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

<table>
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<th>Athlete</th>
<th>Mark</th>
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<tbody>
<tr>
<td>12/8</td>
<td>Clemson Opener</td>
<td>Anthony Greenhow</td>
<td>6.70</td>
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<tr>
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<td>Clemson Opener</td>
<td>Prescott Jefferson</td>
<td>6.89</td>
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### 200-METER DASH (Record: 20.38, Rodney Martin, 2005)

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<td>Clemson Opener</td>
<td>Andrew Bond</td>
<td>21.90</td>
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### 300-METER DASH (Record since 2010: 32.54, Evan Miller, 2022)

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

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### 600-METER RUN (Record since 2010: 1:18.77, Otis Jones, 2019)

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<tbody>
<tr>
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<td>Ethan Mathis</td>
<td>1:23.37</td>
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</table>

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

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### 1000-METER RUN (Record: 2:25.00, Bob Kaczka, 1969)

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<th>Mark</th>
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<tbody>
<tr>
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<td>Clemson Opener</td>
<td>Sean Sanders</td>
<td>2:30.60</td>
</tr>
<tr>
<td>12/8</td>
<td>Clemson Opener</td>
<td>Hugh Willcox</td>
<td>2:36.82</td>
</tr>
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### MILE RUN (Record: 3:50.46, Anass Essayi, 2023)

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### 3000-METER RUN (Record: 7:41.93, Anass Essayi, 2023)

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### 5000-METER RUN (Record: 13:58.05, Rogerio Amaral, 2023)

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### 60-METER HURDLES (Record: 7.52, Terrence Trammel, 1999)

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### DISTANCE MEDLEY RELAY (Record: 9:43.26, Bonner, Swartz, Towle, Cronin, 1995)

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### 4X400 RELAY (Record: 3:05.68, Chance, Q. Jones, Hall, Robbins, 2019)

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<td>Jefferson, Greenhow</td>
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<td>Bond, Mathis</td>
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### POLE VAULT (Record: 5.50m | 18-0.5, Marvin Reitze, 2012/Chris Steddam, 2004)

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<td>Conor Reilly</td>
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<td>15-11</td>
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<tr>
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<td>Parker Samuelson</td>
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### HIGH JUMP (Record: 2.20m | 7-2.5, Tye Williams, 2018)

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<td></td>
<td>6-10.75</td>
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<tr>
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<td>Nate Figgers</td>
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<td>6-10.75</td>
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### LONG JUMP (Record: 8.08m | 26-6.25, Tony Almond, 2004)

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### TRIPLE JUMP (Record: 16.00m | 52-6, Theo Mudzengerere, 2023)

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<th>Mark</th>
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<td></td>
<td>52-6</td>
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<tr>
<td>12/8</td>
<td>Clemson Opener</td>
<td>Spencer Eison</td>
<td>13.72m</td>
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<td></td>
<td></td>
<td></td>
<td>45-0.25</td>
</tr>
<tr>
<td>ANDREW BOND • SO • LEXINGTON, SOUTH CAROLINA</td>
<td>SPENCER EISON • FR • SPARTANBURG, SOUTH CAROLINA</td>
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<td></td>
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</tr>
<tr>
<td>Date</td>
<td>Meet</td>
<td>Event</td>
<td>Finish</td>
</tr>
<tr>
<td>12/8</td>
<td>Clemson Opener</td>
<td>60m - P</td>
<td>4th</td>
</tr>
<tr>
<td>12/8</td>
<td>Clemson Opener</td>
<td>60m - F</td>
<td>3rd</td>
</tr>
<tr>
<td>200m (PR: 21.90)</td>
<td>12/8</td>
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<td>200m</td>
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<td><strong>DENOTES MARK SET IN INTERNATIONAL COMPETITION</strong></td>
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<tbody>
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<td>Clemson Opener</td>
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<tbody>
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<td>Meet</td>
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<tr>
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<td>300m (PR: 32.65)</td>
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<th>ETHAN MATHIS • SO • CHAPEL HILL, NORTH CAROLINA</th>
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<tbody>
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<td>Meet</td>
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<td>Clemson Opener</td>
</tr>
<tr>
<td>12/8</td>
<td>Clemson Opener</td>
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<th>CONOR REILLY • JR • SCOTCH PLAINS, NEW YORK</th>
<th>PARKER SAMUELSON • SO • HOUSTON, TEXAS</th>
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<tbody>
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<th>SEAN SANDERS • FR • FALLS CHURCH, VIRGINIA</th>
<th>DYLAN TARGGART • JR • COLDWATER, MICHIGAN</th>
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<tbody>
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<td>Meet</td>
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<td>12/8</td>
<td>Clemson Opener</td>
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<tr>
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<table>
<thead>
<tr>
<th>HUGH WILLCOX • FR • COLUMBIA, SOUTH CAROLINA</th>
<th>4X400M RELAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Date</td>
<td>Meet</td>
</tr>
<tr>
<td>12/8</td>
<td>Clemson Opener</td>
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| **CAROLINA TRACK & FIELD** |
| **2024 INDOOR PROGRESSIONS - MEN** |

**UPDATED 12/11/23**
**60-METER DASH** (Record: 7.09, LaKya Brookins, 2011)

<table>
<thead>
<tr>
<th>Date</th>
<th>Meet</th>
<th>Athlete</th>
<th>Mark</th>
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</thead>
<tbody>
<tr>
<td>12/8</td>
<td>Clemson Opener</td>
<td>Cynteria James</td>
<td>7.31 - F</td>
</tr>
<tr>
<td>12/8</td>
<td>Clemson Opener</td>
<td>Cynteria James</td>
<td>7.35 - S</td>
</tr>
<tr>
<td>12/8</td>
<td>Clemson Opener</td>
<td>Cynteria James</td>
<td>7.46 - P</td>
</tr>
<tr>
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<td>Clemson Opener</td>
<td>Anastasia Sumpter</td>
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<td>Anastasia Sumpter</td>
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**200-METER DASH** (Record: 22.57, Shalonda Solomon, 2006)

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<td>Jayla Jamison</td>
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<td>Hailey Duncan</td>
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**300-METER DASH** (Record: 35.83, JaMeesia Ford, 2023)

<table>
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<th>Meet</th>
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<th>Mark</th>
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<tbody>
<tr>
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<td>JaMeesia Ford</td>
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<td>Aalliyah Francis</td>
<td>36.77</td>
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<td>Jahnile Registre</td>
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**400-METER RUN** (Record: 50.80, Natasha Hastings, 2007)

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**600-METER RUN** (Record since 2010: 1:28.25, Ketttiany Clarke, 2010)

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**800-METER RUN** (Record: 2:06.05, Shay Shelton, 2006)

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**1000-METER RUN** (Record: 2:50.51, Anna Todd, 2015)

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**MILE RUN** (Record: 4:32.14, Silan Ayyildiz, 2023)

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**3000-METER RUN** (Record: 9:10.54, Silan Ayyildiz, 2023)

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**5000-METER RUN** (Record: 16:19.02, Kayla Lampe, 2013)

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**60-METER HURDLES** (Record: 8.07, Destinee Rocker, 2022)

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**DISTANCE MEDLEY RELAY** (Record: 11:22.59, Costantino, Registre, Kelety, Somner, 2023)

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**4X400 RELAY** (Record: 3:28.25, Ross, Barber, Washington, Demus, 2003)

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

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<td>Clemson Opener</td>
<td>Hannah Togami</td>
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<td>Emma Stone</td>
<td>3.65m</td>
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<td>Mia Joseph</td>
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**HIGH JUMP** (Record: 1.91m | 6-3.25, Jeannelle Scheppe, 2013)

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**LONG JUMP** (Record: 6.60m | 21-8, Antoinette Wilks, 2001)

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

**TRIPLE JUMP** (Record: 13.47m | 44-2.50, Natasha Dicks, 2017)

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**SHOT PUT** (Record: 17.07m | 56-0, Crystal Brownlee, 1998)

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**WEIGHT THROW** (Record: 21.72m | 71-3.75, Dawn Ellerbe, 1997)

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**PENTATHLON** (Record: 4133, Chelsea Hammond, 2004)

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

**UPDATED 12/11/23**
### CAROLINA TRACK & FIELD

#### 2024 INDOOR PROGRESSIONS - WOMEN

**Zaya Akins • FR • Kansas City, Missouri**

<table>
<thead>
<tr>
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</table>

**Jameesia Ford • FR • Fayetteville, North Carolina**

<table>
<thead>
<tr>
<th>Date</th>
<th>Meet</th>
<th>Event</th>
<th>Finish</th>
<th>Time/Mark</th>
</tr>
</thead>
<tbody>
<tr>
<td>12/8</td>
<td>Clemson Opener</td>
<td>300m</td>
<td>1st</td>
<td>35.83</td>
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**Aaliyah Francis • JR • Westmoreland, Jamaica**

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<tbody>
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**Cynthia James • FR • Miami, Florida**

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<th>Time/Mark</th>
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<tbody>
<tr>
<td>12/8</td>
<td>Clemson Opener</td>
<td>60m-P</td>
<td>2nd</td>
<td>7.46</td>
</tr>
<tr>
<td>12/8</td>
<td>Clemson Opener</td>
<td>60m-S</td>
<td>1st</td>
<td>7.35</td>
</tr>
<tr>
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**Jayla Jamison • JR • West Columbia, South Carolina**

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<tbody>
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<td>200m</td>
<td>2nd</td>
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**Mia Joseph • JR • North Augusta, South Carolina**

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<tbody>
<tr>
<td>12/8</td>
<td>Clemson Opener</td>
<td>Pole Vault</td>
<td>10th</td>
<td>3.35m</td>
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**Jahnile Registre • JR • Orlando, Florida**

<table>
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**Emma Stone • JR • Waxhaw, North Carolina**

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<th>Time/Mark</th>
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<tbody>
<tr>
<td>12/8</td>
<td>Clemson Opener</td>
<td>Pole Vault</td>
<td>4th</td>
<td>3.65m</td>
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**Anastasia Sumpter • JR • Camden, South Carolina**

<table>
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<td>Clemson Opener</td>
<td>60m-S</td>
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<td>12/8</td>
<td>Clemson Opener</td>
<td>60m-F</td>
<td>3rd</td>
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**Hannah Togami • FR • Mount Pleasant, South Carolina**

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<th>Time/Mark</th>
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<td>Clemson Opener</td>
<td>Pole Vault</td>
<td>1st</td>
<td>3.95m</td>
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</tbody>
</table>

**4x400m Relay**

<table>
<thead>
<tr>
<th>Date</th>
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<th>Team</th>
<th>Finish</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
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<td>Clemson Opener</td>
<td>Ford, Francis Jamison, Akins</td>
<td>1st</td>
<td>3:36.46</td>
</tr>
</tbody>
</table>

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

**UPDATED 12/11/23**