial | 5000m | 2nd | 17:17.16 |
| 4/27 | Penn Relays | 5000m | 57th | 17:10.71 |
| 5/13 | SEC Championship | 5000m | 34th | 18:06.21 |

| | Finish | Time/Mark |
|----------|----------------------|------------------------------------|
| | | |
| 800m | 5th | 2:13.91 |
| 800m | 1st | 2:12.52 |
| 800m | 26th | 2:10.56 |
| 800m | 27th | 2:08.57 |
| 800m - P | 21st | 2:11.28 |
| | 800m 800m 800m | 800m 1st 800m 26th 800m 27th |

| Date | Meet | Event | Finish | Time/Mark |
|---------|-----------------------|----------|--------|--------------|
| 100m (F | PR: 12.16) | | | |
| 3/17 | Island Relays Bahamas | 100m - P | 10th | 12.30 |
| 3/25 | Weems Baskin Relays | 100m | 16th | 12.34 (1.5) |
| 4/1 | Florida Relays | 100m | 33rd | 12.29 (1.8) |
| 4/15 | Tom Jones Memorial | 100m | 59th | 12.20 (1.6) |
| 4/22 | USC Open | 100m | 39th | 12.16 (1.9) |
| 5/12 | SEC Championship | 100m - P | 31st | 12.28 (0.9) |
| 200m (I | PR: 24.60) | | | |
| 3/17 | Island Relays Bahamas | 200m | 14th | 25.25 |
| 3/25 | Weems Baskin Relays | 200m | 25th | 25.30 (0.3) |
| 4/14 | Tom Jones Memorial | 200m | 79th | 24.60 (2.0) |
| 4/22 | USC Open | 200m | 25th | 24.67w (3.9) |
| | | | | |

| Date | Meet | Event | Finish | Time/Mark |
|---------|-----------------------|----------|--------|--------------|
| 100m (F | PR: 11.26 / 11.11w) | | | |
| 3/25 | Weems Baskin Relays | 100m | 1st | 11.44 (1.2) |
| 4/1 | Florida Relays | 100m | 4th | 11.11w (4.1) |
| 5/12 | SEC Championship | 100m - P | 19th | 11.56 (0.4) |
| 200m (| PR: 22.77^ / 22.71w) | | | |
| 3/17 | Island Relays Bahamas | 200m | 1st | 23.28 |
| 3/31 | Florida Relays | 200m | 5th | 23.17 |
| 4/14 | Tom Jones Memorial | 200m | 11th | 22.79 (0.7) |
| 5/11 | SEC Championship | 200m - P | 15th | 23.19 (-0.2) |
| 5/25 | NCAA East Regional | 200m - P | 9th | 22.71w (2.9) |
| 5/27 | NCAA East Regional | 200m - Q | 8th | 22.84w (2.8) |
| 6/8 | NCAA Championship | 200m - S | 19th | 23.16 (0.5) |

| ALYSIA JOHNSON • JR • DURHAM, NORTH CAROLINA | | | | | | |
|--|--------------------------|------------------|---------------|-----------------------|--|--|
| Date | Meet | Event | Finish | Time/Mark | | |
| 200m (F | PR:) | | | | | |
| 3/25 | Weems Baskin Relays | 200m | | DNF | | |
| 400m (F | PR: 52.41) | | | | | |
| 3/17 | Island Relays Bahamas | 400m | 6th | 54.99 | | |
| | | | | | | |
| MOLLY. | JOSEPH • SO • AUGUSTA. O | SEORGIA | | | | |
| MOLLY . | JOSEPH • SO • AUGUSTA, O | GEORGIA Event | Finish | Time/Mark | | |
| Date | • | | Finish | Time/Mark | | |
| Date | Meet | | Finish | Time/Mark 20:00.36 | | |
| Date 5000m | Meet (PR: 19:05.72) | Event | | • | | |



2023 OUTDOOR PROGRESSIONS - WOMEN

| Date | ELETY • FR • FRANKFURT, Meet | Event | Finish | Time/Mark |
|--|--|---|---|--|
| | PR: 58.19) | | | |
| 5/17 | Island Relays Bahamas | 400mH | 3rd | 58.19 |
| 3/25 | Weems Baskin Relays | 400mH | 2nd | 58.71 |
| 4/14 | Tom Jones Memorial | 400mH | 26th | 59.12 |
| 4/14 4/22 | USC Open | 400mH | 20th 2nd | 58.28 |
| | · · · · · · · · · · · · · · · · · · · | | | |
| 4/27 | Penn Relays | 400mH | 7th | 58.92 |
| 5/11 | SEC Championship | 400mH - P | 14th | 58.19 |
| 5/25 | NCAA East Regional | 400mH - P | 24th | 58.59 |
| 5/27 | NCAA East Regional | 400mH - Q | 19th | 58.98 |
| MARIA L | OMBARDI • FR • NEWARK, | DELAWARE | | |
| Date | Meet | Event | Finish | Time/Mark |
| 1500m (F | PR: 4:59.75) | | | |
| 3/25 | Weems Baskin Relays | 1500m | 29th | 5:03.09 |
| 4/22 | USC Open | 1500m | 12th | 4:59.75 |
| DEVYN N | 1cMICHAEL • SO • SUWAN | EE. GEORGIA | | |
| Date | Meet | Event | Finish | Time/Mark |
| 100m (PI | | | | 2 |
| 3/25 | Weems Baskin Relays | 100m | 23rd | 12.50 (1.5) |
| 4/22 | USC Open | 100m | 42nd | 12.23 (0.6) |
| 5/12 | SEC Championship | 100m - P | 32nd | 12.41 (0.4) |
| | | 100111 - P | 3ZIIU | 12.41 (U.4) |
| | R: 25.05) | 200 | 4611 | 25.07.42.53 |
| 3/25 | Weems Baskin Relays | 200m | 46th | 25.83 (1.5) |
| 4/14 | Tom Jones Memorial | 200m | 93rd | 25.42 (-0.4) |
| 4/22 | USC Open | 200m | 37th | 25.20w (3.5) |
| SADAHA | NEVILLE • SO • HILTON HEA | AD ISLAND SOUT | TH CAPOL | NΔ |
| Date | Meet | Event | Finish | Time/Mark |
| | PR: 5:06.72) | LVCIIL | 1 1111311 | rinie/ Plack |
| | • | 1E00m | 70+6 | E-11 10 |
| 5/25 | Weems Baskin Relays | 1500m | 38th | 5:11.19 |
| 4/22 | USC Open | 1500m | 20th | 5:07.33 |
| Date 1500m (F | Meet PR: 4:57.49) | Event | Finish | Time/Mark |
| 3/25 | Weems Baskin Relays | 1500m | 22nd | 4:57.85 |
| 4/22 | USC Open | 1500m | 8th | 4:57.49 |
| | | | | |
| EMILY PI | ERONTONI • SO • WOOLW | ICH TOWNSHIP, | NEW JERS | EY |
| Date | Meet | Event | Finish | Time/Mark |
| 1500m (F | PR: 4:35.49) | | | |
| 3/25 | Weems Baskin Relays | 1500m | 7th | 4:45.98 |
| 4/22 | USC Open | 1500m | 5th | 4:35.49 |
| ., | - 50 opo | | 501 | |
| ISABELL | A PISANI • JR • HINSDALE, | ILLINOIS | | |
| Date | Meet | Event | Finish | Time/Mark |
| | PR: 4:43.83) | 1500m | 77 | E-0E 07 |
| 3/25 | Weems Baskin Relays | 1500m | 33rd | 5:05.83 |
| JAHNILE | REGISTRE • SO • ORLAND | | | |
| | | O, FLORIDA | | |
| Date | Meet | Event | Finish | Time/Mark |
| | Meet | | Finish | Time/Mark |
| 200m (P | Meet R: 23.76) | Event | | |
| 200m (P 3/25 | Meet R: 23.76) Weems Baskin Relays | | Finish 1st | Time/Mark 23.76 (1.5) |
| 200m (P 3/25 400m (P | Meet R: 23.76) Weems Baskin Relays R: 52.86) | Event 200m | 1st | 23.76 (1.5) |
| 200m (P 3/25 400m (P 3/17 | Meet R: 23.76) Weems Baskin Relays R: 52.86) Island Relays Bahamas | Event 200m 400m | 1st 2nd | 23.76 (1.5) 53.28 |
| 200m (P 3/25 100m (P 3/17 4/1 | Meet R: 23.76) Weems Baskin Relays R: 52.86) Island Relays Bahamas Florida Relays | Event 200m | 1st 2nd 13th | 23.76 (1.5) |
| 200m (P 3/25 400m (P 3/17 4/1 4/15 | Meet R: 23.76) Weems Baskin Relays R: 52.86) Island Relays Bahamas | Event 200m 400m | 1st 2nd | 23.76 (1.5) 53.28 |
| 200m (P 3/25 400m (P 3/17 4/1 4/15 | Meet R: 23.76) Weems Baskin Relays R: 52.86) Island Relays Bahamas Florida Relays | 200m 400m 400m | 1st 2nd 13th | 23.76 (1.5) 53.28 53.68 |
| 200m (P 3/25 400m (P 3/17 4/1 4/15 4/22 | Meet R: 23.76) Weems Baskin Relays R: 52.86) Island Relays Bahamas Florida Relays Tom Jones Memorial | 200m 400m 400m 400m | 1st 2nd 13th 20th | 23.76 (1.5) 53.28 53.68 52.91 |
| 200m (P 3/25 400m (P 3/17 4/1 4/15 4/22 5/12 | Meet R: 23.76) Weems Baskin Relays R: 52.86) Island Relays Bahamas Florida Relays Tom Jones Memorial USC Open SEC Championship | 200m 400m 400m 400m 400m 400m - P | 2nd 13th 20th 3rd | 23.76 (1.5) 53.28 53.68 52.91 52.86 |
| 200m (P 3/25 400m (P 3/17 4/1 4/15 4/22 5/12 | Meet R: 23.76) Weems Baskin Relays R: 52.86) Island Relays Bahamas Florida Relays Tom Jones Memorial USC Open SEC Championship | 200m 400m 400m 400m 400m 400m - P | 2nd 13th 20th 3rd 21st | 23.76 (1.5) 53.28 53.68 52.91 52.86 53.55 |
| 200m (P 3/25 400m (P 3/17 4/1 4/15 4/22 5/12 CLAUDIA Date | Meet R: 23.76) Weems Baskin Relays R: 52.86) Island Relays Bahamas Florida Relays Tom Jones Memorial USC Open SEC Championship A SATZKE • SO • RED BANK Meet | 200m 400m 400m 400m 400m 400m - P | 2nd 13th 20th 3rd | 23.76 (1.5) 53.28 53.68 52.91 52.86 |
| 3/25 400m (P 3/17 4/1 4/15 4/22 5/12 CLAUDIA Date | Meet R: 23.76) Weems Baskin Relays R: 52.86) Island Relays Bahamas Florida Relays Tom Jones Memorial USC Open SEC Championship | 200m 400m 400m 400m 400m 400m 400m - P 5, NEW JERSEY Event | 2nd 13th 20th 3rd 21st | 23.76 (1.5) 53.28 53.68 52.91 52.86 53.55 Time/Mark |
| 200m (P 3/25 400m (P 3/17 4/1 4/15 4/22 5/12 CLAUDIA Date 1500m (F | Meet R: 23.76) Weems Baskin Relays R: 52.86) Island Relays Bahamas Florida Relays Tom Jones Memorial USC Open SEC Championship A SATZKE • SO • RED BANK Meet PR: 4:59.61) | 200m 400m 400m 400m 400m 400m - P | 2nd 13th 20th 3rd 21st | 23.76 (1.5) 53.28 53.68 52.91 52.86 53.55 |
| 200m (P 3/25 400m (P 3/17 4/1 4/15 5/12 5/12 CLAUDIA Date 1500m (F | Meet R: 23.76) Weems Baskin Relays R: 52.86) Island Relays Bahamas Florida Relays Tom Jones Memorial USC Open SEC Championship A SATZKE • SO • RED BANK Meet PR: 4:59.61) USC Open | 200m 400m 400m 400m 400m 400m 400m - P 5, NEW JERSEY Event | 2nd 13th 20th 3rd 21st | 23.76 (1.5) 53.28 53.68 52.91 52.86 53.55 Time/Mark |
| 200m (P 8/25 400m (P 8/17 4/1 4/15 5/12 CLAUDIA Date 1500m (F 4/22 | Meet R: 23.76) Weems Baskin Relays R: 52.86) Island Relays Bahamas Florida Relays Tom Jones Memorial USC Open SEC Championship A SATZKE • SO • RED BANK Meet PR: 4:59.61) USC Open PR: 11:04.10) | 200m 400m 400m 400m 400m 400m 400m 500m 400m - P | 2nd 13th 20th 3rd 21st Finish | 23.76 (1.5) 53.28 53.68 52.91 52.86 53.55 Time/Mark 5:05.60 |
| 200m (P 3/25 400m (P 3/17 4/1 4/15 5/12 5 | Meet R: 23.76) Weems Baskin Relays R: 52.86) Island Relays Bahamas Florida Relays Tom Jones Memorial USC Open SEC Championship A SATZKE • SO • RED BANK Meet PR: 4:59.61) USC Open PR: 11:04.10) | 200m 400m 400m 400m 400m 400m 400m - P (, NEW JERSEY Event 1500m 3000m | 1st 2nd 13th 20th 3rd 21st Finish 18th 14th | 23.76 (1.5) 53.28 53.68 52.91 52.86 53.55 Time/Mark 5:05.60 |

Event

Hammer

Hammer

Hammer

Finish

16th

13th

Time/Mark

42.72m | 140-2

48.42m | 158-10

48.30m | 158-5

| Date | Meet | NSYLVANIA Event | Finish | Time/Mark |
|---|---|--|--|---|
| 1500m (I | PR: 4:42.42) | | | |
| 3/25 | Weems Baskin Relays | 1500m | 5th | 4:50.41 |
| 1/22 | USC Open | 1500m | 1st | 4:42.42 |
| | | | | |
| Oate | SOMMER • FR • FRANKFUR Meet | RT, GERMANY Event | Finish | Time/Mark |
| | R: 2:13.93) | Event | FIIIISII | Tille/ Mark |
| 3/25 | Weems Baskin Relays | 800m | 2nd | 2:13.93 |
| | PR: 4:28.76) | 000111 | ZIIG | 2.10.00 |
| 3/18 | Island Relays Bahamas | 1500m | 1st | 4:35.25 |
| 3/31 | Florida Relavs | 1500m | 14th | 4:41.22 |
| 4/14 | Tom Jones Memorial | 1500m | 41st | 4:42.08 |
| 4/22 | USC Open | 1500m | 3rd | 4:29.00 |
| 5/12 | SEC Championship | 1500m - P | 19th | 4:28.76 |
| | | | | |
| | ONE • FR • WAXHAW, NO | | | _ |
| Date | Meet | Event | Finish | Time/Mark |
| | It (PR:) | Dele Week | | NILL |
| 3/18 | Island Relays Bahamas | Pole Vault | | NH |
| ANASTA | SIA SUMPTER • JR • CAMD | EN, SOUTH CARO | LINA | |
| Date | Meet | Event | Finish | Time/Mark |
| | R: 11.71 / 11.53w) | | | |
| 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) |
| 4/1 | Florida Relays | 100m | 16th | 11.76 (1.0) |
| 4/15 | Tom Jones Memorial | 100m | 48th | 11.71 (1.6) |
| 1/22 | USC Open | 100m | 5th | 11.53w (3.0) |
| 5/12 | SEC Championship | 100m - P | 29th | 11.99 (0.9) |
| - | R: 24.88) | | | |
| 3/17 | Island Relays Bahamas | 200m | 17th | 25.53 |
| - / | | | | 24.90 (2.4) |
| | Weems Baskin Relays | 200m | 11th | 24.00 (0.0) |
| | SEC Championship | 200m - P | 43rd | 24.88 (0.0) |
| 5/11 | SEC Championship | 200m - P | | 24.88 (0.0) |
| 5/11 RACHEL | | 200m - P | | 24.88 (0.0) Time/Mark |
| 5/11 RACHEL Date | SEC Championship VALENTINE • FR • MARIET Meet It (PR: 3.63m 11-10.75) | 200m - P | 43rd | |
| RACHEL Date Pole Vau | VALENTINE • FR • MARIET Meet It (PR: 3.63m 11-10.75) Weems Baskin Relays | 200m - P TA, GEORGIA Event Pole Vault | 43rd Finish | Time/Mark |
| RACHEL Date Pole Vau 3/25 3/31 | VALENTINE • FR • MARIET Meet It (PR: 3.63m 11-10.75) Weems Baskin Relays Florida Relays | 200m - P TA, GEORGIA Event Pole Vault Pole Vault | 43rd Finish 10th | Time/Mark NH 3.48m 11-5 |
| RACHEL Date Pole Vau 3/25 3/31 4/15 | VALENTINE • FR • MARIET Meet It (PR: 3.63m 11-10.75) Weems Baskin Relays Florida Relays Tom Jones Memorial | 200m - P TA, GEORGIA Event Pole Vault Pole Vault Pole Vault | Finish 10th 20th | Time/Mark NH 3.48m 11-5 3.61m 11-10 |
| 5/11 RACHEL Date Pole Vau 3/25 3/31 4/15 4/22 | VALENTINE • FR • MARIET Meet It (PR: 3.63m 11-10.75) Weems Baskin Relays Florida Relays Tom Jones Memorial USC Open | 200m - P TA, GEORGIA Event Pole Vault Pole Vault Pole Vault Pole Vault | Finish 10th 20th 7th | NH 3.48m 11-5 3.61m 11-10 3.56m 11-8 |
| FACHEL Date Pole Vau 3/25 3/31 4/15 4/22 4/28 | VALENTINE • FR • MARIET Meet It (PR: 3.63m 11-10.75) Weems Baskin Relays Florida Relays Tom Jones Memorial USC Open Penn Relays | 200m - P TA, GEORGIA Event Pole Vault Pole Vault Pole Vault Pole Vault Pole Vault | Finish 10th 20th | NH 3.48m 11-5 3.61m 11-10 3.56m 11-8 3.63m 11-10.75 |
| RACHEL Date Pole Vau 3/25 3/31 4/15 4/22 4/28 | VALENTINE • FR • MARIET Meet It (PR: 3.63m 11-10.75) Weems Baskin Relays Florida Relays Tom Jones Memorial USC Open | 200m - P TA, GEORGIA Event Pole Vault Pole Vault Pole Vault Pole Vault | Finish 10th 20th 7th | NH 3.48m 11-5 3.61m 11-10 3.56m 11-8 |
| 5/11 RACHEL Date Pole Vau 3/25 3/31 4/15 4/22 4/28 5/12 | VALENTINE • FR • MARIET Meet It (PR: 3.63m 11-10.75) Weems Baskin Relays Florida Relays Tom Jones Memorial USC Open Penn Relays SEC Championship | Pole Vault | Finish 10th 20th 7th | NH 3.48m 11-5 3.61m 11-10 3.56m 11-8 3.63m 11-10.75 |
| RACHEL Date Pole Vau 3/25 3/31 4/15 4/22 4/28 5/12 | VALENTINE • FR • MARIET Meet It (PR: 3.63m 11-10.75) Weems Baskin Relays Florida Relays Tom Jones Memorial USC Open Penn Relays SEC Championship EKS • SO • MANSFIELD, OH | POIE Vault Pole Vault | 43rd Finish 10th 20th 7th 11th | NH 3.48m 11-5 3.61m 11-10 3.56m 11-8 3.63m 11-10.75 NH |
| RACHEL Date Pole Vau 3/25 3/31 4/15 4/22 4/28 5/12 LILY WE | VALENTINE • FR • MARIET Meet It (PR: 3.63m 11-10.75) Weems Baskin Relays Florida Relays Tom Jones Memorial USC Open Penn Relays SEC Championship | Pole Vault | Finish 10th 20th 7th | NH 3.48m 11-5 3.61m 11-10 3.56m 11-8 3.63m 11-10.75 |
| 5/11 RACHEL Date Pole Vau 3/25 3/31 4/15 4/12 4/28 5/12 LILY WE Date 5000m (| VALENTINE • FR • MARIET Meet It (PR: 3.63m 11-10.75) Weems Baskin Relays Florida Relays Tom Jones Memorial USC Open Penn Relays SEC Championship EKS • SO • MANSFIELD, OH | POIE Vault Pole Vault | 43rd Finish 10th 20th 7th 11th | NH 3.48m 11-5 3.61m 11-10 3.56m 11-8 3.63m 11-10.75 NH |
| FACHEL Date Pole Vau \$\frac{3}{25}\$ \$\frac{3}{31}\$ \$\frac{4}{15}\$ \$\frac{4}{22}\$ \$\frac{4}{28}\$ \$\frac{5}{12}\$ LILY WE Date \$\frac{5000m}{3}{24}\$ \$\frac{3}{24}\$ | VALENTINE • FR • MARIET Meet It (PR: 3.63m 11-10.75) Weems Baskin Relays Florida Relays Tom Jones Memorial USC Open Penn Relays SEC Championship EKS • SO • MANSFIELD, OH Meet PR: 17:50.63) Weems Baskin Relays Tom Jones Memorial | 200m - P TA, GEORGIA Event Pole Vault | 43rd Finish 10th 20th 7th 11th Finish 4th | Time/Mark NH 3.48m 11-5 3.61m 11-10 3.56m 11-8 3.63m 11-10.75 NH Time/Mark 18:16.69 17:50.63 |
| 5/11 RACHEL Date Pole Vau \$/25 \$/31 4/15 4/22 4/28 5/12 LILY WE Date 5000m (\$/24 4/14 | VALENTINE • FR • MARIET Meet It (PR: 3.63m 11-10.75) Weems Baskin Relays Florida Relays Tom Jones Memorial USC Open Penn Relays SEC Championship EKS • SO • MANSFIELD, OH Meet PR: 17:50.63) Weems Baskin Relays | 200m - P TA, GEORGIA Event Pole Vault Event 5000m | Finish 10th 20th 7th 11th Finish | Time/Mark NH 3.48m 11-5 3.61m 11-10 3.56m 11-8 3.63m 11-10.75 NH Time/Mark 18:16.69 |
| 5/11 RACHEL Date Pole Vau 3/25 3/31 4/15 4/22 4/28 5/12 LILY WE Date 5000m (3/24 4/14 4/22 | VALENTINE • FR • MARIET Meet It (PR: 3.63m 11-10.75) Weems Baskin Relays Florida Relays Tom Jones Memorial USC Open Penn Relays SEC Championship EKS • SO • MANSFIELD, OH Meet PR: 17:50.63) Weems Baskin Relays Tom Jones Memorial USC Open | 200m - P TA, GEORGIA Event Pole Vault Solom Solom Solom Solom | 43rd Finish 10th 20th 7th 11th Finish 4th | Time/Mark NH 3.48m 11-5 3.61m 11-10 3.56m 11-8 3.63m 11-10.75 NH Time/Mark 18:16.69 17:50.63 |
| ALLY WI | VALENTINE • FR • MARIET Meet It (PR: 3.63m 11-10.75) Weems Baskin Relays Florida Relays Tom Jones Memorial USC Open Penn Relays SEC Championship EKS • SO • MANSFIELD, OH Meet PR: 17:50.63) Weems Baskin Relays Tom Jones Memorial USC Open | 200m - P TA, GEORGIA Event Pole Vault Pole Vault Pole Vault Pole Vault Pole Vault Pole Vault Pole Vault Soloom Soloom Soloom TH CAROLINA | Finish 10th 20th 11th Finish 4th 4th 5th | NH 3.48m 11-5 3.61m 11-10 3.56m 11-8 3.63m 11-10.75 NH Time/Mark 18:16.69 17:50.63 17:53.68 |
| ALLY WID Date | VALENTINE • FR • MARIET Meet It (PR: 3.63m 11-10.75) Weems Baskin Relays Florida Relays Tom Jones Memorial USC Open Penn Relays SEC Championship EKS • SO • MANSFIELD, OH Meet PR: 17:50.63) Weems Baskin Relays Tom Jones Memorial USC Open LSON • SO • CENTRAL, SO Meet | 200m - P TA, GEORGIA Event Pole Vault Solom Solom Solom Solom | 43rd Finish 10th 20th 7th 11th Finish 4th | Time/Mark NH 3.48m 11-5 3.61m 11-10 3.56m 11-8 3.63m 11-10.75 NH Time/Mark 18:16.69 17:50.63 |
| ALLY WIDOM (1500m) (15 | VALENTINE • FR • MARIET Meet It (PR: 3.63m 11-10.75) Weems Baskin Relays Florida Relays Tom Jones Memorial USC Open Penn Relays SEC Championship EKS • SO • MANSFIELD, OH Meet PR: 17:50.63) Weems Baskin Relays Tom Jones Memorial USC Open LSON • SO • CENTRAL, SOME Meet PR: 4:47.70) | 200m - P TA, GEORGIA Event Pole Vault Tole Vault Pole Vault Tole Vaul | 43rd Finish 10th 20th 7th 11th Finish 4th 4th 5th | Time/Mark NH 3.48m 11-5 3.61m 11-10 3.56m 11-8 3.63m 11-10.75 NH Time/Mark 18:16.69 17:50.63 17:53.68 Time/Mark |
| 5/11 RACHEL Date Pole Vau 3/25 8/31 4/15 4/22 4/28 5/12 LILY WE Date 63/24 4/14 4/22 ALLY WI Date 5000 (8 | VALENTINE • FR • MARIET Meet It (PR: 3.63m 11-10.75) Weems Baskin Relays Florida Relays Tom Jones Memorial USC Open Penn Relays SEC Championship EKS • SO • MANSFIELD, OH Meet PR: 17:50.63) Weems Baskin Relays Tom Jones Memorial USC Open LSON • SO • CENTRAL, SOME | 200m - P TA, GEORGIA Event Pole Vault UIO Event 5000m 5000m 5000m UTH CAROLINA Event | Finish 10th 20th 7th 11th Finish 4th 4th 5th | Time/Mark NH 3.48m 11-5 3.61m 11-10 3.56m 11-8 3.63m 11-10.75 NH Time/Mark 18:16.69 17:50.63 17:53.68 Time/Mark 4:48.48 |
| 5/11 RACHEL Date Pole Vau 3/25 3/31 4/15 4/22 44/28 5/12 LILY WE Date 63/24 4/14 4/22 ALLY WI Date 1500m (13/25) | VALENTINE • FR • MARIET Meet It (PR: 3.63m 11-10.75) Weems Baskin Relays Florida Relays Tom Jones Memorial USC Open Penn Relays SEC Championship EKS • SO • MANSFIELD, OH Meet PR: 17:50.63) Weems Baskin Relays Tom Jones Memorial USC Open LSON • SO • CENTRAL, SOME Meet PR: 4:47.70) | 200m - P TA, GEORGIA Event Pole Vault Tole Vault Pole Vault Tole Vaul | 43rd Finish 10th 20th 7th 11th Finish 4th 4th 5th | Time/Mark NH 3.48m 11-5 3.61m 11-10 3.56m 11-8 3.63m 11-10.75 NH Time/Mark 18:16.69 17:50.63 17:53.68 Time/Mark |
| ALLY WIDATE ALLY | VALENTINE • FR • MARIET Meet It (PR: 3.63m 11-10.75) Weems Baskin Relays Florida Relays Tom Jones Memorial USC Open Penn Relays SEC Championship EKS • SO • MANSFIELD, OH Meet PR: 17:50.63) Weems Baskin Relays Tom Jones Memorial USC Open LSON • SO • CENTRAL, SOME | 200m - P TA, GEORGIA Event Pole Vault Pole Vault Pole Vault Pole Vault Pole Vault Pole Vault Pole Vault Pole Vault Tole Vault Pole Vault UIO Event 5000m 5000m 5000m UTH CAROLINA Event 1500m 1500m | Finish 10th 20th 7th 11th Finish 4th 4th 5th | Time/Mark NH 3.48m 11-5 3.61m 11-10 3.56m 11-8 3.63m 11-10.75 NH Time/Mark 18:16.69 17:50.63 17:53.68 Time/Mark 4:48.48 |
| ALLY WI Date Pole Vau 3/25 3/31 4/15 4/22 4/28 5/12 LILY WE Date SOOOm (8) 3/24 4/14 4/22 ALLY WI Date SOOOm (8) 3/25 4/22 ALLY WI DATE SOOOM (8) 3/25 4/26 ALLY WI DATE SOOOM (8) 3/25 4/26 ALLY WI DATE SOOOM (8) 3/25 ALLY WI DATE SOOOM (8) ALLY WI DATE SOOOM (8) | VALENTINE • FR • MARIET Meet It (PR: 3.63m 11-10.75) Weems Baskin Relays Florida Relays Tom Jones Memorial USC Open Penn Relays SEC Championship EKS • SO • MANSFIELD, OH Meet PR: 17:50.63) Weems Baskin Relays Tom Jones Memorial USC Open LSON • SO • CENTRAL, SO Meet PR: 447.70) Weems Baskin Relays USC Open | 200m - P TA, GEORGIA Event Pole Vault Pole Vault Pole Vault Pole Vault Pole Vault Pole Vault Pole Vault Pole Vault Tole Vault Pole Vault UIO Event 5000m 5000m 5000m UTH CAROLINA Event 1500m 1500m | Finish 10th 20th 7th 11th Finish 4th 4th 5th | Time/Mark NH 3.48m 11-5 3.61m 11-10 3.56m 11-8 3.63m 11-10.75 NH Time/Mark 18:16.69 17:50.63 17:53.68 Time/Mark 4:48.48 |
| 5/11 RACHEL Date Pole Vau 3/25 5/31 4/15 4/12 4/28 5/12 LILY WE 5000m (3/24 4/14 4/22 ALLY WI Date 5000m (3/25 4/25 ALLY WI Date 5000m (4/25 ALLY WI Date 5000m (5/25 ALLY WI Date 5000m (5/25 ALLY WI Date | VALENTINE • FR • MARIET Meet It (PR: 3.63m 11-10.75) Weems Baskin Relays Florida Relays Tom Jones Memorial USC Open Penn Relays SEC Championship EKS • SO • MANSFIELD, OH Meet PR: 17:50.63) Weems Baskin Relays Tom Jones Memorial USC Open LSON • SO • CENTRAL, SO Meet PR: 4:47.70) Weems Baskin Relays USC Open | 200m - P TA, GEORGIA Event Pole Vault Pole Out TO COMM TO | Finish Finish Finish Finish Finish | Time/Mark NH 3.48m 11-5 3.61m 11-10 3.56m 11-8 3.63m 11-10.75 NH Time/Mark 18:16.69 17:50.63 17:53.68 Time/Mark 4:48.48 4:47.70 |
| 5/11 RACHEL Date Pole Vau 3/25 8/31 4/15 4/22 4/28 5/12 LILY WE Date 5000m (5/24 4/14 4/22 ALLY WI Date 500m (5/25 4/22 HAYDEN Date 6000m (6) | VALENTINE • FR • MARIET Meet It (PR: 3.63m 11-10.75) Weems Baskin Relays Florida Relays Tom Jones Memorial USC Open Penn Relays SEC Championship EKS • SO • MANSFIELD, OH Meet PR: 17:50.63) Weems Baskin Relays Tom Jones Memorial USC Open LSON • SO • CENTRAL, SOMeet PR: 4:47.70) Weems Baskin Relays USC Open WITHERS • FR • CINCINNAMEET | 200m - P TA, GEORGIA Event Pole Vault Pole Out TO COMM TO | Finish Finish Finish Finish Finish | Time/Mark NH 3.48m 11-5 3.61m 11-10 3.56m 11-8 3.63m 11-10.75 NH Time/Mark 18:16.69 17:50.63 17:53.68 Time/Mark 4:48.48 4:47.70 |
| ALLY WIDATE ALLY WEDATE ALLY WEDATE ALLY WIDATE ALLY | VALENTINE • FR • MARIET Meet It (PR: 3.63m 11-10.75) Weems Baskin Relays Florida Relays Tom Jones Memorial USC Open Penn Relays SEC Championship EKS • SO • MANSFIELD, OH Meet PR: 17:50.63) Weems Baskin Relays Tom Jones Memorial USC Open LSON • SO • CENTRAL, SOM Meet PR: 4:47.70) Weems Baskin Relays USC Open WITHERS • FR • CINCINNAM Meet PR: 10:28.39) Island Relays Bahamas PR: 17:57.78) | Pole Vault Soom Sooom Sooom Sooom UTH CAROLINA Event 1500m 1500m ATI, OHIO Event | ### ### ### ### ### ### ### ### ### ## | Time/Mark NH 3.48m 11-5 3.61m 11-10 3.56m 11-8 3.63m 11-10.75 NH Time/Mark 18:16.69 17:50.63 17:53.68 Time/Mark 4:48.48 4:47.70 Time/Mark |
| 5/11 RACHEL Date Pole Vau 3/25 3/31 4/15 4/12 4/28 5/12 LILLY WE Date 5000m (3/24 4/14 4/22 ALLY WI Date 1500m (1 3/25 4/22 HAYDEN Date 3000m (3/24 4/14 4/22 | VALENTINE • FR • MARIET Meet It (PR: 3.63m 11-10.75) Weems Baskin Relays Florida Relays Tom Jones Memorial USC Open Penn Relays SEC Championship EKS • SO • MANSFIELD, OH Meet PR: 17:50.63) Weems Baskin Relays Tom Jones Memorial USC Open LSON • SO • CENTRAL, SO Meet PR: 4:47.70) Weems Baskin Relays USC Open WITHERS • FR • CINCINNA Meet PR: 10:28.39) Island Relays Bahamas PR: 17:57.78) Weems Baskin Relays | TA, GEORGIA Event Pole Vault IIIO Event 5000m 5000m 5000m 1500m 1500m 1500m 1500m 1500m | Finish Finish 4th 4th 5th Finish 4th 4th 5th | Time/Mark NH 3.48m 11-5 3.61m 11-10 3.56m 11-8 3.63m 11-10.75 NH Time/Mark 18:16.69 17:50.63 17:53.68 Time/Mark 4:48.48 4:47.70 Time/Mark 10:28.39 17:57.78 |
| Date Pole Vau 3/25 3/25 3/25 4/25 4/22 4/28 5/12 LILY WE Date 5000m (3/24 4/14 4/22 ALLY WI Date 1500m (1 3/25 4/22 HAYDEN Date | VALENTINE • FR • MARIET Meet It (PR: 3.63m 11-10.75) Weems Baskin Relays Florida Relays Tom Jones Memorial USC Open Penn Relays SEC Championship EKS • SO • MANSFIELD, OH Meet PR: 17:50.63) Weems Baskin Relays Tom Jones Memorial USC Open LSON • SO • CENTRAL, SOM Meet PR: 4:47.70) Weems Baskin Relays USC Open WITHERS • FR • CINCINNA Meet PR: 10:28.39) | Pole Vault Soom Sooom Sooom Sooom UTH CAROLINA Event 1500m 1500m ATI, OHIO Event | ### ### ### ### ### ### ### ### ### ## | Time/Mark NH 3.48m 11-5 3.61m 11-10 3.56m 11-8 3.63m 11-10.75 NH Time/Mark 18:16.69 17:50.63 17:53.68 Time/Mark 4:48.48 4:47.70 Time/Mark |
| 5/11 RACHEL Date Pole Vau 3/25 3/31 4/12 4/15 4/22 4/28 5/12 LILLY WE Date 5000m (1 3/24 4/14 4/22 ALLY WI Date 13/25 4/22 HAYDEN Date 3000m (1 3/18 | VALENTINE • FR • MARIET Meet It (PR: 3.63m 11-10.75) Weems Baskin Relays Florida Relays Tom Jones Memorial USC Open Penn Relays SEC Championship EKS • SO • MANSFIELD, OH Meet PR: 17:50.63) Weems Baskin Relays Tom Jones Memorial USC Open LSON • SO • CENTRAL, SOM Meet PR: 4:47.70) Weems Baskin Relays USC Open WITHERS • FR • CINCINNAM Meet PR: 10:28.39) Island Relays Bahamas PR: 17:57.78) | 200m - P TA, GEORGIA Event Pole Vault Pole Vault Pole Vault Pole Vault Pole Vault Pole Vault Pole Vault Pole Vault Tole Vault South South Tole Vault South South South Tole Vault South Tole Vault | Finish Finish 4th 4th 5th Finish 4th 4th 5th | Time/Mark NH 3.48m 11-5 3.61m 11-10 3.56m 11-8 3.63m 11-10.75 NH Time/Mark 18:16.69 17:50.63 17:53.68 Time/Mark 4:48.48 4:47.70 Time/Mark 10:28.39 |

Weems Baskin Relays

SEC Championship

Date

3/24

4/22

5/11

Meet

Hammer (PR: 48.42m | 158-10)

USC Open



2023 OUTDOOR PROGRESSIONS - WOMEN

KD YOUNG • SR • DECATUR, ILLINOIS

| Date | Meet | Event | Finish | Time/Mark |
|----------|---------------------------|----------|--------|-------------------|
| Shot Put | (PR: 16.45m 53-11.75) | | | |
| 3/18 | Island Relays Bahamas | Shot Put | 5th | 15.77m 51-8.75 |
| 4/1 | Florida Relays | Shot Put | 3rd | 16.13m 52-11 |
| 4/15 | Tom Jones Memorial | Shot Put | 3rd | 15.83m 51-11.25 |
| 4/22 | USC Open | Shot Put | 2nd | 15.84m 51-11.75 |
| 4/29 | Penn Relays | Shot Put | 9th | 15.42m 50-7.25 |
| 5/12 | SEC Championship | Shot Put | 8th | 16.45m 53-11.75 |
| 5/25 | NCAA East Regional | Shot Put | 33rd | 15.32m 50-3.25 |
| Hammer | Throw (PR: 62.23m 204-2 | !) | | |
| 3/17 | Island Relays Bahamas | Hammer | 4th | 55.23m 181-2 |
| 3/31 | Florida Relays | Hammer | 7th | 57.03m 187-1 |
| 4/15 | Tom Jones Memorial | Hammer | 9th | 59.70m 195-10 |
| 4/22 | USC Open | Hammer | 1st | 58.48m 191-10 |
| 4/27 | Penn Relays | Hammer | 11th | 56.94m 186-10 |
| 5/11 | SEC Championship | Hammer | 12th | 58.19m 190-11 |
| 5/25 | NCAA East Regional | Hammer | 45th | 54.82m 179-10 |

GRACE ZAMROWSKI • SO • GARNET VALLEY, PENNSYLVANIA

| Date | Meet | Event | Finish | Time/Mark | |
|----------|-----------------------|-------|--------|-----------|--|
| 800m (PR | R: 2:12.17) | | | | |
| 3/17 | Island Relays Bahamas | 800m | 6th | 2:13.93 | |
| 4/15 | Tom Jones Memorial | 800m | 51st | 2:13.70 | |
| 1500m (P | R: 4:42.79) | | | | |
| 1/22 | LISC Open | 1500m | 11+h | 4.42.70 | |

ELLA ZEIGLER • FR • OLNEY, MARYLAND

| Date | Meet | Event | Finish | Time/Mark |
|---------|-----------------------|-------|--------|-----------|
| 1500m (| (PR: 4:48.89) | | | |
| 3/18 | Island Relays Bahamas | 1500m | 7th | 4:48.89 |
| 4/22 | USC Open | 1500m | 20th | 4:58.22 |
| 3000m | (PR: 10:17.95) | | | |
| 3/25 | Weems Baskin Relays | 3000m | 3rd | 10:17.95 |
| 4/15 | Tom Jones Memorial | 3000m | 7th | 10:37.46 |
| 5000m | (PR: 18:13.74) | | | |
| 3/31 | Florida Relays | 5000m | 10th | 18:13.74 |

4X100M RELAY

| Date | Meet | Team | Finish | Time | |
|------|-----------------------|-------------------|---------|-------|--|
| 3/18 | Island Relays Bahamas | Francis, Grant | 4th | 44.95 | |
| | | Jamison, Johnson | | | |
| 3/25 | Weems Baskin Relays | Francis, Jamison | 1st | 44.17 | |
| | | Johnson, Sumpter | | | |
| 3/31 | Florida Relays | Frank, Jamison | 8th - P | 44.73 | |
| | | Registre, Sumpter | | | |
| 4/15 | Tom Jones Memorial | Jamison, Sumpter | | DNF | |
| | | Frank, Grant | | | |
| 5/27 | NCAA East Regional | Jamison, Frank | | DQ | |
| | | Registre, Sumpter | | | |

4X400M RELAY

| Meet | Team | Finish | Time |
|---------------------|---|--|---|
| Weems Baskin Relays | Registre, Jamison | 1st | 3:37.57 |
| | Chelangat, Gayle | | |
| Weems Baskin Relays | Sumpter, Sommer | 10th | 3:59.08 |
| | McMichael, Grant | | |
| Florida Relays | Registre, Frank | 3rd | 3:34.81 |
| | Chelangat, Sumpter | | |
| Tom Jones Memorial | Frank, Chelangat | 9th | 3:32.61 |
| | Francis, Registre | | |
| USC Open | Sumpter, Kelety | 1st | 3:41.23 |
| | Gayle, Chelangat | | |
| Penn Relays | Registre, Frank | 5th - P | 3:41.34 |
| | Francis, Kelety | | |
| Penn Relays | Francis, Chelangat | 4th - F | 3:33.02 |
| | Frank, Registre | | |
| SEC Championship | Registre, Chelangat | 11th | 3:37.41 |
| | Frank, Kelety | | |
| NCAA East Regional | Frank, Registre | 16th | 3:38.29 |
| | Jamison, Kelety | | |
| | Weems Baskin Relays Weems Baskin Relays Florida Relays Tom Jones Memorial USC Open Penn Relays Penn Relays SEC Championship | Weems Baskin Relays Registre, Jamison Chelangat, Gayle Weems Baskin Relays Sumpter, Sommer McMichael, Grant Florida Relays Registre, Frank Chelangat, Sumpter Tom Jones Memorial Frank, Chelangat Franks, Registre USC Open Sumpter, Kelety Gayle, Chelangat Penn Relays Registre, Frank Francis, Kelety Penn Relays Franks, Kelety Franks, Kelety Franks, Kelety NCAA East Regional Frank, Registre | Weems Baskin Relays Registre, Jamison Chelangat, Gayle Weems Baskin Relays Sumpter, Sommer McMichael, Grant Florida Relays Registre, Frank Chelangat, Sumpter Tom Jones Memorial Frank, Chelangat Francis, Registre USC Open Sumpter, Kelety Gayle, Chelangat Penn Relays Registre, Frank Francis, Kelety Penn Relays Francis, Chelangat Francis, Chelangat Francis, Chelangat Frank, Registre SEC Championship Registre, Chelangat Frank, Kelety NCAA East Regional Frank, Registre 16th |

4X800M RELAY

| Date | Meet | Team | Finish | Time |
|------|-----------------------|----------------------|--------|---------|
| 3/18 | Island Relays Bahamas | Kelety, Chelangat | 1st | 8:56.91 |
| | | Gayle, Zamrowski | | |
| 3/24 | Weems Baskin Relays | Bowers, Pierontoni | 1st | 9:18.26 |
| | | Smith, Wilson | | |
| 3/31 | Florida Relays | Gayle, Costantino | 1st | 8:45.92 |
| | | Zamrowski, Chelangat | | |
| 4/29 | Penn Relays | Gayle, Kelety | 8th | 8:40.20 |
| | | Costantino, Avvildiz | | |

DISTANCE MEDLEY RELAY

| Date | Meet | Team | Finish | Time |
|------|-------------|---------------------|--------|----------|
| 4/28 | Penn Relays | Sommer, Gayle | 1st | 11:19.09 |
| | | Zamrowski, Ayyildiz | | |

SPRINT MEDLEY RELAY

| Date | Meet | Team | Finish | Time |
|------|-------------|---------------------|--------|---------|
| 4/28 | Penn Relays | Sumpter, Jamison | 15th | 4:19.92 |
| | | Regsitre, Chelangat | | |