



CAROLINA TRACK & FIELD

2024 TOP-FIVE MARKS - MEN

100-METER DASH (Record: 10.01, Anthony Greenhow, 2024)

Date	Meet	Athlete	Mark
3/23	Weems Baskin Invitational	Anthony Greenhow	10.01w (4.3) - P
3/23	Weems Baskin Invitational	Nyck Harbor	10.16 (0.5) - P
3/23	Weems Baskin Invitational	Nyck Harbor	10.24 (0.9) - F
3/23	Weems Baskin Invitational	Anthony Greenhow	10.28 (0.9) - F
3/23	Weems Baskin Invitational	Prescott Jefferson	10.36w (4.3) - P

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

Date	Meet	Athlete	Mark
3/16	Shamrock Invitational	Nyck Harbor	20.86w (2.8)
3/23	Weems Baskin Invitational	Prescott Jefferson	21.19 (1.9)
3/16	Shamrock Invitational	Prescott Jefferson	21.55w (2.8)
3/23	Weems Baskin Invitational	Jayson Ward	21.68 (2.0)
3/16	Shamrock Invitational	David Warmington	22.04w (2.5)

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

Date	Meet	Athlete	Mark
3/23	Weems Baskin Invitational	Jayson Ward	47.31
3/23	Weems Baskin Invitational	Jasauna Dennis	47.45

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

Date	Meet	Athlete	Mark
3/23	Weems Baskin Invitational	Aidan Hatton	1:50.31
3/23	Weems Baskin Invitational	Joshua Kosgei	1:50.63
3/22	Weems Baskin Invitational	Carlos Lanzagorta-Ruiz	1:55.39
3/22	Weems Baskin Invitational	Jackson Dawson	1:55.77
3/23	Weems Baskin Invitational	Tyler Stargel	2:14.76

110-METER HURDLES (Record: 13.19, Terrence Trammel, 2000)

Date	Meet	Athlete	Mark
3/23	Weems Baskin Invitational	David Warmington	13.79 (-0.5) - F
3/23	Weems Baskin Invitational	David Warmington	13.91w (4.9) - P
3/15	Shamrock Invitational	David Warmington	14.11 (0.9) - S
3/16	Shamrock Invitational	David Warmington	14.12 (-1.9) - F

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

Date	Meet	Athletes	Mark
3/23	Weems Baskin Invitational	Bond, Greenhow Jefferson, Harbor	40.20
3/23	Weems Baskin Invitational	Samuelson, Figgers Clark, Ferguson	44.02

4X400 RELAY (Record: 3:02.16, Law, Lekote, Harris, Fortenberry, 2002)

Date	Meet	Athletes	Mark
3/23	Weems Baskin Invitational	Ward, Dennis Hatton, Greenhow	3:13.77
3/16	Shamrock Invitational	Ward, Greenhow Dennis, Warmington	3:15.82
3/23	Weems Baskin Invitational	Richardson-Salazar, Kosgei Mathis, Warmington	3:20.16

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

Date	Meet	Athletes	Mark
3/15	Shamrock Invitational	Amaral, Makuvire Lanzagorta-Ruiz, Sanders	7:50.75

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

Date	Meet	Athlete	Mark
3/16	Shamrock Invitational	Nate Figgers	2.14m 7-0.25
3/22	Weems Baskin Invitational	Channing Ferguson	2.11m 6-11
3/22	Weems Baskin Invitational	Nate Figgers	2.11m 6-11

LONG JUMP (Record: 8.35m / 27-4.75w, Tony Allmond, 2004)

Date	Meet	Athlete	Mark
3/15	Shamrock Invitational	Channing Ferguson	7.77m 25-6w (3.0)
3/23	Weems Baskin Invitational	Channing Ferguson	7.63m 25-0.5w (2.6)

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

Date	Meet	Athlete	Mark
3/23	Weems Baskin Invitational	Dillon McCarthy	5.06m 16-7.25
3/16	Shamrock Invitational	Dillon McCarthy	5.01m 16-5.25
3/16	Shamrock Invitational	Conor Reilly	4.86m 15-11.25
3/16	Shamrock Invitational	Parker Samuelson	4.86m 15-11.25

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

Date	Meet	Athlete	Mark
3/23	Weems Baskin Invitational	Brandon Dennis	15.49m 50-10

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

Date	Meet	Athlete	Mark
3/23	Weems Baskin Invitational	Dylan Targgart	56.09m 184-0

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

Date	Meet	Athlete	Mark
3/14	Shamrock Invitational	Ridge Dowe	51.75m 169-9
3/22	Weems Baskin Invitational	Ridge Dowe	51.55m 169-1

JAVELIN (Record: 72.71m / 238-6, Joshua Suttmeier, 2012)

Date	Meet	Athlete	Mark
3/22	Weems Baskin Invitational	Luke Schuller	56.02m 183-9

P - Preliminary Round

S - Semifinal Round

F - Final Round

D - Decathlon Competition



CAROLINA TRACK & FIELD

2024 OUTDOOR PROGRESSIONS - MEN

ANDREW BOND • FR • LEXINGTON, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
100m (PR: 10.50 / 10.42w)				
3/15	Shamrock Invitational	100m - S	1st	10.50 (0.6)
3/16	Shamrock Invitational	100m - F	1st	10.42w (2.8)

JALEN CLARK • FR • SIMPSONVILLE, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
Long Jump (PR: --)				
3/23	Weems Baskin Invitational	Long Jump	--	NM

JACKSON DAWSON • SO • FORT MILL, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
800m (PR: 1:55.77)				
3/22	Weems Baskin Invitational	800m	6th	1:55.77

BRANDON DENNIS • FR • AMITYVILLE, NEW YORK

Date	Meet	Event	Finish	Time/Mark
Shot Put (PR: 15.49m 50-10)				
3/23	Weems Baskin Invitational	Shot Put	3rd	15.49m 50-10

JASAUNA DENNIS • FR • JAMAICA

Date	Meet	Event	Finish	Time/Mark
400m (PR: 47.45)				
3/23	Weems Baskin Invitational	400m	2nd	47.45

RIDGE DOWE • SO • BLUFFTON, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
Hammer (PR: 53.78m 176-5)				
3/14	Shamrock Invitational	Hammer	4th	51.75m 169-9
3/22	Weems Baskin Invitational	Hammer	5th	51.55m 169-1

CHANNING FERGUSON • JR • ROCK HILL, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
High Jump (PR: 2.16m 7-1)				
3/22	Weems Baskin Invitational	High Jump	1st	2.11m 6-11
Long Jump (PR: 7.61m 24-11.75 / 7.77m 25-6w)				
3/15	Shamrock Invitational	Long Jump	1st	7.77m 25-6w (3.0)
3/23	Weems Baskin Invitational	Long Jump	1st	7.63m 25-0.5w (2.6)

NATE FIGGERS • FR • BRYAN, TEXAS

Date	Meet	Event	Finish	Time/Mark
High Jump (PR: 2.14m 7-0.25)				
3/16	Shamrock Invitational	High Jump	1st	2.14m 7-0.25
3/22	Weems Baskin Invitational	High Jump	2nd	2.11m 6-11

ANTHONY GREENHOW • JR • POWHATON, VIRGINIA

Date	Meet	Event	Finish	Time/Mark
100m (PR: 10.28 / 10.01w)				
3/23	Weems Baskin Invitational	100m - P	1st	10.01w (4.3)
3/23	Weems Baskin Invitational	100m - F	2nd	10.28 (0.9)

NYCK HARBOR • FR • WASHINGTON, D.C.

Date	Meet	Event	Finish	Time/Mark
100m (PR: 10.16)				
3/23	Weems Baskin Invitational	100m - P	2nd	10.16 (0.5)
3/23	Weems Baskin Invitational	100m - F	1st	10.24 (0.9)
200m (PR: 20.86w)				
3/16	Shamrock Invitational	200m	1st	20.86w (2.8)

AIDAN HATTON • JR • CHARLESTON, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
800m (PR: 1:50.31)				
3/23	Weems Baskin Invitational	800m	1st	1:50.31

PRESCOTT JEFFERSON • JR • COLUMBIA, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
100m (PR: 10.60 / 10.36w)				
3/15	Shamrock Invitational	100m - S	3rd	10.64 (1.6)
3/16	Shamrock Invitational	100m - F	2nd	10.56w (2.8)
3/23	Weems Baskin Invitational	100m - P	8th	10.36w (4.3)
3/23	Weems Baskin Invitational	100m - F	6th	10.60 (0.9)
200m (PR: 21.19)				
3/16	Shamrock Invitational	200m	7th	21.55w (2.8)
3/23	Weems Baskin Invitational	200m	6th	21.19 (1.9)

JOSHUA KOSGEI • FR • KENYA

Date	Meet	Event	Finish	Time/Mark
800m (PR: 1:50.63)				
3/23	Weems Baskin Invitational	800m	2nd	1:50.63

CARLOS LANZAGORTA-RUIZ • FR • LEXINGTON, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
800m (PR: 1:55.39)				
3/22	Weems Baskin Invitational	800m	5th	1:55.39
Mile (PR: 4:30.23)				
3/16	Shamrock Invitational	Mile	13th	4:30.23

ETHAN MATHIS • SO • CHAPEL HILL, NORTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
800m (PR: --)				
3/23	Weems Baskin Invitational	800m	--	DNF

DILLON MCCARTHY • SR • MOUNT PLEASANT, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
Pole Vault (PR: 5.30m 17-4.5)				
3/16	Shamrock Invitational	Pole Vault	1st	5.01m 16-5.25
3/23	Weems Baskin Invitational	Pole Vault	1st	5.06m 16-7.25

CONOR REILLY • SO • SCOTCH PLAINS, NEW YORK

Date	Meet	Event	Finish	Time/Mark
Pole Vault (PR: 4.90m 16-0.75)				
3/16	Shamrock Invitational	Pole Vault	2nd	4.86m 15-11.25

PARKER SAMUELSON • SO • HOUSTON, TEXAS

Date	Meet	Event	Finish	Time/Mark
Pole Vault (PR: 4.86m 15-11.25)				
3/16	Shamrock Invitational	Pole Vault	3rd	4.86m 15-11.25
3/23	Weems Baskin Invitational	Pole Vault	--	NH

LUKE SCHULLER • FR • GREENVILLE, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
Javelin (PR: 56.02m 183-9)				
3/22	Weems Baskin Invitational	Javelin	4th	56.02m 183-9

TYLER STARGEL • SO • DAYTON, OHIO

Date	Meet	Event	Finish	Time/Mark
800m (PR: 2:14.76)				
3/23	Weems Baskin Invitational	800m	43rd	2:14.76

DYLAN TARGGART • JR • COLDWATER, MICHIGAN

Date	Meet	Event	Finish	Time/Mark
Discus (PR: 56.09m 184-0)				
3/23	Weems Baskin Invitational	Discus	1st	56.09m 184-0

JAYSON WARD • FR • MIDLOTHIAN, VIRGINIA

Date	Meet	Event	Finish	Time/Mark
200m (PR: 21.68)				
3/23	Weems Baskin Invitational	200m	13th	21.68
400m (PR: 47.31)				
3/23	Weems Baskin Invitational	400m	1st	47.31

DAVID WARMINGTON • SO • WASHINGTON, D.C.

Date	Meet	Event	Finish	Time/Mark
110m Hurdles (PR: 13.79)				
3/15	Shamrock Invitational	110mH - S	1st	14.11 (0.9)
3/16	Shamrock Invitational	110mH - F	1st	14.12 (-1.9)
3/23	Weems Baskin Invitational	110mH - P	1st	13.91w (4.9)
3/23	Weems Baskin Invitational	110mH - F	1st	13.79 (-0.5)
200m (PR: 22.04w)				
3/16	Shamrock Invitational	200m	16th	22.04w (2.5)

4X100M RELAY

Date	Meet	Team	Finish	Time
3/23	Weems Baskin Invitational	Bond, Greenhow Jefferson, Harbor	1st	40.20
3/23	Weems Baskin Invitational	Samuelson, Figgers Clark, Ferguson	13th	44.02

UPDATED 3/25/24

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



CAROLINA TRACK & FIELD

2024 OUTDOOR PROGRESSIONS - MEN

4X400M RELAY

Date	Meet	Team	Finish	Time
3/16	Shamrock Invitational	Ward, Greenhow Dennis, Warmington	1st	3:15.82
3/23	Weems Baskin Invitational	Ward, Dennis Hatton, Greenhow	5th	3:13.77
3/23	Weems Baskin Invitational	Richardson-Salazar, Kosgei Mathis, Warmington	10th	3:20.16

4X800M RELAY

Date	Meet	Team	Finish	Time
3/15	Shamrock Invitational	Amaral, Makuvire Lanzagorta-Ruiz, Sanders	1st	7:50.75



CAROLINA TRACK & FIELD

2024 TOP-FIVE MARKS - WOMEN

100-METER DASH (Record: 11.01, Cynteria James, 2024)

Date	Meet	Athlete	Mark
3/23	Weems Baskin Invitational	Cynteria James	11.01 (1.7) - F
3/23	Weems Baskin Invitational	Zaya Akins	11.26 (1.7) - F
3/23	Weems Baskin Invitational	Cynteria James	11.32w (3.1) - P
3/23	Weems Baskin Invitational	Zaya Akins	11.35w (4.2) - P
3/23	Weems Baskin Invitational	Anastasia Sumpter	11.69 (1.7) - F

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

Date	Meet	Athlete	Mark
3/23	Weems Baskin Invitational	Aalliyah Francis	22.92w (2.4)
3/16	Shamrock Invitational	Zaya Akins	23.15w (3.2)
3/16	Shamrock Invitational	Cynteria James	23.60w (3.2)
3/23	Weems Baskin Invitational	Jahnile Registre	23.73w (2.4)
3/23	Weems Baskin Invitational	Anastasia Sumpter	24.72w (2.4)

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

Date	Meet	Athlete	Mark
3/23	Weems Baskin Invitational	JaMeesia Ford	51.16
3/23	Weems Baskin Invitational	Jahnile Registre	54.27
3/16	Shamrock Invitational	Aalliyah Francis	54.74
3/23	Weems Baskin Invitational	Sylvia Chelangat	54.87

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

Date	Meet	Athlete	Mark
3/22	Weems Baskin Invitational	Sofie Kurzawa	2:18.50
3/16	Shamrock Invitational	Maria Lombardi	2:18.90
3/22	Weems Baskin Invitational	Greta White	2:23.90
3/16	Shamrock Invitational	Ella Zeigler	2:29.73
3/16	Shamrock Invitational	Anyar Arroyo	2:30.05

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

Date	Meet	Athlete	Mark
3/22	Weems Baskin Invitational	Ally Wilson	4:35.03
3/22	Weems Baskin Invitational	Emily Pierontoni	4:43.00
3/22	Weems Baskin Invitational	Brooke Donoghue	4:50.56
3/22	Weems Baskin Invitational	Claudia Satzke	4:52.06
3/23	Weems Baskin Invitational	Sarah DiVasta	5:04.01

3000-METER RUN (Record: 9:29.76., Anna Kathryn Stoddard, 2021)

Date	Meet	Athlete	Mark
3/16	Shamrock Invitational	Hope Dominique	10:20.86
3/16	Shamrock Invitational	Ella Zeigler	10:52.23

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

Date	Meet	Athlete	Mark
3/22	Weems Baskin Invitational	Gabriella Gait-Smith	17:28.98
3/22	Weems Baskin Invitational	Hope Dominique	17:43.78
3/22	Weems Baskin Invitational	Anyar Arroyo	17:44.14
3/22	Weems Baskin Invitational	Maria Lombardi	18:03.77
3/22	Weems Baskin Invitational	Emma Torbert	18:07.69

4X400 RELAY (Record: 3:25.45, Davis, Dunmore, Frank, Registre, 2022)

Date	Meet	Athletes	Mark
3/23	Weems Baskin Invitational	Ford, Akins Chelangat, Francis	3:34.80
3/16	Shamrock Invitational	Francis, Kosgei James, Chelangat	3:46.29

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

Date	Meet	Athletes	Mark
3/15	Shamrock Invitational	Chelangat, Kosgei Wilson, Weeks	8:58.16

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

Date	Meet	Athlete	Mark
3/22	Weems Baskin Invitational	Markia Anderson	1.41m 4-7.5

LONG JUMP (Record: 6.72m | 22-0.75, Rougui Sow, 2017)

Date	Meet	Athlete	Mark
3/23	Weems Baskin Invitational	Prommyse Hoosier	6.06m 19-10.75w (2.2)
3/23	Weems Baskin Invitational	Madison Childress	5.56m 18-3w (2.3)

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

Date	Meet	Athlete	Mark
3/23	Weems Baskin Invitational	Hannah Togami	3.85m 12-7.5
3/16	Shamrock Invitational	Lena Richardson	3.80m 12-5.5
3/16	Shamrock Invitational	Hannah Togami	3.80m 12-5.5
3/23	Weems Baskin Invitational	Rachel Valentine	3.40m 11-1.75
3/15	Shamrock Invitational	Mia Joseph	3.35m 10-11.75

DISCUS THROW (Record: 56.63m | 185-9, Precious Akins, 2006)

Date	Meet	Athlete	Mark
3/16	Shamrock Invitational	Ella Lucas	53.35m 175-0

JAVELIN (Record: 53.25m | 174-8, Candy Mitchell, 2000)

Date	Meet	Athlete	Mark
3/22	Weems Baskin Invitational	Macey Dowe	37.98m 124-7
3/22	Weems Baskin Invitational	Hailey Sharkey	36.69m 120-4
3/22	Weems Baskin Invitational	Sienna Lydon	33.72m 110-7

P - Preliminary Round

S - Semifinal Round

F - Final Round

H - Heptathlon Competition

UPDATED 3/25/24

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



CAROLINA TRACK & FIELD

2024 OUTDOOR PROGRESSIONS - WOMEN

ZAYA AKINS • FR • RAYTOWN, MISSOURI

Date	Meet	Event	Finish	Time/Mark
100m (PR: 11.26)				
3/23	Weems Baskin Invitational	100m - P	2nd	11.35w (4.2)
3/23	Weems Baskin Invitational	100m - F	2nd	11.26 (1.7)
200m (PR: 23.15w)				
3/16	Shamrock Invitational	200m	1st	23.15w (3.2)

MARKIA ANDERSON • SO • SPARTANBURG, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
High Jump (PR: 1.45m 4-9)				
3/22	Weems Baskin Invitational	High Jump	19th	1.41m 4-7.5

ANYA ARROYO • FR • HILTON HEAD, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
800m (PR: 2:30.05)				
3/16	Shamrock Invitational	800m	22nd	2:30.05
Mile (PR: 5:17.30)				
3/16	Shamrock Invitational	Mile	5th	5:17.30
5000m (PR: 17:44.14)				
3/22	Weems Baskin Invitational	5000m	3rd	17:44.14

ANNA BOYD • SO • ATTLEBORO, MASSACHUSETTS

Date	Meet	Event	Finish	Time/Mark
5000m (PR: 18:28.12)				
3/22	Weems Baskin Invitational	5000m	--	DNF

SYLVIA CHELANGAT • SO • KENYA

Date	Meet	Event	Finish	Time/Mark
400m (PR: 54.30)				
3/23	Weems Baskin Invitational	400m	5th	54.87

MADISON CHILDRESS • FR • JOHNS CREEK, GEORGIA

Date	Meet	Event	Finish	Time/Mark
Long Jump (PR: 5.56m 18-3w)				
3/23	Weems Baskin Invitational	Long Jump	7th	5.56m 18-3w (2.3)
100m (PR: 12.17)				
3/15	Shamrock Invitational	100m - S	7th	12.25 (1.3)
3/16	Shamrock Invitational	100m - F	6th	12.17 (2.0)
200m (PR: 24.80)				
3/16	Shamrock Invitational	200m	5th	25.08w (3.2)
3/23	Weems Baskin Invitational	200m	12th	24.80 (1.1)

SARAH DIVASTA • FR • PEABODY, MASSACHUSETTS

Date	Meet	Event	Finish	Time/Mark
1500m (PR: 5:04.01)				
3/23	Weems Baskin Invitational	1500m	11th	5:04.01

HOPE DOMINIQUE • SO • WAKE FOREST, NORTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
3000m (PR: 10:08.92)				
3/16	Shamrock Invitational	3000m	1st	10:20.86
5000m (PR: 17:13.19)				
3/22	Weems Baskin Invitational	5000m	2nd	17:43.78

BROOKE DONOGHUE • JR • PHOENIXVILLE, PENNSYLVANIA

Date	Meet	Event	Finish	Time/Mark
1500m (PR: 4:38.22)				
3/22	Weems Baskin Invitational	1500m	10th	4:50.56

MACEY DOWE • FR • BLUFFTON, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
Javelin (PR: 37.98m 124-7)				
3/22	Weems Baskin Invitational	Javelin	5th	37.98m 124-7

JaMEESIA FORD • FR • FAYETTEVILLE, NORTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
400m (PR: 51.16)				
3/23	Weems Baskin Invitational	400m	1st	51.16

AALLIYAH FRANCIS • JR • WESTMORELAND, JAMAICA

Date	Meet	Event	Finish	Time/Mark
200m (PR: 22.92w)				
3/23	Weems Baskin Invitational	200m	1st	22.92w (2.4)
400m (PR: 53.26)				
3/16	Shamrock Invitational	400m	1st	54.74

GABRIELLA GAIT-SMITH • SO • JOHANNESBURG, SOUTH AFRICA

Date	Meet	Event	Finish	Time/Mark
5000m (PR: 17:10.71)				
3/22	Weems Baskin Invitational	5000m	1st	17:28.98

CAITLIN GEMMILL • FR • LEXINGTON, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
5000m (PR: 18:31.55)				
3/22	Weems Baskin Invitational	5000m	11th	18:31.55

KATERINA HENDRIX • JR • SPARTANBURG, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
5000m (PR: 18:17.00)				
3/22	Weems Baskin Invitational	5000m	13th	19:02.84

PROMMYSE HOOSIER • JR • INDIANAPOLIS, INDIANA

Date	Meet	Event	Finish	Time/Mark
Long Jump (PR: 6.29m 20-7.75 / 6.33m 20-9.25w)				
3/23	Weems Baskin Invitational	Long Jump	2nd	6.06m 19-10.75w (2.2)
100m (PR: 12.33)				
3/15	Shamrock Invitational	100m - S	15th	12.46 (0.2)

CYNTERIA JAMES • FR • MIAMI, FLORIDA

Date	Meet	Event	Finish	Time/Mark
100m (PR: 11.01)				
3/23	Weems Baskin Invitational	100m - P	1st	11.32w (3.1)
3/23	Weems Baskin Invitational	100m - F	1st	11.01 (1.7)
200m (PR: 23.60w)				
3/16	Shamrock Invitational	200m	2nd	23.60w (3.2)

MIA JOSEPH • SO • NORTH AUGUSTA, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
Pole Vault (PR: 3.40m 11-1.75)				
3/15	Shamrock Invitational	Pole Vault	3rd	3.35m 10-11.75
3/23	Weems Baskin Invitational	Pole Vault	--	NH

SOFIE KURZAWA • FR • GREENVILLE, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
800m (PR: 2:18.50)				
3/22	Weems Baskin Invitational	800m	5th	2:18.50
5000m (PR: --)				
3/22	Weems Baskin Invitational	5000m	--	DNF

MARIA LOMBARDI • SO • NEWARK, DELAWARE

Date	Meet	Event	Finish	Time/Mark
800m (PR: 2:18.90)				
3/16	Shamrock Invitational	800m	6th	2:18.90
Mile (PR: 5:11.68)				
3/16	Shamrock Invitational	Mile	3rd	5:11.68
5000m (PR: 18:03.77)				
3/22	Weems Baskin Invitational	5000m	7th	18:03.77

ELLA LUCAS • FR • LITITZ, PENNSYLVANIA

Date	Meet	Event	Finish	Time/Mark
Discus (PR: 53.35m 175-0)				
3/16	Shamrock Invitational	Discus	1st	53.35m 175-0

SIENNA LYDON • FR • FORT MILL, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
Javelin (PR: 33.72m 110-7)				
3/22	Weems Baskin Invitational	Javelin	11th	33.72m 110-7

JULIA McBRIDE • FR • ORELAND, PENNSYLVANIA

Date	Meet	Event	Finish	Time/Mark
Pole Vault (PR: 3.25m 10-8)				
3/23	Weems Baskin Invitational	Pole Vault	15th	3.25m 10-8

SARAH NEVILLE • JR • HILTON HEAD ISLAND, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
1500m (PR: 5:05.17)				
3/23	Weems Baskin Invitational	1500m	12th	5:05.17

EMILY PIERONTONI • JR • WOOLWICH TOWNSHIP, NEW JERSEY

Date	Meet	Event	Finish	Time/Mark
1500m (PR: 4:35.49)				
3/22	Weems Baskin Invitational	1500m	5th	4:43.00
5000m (PR: --)				
3/22	Weems Baskin Invitational	5000m	--	DNF



CAROLINA TRACK & FIELD

2024 OUTDOOR PROGRESSIONS - WOMEN

JAHNILE REGISTRE • JR • ORLANDO, FLORIDA

Date	Meet	Event	Finish	Time/Mark
200m (PR: 23.76 / 23.73w)				
3/23	Weems Baskin Invitational	200m	3rd	23.73w (2.4)
400m (PR: 52.86)				
3/23	Weems Baskin Invitational	400m	3rd	54.27

LENA RICHARDSON • FR • CARY, NORTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
Pole Vault (PR: 3.80m 12-5.5)				
3/16	Shamrock Invitational	Pole Vault	1st	3.80m 12-5.5
3/23	Weems Baskin Invitational	Pole Vault	--	NH

CLAUDIA SATZKE • JR • RED BANK, NEW JERSEY

Date	Meet	Event	Finish	Time/Mark
1500m (PR: 4:52.06)				
3/22	Weems Baskin Invitational	1500m	12th	4:52.06
Steeplechase (PR: --)				
3/22	Weems Baskin Invitational	Steeplechase	--	DNF

HAILEY SHARKEY • FR • COLLEGEVILLE, PENNSYLVANIA

Date	Meet	Event	Finish	Time/Mark
Javelin (PR: 36.69m 120-4)				
3/22	Weems Baskin Invitational	Javelin	6th	36.69m 120-4

EMMA STONE • SO • WAXHAW, NORTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
Pole Vault (PR: --)				
3/23	Weems Baskin Invitational	Pole Vault	--	NH

ANASTASIA SUMPTER • SR • CAMDEN, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
100m (PR: 11.69 / 11.53w)				
3/23	Weems Baskin Invitational	100m - P	5th	11.89w (3.9)
3/23	Weems Baskin Invitational	100m - F	4th	11.69 (1.7)
200m (PR: 24.88 / 24.72w)				
3/23	Weems Baskin Invitational	200m	10th	24.72w (2.4)

HANNAH TOGAMI • FR • MOUNT PLEASANT, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
Pole Vault (PR: 3.85m 12-7.5)				
3/16	Shamrock Invitational	Pole Vault	2nd	3.80m 12-5.5
3/23	Weems Baskin Invitational	Pole Vault	2nd	3.85m 12-7.5

EMMA TORBERT • FR • ORLANDO, FLORIDA

Date	Meet	Event	Finish	Time/Mark
5000m (PR: 18:07.69)				
3/22	Weems Baskin Invitational	5000m	10th	18:07.69

RACHEL VALENTINE • SO • MARIETTA, GEORGIA

Date	Meet	Event	Finish	Time/Mark
Pole Vault (PR: 3.63m 11-10.75)				
3/23	Weems Baskin Invitational	Pole Vault	11th	3.40m 11-1.75

LILY WEEKS • JR • MANSFIELD, OHIO

Date	Meet	Event	Finish	Time/Mark
3000m (PR: 10:44.04)				
3/16	Shamrock Invitational	3000m	--	DNF

GRETA WHITE • FR • GREER, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
800m (PR: 2:23.90)				
3/22	Weems Baskin Invitational	800m	7th	2:23.90
5000m (PR: --)				
3/22	Weems Baskin Invitational	5000m	--	DNF

ALLY WILSON • JR • CENTRAL, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
1500m (PR: 4:35.03)				
3/22	Weems Baskin Invitational	1500m	3rd	4:35.03

ELLA ZEIGLER • SO • OLNEY, MARYLAND

Date	Meet	Event	Finish	Time/Mark
800m (PR: 2:29.73)				
3/16	Shamrock Invitational	800m	20th	2:29.73
3000m (PR: 10:17.95)				
3/16	Shamrock Invitational	3000m	4th	10:52.23
5000m (PR: 18:13.74)				
3/22	Weems Baskin Invitational	5000m	--	DNF

4X400M RELAY

Date	Meet	Team	Finish	Time
3/16	Shamrock Invitational	Francis, Kosgei James, Chelangat	1st	3:46.29
3/23	Weems Baskin Invitational	Ford, Akins Chelangat, Francis	1st	3:34.80

4X800M RELAY

Date	Meet	Team	Finish	Time
3/15	Shamrock Invitational	Chelangat, Kosgei Wilson, Weeks	1st	8:58.16

UPDATED 3/25/24

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