



CAROLINA TRACK & FIELD

2024 TOP-FIVE MARKS - MEN

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

Date	Meet	Athlete	Mark
2/9	Tiger Paw Invite	Nyck Harbor	6.61 - S
2/9	Tiger Paw Invite	Nyck Harbor	6.64 - F
2/3	SC Invite	Nyck Harbor	6.67 - P
2/3	SC Invite	Nyck Harbor	6.67 - F
2/23	SEC Championship	Nyck Harbor	6.67 - P

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

Date	Meet	Athlete	Mark
1/26	Razorback Invitational	Anthony Greenhow	20.60
3/8	NCAA Indoor Championship	Anthony Greenhow	20.73 - P
1/13	Gamecock Opener	Anthony Greenhow	20.74
2/23	SEC Championship	Anthony Greenhow	20.75 - P
2/23	SEC Championship	Nyck Harbor	20.83 - P

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

Date	Meet	Athlete	Mark
12/8	Clemson Opener	Anthony Greenhow	32.65
1/13	Gamecock Opener	Prescott Jefferson	34.68

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

Date	Meet	Athlete	Mark
2/23	SEC Championship	Jayson Ward	46.89 - P
2/17	USC Indoor Open	Bryson Miller	47.40
2/23	SEC Championship	Jasauna Dennis	47.67 - P
1/13	Gamecock Opener	Jayson Ward	47.76
2/9	Tiger Paw Invite	Jasauna Dennis	48.13

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

Date	Meet	Athlete	Mark
1/13	Gamecock Opener	Aidan Hatton	1:20.31
1/13	Gamecock Opener	George Luke	1:23.32
12/8	Clemson Opener	Ethan Mathis	1:23.37
1/13	Gamecock Opener	Sean Sanders	1:24.54
1/13	Gamecock Opener	Hugh Willcox	1:24.91

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

Date	Meet	Athlete	Mark
2/17	USC Indoor Open	Joshua Kosgei	1:49.06
2/10	Tiger Paw Invite	Aidan Hatton	1:49.48
2/3	SC Invite	Joshua Kosgei	1:51.51
2/3	SC Invite	George Luke	1:52.59
2/17	USC Indoor Open	George Luke	1:53.02

1000-METER RUN (Record: 2:24.79, Aidan Hatton, 2024)

Date	Meet	Athlete	Mark
1/19	Carolina Challenge	Aidan Hatton	2:24.79
1/13	Gamecock Opener	George Luke	2:27.72
1/13	Gamecock Opener	Sean Sanders	2:29.72
1/13	Gamecock Opener	Carlos Lanzagorta-Ruiz	2:30.56
12/8	Clemson Opener	Sean Sanders	2:30.60

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

Date	Meet	Athlete	Mark
2/10	David Hemery Valentine Invitational	Anass Essayi	3:51.91
1/20	Carolina Challenge	Rogerio Amaral	3:58.42
2/24	SEC Championship	Anass Essayi	4:00.76 - F
2/10	David Hemery Valentine Invitational	Jaouad Khchina	4:01.11
2/10	David Hemery Valentine Invitational	Joshua Kosgei	4:03.66

3000-METER RUN (Record: 7:39.11, Anass Essayi, 2024)

Date	Meet	Athlete	Mark
1/26	John Thomas Terrier Classic	Anass Essayi	7:39.11
3/9	NCAA Indoor Championship	Anass Essayi	7:54.67
1/27	Razorback Invitational	Rogerio Amaral	7:58.77
2/24	SEC Championship	Jaouad Khchina	8:02.87
1/26	John Thomas Terrier Classic	Jaouad Khchina	8:07.69

5000-METER RUN (Record: 13:49.20, Bradley Makuvire, 2024)

Date	Meet	Athlete	Mark
2/23	SEC Championship	Bradley Makuvire	13:49.20
2/10	David Hemery Valentine Invitational	Rogerio Amaral	13:49.33
2/10	David Hemery Valentine Invitational	Bradley Makuvire	13:56.30
2/23	SEC Championship	Rogerio Amaral	14:09.34

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

Date	Meet	Athlete	Mark
2/23	SEC Championship	David Warmington	7.89 - P
2/17	USC Indoor Open	David Warmington	7.97 - F
2/17	USC Indoor Open	David Warmington	8.00 - P
2/9	Tiger Paw Invite	David Warmington	8.08 - P

DISTANCE MEDLEY RELAY (Record: 9:34.50, Khchina, Miller, Kosgei, Essayi, 2024)

Date	Meet	Athletes	Mark
2/23	SEC Championship	Khchina, Miller Kosgei, Essayi	9:34.50

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

Date	Meet	Athletes	Mark
2/24	SEC Championship	Ward, Miller Greenhow, Dennis	3:11.10
1/13	Gamecock Opener	Ward, Greenhow Prescott, Dennis	3:12.17
1/27	Razorback Invitational	Dennis, Ward Greenhow, Jefferson	3:13.37
1/20	NB Collegiate Showdown	Greenhow, Bond Harbor, Ward	3:14.61
2/10	Tiger Paw Invite	Dennis, Ward Hatton, Jefferson	3:15.09

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

Date	Meet	Athlete	Mark
2/3	SC Invite	Conor Reilly	5.15m 16-10.75
2/23	SEC Championship	Dillon McCarthy	5.10m 16-8.75
2/17	USC Indoor Open	Dillon McCarthy	5.08m 16-8
2/3	SC Invite	Dillon McCarthy	5.00m 16-4.75
1/13	Gamecock Opener	Dillon McCarthy	4.96m 16-3.25

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

Date	Meet	Athlete	Mark
2/3	SC Invite	Channing Ferguson	2.16m 7-1
2/10	Tiger Paw Invite	Channing Ferguson	2.15m 7-0.5
1/26	Razorback Invitational	Nate Figgers	2.12m 6-11.5
2/24	SEC Championship	Channing Ferguson	2.11m 6-11
2/3	SC Invite	Nate Figgers	2.11m 6-11
1/13	Gamecock Opener	Channing Ferguson	2.11m 6-11

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

Date	Meet	Athlete	Mark
1/20	Carolina Challenge	Channing Ferguson	7.31m 23-11.75
1/13	Gamecock Opener	Jaden Price-Whitehead	6.82m 22-4.5
2/17	USC Indoor Open	Jaden Price-Whitehead	6.60m 21-8

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

Date	Meet	Athlete	Mark
12/8	Clemson Opener	Theo Mudzengerere	16.00m 52-6
2/24	SEC Championship	Theo Mudzengerere	15.93m 52-3.25
1/27	Razorback Invitational	Theo Mudzengerere	15.81m 51-10.5
3/9	NCAA Indoor Championship	Theo Mudzengerere	15.33m 50-3.5
2/3	SC Invite	Spencer Eison	14.20m 46-7.25

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

Date	Meet	Athlete	Mark
2/24	SEC Championship	Dylan Targgart	19.99m 65-7
3/9	NCAA Indoor Championship	Dylan Targgart	19.95m 65-5.5
1/27	Razorback Invitational	Dylan Targgart	19.76m 64-10
1/13	Gamecock Opener	Dylan Targgart	19.19m 62-11.5
1/20	NB Collegiate Showdown	Dylan Targgart	19.16m 62-10.5

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

Date	Meet	Athlete	Mark
2/9	Tiger Paw Invite	Ridge Dowe	17.27m 56-8
2/17	USC Indoor Open	Ridge Dowe	17.07m 56-0
2/23	SEC Championship	Ridge Dowe	16.89m 55-5
2/3	SC Invite	Ridge Dowe	16.88m 55-4.75
1/20	Carolina Challenge	Ridge Dowe	16.58m 54-4.75

P - Preliminary Round

S - Semifinal Round

F - Final Round

H - Heptathlon Competition



CAROLINA TRACK & FIELD

2024 INDOOR PROGRESSIONS - MEN

ROGERIO AMARAL • JR • COIMBRA, PORTUGAL

Date	Meet	Event	Finish	Time/Mark
Mile (PR: 3:58.42)				
1/20	Carolina Challenge	Mile	2nd	3:58.42
3000m (PR: 7:58.77)				
1/27	Razorback Invitational	3000m	8th	7:58.77
5000m (PR: 13:49.33)				
2/10	David Hemery Valentine Invite	5000m	47th	13:49.33
2/23	SEC Championship	5000m	11th	14:09.34

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
1/13	Gamecock Opener	60m - P	4th	6.82
1/13	Gamecock Opener	60m - S	8th	6.81
1/13	Gamecock Opener	60m - F	2nd	6.80
1/20	NB Collegiate Showdown	60m - P	6th	6.86
1/20	NB Collegiate Showdown	60m - F	5th	6.82
1/27	Razorback Invitational	60m - Q	5th	6.88
1/27	Razorback Invitational	60m - P	24th	6.90
2/3	SC Invite	60m - Q	2nd	6.87
2/3	SC Invite	60m - P	12th	6.86
2/9	Tiger Paw Invite	60m - P	48th	6.88
2/17	USC Indoor Open	60m - P	3rd	6.85
2/17	USC Indoor Open	60m - F	2nd	6.82
200m (PR: 21.62)				
12/8	Clemson Opener	200m	10th	21.90
1/13	Gamecock Opener	200m	11th	21.96
1/20	NB Collegiate Showdown	200m	6th	21.98
1/26	Razorback Invitational	200m	31st	21.92
2/10	Tiger Paw Invite	200m	52nd	21.86
2/17	USC Indoor Open	200m	6th	21.62

BRANDON DENNIS • SO • AMITYVILLE, NEW YORK

Date	Meet	Event	Finish	Time/Mark
Shot Put (PR: 14.81m 48-7.25)				
2/3	SC Invite	Shot Put	7th	14.45m 47-5
2/17	USC Indoor Open	Shot Put	5th	14.81m 48-7.25
Weight Throw (PR: 16.07m 52-8.75)				
2/3	SC Invite	Weight Throw	14th	16.07m 52-8.75

JASAUNA DENNIS • FR • JAMAICA

Date	Meet	Event	Finish	Time/Mark
400m (PR: 47.67)				
1/13	Gamecock Opener	400m	5th	48.21
1/20	NB Collegiate Showdown	400m	3rd	48.29
1/27	Razorback Invitational	400m	31st	48.53
2/9	Tiger Paw Invite	400m	51st	48.13
2/23	SEC Championship	400m - P	28th	47.67

RIDGE DOWE • SO • BLUFFTON, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
Weight Throw (PR: 17.27m 56-8)				
1/13	Gamecock Opener	Weight Throw	5th	16.09m 52-9.5
1/20	Carolina Challenge	Weight Throw	1st	16.58m 54-4.75
2/3	SC Invite	Weight Throw	10th	16.88m 55-4.75
2/9	Tiger Paw Invite	Weight Throw	16th	17.27m 56-8
2/17	USC Indoor Open	Weight Throw	2nd	17.07m 56-0
2/23	SEC Championship	Weight Throw	15th	16.89m 55-5

SPENCER EISON • FR • SPARTANBURG, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
Triple Jump (PR: 14.20m 46-7.25)				
12/8	Clemson Opener	Triple Jump	2nd	13.72m 45-0.25
1/13	Gamecock Opener	Triple Jump	7th	13.84m 45-5
1/19	Carolina Challenge	Triple Jump	9th	13.47m 44-2.5
2/3	SC Invite	Triple Jump	7th	14.20m 46-7.25

ANASS ESSAYI • JR • MOROCCO

Date	Meet	Event	Finish	Time/Mark
Mile (PR: 3:50.46)				
2/10	David Hemery Valentine Invite	Mile	2nd	3:51.91
2/23	SEC Championship	Mile - P	7th	4:04.05
2/24	SEC Championship	Mile - F	2nd	4:00.76
3/8	NCAA Championship	Mile - P	--	DNF
3000m (PR: 7:39.11)				
1/26	John Thomas Terrier Classic	3000m	3rd	7:39.11
3/9	NCAA Championship	3000m	10th	7:54.67

CHANNING FERGUSON • JR • ROCK HILL, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
High Jump (PR: 2.16m 7-1)				
12/8	Clemson Opener	High Jump	1st	2.10m 6-10.75
1/13	Gamecock Opener	High Jump	2nd	2.11m 6-11
1/26	Razorback Invitational	High Jump	14th	2.07m 6-9.5
2/3	SC Invite	High Jump	1st	2.16m 7-1
2/10	Tiger Paw Invite	High Jump	3rd	2.15m 7-0.5
2/24	SEC Championship	High Jump	3rd	2.11m 6-11
Long Jump (PR: 7.52m 24-8.25*)				
1/20	Carolina Challenge	Long Jump	2nd	7.31m 23-11.75

NATE FIGGERS • FR • BRYAN, TEXAS

Date	Meet	Event	Finish	Time/Mark
High Jump (PR: 2.12m 6-11.5)				
12/8	Clemson Opener	High Jump	2nd	2.10m 6-10.75
1/13	Gamecock Opener	High Jump	6th	1.96m 6-5
1/20	Carolina Challenge	High Jump	1st	2.06m 6-9
1/26	Razorback Invitational	High Jump	4th	2.12m 6-11.5
2/3	SC Invite	High Jump	2nd	2.11m 6-11
2/10	Tiger Paw Invite	High Jump	12th	2.05m 6-8.75
2/24	SEC Championship	High Jump	--	NH

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
1/13	Gamecock Opener	60m - P	1st	6.75
1/13	Gamecock Opener	60m - S	4th	6.75
1/20	NB Collegiate Showdown	60m - P	2nd	6.79
1/20	NB Collegiate Showdown	60m - F	3rd	6.74
200m (PR: 20.60)				
1/13	Gamecock Opener	200m	1st	20.74
1/26	Razorback Invitational	200m	3rd	20.60
2/23	SEC Championship	200m - P	7th	20.75
2/24	SEC Championship	200m - F	7th	20.92
3/8	NCAA Championship	200m - P	8th	20.73
3/9	NCAA Championship	200m - F	5th	20.84
300m (PR: 32.65)				
12/8	Clemson Opener	300m	2nd	32.65

NYCK HARBOR • FR • WASHINGTON, D.C.

Date	Meet	Event	Finish	Time/Mark
60m (PR: 6.61)				
2/3	SC Invite	60m - Q	1st	6.75
2/3	SC Invite	60m - P	5th	6.67
2/3	SC Invite	60m - F	4th	6.67
2/9	Tiger Paw Invite	60m - P	12th	6.71
2/9	Tiger Paw Invite	60m - S	2nd	6.61
2/9	Tiger Paw Invite	60m - F	6th	6.64
2/23	SEC Championship	60m - P	8th	6.67
2/24	SEC Championship	60m - F	8th	6.73
200m (PR: 20.83)				
1/26	Razorback Invitational	200m	5th	20.97
2/3	SC Invite	200m	3rd	20.86
2/10	Tiger Paw Invite	200m	6th	20.83
2/23	SEC Championship	200m - P	8th	20.83
2/24	SEC Championship	200m - F	5th	20.87



CAROLINA TRACK & FIELD

2024 INDOOR PROGRESSIONS - MEN

AIDAN HATTON • JR • CHARLESTON, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
600m (PR: 1:20.31)				
1/13	Gamecock Opener	600m	4th	1:20.31
800m (PR: 1:49.48)				
1/27	Razorback Invitational	800m	--	DNF
2/3	SC Invite	800m	--	DNF
2/10	Tiger Paw Invite	800m	6th	1:49.48
2/17	USC Indoor Open	800m	--	DNF
2/23	SEC Championship	800m	--	DNF
1000m (PR: 2:24.79)				
1/19	Carolina Challenge	1000m	1st	2:24.79

PRESCOTT JEFFERSON • JR • COLUMBIA, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
60m (PR: 6.84)				
12/8	Clemson Opener	60m - P	9th	6.89
1/13	Gamecock Opener	60m - P	19th	6.92
1/13	Gamecock Opener	60m - S	15th	6.92
1/19	Carolina Challenge	60m - P	10th	6.98
1/19	Carolina Challenge	60m - S	3rd	6.85
1/19	Carolina Challenge	60m - F	4th	6.85
1/27	Razorback Invitational	60m - Q	12th	6.98
2/3	SC Invite	60m - Q	3rd	6.89
2/3	SC Invite	60m - P	9th	6.84
2/9	Tiger Paw Invite	60m - P	45th	6.86
200m (PR: 21.51)				
12/8	Clemson Opener	200m	7th	21.82
1/20	Carolina Challenge	200m	2nd	21.67
1/26	Razorback Invitational	200m	24th	21.68
2/10	Tiger Paw Invite	200m	36th	21.51
300m (PR: 34.68)				
1/13	Gamecock Opener	300m	11th	34.68

JAOUAD KHCHINA • FR • MOROCCO

Date	Meet	Event	Finish	Time/Mark
Mile (PR: 4:01.11)				
2/10	David Hemery Valentine Invite	Mile	54th	4:01.11
3000m (PR: 8:02.87)				
1/26	John Thomas Terrier Classic	3000m	21st	8:07.69
2/24	SEC Championship	3000m	11th	8:02.87

JOSHUA KOSGEI • FR • KENYA

Date	Meet	Event	Finish	Time/Mark
800m (PR: 1:49.06)				
2/3	SC Invite	800m	3rd	1:51.51
2/17	USC Indoor Open	800m	1st	1:49.06
Mile (PR: 4:03.66)				
2/10	David Hemery Valentine Invite	Mile	83rd	4:03.66
3000m (PR: 8:15.73)				
2/24	SEC Championship	3000m	24th	8:15.73

CARLOS LANZAGORTA-RUIZ • FR • LEXINGTON, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
600m (PR: 1:25.52)				
1/13	Gamecock Opener	600m	14th	1:25.52
800m (PR: 1:53.84)				
1/20	Carolina Challenge	800m	6th	1:55.88
2/3	SC Invite	800m	10th	1:54.99
2/10	Tiger Paw Invite	800m	10th	1:53.93
2/17	USC Indoor Open	800m	5th	1:53.84
1000m (PR: 2:30.56)				
1/13	Gamecock Opener	1000m	3rd	2:30.56

GEORGE LUKE • JR • CLINTON, CONNECTICUT

Date	Meet	Event	Finish	Time/Mark
600m (PR: 1:23.32)				
1/13	Gamecock Opener	600m	9th	1:23.32
800m (PR: 1:52.59)				
2/3	SC Invite	800m	6th	1:52.59
2/17	USC Indoor Open	800m	4th	1:53.02
1000m (PR: 2:27.72)				
1/13	Gamecock Opener	1000m	1st	2:27.72
Mile (PR: 4:11.71)				
1/20	Carolina Challenge	Mile	6th	4:16.22
2/10	David Hemery Valentine Invite	Mile	296th	4:18.60

BRADLEY MAKUVIRE • GR • ZVISHAVANE, ZIMBABWE

Date	Meet	Event	Finish	Time/Mark
Mile (PR: 4:10.10*)				
1/20	Carolina Challenge	Mile	5th	4:12.56
3000m (PR: 8:07.24*)				
1/27	Razorback Invitational	3000m	17th	8:10.96
2/24	SEC Championship	3000m	21st	8:12.18
5000m (PR: 13:49.20)				
2/10	David Hemery Valentine Invite	5000m	63rd	13:56.30
2/23	SEC Championship	5000m	7th	13:49.20

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
800m (PR: 1:57.70)				
2/3	SC Invite	800m	17th	1:57.70
2/17	USC Indoor Open	800m	13th	1:58.39
1000m (PR: --)				
12/8	Clemson Opener	1000m	--	DNF

DILLON MCCARTHY • JR • MOUNT PLEASANT, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
Pole Vault (PR: 5.10m 16-8.75)				
1/13	Gamecock Opener	Pole Vault	2nd	4.96m 16-3.25
1/20	Carolina Challenge	Pole Vault	--	NH
1/27	Razorback Invitational	Pole Vault	9th	4.95m 16-2.75
2/3	SC Invite	Pole Vault	3rd	5.00m 16-4.75
2/10	Tiger Paw Invite	Pole Vault	5th	4.85m 15-11
2/17	USC Indoor Open	Pole Vault	3rd	5.08m 16-8
2/23	SEC Championship	Pole Vault	11th	5.10m 16-8.75

BRYSON MILLER • FR • SPARTANBURG, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
400m (PR: 47.40)				
2/17	USC Indoor Open	400m	1st	47.40

THEO MUZDZINGERERE • 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
1/27	Razorback Invitational	Triple Jump	3rd	15.81m 51-10.5
2/24	SEC Championship	Triple Jump	6th	15.93m 52-3.25
3/9	NCAA Championship	Triple Jump	14th	15.33m 50-3.5

JADEN PRICE-WHITEHEAD • SO • GLENSIDE, PENNSYLVANIA

Date	Meet	Event	Finish	Time/Mark
Long Jump (PR: 7.23m 23-8.75)				
1/13	Gamecock Opener	Long Jump	5th	6.82m 22-4.5
2/17	USC Indoor Open	Long Jump	10th	6.60m 21-8
Triple Jump (PR: 14.13m 46-4.25)				
2/17	USC Indoor Open	Triple Jump	11th	12.99m 42-7.5

CONOR REILLY • SO • SCOTCH PLAINS, NEW YORK

Date	Meet	Event	Finish	Time/Mark
Pole Vault (PR: 5.15m 16-10.75)				
12/8	Clemson Opener	Pole Vault	1st	4.85m 15-11
2/3	SC Invite	Pole Vault	2nd	5.15m 16-10.75
2/17	USC Indoor Open	Pole Vault	4th	4.88m 16-0
2/23	SEC Championship	Pole Vault	17th	4.95m 16-2.75

PARKER SAMUELSON • SO • HOUSTON, TEXAS

Date	Meet	Event	Finish	Time/Mark
Pole Vault (PR: 4.85m 15-11)				
12/8	Clemson Opener	Pole Vault	2nd	4.55m 14-11
1/13	Gamecock Opener	Pole Vault	3rd	4.66m 15-3.5
1/20	Carolina Challenge	Pole Vault	3rd	4.76m 15-7.25
1/27	Razorback Invitational	Pole Vault	--	NH
2/3	SC Invite	Pole Vault	4th	4.85m 15-11
2/10	Tiger Paw Invite	Pole Vault	6th	4.75m 15-7
2/23	SEC Championship	Pole Vault	--	NH

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



CAROLINA TRACK & FIELD

2024 INDOOR PROGRESSIONS - MEN

SEAN SANDERS • FR • FALLS CHURCH, VIRGINIA

Date	Meet	Event	Finish	Time/Mark
600m (PR: 1:24.54)				
1/13	Gamecock Opener	600m	11th	1:24.54
800m (PR: 1:55.46)				
2/3	SC Invite	800m	11th	1:55.46
1000m (PR: 2:29.72)				
12/8	Clemson Opener	1000m	9th	2:30.60
1/13	Gamecock Opener	1000m	2nd	2:29.72
Mile (PR: 4:17.38)				
1/20	Carolina Challenge	Mile	9th	4:17.38
2/9	Tiger Paw Invite	Mile	15th	4:26.10

DYLAN TARGGART • JR • COLDWATER, MICHIGAN

Date	Meet	Event	Finish	Time/Mark
Shot Put (PR: 19.99m 65-7)				
12/8	Clemson Opener	Shot Put	1st	18.91m 62-5
1/13	Gamecock Opener	Shot Put	1st	19.19m 62-11.5
1/20	NB Collegiate Showdown	Shot Put	2nd	19.16m 62-10.5
1/27	Razorback Invitational	Shot Put	3rd	19.76m 64-10
2/24	SEC Championship	Shot Put	2nd	19.99m 65-7
3/9	NCAA Championship	Shot Put	3rd	19.95m 65-5.5

JONATHAN TOGAMI • JR • MOUNT PLEASANT, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
Pole Vault (PR: 4.76M 15-7.25)				
1/13	Gamecock Opener	Pole Vault	--	NH
1/20	Carolina Challenge	Pole Vault	4th	4.76m 15-7.25
1/27	Razorback Invitational	Pole Vault	--	NH
2/3	SC Invite	Pole Vault	5th	4.70m 15-5
2/10	Tiger Paw Invite	Pole Vault	--	NH
2/17	USC Indoor Open	Pole Vault	--	NH
2/23	SEC Championship	Pole Vault	--	NH

JAYSON WARD • SO • MIDLOTHIAN, VIRGINIA

Date	Meet	Event	Finish	Time/Mark
200m (PR: 21.80)				
1/20	NB Collegiate Showdown	200m	5th	21.80
400m (PR: 46.89)				
1/13	Gamecock Opener	400m	2nd	47.76
1/27	Razorback Invitational	400m	30th	48.53
2/9	Tiger Paw Invite	400m	59th	48.49
2/23	SEC Championship	400m - P	13th	46.89

DAVID WARMINGTON • SO • WASHINGTON, D.C.

Date	Meet	Event	Finish	Time/Mark
60m Hurdles (PR: 7.88*)				
2/9	Tiger Paw Invite	60mH - P	25th	8.08
2/17	USC Indoor Open	60mH - P	1st	8.00
2/17	USC Indoor Open	60mH - F	2nd	7.97
2/23	SEC Championship	60mH - P	9th	7.89
200m (PR: 22.17)				
2/10	Tiger Paw Invite	200m	61st	22.17

HUGH WILLCOX • FR • COLUMBIA, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
600m (PR: 1:24.91)				
1/13	Gamecock Opener	600m	12th	1:24.91
800m (PR: --)				
2/3	SC Invite	800m	--	DNF
1000m (PR: 2:36.82)				
12/8	Clemson Opener	1000m	18th	2:36.82
1/13	Gamecock Opener	1000m	--	DNF

4X400M RELAY

Date	Meet	Team	Finish	Time
12/8	Clemson Opener	Jefferson, Greenhow Bond, Mathis	9th	3:24.15
1/13	Gamecock Opener	Ward, Greenhow Prescott, Dennis	2nd	3:12.17
1/19	Carolina Challenge	Jefferson, Hatton Mathis, Willcox	--	DNF
1/20	NB Collegiate Showdown	Greenhow, Bond Harbor, Ward	1st	3:14.61
1/27	Razorback Invitational	Dennis, Ward Greenhow, Jefferson	13th	3:13.37
2/3	SC Invite	Hatton, Kosgei Mathis, Luke	5th	3:21.41
2/10	Tiger Paw Invite	Dennis, Ward Hatton, Jefferson	18th	3:15.09
2/24	SEC Championship	Ward, Miller Greenhow, Dennis	8th	3:11.10

DISTANCE MEDLEY RELAY

Date	Meet	Team	Finish	Time
2/23	SEC Championship	Khchina, Miller Kosgei, Essayi	1st	9:34.50

UPDATED 3/11/24

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



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
2/23	SEC Championship	Cynteria James	7.32 - P
12/8	Clemson Opener	Cynteria James	7.35 - S
1/27	Razorback Invitational	Cynteria James	7.39 - P
1/20	NB Collegiate Showdown	Jayla Jamison	7.39 - F

200-METER DASH (Record: 22.34, JaMeesia Ford, 2024)

Date	Meet	Athlete	Mark
3/9	NCAA Championship	JaMeesia Ford	22.34 - F
2/24	SEC Championship	JaMeesia Ford	22.36 - F
2/10	Tiger Paw Invite	JaMeesia Ford	22.36
3/8	NCAA Indoor Championship	JaMeesia Ford	22.45 - P
1/26	Razorback Invitational	JaMeesia Ford	22.58

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

Date	Meet	Athlete	Mark
12/8	Clemson Opener	JaMeesia Ford	35.83
1/13	Gamecock Opener	JaMeesia Ford	36.00
12/8	Clemson Opener	Zaya Akins	36.77
12/8	Clemson Opener	Aalliyah Francis	37.18
12/8	Clemson Opener	Jahnille Registre	37.60

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

Date	Meet	Athlete	Mark
2/9	Tiger Paw Invite	JaMeesia Ford	51.33
1/20	NB Collegiate Showdown	JaMeesia Ford	51.60
2/9	Tiger Paw Invite	Zaya Akins	52.23
1/20	NB Collegiate Showdown	Zaya Akins	52.67
2/23	SEC Championship	Zaya Akins	52.78 - P

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

Date	Meet	Athlete	Mark
1/13	Gamecock Opener	Sylvia Chelangat	1:31.80
1/13	Gamecock Opener	Greta White	1:43.63

800-METER RUN (Record: 2:02.87, Judy Kosgei, 2024)

Date	Meet	Athlete	Mark
2/24	SEC Championship	Judy Kosgei	2:02.87 - F
2/23	SEC Championship	Judy Kosgei	2:04.61 - P
2/3	SC Invite	Judy Kosgei	2:05.10
2/17	USC Indoor Open	Judy Kosgei	2:06.37
2/23	SEC Championship	Sylvia Chelangat	2:06.93 - P

1000-METER RUN (Record: 2:46.04, Judy Kosgei, 2024)

Date	Meet	Athlete	Mark
1/13	Gamecock Opener	Judy Kosgei	2:46.04
1/13	Gamecock Opener	Ally Wilson	2:58.35
1/13	Gamecock Opener	Emily Pierontoni	3:00.38
1/13	Gamecock Opener	Greta White	3:05.68
1/19	Carolina Challenge	Aubrey Pierontoni	3:06.95

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

Date	Meet	Athlete	Mark
2/9	David Hemery Valentine Invitational	Judy Kosgei	4:34.21
1/27	Razorback Invitational	Judy Kosgei	4:38.64
2/9	David Hemery Valentine Invitational	Emily Pierontoni	4:57.32
2/17	USC Indoor Open	Claudia Satzke	4:59.89
1/20	Carolina Challenge	Emily Pierontoni	5:01.09

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

Date	Meet	Athlete	Mark
2/24	SEC Championship	Judy Kosgei	9:10.76
2/3	SC Invite	Judy Kosgei	9:24.31
1/27	Razorback Invitational	Teresa Cherotich	9:24.73
2/3	SC Invite	Teresa Cherotich	9:29.01
1/20	Carolina Challenge	Gabriella Gait-Smith	9:51.28

5000-METER RUN (Record: 16:06.16, Teresa Cherotich, 2024)

Date	Meet	Athlete	Mark
2/9	David Hemery Valentine Invitational	Teresa Cherotich	16:06.16
2/23	SEC Championship	Teresa Cherotich	16:10.29
2/3	SC Invite	Anna Boyd	18:06.68

60-METER HURDLES (Record: 8.07, Destinee Rocker, 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
2/23	SEC Championship	Wilson, Registre Chelangat, Satzke	11:55.57

4X400 RELAY (Record: 3:26.05, Akins, Registre, Jamison, Ford, 2024)

Date	Meet	Athletes	Mark
2/24	SEC Championship	Akins, Registre Jamison, Ford	3:26.05
3/9	NCAA Championship	Akins, Registre Jamison, Ford	3:26.20
1/27	Razorback Invitational	Akins, Registre Jamison, Ford	3:27.09
1/13	Gamecock Opener	Registre, Jamison Akins, Ford	3:31.27
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
2/17	USC Indoor Open	Hannah Togami	3.96m 12-11.75
2/9	Tiger Paw Invite	Hannah Togami	3.95m 12-11.5
12/8	Clemson Opener	Hannah Togami	3.95m 12-11.5
2/3	SC Invite	Hannah Togami	3.90m 12-9.5
1/13	Gamecock Opener	Hannah Togami	3.87m 12-8.25

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

Date	Meet	Athlete	Mark
2/17	USC Indoor Open	Markia Anderson	1.47m 4-9.75
1/13	Gamecock Opener	Markia Anderson	1.46m 4-9.5
2/3	SC Invite	Markia Anderson	1.41m 4-7.5

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

Date	Meet	Athlete	Mark
2/23	SEC Championship	Prommyse Hoosier	6.06m 19-10.75
2/9	Tiger Paw Invite	Prommyse Hoosier	5.86m 19-2.75
1/13	Gamecock Opener	Madison Childress	5.67m 18-7.25
2/3	SC Invite	Prommyse Hoosier	5.62m 18-5.25
2/9	Tiger Paw Invite	Madison Childress	5.53m 18-1.75

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

Date	Meet	Athlete	Mark
2/3	SC Invite	Maleah Tidwell	11.37m 37-3.75

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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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 - WOMEN

KATHLEEN ABRAMS • SO • MATTHEWS, NORTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
1000m (PR: 3:10.14)				
1/19	Carolina Challenge	1000m	7th	3:10.14
Mile (PR: 5:16.09)				
2/17	USC Indoor Open	Mile	13th	5:16.09
3000m (PR: 10:34.37)				
1/13	Gamecock Opener	3000m	21st	11:05.48
2/3	SC Invite	3000m	9th	10:34.37

ZAYA AKINS • FR • KANSAS CITY, MISSOURI

Date	Meet	Event	Finish	Time/Mark
200m (PR: 23.31)				
1/13	Gamecock Opener	200m	4th	23.71
1/26	Razorback Invitational	200m	16th	23.56
2/10	Tiger Paw Invite	200m	11th	23.31
300m (PR: 36.77)				
12/8	Clemson Opener	300m	2nd	36.77
400m (PR: 52.23)				
1/20	NB Collegiate Showdown	400m	3rd	52.67
2/9	Tiger Paw Invite	400m	5th	52.23
2/23	SEC Championship	400m - P	13th	52.78

MARKIA ANDERSON • SO • SPARTANBURG, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
High Jump (PR: 1.50m 4-11)				
1/13	Gamecock Opener	High Jump	14th	1.46m 4-9.5
1/20	Carolina Challenge	High Jump	--	NH
2/3	SC Invite	High Jump	11th	1.41m 4-7.5
2/17	USC Indoor Open	High Jump	10th	1.47m 4-9.75

ANYA ARROYO • FR • HILTON HEAD, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
Mile (PR: 5:11.11)				
1/13	Gamecock Opener	Mile	10th	5:11.11
3000m (PR: 10:09.27)				
1/20	Carolina Challenge	3000m	7th	10:11.38
1/26	Razorback Invitational	3000m	9th	10:09.27
2/10	Tiger Paw Invite	3000m	13th	10:34.51

ANNA BOYD • SO • ATTLEBORO, MASSACHUSETTS

Date	Meet	Event	Finish	Time/Mark
3000m (PR: 10:15.06)				
1/20	Carolina Challenge	3000m	14th	10:32.46
5000m (PR: 17:27.74)				
2/3	SC Invite	5000m	4th	18:06.68

SYLVIA CHELANGAT • SO • KENYA

Date	Meet	Event	Finish	Time/Mark
600m (PR: 1:31.80)				
1/13	Gamecock Opener	600m	2nd	1:31.80
800m (PR: 2:06.93)				
2/3	SC Invite	800m	--	DNF
2/9	David Hemery Valentine Invite	800m	52nd	2:09.51
2/17	USC Indoor Open	800m	--	DNF
2/23	SEC Championship	800m - P	11th	2:06.93

TERESA CHEROTICH • FR • KENYA

Date	Meet	Event	Finish	Time/Mark
3000m (PR: 9:24.73)				
1/27	Razorback Invitational	3000m	10th	9:24.73
2/3	SC Invite	3000m	2nd	9:29.01
5000m (PR: 16:06.16)				
2/9	David Hemery Valentine Invite	5000m	24th	16:06.16
2/23	SEC Championship	5000m	9th	16:10.29

MADISON CHILDRESS • FR • JOHNS CREEK, GEORGIA

Date	Meet	Event	Finish	Time/Mark
60m (PR: 7.72)				
2/2	SC Garnet Invite	60m - P	3rd	7.72
2/2	SC Garnet Invite	60m - F	2nd	7.72
2/17	USC Indoor Open	60m - P	14th	7.79
Long Jump (PR: 5.67m 18-7.25)				
1/13	Gamecock Opener	Long Jump	6th	5.67m 18-7.25
1/20	Carolina Challenge	Long Jump	6th	5.45m 17-10.75
2/3	SC Invite	Long Jump	--	NM
2/9	Tiger Paw Invite	Long Jump	40th	5.53m 18-1.75
2/17	USC Indoor Open	Long Jump	13th	5.20m 17-0.75
2/23	SEC Championship	Long Jump	19th	5.42m 17-9.5

SARAH DIVASTA • FR • PEABODY, MASSACHUSETTS

Date	Meet	Event	Finish	Time/Mark
1000m (PR: 3:10.43)				
1/13	Gamecock Opener	1000m	7th	3:10.43
Mile (PR: 5:19.57)				
1/20	Carolina Challenge	Mile	18th	5:19.57
2/17	USC Indoor Open	Mile	17th	5:22.10

HOPE DOMINIQUE • FR • WAKE FOREST, NORTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
Mile (PR: 5:06.64)				
1/13	Gamecock Opener	Mile	6th	5:06.64
2/17	USC Indoor Open	Mile	10th	5:10.72
3000m (PR: 10:05.80)				
1/20	Carolina Challenge	3000m	5th	10:05.80
1/26	Razorback Invitational	3000m	10th	10:10.43

BROOKE DONOGHUE • JR • PHOENIXVILLE, PENNSYLVANIA

Date	Meet	Event	Finish	Time/Mark
1000m (PR: 3:09.11)				
1/19	Carolina Challenge	1000m	5th	3:09.11
Mile (PR: 5:15.32)				
2/3	SC Invite	Mile	15th	5:22.47
2/17	USC Indoor Open	Mile	14th	5:18.40

HAILEY DUNCAN • FR • BLYTHEWOOD, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
60m (PR: 7.88)				
1/13	Gamecock Opener	60m - P	25th	7.88
1/19	Carolina Challenge	60m - P	30th	8.05
200m (PR: 24.82)				
12/8	Clemson Opener	200m	11th	24.82
1/13	Gamecock Opener	200m	13th	25.17
1/19	Carolina Challenge	200m	3rd	25.02

CAMILLE ELLISON • SO • WALTERBORO, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
60m (PR: 8.22)				
1/13	Gamecock Opener	60m - P	41st	8.22
2/3	SC Invite	60m - Q	31st	8.29
200m (PR: 27.34)				
1/19	Carolina Challenge	200m	26th	27.42
2/3	SC Invite	200m	40th	27.34

JaMEESIA FORD • FR • FAYETTEVILLE, NORTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
200m (PR: 22.34)				
1/26	Razorback Invitational	200m	1st	22.58
2/10	Tiger Paw Invite	200m	1st	22.36
2/23	SEC Championship	200m - P	2nd	22.72
2/24	SEC Championship	200m - F	1st	22.36
3/8	NCAA Championship	200m - P	1st	22.45
3/9	NCAA Championship	200m - F	1st	22.34
300m (PR: 35.83)				
12/8	Clemson Opener	300m	1st	35.83
1/13	Gamecock Opener	300m	1st	36.00
400m (PR: 51.33)				
1/20	NB Collegiate Showdown	400m	1st	51.60
2/9	Tiger Paw Invite	400m	1st	51.33



CAROLINA TRACK & FIELD

2024 INDOOR PROGRESSIONS - WOMEN

AALLIYAH FRANCIS • JR • WESTMORELAND, JAMAICA

Date	Meet	Event	Finish	Time/Mark
300m (PR: 36.83)				
12/8	Clemson Opener	300m	4th	37.18
400m (PR: 53.39)				
1/13	Gamecock Opener	400m	1st	55.20
1/20	Carolina Challenge	400m	3rd	54.60
1/27	Razorback Invitational	400m	18th	54.58
2/3	SC Invite	400m	4th	54.41
2/9	Tiger Paw Invite	400m	34th	54.49
2/23	SEC Championship	400m - P	18th	53.39

GABRIELLA GAIT-SMITH • SO • JOHANNESBURG, SOUTH AFRICA

Date	Meet	Event	Finish	Time/Mark
Mile (PR: 5:05.00)				
1/13	Gamecock Opener	Mile	5th	5:05.00
3000m (PR: 9:51.28)				
1/20	Carolina Challenge	3000m	3rd	9:51.28

CAITLIN GEMMILL • FR • LEXINGTON, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
Mile (PR: 5:14.37)				
1/20	Carolina Challenge	Mile	15th	5:14.37
2/3	SC Invite	Mile	14th	5:21.70
3000m (PR: 10:26.94)				
1/13	Gamecock Opener	3000m	10th	10:26.94
2/3	SC Invite	3000m	--	DNF
2/10	Tiger Paw Invite	3000m	10th	10:27.48

KATERINA HENDRIX • SR • SPARTANBURG, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
Mile (PR: --)				
2/17	USC Indoor Open	Mile	--	DNF

PROMMYSE HOOSIER • JR • INDIANAPOLIS, INDIANA

Date	Meet	Event	Finish	Time/Mark
Long Jump (PR: 6.32m 20-9")				
2/3	SC Invite	Long Jump	5th	5.62m 18-5.25
2/9	Tiger Paw Invite	Long Jump	20th	5.86m 19-2.75
2/23	SEC Championship	Long Jump	11th	6.06m 19-10.75

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
1/13	Gamecock Opener	60m - P	5th	7.53
1/13	Gamecock Opener	60m - S	3rd	7.41
1/20	NB Collegiate Showdown	60m - P	5th	7.52
1/20	NB Collegiate Showdown	60m - F	4th	7.50
1/27	Razorback Invitational	60m - P	11th	7.39
2/3	SC Invite	60m - Q	1st	7.44
2/3	SC Invite	60m - P	7th	7.46
2/3	SC Invite	60m - F	7th	7.42
2/9	Tiger Paw Invite	60m - P	29th	7.45
2/23	SEC Championship	60m - P	15th	7.32
200m (PR: 23.57)				
1/26	Razorback Invitational	200m	23rd	23.85
2/10	Tiger Paw Invite	200m	20th	23.57
2/23	SEC Championship	200m - P	19th	23.60
300m (PR: 38.66)				
1/13	Gamecock Opener	300m	7th	38.66
400m (PR: 57.20)				
1/20	NB Collegiate Showdown	400m	13th	57.20

JAYLA JAMISON • JR • WEST COLUMBIA, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
60m (PR: 7.23)				
1/20	NB Collegiate Showdown	60m - P	3rd	7.45
1/20	NB Collegiate Showdown	60m - F	2nd	7.39
1/27	Razorback Invitational	60m - P	24th	7.52
2/3	SC Invite	60m - Q	2nd	7.49
2/3	SC Invite	60m - P	4th	7.49
2/3	SC Invite	60m - F	6th	7.41
2/9	Tiger Paw Invite	60m - P	19th	7.40
2/9	Tiger Paw Invite	60m - S	24th	7.47
2/23	SEC Championship	60m - P	24th	7.47
200m (PR: 23.05)				
12/8	Clemson Opener	200m	2nd	23.46
1/13	Gamecock Opener	200m	3rd	23.45
1/26	Razorback Invitational	200m	12th	23.40
2/10	Tiger Paw Invite	200m	5th	23.06
2/23	SEC Championship	200m - P	12th	23.06

HATTIE JENNINGS • FR • GREENVILLE, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
Mile (PR: 5:06.64)				
1/20	Carolina Challenge	Mile	--	DNF
2/17	USC Indoor Open	Mile	8th	5:06.64
3000m (PR: 10:20.02)				
2/3	SC Invite	3000m	7th	10:20.18
2/10	Tiger Paw Invite	3000m	7th	10:20.02

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
1/13	Gamecock Opener	Pole Vault	9th	3.32m 10-10.75
1/19	Carolina Challenge	Pole Vault	6th	3.47m 11-4.5
2/3	SC Invite	Pole Vault	13th	3.30m 10-10
2/17	USC Indoor Open	Pole Vault	17th	3.26m 10-8.25

JUDY KOSGEI • FR • KENYA

Date	Meet	Event	Finish	Time/Mark
800m (PR: 2:02.87)				
2/3	SC Invite	800m	1st	2:05.10
2/17	USC Indoor Open	800m	1st	2:06.37
2/23	SEC Championship	800m - P	5th	2:04.61
2/24	SEC Championship	800m - F	3rd	2:02.87
1000m (PR: 2:46.04)				
1/13	Gamecock Opener	1000m	1st	2:46.04
Mile (PR: 4:34.21)				
1/27	Razorback Invitational	Mile	8th	4:38.64
2/9	David Hemery Valentine Invite	Mile	10th	4:34.21
3000m (PR: 9:10.76)				
2/3	SC Invite	3000m	1st	9:24.31
2/24	SEC Championship	3000m	5th	9:10.76

ASHTON LINDLEY • JR • SMYRNA, GEORGIA

Date	Meet	Event	Finish	Time/Mark
400m (PR: 54.48)				
2/2	SC Garnet Invite	400m	3rd	58.54
2/17	USC Indoor Open	400m	3rd	57.15

MARIA LOMBARDI • SO • NEWARK, DELAWARE

Date	Meet	Event	Finish	Time/Mark
Mile (PR: 5:10.70)				
1/13	Gamecock Opener	Mile	9th	5:10.70
2/3	SC Invite	Mile	--	DNF
3000m (PR: 10:17.39)				
1/20	Carolina Challenge	3000m	12th	10:17.94
2/3	SC Invite	3000m	--	DNF
2/10	Tiger Paw Invite	3000m	8th	10:21.39
2/17	USC Indoor Open	3000m	7th	10:17.39

JULIA McBRIDE • FR • ORELAND, PENNSYLVANIA

Date	Meet	Event	Finish	Time/Mark
Pole Vault (PR: 3.30m 10-10)				
1/13	Gamecock Opener	Pole Vault	13th	3.12m 10-2.75
1/19	Carolina Challenge	Pole Vault	13th	3.07m 10-0.75
2/3	SC Invite	Pole Vault	16th	3.30m 10-10
2/17	USC Indoor Open	Pole Vault	17th	3.26m 10-8.25

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



CAROLINA TRACK & FIELD

2024 INDOOR PROGRESSIONS - WOMEN

DEVYNN McMICHAEL • JR • SUWANEE, GEORGIA

Date	Meet	Event	Finish	Time/Mark
60m (PR: 7.87)				
1/13	Gamecock Opener	60m - P	26th	7.89

SARAH NEVILLE • JR • HILTON HEAD ISLAND, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
1000m (PR: 3:07.94)				
1/19	Carolina Challenge	1000m	4th	3:07.94
Mile (PR: 5:23.17)				
2/17	USC Indoor Open	Mile	18th	5:23.17
3000m (PR: 11:05.95)				
1/13	Gamecock Opener	3000m	22nd	11:06.72
2/3	SC Invite	3000m	13th	11:05.95

MOLLY PARKER • FR • WRIGHTSVILLE BEACH, NORTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
Mile (PR: 5:12.27)				
1/20	Carolina Challenge	Mile	13th	5:12.27
3000m (PR: 10:21.63)				
1/13	Gamecock Opener	3000m	5th	10:21.63

AUBREY PIERONTONI • FR • WOOLWICH TOWNSHIP, NEW JERSEY

Date	Meet	Event	Finish	Time/Mark
1000m (PR: 3:06.95)				
1/19	Carolina Challenge	1000m	3rd	3:06.95
Mile (PR: 5:36.91)				
2/3	SC Invite	Mile	22nd	5:36.91
3000m (PR: 11:27.57)				
1/13	Gamecock Opener	3000m	25th	11:27.57

EMILY PIERONTONI • JR • WOOLWICH TOWNSHIP, NEW JERSEY

Date	Meet	Event	Finish	Time/Mark
800m (PR: 2:12.60)				
2/17	USC Indoor Open	800m	4th	2:12.60
1000m (PR: 3:00.38)				
1/13	Gamecock Opener	1000m	4th	3:00.38
Mile (PR: 4:57.32)				
1/13	Gamecock Opener	Mile	--	DNF
1/20	Carolina Challenge	Mile	6th	5:01.09
1/26	Razorback Invitational	Mile	27th	5:02.12
2/9	David Hemery Valentine Invite	Mile	140th	4:57.32
2/23	SEC Championship	Mile - P	17th	5:03.99
3000m (PR: --)				
1/20	Carolina Challenge	3000m	--	DNF

JAHNILE REGISTRE • JR • ORLANDO, FLORIDA

Date	Meet	Event	Finish	Time/Mark
300m (PR: 37.60)				
12/8	Clemson Opener	300m	5th	37.60
1/13	Gamecock Opener	300m	6th	37.88
400m (PR: 52.98)				
1/20	NB Collegiate Showdown	400m	7th	54.34
1/27	Razorback Invitational	400m	12th	53.11
2/9	Tiger Paw Invite	400m	15th	52.98
2/23	SEC Championship	400m - P	20th	53.63

LENA RICHARDSON • FR • CARY, NORTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
Pole Vault (PR: 3.82m 12-6.25)				
1/13	Gamecock Opener	Pole Vault	7th	3.62m 11-10.5
1/19	Carolina Challenge	Pole Vault	6th	3.57m 11-8.5
2/3	SC Invite	Pole Vault	--	NH
2/9	Tiger Paw Invite	Pole Vault	11th	3.65m 11-11.75
2/17	USC Indoor Open	Pole Vault	--	NH
2/23	SEC Championship	Pole Vault	21st	3.82m 12-6.25

CLAUDIA SATZKE • SO • RED BANK, NEW JERSEY

Date	Meet	Event	Finish	Time/Mark
Mile (PR: 4:59.89)				
1/13	Gamecock Opener	Mile	3rd	5:02.47
1/26	Razorback Invitational	Mile	33rd	5:10.53
2/9	David Hemery Valentine Invite	Mile	191st	5:03.94
2/17	USC Indoor Open	Mile	5th	4:59.89
3000m (PR: 10:07.02)				
1/20	Carolina Challenge	3000m	6th	10:07.02

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
1/13	Gamecock Opener	Pole Vault	8th	3.47m 11-4.5
1/19	Carolina Challenge	Pole Vault	--	NH
2/3	SC Invite	Pole Vault	--	NH
2/9	Tiger Paw Invite	Pole Vault	9th	3.65m 11-11.75
2/17	USC Indoor Open	Pole Vault	6th	3.76m 12-4
2/23	SEC Championship	Pole Vault	--	NH

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
1/13	Gamecock Opener	60m - P	6th	7.64
1/13	Gamecock Opener	60m - S	4th	7.54
1/13	Gamecock Opener	60m - F	2nd	7.62
1/19	Carolina Challenge	60m - P	6th	7.68
1/19	Carolina Challenge	60m - S	6th	7.63
1/19	Carolina Challenge	60m - F	6th	7.66
1/27	Razorback Invitational	60m - P	28th	7.59
2/3	SC Invite	60m - Q	3rd	7.63
2/3	SC Invite	60m - P	16th	7.69
2/9	Tiger Paw Invite	60m - P	46th	7.58
2/17	USC Indoor Open	60m - P	3rd	7.63
2/17	USC Indoor Open	60m - F	4th	7.57
200m (PR: 24.66)				
12/8	Clemson Opener	200m	6th	24.66
1/13	Gamecock Opener	200m	9th	25.03
1/20	Carolina Challenge	200m	11th	24.79
1/26	Razorback Invitational	200m	37th	24.71
2/10	Tiger Paw Invite	200m	64th	24.92
2/17	USC Indoor Open	200m	6th	24.90

MALEAH TIDWELL • FR • DUBLIN, GEORGIA

Date	Meet	Event	Finish	Time/Mark
Triple Jump (PR: 11.37m 37-3.75)				
2/3	SC Invite	Triple Jump	7th	11.37m 37-3.75

HANNAH TOGAMI • FR • MOUNT PLEASANT, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
Pole Vault (PR: 3.96m 12-11.75)				
12/8	Clemson Opener	Pole Vault	1st	3.95m 12-11.5
1/13	Gamecock Opener	Pole Vault	1st	3.87m 12-8.25
2/3	SC Invite	Pole Vault	2nd	3.90m 12-9.5
2/9	Tiger Paw Invite	Pole Vault	1st	3.95m 12-11.5
2/17	USC Indoor Open	Pole Vault	5th	3.96m 12-11.75
2/23	SEC Championship	Pole Vault	--	NH

EMMA TORBERT • FR • ORLANDO, FLORIDA

Date	Meet	Event	Finish	Time/Mark
Mile (PR: 5:09.07)				
1/20	Carolina Challenge	Mile	14th	5:12.28
2/3	SC Invite	Mile	8th	5:09.07
2/17	USC Indoor Open	Mile	9th	5:09.92
3000m (PR: 10:22.28)				
1/13	Gamecock Opener	3000m	8th	10:22.28
2/10	Tiger Paw Invite	3000m	11th	10:28.05

RACHEL VALENTINE • JR • MARIETTA, GEORGIA

Date	Meet	Event	Finish	Time/Mark
Pole Vault (PR: 3.80m 12-5.5)				
1/13	Gamecock Opener	Pole Vault	--	NH
1/19	Carolina Challenge	Pole Vault	--	NH
2/17	USC Indoor Open	Pole Vault	13th	3.41m 11-2.25

UPDATED 3/11/24

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



CAROLINA TRACK & FIELD

2024 INDOOR PROGRESSIONS - WOMEN

LILY WEEKS • SO • MANSFIELD, OHIO

Date	Meet	Event	Finish	Time/Mark
Mile (PR: 5:04.58)				
1/13	Gamecock Opener	Mile	4th	5:04.58
1/26	Razorback Invitational	Mile	30th	5:04.75
2/9	David Hemery Valentine Invite	Mile	--	DNF
3000m (PR: 9:54.33)				
1/20	Carolina Challenge	3000m	4th	9:56.86
2/9	David Hemery Valentine Invite	3000m	17th	9:54.33
2/24	SEC Championship	3000m	39th	10:02.18

GRETA WHITE • FR • GREER, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
600m (PR: 1:43.63)				
1/13	Gamecock Opener	600m	8th	1:43.63
800m (PR: 2:18.70)				
2/3	SC Invite	800m	16th	2:22.02
2/17	USC Indoor Open	800m	9th	2:18.70
1000m (PR: 3:05.68)				
1/13	Gamecock Opener	1000m	5th	3:05.68
Mile (PR: 5:23.68)				
1/20	Carolina Challenge	Mile	21st	5:23.68

MADDIE WHITE • SO • GREER, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
3000m (PR: --)				
2/17	USC Indoor Open	3000m	--	DNF

ALLY WILSON • JR • CENTRAL, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
800m (PR: 2:11.67)				
2/3	SC Invite	800m	--	DNF
2/10	Tiger Paw Invite	800m	12th	2:11.67
2/17	USC Indoor Open	800m	--	DNF
2/23	SEC Championship	800m - P	21st	2:11.98
1000m (PR: 2:58.35)				
1/13	Gamecock Opener	1000m	3rd	2:58.35
Mile (PR: 5:04.43)				
1/20	Carolina Challenge	Mile	11th	5:08.08
2/3	SC Invite	Mile	4th	5:04.43

4X400M RELAY

Date	Meet	Team	Finish	Time
12/8	Clemson Opener	Ford, Francis Jamison, Akins	1st	3:36.46
1/13	Gamecock Opener	Registre, Jamison Akins, Ford	1st	3:31.27
1/13	Gamecock Opener	Francis, James Lindley, Sumpter	6th	3:47.69
1/13	Gamecock Opener	Duncan, McMichael Childress, Ellison	11th	4:04.43
1/20	Carolina Challenge	Francis, Sumpter Duncan, Wilson	4th	3:51.04
1/20	NB Collegiate Showdown	Akins, Ford James, Jamison	--	DNF
1/27	Razorback Invitational	Akins, Registre Jamison, Ford	2nd	3:27.09
2/10	Tiger Paw Invite	Registre, Francis James, Sumpter	16th	3:41.12
2/17	USC Indoor Open	Lindley, Chelangat Wilson, White	4th	3:52.31
2/24	SEC Championship	Akins, Registre Jamison, Ford	1st	3:26.05
3/9	NCAA Championship	Akins, Registre Jamison, Ford	1st	3:26.20

DISTANCE MEDLEY RELAY

Date	Meet	Team	Finish	Time
2/23	SEC Championship	Wilson, Registre Chelangat, Satzke	13th	11:55.57