



CAROLINA TRACK & FIELD

2024 TOP-FIVE MARKS - MEN

60-METER DASH (Record: 6.54, Terrence Trammel, 2000)

Date	Meet	Athlete	Mark
12/8	Clemson Opener	Anthony Greenhow	6.70 - F
12/8	Clemson Opener	Andrew Bond	6.78 - F
12/8	Clemson Opener	Anthony Greenhow	6.78 - P
12/8	Clemson Opener	Andrew Bond	6.80 - P
12/8	Clemson Opener	Prescott Jefferson	6.89 - P

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

Date	Meet	Athlete	Mark
12/8	Clemson Opener	Prescott Jefferson	21.82
12/8	Clemson Opener	Andrew Bond	21.90

300-METER DASH (Record since 2010: 32.54, Evan Miller, 2022)

Date	Meet	Athlete	Mark
12/8	Clemson Opener	Anthony Greenhow	32.65

400-METER RUN (Record: 45.25, Quincy Hall, 2019)

Date	Meet	Athlete	Mark
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600-METER RUN (Record since 2010: 1:18.77, Otis Jones, 2019)

Date	Meet	Athlete	Mark
12/8	Clemson Opener	Ethan Mathis	1:23.37

800-METER RUN (Record: 1:46.13, Otukile Lekote, 2001)

Date	Meet	Athlete	Mark
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1000-METER RUN (Record: 2:25.00, Bob Kaczka, 1969)

Date	Meet	Athlete	Mark
12/8	Clemson Opener	Sean Sanders	2:30.60
12/8	Clemson Opener	Hugh Willcox	2:36.82

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

Date	Meet	Athlete	Mark
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3000-METER RUN (Record: 7:41.93, Anass Essayi, 2023)

Date	Meet	Athlete	Mark
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5000-METER RUN (Record: 13:58.05, Rogerio Amaral, 2023)

Date	Meet	Athlete	Mark
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60-METER HURDLES (Record: 7.52, Terrence Trammel, 1999)

Date	Meet	Athlete	Mark
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DISTANCE MEDLEY RELAY (Record: 9:43.26, Bonner, Swartz, Towle, Cronin, 1995)

Date	Meet	Athletes	Mark
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4X400 RELAY (Record: 3:05.68, Chance, O. Jones, Hall, Robbins, 2019)

Date	Meet	Athletes	Mark
12/8	Clemson Opener	Jefferson, Greenhow Bond, Mathis	3:24.15

POLE VAULT (Record: 5.50m | 18-0.5, Marvin Reitze, 2012/Chris Steddum, 2004)

Date	Meet	Athlete	Mark
12/8	Clemson Opener	Conor Reilly	4.85m 15-11
12/8	Clemson Opener	Parker Samuelson	4.55m 14-11

HIGH JUMP (Record: 2.20m | 7-2.5, Tye Williams, 2018)

Date	Meet	Athlete	Mark
12/8	Clemson Opener	Channing Ferguson	2.10m 6-10.75
12/8	Clemson Opener	Nate Figgers	2.10m 6-10.75

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

Date	Meet	Athlete	Mark
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TRIPLE JUMP (Record: 16.00m | 52-6, Theo Mudzengerere, 2023)

Date	Meet	Athlete	Mark
12/8	Clemson Opener	Theo Mudzengerere	16.00m 52-6
12/8	Clemson Opener	Spencer Eison	13.72m 45-0.25

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

Date	Meet	Athlete	Mark
12/8	Clemson Opener	Dylan Targgart	18.91m 62-5

WEIGHT THROW (Record: 22.40m | 73-6, Ryan Harrison, 1999)

Date	Meet	Athlete	Mark
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HEPTATHLON (Record: 5581 Points, Fred Townsend, 2004)

Date	Meet	Athlete	Mark
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P - Preliminary Round

S - Semifinal Round

F - Final Round

H - Heptathlon Competition

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



CAROLINA TRACK & FIELD

2024 INDOOR PROGRESSIONS - MEN

ANDREW BOND • SO • LEXINGTON, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
60m (PR: 6.78)				
12/8	Clemson Opener	60m - P	4th	6.80
12/8	Clemson Opener	60m - F	3rd	6.78
200m (PR: 21.90)				
12/8	Clemson Opener	200m	10th	21.90

SPENCER EISON • FR • SPARTANBURG, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
Triple Jump (PR: 13.72m 45-0.25)				
12/8	Clemson Opener	Triple Jump	2nd	13.72m 45-0.25

CHANNING FERGUSON • JR • ROCK HILL, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
High Jump (PR: 2.15m 7-0.5*)				
12/8	Clemson Opener	High Jump	1st	2.10m 6-10.75

NATE FIGGERS • FR • BRYAN, TEXAS

Date	Meet	Event	Finish	Time/Mark
High Jump (PR: 2.10m 6-10.75)				
12/8	Clemson Opener	High Jump	2nd	2.10m 6-10.75

ANTHONY GREENHOW • JR • POWHATAN, VIRGINIA

Date	Meet	Event	Finish	Time/Mark
60m (PR: 6.70)				
12/8	Clemson Opener	60m - P	3rd	6.78
12/8	Clemson Opener	60m - F	1st	6.70
300m (PR: 32.65)				
12/8	Clemson Opener	300m	2nd	32.65

PRESCOTT JEFFERSON • JR • COLUMBIA, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
60m (PR: 6.88)				
12/8	Clemson Opener	60m - P	9th	6.89
200m (PR: 21.82)				
12/8	Clemson Opener	200m	7th	21.82

ETHAN MATHIS • SO • CHAPEL HILL, NORTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
600m (PR: 1:23.37)				
12/8	Clemson Opener	600m	11th	1:23.37
1000m (PR: --)				
12/8	Clemson Opener	1000m	--	DNF

THEO MUDZENERERE • SO • HARARE, ZIMBABWE

Date	Meet	Event	Finish	Time/Mark
Triple Jump (PR: 16.00m 52-6)				
12/8	Clemson Opener	Triple Jump	1st	16.00m 52-6

CONOR REILLY • JR • SCOTCH PLAINS, NEW YORK

Date	Meet	Event	Finish	Time/Mark
Pole Vault (PR: 4.85m 15-11)				
12/8	Clemson Opener	Pole Vault	1st	4.85m 15-11

PARKER SAMUELSON • SO • HOUSTON, TEXAS

Date	Meet	Event	Finish	Time/Mark
Pole Vault (PR: 4.67m 15-3.75*)				
12/8	Clemson Opener	Pole Vault	2nd	4.55m 14-11

SEAN SANDERS • FR • FALLS CHURCH, VIRGINIA

Date	Meet	Event	Finish	Time/Mark
1000m (PR: 2:30.60)				
12/8	Clemson Opener	1000m	9th	2:30.60

DYLAN TARGGART • JR • COLDWATER, MICHIGAN

Date	Meet	Event	Finish	Time/Mark
Shot Put (PR: 19.26m 63-2.25)				
12/8	Clemson Opener	Shot Put	1st	18.91m 62-5

HUGH WILLCOX • FR • COLUMBIA, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
1000m (PR: 2:36.82)				
12/8	Clemson Opener	1000m	18th	2:36.82

4X400M RELAY

Date	Meet	Team	Finish	Time
12/8	Clemson Opener	Jefferson, Greenhow Bond, Mathis	9th	3:24.15

UPDATED 12/11/23

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CAROLINA TRACK & FIELD

2024 TOP-FIVE MARKS - WOMEN

60-METER DASH (Record: 7.09, LaKya Brookins, 2011)

Date	Meet	Athlete	Mark
12/8	Clemson Opener	Cynteria James	7.31 - F
12/8	Clemson Opener	Cynteria James	7.35 - S
12/8	Clemson Opener	Cynteria James	7.46 - P
12/8	Clemson Opener	Anastasia Sumpster	7.47 - S
12/8	Clemson Opener	Anastasia Sumpster	7.50 - F

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

Date	Meet	Athlete	Mark
12/8	Clemson Opener	Jayla Jamison	23.46
12/8	Clemson Opener	Anastasia Sumpster	24.66
12/8	Clemson Opener	Hailey Duncan	24.82

300-METER DASH (Record: 35.83, JaMeesia Ford, 2023)

Date	Meet	Athlete	Mark
12/8	Clemson Opener	JaMeesia Ford	35.83
12/8	Clemson Opener	Zaya Akins	36.77
12/8	Clemson Opener	Aalliyah Francis	37.18
12/8	Clemson Opener	Jahnile Registre	37.60

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

Date	Meet	Athlete	Mark
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600-METER RUN (Record since 2010: 1:28.25, Kettiany Clarke, 2010)

Date	Meet	Athlete	Mark
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800-METER RUN (Record: 2:06.05, Shay Shelton, 2006)

Date	Meet	Athlete	Mark
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1000-METER RUN (Record: 2:50.51, Anna Todd, 2015)

Date	Meet	Athlete	Mark
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MILE RUN (Record: 4:32.14, Silan Ayyildiz, 2023)

Date	Meet	Athlete	Mark
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3000-METER RUN (Record: 9:10.54, Silan Ayyildiz, 2023)

Date	Meet	Athlete	Mark
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5000-METER RUN (Record: 16:19.02, Kayla Lampe, 2013)

Date	Meet	Athlete	Mark
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60-METER HURDLES (Record: 8.07, Destinee Rucker, 2022)

Date	Meet	Athlete	Mark
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DISTANCE MEDLEY RELAY (Record: 11:22.59, Costantino, Registre, Kelety, Sommer, 2023)

Date	Meet	Athletes	Mark
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4X400 RELAY (Record: 3:28.25, Ross, Barber, Washington, Demus, 2003)

Date	Meet	Athletes	Mark
12/8	Clemson Opener	Ford, Francis Jamison, Akins	3:36.46

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

Date	Meet	Athlete	Mark
12/8	Clemson Opener	Hannah Togami	3.95m 12-11.5
12/8	Clemson Opener	Emma Stone	3.65m 11-11.75
12/8	Clemson Opener	Mia Joseph	3.35m 10-11.75

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

Date	Meet	Athlete	Mark
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LONG JUMP (Record: 6.60m | 21-8, Antoinette Wilks, 2001)

Date	Meet	Athlete	Mark
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TRIPLE JUMP (Record: 13.47m | 44-2.50, Natasha Dicks, 2017)

Date	Meet	Athlete	Mark
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SHOT PUT (Record: 17.07m | 56-0, Crystal Brownlee, 1998)

Date	Meet	Athlete	Mark
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WEIGHT THROW (Record: 21.72m | 71-3.75, Dawn Ellerbe, 1997)

Date	Meet	Athlete	Mark
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PENTATHLON (Record: 4133, Chelsea Hammond, 2004)

Date	Meet	Athlete	Mark
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CAROLINA TRACK & FIELD

2024 INDOOR PROGRESSIONS - WOMEN

ZAYA AKINS • FR • KANSAS CITY, MISSOURI

Date	Meet	Event	Finish	Time/Mark
300m (PR: 36.77)				
12/8	Clemson Opener	300m	2nd	36.77

HAILEY DUNCAN • FR • BLYTHEWOOD, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
200m (PR: 24.82)				
12/8	Clemson Opener	200m	11th	24.82

JaMEESIA FORD • FR • FAYETTEVILLE, NORTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
300m (PR: 35.83)				
12/8	Clemson Opener	300m	1st	35.83

AALLIYAH FRANCIS • JR • WESTMORELAND, JAMAICA

Date	Meet	Event	Finish	Time/Mark
300m (PR: 36.83)				
12/8	Clemson Opener	300m	4th	37.18

CYNTERIA JAMES • FR • MIAMI, FLORIDA

Date	Meet	Event	Finish	Time/Mark
60m (PR: 7.31)				
12/8	Clemson Opener	60m - P	2nd	7.46
12/8	Clemson Opener	60m - S	1st	7.35
12/8	Clemson Opener	60m - F	1st	7.31

JAYLA JAMISON • JR • WEST COLUMBIA, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
200m (PR: 23.05)				
12/8	Clemson Opener	200m	2nd	23.46

MIA JOSEPH • JR • NORTH AUGUSTA, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
Pole Vault (PR: 3.50m 11-5.75)				
12/8	Clemson Opener	Pole Vault	10th	3.35m 10-11.75

JAHNILE REGISTRE • JR • ORLANDO, FLORIDA

Date	Meet	Event	Finish	Time/Mark
300m (PR: 37.60)				
12/8	Clemson Opener	300m	5th	37.60

EMMA STONE • JR • WAXHAW, NORTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
Pole Vault (PR: 3.90m 12-9.5)				
12/8	Clemson Opener	Pole Vault	4th	3.65m 11-11.75

ANASTASIA SUMPTER • JR • CAMDEN, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
60m (PR: 7.39)				
12/8	Clemson Opener	60m - P	6th	7.61
12/8	Clemson Opener	60m - S	3rd	7.47
12/8	Clemson Opener	60m - F	3rd	7.50
200m (PR: 24.66)				
12/8	Clemson Opener	200m	6th	24.66

HANNAH TOGAMI • FR • MOUNT PLEASANT, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
Pole Vault (PR: 3.95m 12-11.5)				
12/8	Clemson Opener	Pole Vault	1st	3.95m 12-11.5

4X400M RELAY

Date	Meet	Team	Finish	Time
12/8	Clemson Opener	Ford, Francis Jamison, Akins	1st	3:36.46