



# CAROLINA TRACK & FIELD

## 2023 TOP-FIVE MARKS - MEN

### 100-METER DASH (Record: 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

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

Date	Meet	Athlete	Mark
5/11	SEC Outdoor Championship	Rogerio Amaral	30:15.90 - F

### 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 Lawson, Black	39.99
5/13	SEC Outdoor Championship	Black, Miller Greenhow, Floyd	40.00
3/18	Island Relays Bahamas	Brooks, Demsar Floyd, Greenhow	40.11
4/22	USC Open	Lawson, Jefferson Demsar, Floyd	40.42
4/15	Tom Jones Memorial	E. Brooks, Miller Greenhow, Lawson	40.63

### 4X200 RELAY (Record: 1:21.60, Ngwigwa, Sales, Moore, Anderson, 2009)

Date	Meet	Athletes	Mark
4/1	Florida Relays	Greenhow, Demsar Miller, E. Brooks	1:24.81
4/28	Penn Relays	Junkins, Lawson Jefferson, Black	1:27.43

### 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
4/1	Florida Relays	Miller, Richardson Demsar, Junkins	3:09.16
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
4/28	Penn Relays	Miller, E. Brooks Demsar, Junkins	3:16.41 - P
4/22	USC Open	Hatton, Mangione Wright, Luke	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 Dawson, Mensch	7:25.33
4/29	Penn Relays	Wright, Hatton Dawson, Mensch	7:33.88
3/24	Weems Baskin Relays	Luke, Dawson Mangione, Galbraith	7:43.13
3/18	Island Relays Bahamas	Amaral, Hatton Mensch, Spencer	7:53.21

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

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

### 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



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## 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 - Preliminary Round

S - Semifinal Round

F - Final Round

D - Decathlon Competition

UPDATED 6/12/23

\* 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: 13:52.94)</b>				
3/23	Raleigh Relays	5000m	31st	14:03.16
4/27	Penn Relays	5000m	8th	13:52.94
5/13	SEC Championship	5000m	--	DNF
5/26	NCAA East Regional	5000m - Q	42nd	14:35.76
<b>10000m (PR: 30:15.90)</b>				
5/11	SEC Championship	10000m	3rd	30:15.90

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

Date	Meet	Event	Finish	Time/Mark
<b>100m (PR: 10.50 / 10.46w)</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)
4/22	USC Open	100m	18th	10.46w (2.7)
5/12	SEC Championship	100m - P	24th	10.50 (1.2)
<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
3/31	Florida Relays	Long Jump	8th	7.11m   23-4
4/14	Tom Jones Memorial	Long Jump	11th	7.09m   23-3.25
4/22	USC Open	Long Jump	5th	6.97m   22-10.5
4/28	Penn Relays	Long Jump	9th	6.98m   22-10.75
5/12	SEC Championship	Long Jump	--	F
<b>Triple Jump (PR: 14.59m   47-10.5)</b>				
3/18	Island Relays Bahamas	Triple Jump	2nd	14.59m   47-10.5
4/1	Florida Relays	Triple Jump	8th	14.48m   47-6.25
4/15	Tom Jones Memorial	Triple Jump	--	F
4/22	USC Open	Triple Jump	--	F
5/13	SEC Championship	Triple Jump	--	F

### ELISHA BROOKS • JR • PHOENIX, ARIZONA

Date	Meet	Event	Finish	Time/Mark
<b>100m (PR: 10.90)</b>				
5/12	SEC Championship	100m - P	31st	11.78 (1.6)
<b>110mH (PR: 14.44)</b>				
4/1	Florida Relays	110mH - P	15th	14.49 (1.7)
4/15	Tom Jones Memorial	110mH - P	34th	14.46 (1.1)
<b>Shot Put (PR: 13.10m   42-11.75)</b>				
3/18	Island Relays Bahamas	Shot Put	8th	11.42m   37-5.5
4/22	USC Open	Shot Put	19th	12.16m   39-10.75
<b>Discus (PR: 35.78m   117-4)</b>				
3/18	Island Relays Bahamas	Discus	13th	29.66m   97-4
3/25	Weems Baskin Relays	Discus	30th	35.40m   116-1
4/22	USC Open	Discus	21st	35.78m   117-4
<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: 3:53.36)</b>				
3/25	Weems Baskin Relays	1500m	6th	3:59.71
4/14	Tom Jones Memorial	1500m	32nd	3:53.36
5/12	SEC Championship	1500m - P	32nd	3:59.27

### FILIP DEMSAR • JR • SLOVENIA

Date	Meet	Event	Finish	Time/Mark
<b>110mH (PR: 13.66 / 13.57w)</b>				
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	NCAA Championship	110mH - S	18th	13.81 (1.1)

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

Date	Meet	Event	Finish	Time/Mark
<b>Hammer (PR: 53.78m   176-5)</b>				
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

### ANASS ESSAYI • SO • MOROCCO

Date	Meet	Event	Finish	Time/Mark
<b>1500m (PR: 3:36.89)</b>				
4/14	Bryan Clay Invitational	1500m	7th	3:36.89
5/12	SEC Championship	1500m - P	7th	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

### 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: 21.33)</b>				
3/17	Island Relays Bahamas	200m	14th	22.09
5/11	SEC Championship	200m - P	23rd	21.33 (-1.2)

### 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: 2.09m   6-10.25)</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
3/31	Florida Relays	High Jump	5th	2.06m   6-9
4/14	Tom Jones Memorial	High Jump	7th	2.09m   6-10.25
4/22	USC Open	High Jump	8th	2.05m   6-8.75
4/29	Penn Relays	High Jump	9th	2.02m   6-7.5
5/12	SEC Championship	High Jump	6th	2.09m   6-10.25
5/26	NCAA East Regional	High Jump	34th	1.99m   6-6.25

### 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 / 10.25w)</b>				
3/17	Island Relays Bahamas	100m - P	1st	10.60
3/18	Island Relays Bahamas	100m - F	1st	10.66
4/22	USC Open	100m	8th	10.25w (3.6)
5/24	NCAA East Regional	100m - P	28th	10.28w (2.3)
<b>200m (PR: 20.60* / 20.57w)</b>				
3/17	Island Relays Bahamas	200m - P	1st	10.60
4/14	Tom Jones Memorial	200m	15th	20.75 (0.8)
5/11	SEC Championship	200m - P	16th	20.98 (-1.4)
5/24	NCAA East Regional	200m - P	23rd	20.70 (1.6)

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

UPDATED 6/12/23



# CAROLINA TRACK & FIELD

## 2023 OUTDOOR PROGRESSIONS - MEN

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

Date	Meet	Event	Finish	Time/Mark
<b>800m (PR: 1:50.95)</b>				
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
<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: 10.68 / 10.60w)</b>				
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)
<b>200m (PR: 22.02)</b>				
3/25	Weems Baskin Relays	200m	39th	22.17 (0.6)
4/14	Tom Jones Memorial	200m	70th	22.02 (-0.1)

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

Date	Meet	Event	Finish	Time/Mark
<b>200m (PR: 21.49 / 21.45w)</b>				
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)
<b>400m (PR: 46.49)</b>				
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
<b>100m (PR: 10.77 / 10.57w)</b>				
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)
<b>200m (PR: 22.06 / 21.63w)</b>				
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
<b>Shot Put (PR: 19.41m   63-8.25*)</b>				
4/22	USC Open	Shot Put	1st	18.27m   59-11.25

### 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: 3:52.98)</b>				
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
<b>800m (PR: 1:55.19)</b>				
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
<b>400m (PR: 53.45)</b>				
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
<b>Pole Vault (PR: 5.30m   17-4.5)</b>				
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
<b>400m (PR: 48.50)</b>				
3/24	Weems Baskin Relays	400m	2nd	48.50
<b>800m (PR: 1:49.57)</b>				
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
<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>200m (PR: 20.35)</b>				
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)
<b>400m (PR: 45.11)</b>				
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
<b>800m (PR: 1:54.76)</b>				
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
<b>400m (PR: 47.01)</b>				
3/17	Island Relays Bahamas	400m	1st	47.01
4/15	Tom Jones Memorial	400m	54th	48.25

### 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 / 23.51w)</b>				
3/25	Weems Baskin Relays	200m	81st	23.91 (2.1)
4/22	USC Open	200m	88th	23.51w (4.3)
<b>110mH (PR: 15.68)</b>				
4/22	USC Open	110mH - P	29th	15.68 (-2.3)

UPDATED 6/12/23

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



# CAROLINA TRACK & FIELD

## 2023 OUTDOOR PROGRESSIONS - MEN

### DYLAN TARGGART • SO • COLDWATER, MICHIGAN

Date	Meet	Event	Finish	Time/Mark
<b>Shot Put (PR: 19.89m   65-3.25)</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
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
<b>Discus (PR: 54.86m   180-0)</b>				
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
<b>Pole Vault (PR: 4.75m   15-7)</b>				
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
<b>5000m (PR: 15:38.48)</b>				
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
<b>800m (PR: 1:52.74)</b>				
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 Floyd, Greenhow	3rd	40.11
3/25	Weems Baskin Relays	Greenhow, Miller Lawson, Black	1st	39.99
3/31	Florida Relays	E. Brooks, Miller Junkins, Black	--	DQ
4/15	Tom Jones Memorial	E. Brooks, Miller Greenhow, Lawson	18th	40.63
4/22	USC Open	Lawson, Jefferson Demsar, Floyd	4th	40.42
4/22	USC Open	E. Brooks, Greenhow Black, Junkins	--	DNF
4/28	Penn Relays	E. Brooks, Miller Black, Floyd	-- P	DNF
5/13	SEC Championship	Black, Miller Greenhow, Floyd	9th	40.00
5/26	NCAA East Regional	Black, Miller Greenhow, Floyd	-- Q	DQ

### 4X200M RELAY

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

### 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
4/1	Florida Relays	Miller, Richardson Demsar, Junkins	7th	3:09.16
4/22	USC Open	Hatton, Mangione Wright, Luke	6th	3:20.35
4/28	Penn Relays	Miller, E. Brooks Demsar, Junkins	9th - P	3:16.41

### 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
3/31	Florida Relays	Wright, Hatton Dawson, Mensch	2nd	7:25.33
4/29	Penn Relays	Wright, Hatton Dawson, Mensch	9th	7:33.88

### DISTANCE MEDLEY RELAY

Date	Meet	Team	Finish	Time
4/28	Penn Relays	Hatton, Wright Dawson, Luke	17th	10:12.09





# CAROLINA TRACK & FIELD

## 2023 TOP-FIVE MARKS - WOMEN

### 100-METER DASH (Record: 11.02w, LaKya 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	Lily 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 Johnson, Sumpter	44.17
3/31	Florida Relays	Frank, Jamison Registre, Sumpter	44.73 - P
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
4/15	Tom Jones Memorial	Frank, Chelangat Francis, Registre	3:32.61
4/29	Penn Relays	Francis, Chelangat Frank, Registre	3:33.02
4/1	Florida Relays	Registre, Frank Chelangat, Sumpter	3:34.81
5/13	SEC Outdoor Championship	Registre, Chelangat Frank, Kelety	3:37.41
3/25	Weems Baskin Relays	Registre, Jamison Chelangat, Gayle	3:37.57

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

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

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

Date	Meet	Athletes	Mark
4/28	Penn Relays	Sommer, Gayle Zamrowski, Ayyildiz	11:19.09

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

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

### 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 Relays	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 - Preliminary Round

S - Semifinal Round

F - Final Round

H - Heptathlon Competition

UPDATED 6/12/23

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



# CAROLINA TRACK & FIELD

## 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

### SILAN AYYILDIZ • SO • ISTANBUL, TURKEY

Date	Meet	Event	Finish	Time/Mark
<b>800m (PR: 2:07.15)</b>				
4/1	Florida Relays	800m	18th	2:07.15
<b>1500m (PR: 4:12.11)</b>				
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
<b>High Jump (PR: 1.43m   4-8.25)</b>				
3/25	Weems Baskin Relays	High Jump	2nd	1.43m   4-8.25
4/22	USC Open	High Jump	7th	1.45m   4-9

### 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
4/22	USC Open	1500m	11th	4:58.68

### 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
4/22	USC Open	5000m	11th	18:36.17

### 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: 2:02.58)</b>				
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

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

Date	Meet	Event	Finish	Time/Mark
<b>1500m (PR: 4:31.24)</b>				
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

### BROOKE DONOGHUE • SO • PHOENIXVILLE, PENNSYLVANIA

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

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

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

### AALLIYAH FRANCIS • SO • WESTMORELAND, JAMAICA

Date	Meet	Event	Finish	Time/Mark
<b>400m (PR: 53.26)</b>				
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

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

Date	Meet	Event	Finish	Time/Mark
<b>400m (PR: 53.13)</b>				
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

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

Date	Meet	Event	Finish	Time/Mark
<b>1500m (PR: 4:36.61)</b>				
4/22	USC Open	1500m	7th	4:36.61
<b>3000m (PR: 10:02.23)</b>				
3/25	Weems Baskin Relays	3000m	2nd	10:02.23
<b>5000m (PR: 17:10.71)</b>				
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

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

Date	Meet	Event	Finish	Time/Mark
<b>800m (PR: 2:08.57)</b>				
3/17	Island Relays Bahamas	800m	5th	2:13.91
3/25	Weems Baskin Relays	800m	1st	2:12.52
4/1	Florida Relays	800m	26th	2:10.56
4/15	Tom Jones Memorial	800m	27th	2:08.57
5/11	SEC Championship	800m - P	21st	2:11.28

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

Date	Meet	Event	Finish	Time/Mark
<b>100m (PR: 12.16)</b>				
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)
<b>200m (PR: 24.60)</b>				
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)

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

Date	Meet	Event	Finish	Time/Mark
<b>100m (PR: 11.26 / 11.11w)</b>				
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)
<b>200m (PR: 22.77* / 22.71w)</b>				
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
<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: 19:05.72)</b>				
3/24	Weems Baskin Relays	5000m	17th	20:00.36
4/22	USC Open	5000m	14th	19:05.72

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



# CAROLINA TRACK & FIELD

## 2023 OUTDOOR PROGRESSIONS - WOMEN

### 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
4/14	Tom Jones Memorial	400mH	26th	59.12
4/22	USC Open	400mH	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 LOMBARDI • FR • NEWARK, DELAWARE

Date	Meet	Event	Finish	Time/Mark
<b>1500m (PR: 4:59.75)</b>				
3/25	Weems Baskin Relays	1500m	29th	5:03.09
4/22	USC Open	1500m	12th	4:59.75

### DEVYN McMICHAEL • SO • SUWANEE, GEORGIA

Date	Meet	Event	Finish	Time/Mark
<b>100m (PR: 12.23)</b>				
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)
<b>200m (PR: 25.05)</b>				
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)

### 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
4/22	USC Open	1500m	20th	5:07.33

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

Date	Meet	Event	Finish	Time/Mark
<b>1500m (PR: 4:57.49)</b>				
3/25	Weems Baskin Relays	1500m	22nd	4:57.85
4/22	USC Open	1500m	8th	4:57.49

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

Date	Meet	Event	Finish	Time/Mark
<b>1500m (PR: 4:35.49)</b>				
3/25	Weems Baskin Relays	1500m	7th	4:45.98
4/22	USC Open	1500m	5th	4:35.49

### 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: 52.86)</b>				
3/17	Island Relays Bahamas	400m	2nd	53.28
4/1	Florida Relays	400m	13th	53.68
4/15	Tom Jones Memorial	400m	20th	52.91
4/22	USC Open	400m	3rd	52.86
5/12	SEC Championship	400m - P	21st	53.55

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

Date	Meet	Event	Finish	Time/Mark
<b>1500m (PR: 4:59.61)</b>				
4/22	USC Open	1500m	18th	5:05.60
<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: 48.42m   158-10)</b>				
3/24	Weems Baskin Relays	Hammer	16th	42.72m   140-2
4/22	USC Open	Hammer	13th	48.42m   158-10
5/11	SEC Championship	Hammer	19th	48.30m   158-5

### EMILY SMITH • JR • LIMERICK, PENNSYLVANIA

Date	Meet	Event	Finish	Time/Mark
<b>1500m (PR: 4:42.42)</b>				
3/25	Weems Baskin Relays	1500m	5th	4:50.41
4/22	USC Open	1500m	1st	4:42.42

### 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: 4:28.76)</b>				
3/18	Island Relays Bahamas	1500m	1st	4:35.25
3/31	Florida Relays	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

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

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

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

Date	Meet	Event	Finish	Time/Mark
<b>100m (PR: 11.71 / 11.53w)</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)
4/1	Florida Relays	100m	16th	11.76 (1.0)
4/15	Tom Jones Memorial	100m	48th	11.71 (1.6)
4/22	USC Open	100m	5th	11.53w (3.0)
5/12	SEC Championship	100m - P	29th	11.99 (0.9)
<b>200m (PR: 24.88)</b>				
3/17	Island Relays Bahamas	200m	17th	25.53
3/25	Weems Baskin Relays	200m	11th	24.90 (2.4)
5/11	SEC Championship	200m - P	43rd	24.88 (0.0)

### RACHEL VALENTINE • FR • MARIETTA, GEORGIA

Date	Meet	Event	Finish	Time/Mark
<b>Pole Vault (PR: 3.63m   11-10.75)</b>				
3/25	Weems Baskin Relays	Pole Vault	--	NH
3/31	Florida Relays	Pole Vault	10th	3.48m   11-5
4/15	Tom Jones Memorial	Pole Vault	20th	3.61m   11-10
4/22	USC Open	Pole Vault	7th	3.56m   11-8
4/28	Penn Relays	Pole Vault	11th	3.63m   11-10.75
5/12	SEC Championship	Pole Vault	--	NH

### LILY WEEKS • SO • MANSFIELD, OHIO

Date	Meet	Event	Finish	Time/Mark
<b>5000m (PR: 17:50.63)</b>				
3/24	Weems Baskin Relays	5000m	4th	18:16.69
4/14	Tom Jones Memorial	5000m	4th	17:50.63
4/22	USC Open	5000m	5th	17:53.68

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

Date	Meet	Event	Finish	Time/Mark
<b>1500m (PR: 4:47.70)</b>				
3/25	Weems Baskin Relays	1500m	4th	4:48.48
4/22	USC Open	1500m	4th	4:47.70

### 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
4/14	Tom Jones Memorial	5000m	6th	18:03.35
4/22	USC Open	5000m	8th	18:17.85

UPDATED 6/12/23

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





# CAROLINA TRACK & FIELD

## 2023 OUTDOOR PROGRESSIONS - WOMEN

### KD YOUNG • SR • DECATUR, ILLINOIS

Date	Meet	Event	Finish	Time/Mark
<b>Shot Put (PR: 16.45m   53-11.75)</b>				
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
<b>800m (PR: 2:12.17)</b>				
3/17	Island Relays Bahamas	800m	6th	2:13.93
4/15	Tom Jones Memorial	800m	51st	2:13.70

### 1500m (PR: 4:42.79)

4/22	USC Open	1500m	11th	4:42.79
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### 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
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
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### 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
3/31	Florida Relays	Frank, Jamison Registre, Sumpter	8th - P	44.73
4/15	Tom Jones Memorial	Jamison, Sumpter Frank, Grant	--	DNF
5/27	NCAA East Regional	Jamison, Frank Registre, Sumpter	--	DQ

### 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
4/1	Florida Relays	Registre, Frank Chelangat, Sumpter	3rd	3:34.81
4/15	Tom Jones Memorial	Frank, Chelangat Francis, Registre	9th	3:32.61
4/22	USC Open	Sumpter, Kelety Gayle, Chelangat	1st	3:41.23
4/28	Penn Relays	Registre, Frank Francis, Kelety	5th - P	3:41.34
4/29	Penn Relays	Francis, Chelangat Frank, Registre	4th - F	3:33.02
5/13	SEC Championship	Registre, Chelangat Frank, Kelety	11th	3:37.41
5/27	NCAA East Regional	Frank, Registre Jamison, Kelety	16th	3:38.29

### 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
3/31	Florida Relays	Gayle, Costantino Zamrowski, Chelangat	1st	8:45.92
4/29	Penn Relays	Gayle, Kelety Costantino, Ayyildiz	8th	8:40.20

### DISTANCE MEDLEY RELAY

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

### SPRINT MEDLEY RELAY

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