

2024 TOP-FIVE MARKS - MEN

100-METER	DASH (Pecord	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, Ncincilili 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	40.20
		Jefferson, Harbor	
3/23	Weems Baskin Invitational	Samuelson, Figgers	44.02
		Clark, Ferguson	

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

TATOO RELAT (Record. 5.52.16, Law, Lenote, Harris, Fortenberry, 2002)				
Date	Meet	Athletes	Mark	
3/23	Weems Baskin Invitational	Ward, Dennis	3:13.77	
		Hatton, Greenhow		
3/16	Shamrock Invitational	Ward, Greenhow	3:15.82	
		Dennis, Warmington		
3/23	Weems Baskin Invitational	Richardson-Salazar, Kosgei 3:20.16		
		Mathis, Warmington		

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

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

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	763m 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

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

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

3/23	weems Baskin invitational	Dylan larggart	56.09m 184-0
намм	ER (Record: 67.78m 222-4, Joh	n 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

Athlete

Mark

JAVELIN (Record: 72.71m 238-6, Joshua Suttmeler, 2012)				
Date	Meet	Athlete	Mark	
3/22	Weems Baskin Invitational	Luke Schuller	56.02m 183-9	

- P Prelminary Round
- S Semifinal Round
- F Final Round
- D Decathlon Competition



2024 OUTDOOR PROGRESSIONS - MEN

Time/Mark 4.86m | 15-11.25

Time/Mark 4.86m | 15-11.25

56.02m | 183-9

Time/Mark 56.09m | 184-0

Time 40.20

44.02

5.01m | 16-5.25 5.06m | 16-7.25

	W BOND • FR • LEXINGTON, S			Ti /24l		OSGEI • FR • KENYA			- 6.
Date	Meet	Event	Finish	Time/Mark	Date	Meet	Event	Finish	Time/Mai
	PR: 10.50 / 10.42w)				800m (PR:	· · · · · ·			
3/15	Shamrock Invitational	100m - S	1st	10.50 (0.6)	3/23	Weems Baskin Invitational	800m	2nd	1:50.63
3/16	Shamrock Invitational	100m - F	1st	10.42w (2.8)					
. 						ANZAGORTA-RUIZ • FR • L			
	CLARK • FR • SIMPSONVILLE,			- 6.	Date	Meet	Event	Finish	Time/Mai
Date	Meet	Event	Finish	Time/Mark	800m (PR:				
-	mp (PR:)				3/22	Weems Baskin Invitational	800m	5th	1:55.39
3/23	Weems Baskin Invitational	Long Jump		NM	Mile (PR: 4	1:30.23)			
					3/16	Shamrock Invitational	Mile	13th	4:30.23
JACKSO	ON DAWSON • SO • FORT MIL	L, SOUTH CAROL	.INA						
Date	Meet	Event	Finish	Time/Mark	ETHAN MA	ATHIS • SO • CHAPEL HILL,	NORTH CAROLINA	4	
800m (F	PR: 1:55.77)				Date	Meet	Event	Finish	Time/Mai
3/22	Weems Baskin Invitational	800m	6th	1:55.77	800m (PR:	:)			
					3/23	Weems Baskin Invitational	800m		DNF
BRAND	ON DENNIS • FR • AMITYVILL	E, NEW YORK							
Date	Meet	Event	Finish	Time/Mark	DILLON M	CARTHY • SR • MOUNT PL	EASANT, SOUTH O	AROLI	NA A
Shot Put	t (PR: 15.49m 50-10)				Date	Meet	Event	Finish	Time/Mai
3/23	Weems Baskin Invitational	Shot Put	3rd	15.49m 50-10	Pole Vault	(PR: 5.30m 17-4.5)			
					3/16	Shamrock Invitational	Pole Vault	1st	5.01m 16
JASAUN	IA DENNIS • FR • JAMAICA				3/23	Weems Baskin Invitational		1st	5.06m 16
Date	Meet	Event	Finish	Time/Mark	5/25	Weellis Baskiii iiivitatioliai	1 Ole Vault	130	5.00111 10
	PR: 47.45)	LVCIII	1 1111311	Time, Flank	CONOR RE	EILLY • SO • SCOTCH PLAIN	IS NEW YORK		
3 /23	Weems Baskin Invitational	400m	2nd	47.45	Date	Meet	Event	Finish	Time/Mai
3/23	Weellis Baskill illvitational	400111	ZIIU	47.43			Event	FINISH	Time/Mai
DID 6 = -	OWE - CO PURE TOUR SELECTION	TH CAROL				(PR: 4.90m 16-0.75)	Dala V. II	0 1	400
	OOWE • SO • BLUFFTON, SOU			(24)	3/16	Shamrock Invitational	Pole Vault	2nd	4.86m 15
Date	Meet	Event	Finish	Time/Mark					
	r (PR: 53.78m 176-5)					AMUELSON • SO • HOUSTO			
3/14	Shamrock Invitational	Hammer	4th	51.75m 169-9	Date	Meet	Event	Finish	Time/Mai
3/22	Weems Baskin Invitational	Hammer	5th	51.55m 169-1	Pole Vault	(PR: 4.86m 15-11.25)			
					3/16	Shamrock Invitational	Pole Vault	3rd	4.86m 15
CHANNI	ING FERGUSON • JR • ROCK I	HILL, SOUTH CAR	OLINA		3/23	Weems Baskin Invitational	Pole Vault		NH
Date	Meet	Event	Finish	Time/Mark					
	mp (PR: 2.16m 7-1)			,	LUKE SCH	ULLER • FR • GREENVILLE,	SOUTH CAROLIN	Δ	
3/22	Weems Baskin Invitational	High Jumn	1st	2.11m 6-11	Date	Meet	Event	Finish	Time/Mai
	mp (PR: 7.61m 24-11.75 / 7.77		131	2.11111 0 11			Event	FIIIISII	Titile/I-lai
_			1c+	777m 25 6w (7.0)		R: 56.02m 183-9)	lavalia	446	FC 02mm
3/15	Shamrock Invitational	Long Jump	1st	7.77m 25-6w (3.0)	3/22	Weems Baskin Invitational	Javelin	4th	56.02m
3/23	Weems Baskin Invitational	Long Jump	1st	7.63m 25-0.5w (2.6)					
						ARGEL • SO • DAYTON, OH			
	IGGERS • FR • BRYAN, TEXAS	i			Date	Meet	Event	Finish	Time/Mai
Date	Meet	Event	Finish	Time/Mark	800m (PR:	: 2:14.76)			
High Jui	mp (PR: 2.14m 7-0.25)				3/23	Weems Baskin Invitational	800m	43rd	2:14.76
3/16	Shamrock Invitational	High Jump	1st	2.14m 7-0.25					
3/22	Weems Baskin Invitational	High Jump	2nd	2.11m 6-11	DYLAN TA	RGGART • JR • COLDWATI	ER, MICHIGAN		
					Date	Meet	Event	Finish	Time/Mai
ANTHO	NY GREENHOW • JR • POWH	ATON, VIRGINIA				: 56.09m 184-0)			
Date	Meet	Event	Finish	Time/Mark	3/23	Weems Baskin Invitational	Discus	1st	56.09m
	PR: 10.28 / 10.01w)				5/ 25	vveeriis Baskiii iiivitationai	Discus	150	30.031111
3/23	Weems Baskin Invitational	100m - D	1st	10.01w (4.3)	IAVEONIA	VARD • FR • MIDLOTHIAN,	VIDCINIA		
								Finish	Ti /84
3/23	Weems Baskin Invitational	100m - F	2nd	10.28 (0.9)	Date	Meet	Event	Finish	Time/Mai
					200m (PR:				
NYCK H.	ARBOR • FR • WASHINGTON	, D.C.			3/23	Weems Baskin Invitational	200m	13th	21.68
Date	Meet	Event	Finish	Time/Mark	400m (PR	: 47.31)			
100m (P	PR: 10.16)				3/23	Weems Baskin Invitational	400m	1st	47.31
		100m - P	2nd	10.16 (0.5)					
3/23	Weems Baskin Invitational						MGTON D.C		
	Weems Baskin Invitational Weems Baskin Invitational		1st	10.24 (0.9)	DAVID WA	ARMINGTON • SO • WASHI	10 10 N, D.C.		Time/Mai
3/23 3/23			1st	10.24 (0.9)				Finish	
3/23 3/23 200m (i	Weems Baskin Invitational PR: 20.86w)		1st 1st		Date	Meet	Event	Finish	
3/23 3/23	Weems Baskin Invitational	100m - F		10.24 (0.9) 20.86w (2.8)	Date 110m Hurd	Meet les (PR: 13.79)	Event		
3/23 3/23 200m (F 3/16	Weems Baskin Invitational PR: 20.86w) Shamrock Invitational	100m - F 200m	1st		Date 110m Hurd 3/15	Meet les (PR: 13.79) Shamrock Invitational	Event 110mH - S	1st	14.11 (0.9)
3/23 3/23 200m (F 3/16	Weems Baskin Invitational PR: 20.86w) Shamrock Invitational HATTON • JR • CHARLESTON	100m - F 200m , SOUTH CAROLII	1st	20.86w (2.8)	Date 110m Hurd 3/15 3/16	Meet les (PR: 13.79) Shamrock Invitational Shamrock Invitational	110mH - S 110mH - F	1st 1st	14.11 (0.9) 14.12 (-1.9)
3/23 3/23 200m (F 3/16 AIDAN F	Weems Baskin Invitational PR: 20.86w) Shamrock Invitational HATTON • JR • CHARLESTON Meet	100m - F 200m	1st		Date 110m Hurd 3/15 3/16 3/23	Meet les (PR: 13.79) Shamrock Invitational Shamrock Invitational Weems Baskin Invitational	110mH - S 110mH - F 110mH - P	1st 1st 1st	14.11 (0.9) 14.12 (-1.9) 13.91w (4.
3/23 3/23 200m (F 3/16 AIDAN F Date 800m (F	Weems Baskin Invitational PR: 20.86w) Shamrock Invitational HATTON • JR • CHARLESTON Meet PR: 1:50.31)	200m , SOUTH CAROLII Event	1st NA Finish	20.86w (2.8) Time/Mark	Date 110m Hurd 3/15 3/16 3/23 3/23	Meet les (PR: 13.79) Shamrock Invitational Shamrock Invitational Weems Baskin Invitational Weems Baskin Invitational	110mH - S 110mH - F 110mH - P	1st 1st	14.11 (0.9) 14.12 (-1.9)
3/23 3/23 200m (F 3/16 AIDAN F Date BOOm (F	Weems Baskin Invitational PR: 20.86w) Shamrock Invitational HATTON • JR • CHARLESTON Meet	200m , SOUTH CAROLII Event	1st	20.86w (2.8)	Date 110m Hurd 3/15 3/16 3/23 3/23 200m (PR:	Meet les (PR: 13.79) Shamrock Invitational Shamrock Invitational Weems Baskin Invitational Weems Baskin Invitational 22.04w)	110mH - S 110mH - F 110mH - P 110mH - F	1st 1st 1st 1st	14.11 (0.9) 14.12 (-1.9) 13.91w (4. 13.79 (-0.9)
3/23 3/23 200m (F 3/16 AIDAN F Date BOOm (F 3/23	Weems Baskin Invitational PR: 20.86w) Shamrock Invitational HATTON • JR • CHARLESTON Meet PR: 1:50.31) Weems Baskin Invitational	200m , SOUTH CAROLII Event	1st NA Finish 1st	20.86w (2.8) Time/Mark	Date 110m Hurd 3/15 3/16 3/23 3/23	Meet les (PR: 13.79) Shamrock Invitational Shamrock Invitational Weems Baskin Invitational Weems Baskin Invitational	110mH - S 110mH - F 110mH - P	1st 1st 1st	14.11 (0.9) 14.12 (-1.9) 13.91w (4.
3/23 3/23 200m (F 3/16 AIDAN F Date 800m (F 3/23	Weems Baskin Invitational PR: 20.86w) Shamrock Invitational HATTON • JR • CHARLESTON Meet PR: 1:50.31)	200m , SOUTH CAROLII Event	1st NA Finish 1st	20.86w (2.8) Time/Mark	Date 110m Hurd 3/15 3/16 3/23 3/23 200m (PR:	Meet les (PR: 13.79) Shamrock Invitational Shamrock Invitational Weems Baskin Invitational Weems Baskin Invitational 22.04w)	110mH - S 110mH - F 110mH - P 110mH - F	1st 1st 1st 1st	14.11 (0.9) 14.12 (-1.9) 13.91w (4. 13.79 (-0.9)
3/23 3/23 200m (F 3/16 AIDAN F Date BOOm (F 3/23	Weems Baskin Invitational PR: 20.86w) Shamrock Invitational HATTON • JR • CHARLESTON Meet PR: 1:50.31) Weems Baskin Invitational	200m , SOUTH CAROLII Event	1st NA Finish 1st	20.86w (2.8) Time/Mark	Date 110m Hurd 3/15 3/16 3/23 3/23 200m (PR:	Meet les (PR: 13.79) Shamrock Invitational Shamrock Invitational Weems Baskin Invitational Weems Baskin Invitational 22.04w) Shamrock Invitational	110mH - S 110mH - F 110mH - P 110mH - F	1st 1st 1st 1st	14.11 (0.9) 14.12 (-1.9) 13.91w (4. 13.79 (-0.9)
3/23 3/23 200m (F 3/16 AIDAN F Date BOOM (F 3/23	Weems Baskin Invitational PR: 20.86w) Shamrock Invitational HATTON • JR • CHARLESTON Meet PR: 1:50.31) Weems Baskin Invitational OTT JEFFERSON • JR • COLUN	200m , SOUTH CAROLII Event 800m	1st NA Finish 1st	20.86w (2.8) Time/Mark 1:50.31	Date 110m Hurd 3/15 3/16 3/23 3/23 200m (PR: 3/16 4X100M R	Meet les (PR: 13.79) Shamrock Invitational Shamrock Invitational Weems Baskin Invitational Weems Baskin Invitational 22.04w) Shamrock Invitational	110mH - S 110mH - F 110mH - P 110mH - F	1st 1st 1st 1st 1st	14.11 (0.9) 14.12 (-1.9) 13.91w (4. 13.79 (-0.9) 22.04w (2.9)
3/23 3/23 200m (F 3/16 AIDAN F Date B00m (F 3/23 PRESCO Date	Weems Baskin Invitational PR: 20.86w) Shamrock Invitational HATTON • JR • CHARLESTON Meet PR: 1:50.31) Weems Baskin Invitational PTT JEFFERSON • JR • COLUN Meet PR: 10.60 / 10.36w)	200m - F 200m , SOUTH CAROLII Event 800m BIA, SOUTH CAR Event	1st NA Finish 1st ROLINA Finish	20.86w (2.8) Time/Mark 1:50.31 Time/Mark	Date 110m Hurd 3/15 3/16 3/23 3/23 200m (PR: 3/16 4X100M RI Date	Meet les (PR: 13.79) Shamrock Invitational Shamrock Invitational Weems Baskin Invitational Weems Baskin Invitational : 22.04w) Shamrock Invitational	110mH - S 110mH - F 110mH - P 110mH - F 200m	1st 1st 1st 1st 1st	14.11 (0.9) 14.12 (-1.9) 13.91w (4. 13.79 (-0.) 22.04w (2.)
3/23 3/23 200m (F 3/16 AIDAN F Date 800m (F 3/23 PRESCO Date 100m (F	Weems Baskin Invitational PR: 20.86w) Shamrock Invitational HATTON • JR • CHARLESTON Meet PR: 1:50.31) Weems Baskin Invitational PTT JEFFERSON • JR • COLUN Meet PR: 10.60 / 10.36w) Shamrock Invitational	200m - F 200m , SOUTH CAROLII Event 800m 1BIA, SOUTH CAR Event 100m - S	1st NA Finish 1st ROLINA Finish 3rd	20.86w (2.8) Time/Mark 1:50.31 Time/Mark 10.64 (1.6)	Date 110m Hurd 3/15 3/16 3/23 3/23 200m (PR: 3/16 4X100M R	Meet les (PR: 13.79) Shamrock Invitational Shamrock Invitational Weems Baskin Invitational Weems Baskin Invitational : 22.04w) Shamrock Invitational	110mH - S 110mH - F 110mH - P 110mH - F 200m Team Bond, Greenhow	1st 1st 1st 1st 1st	14.11 (0.9) 14.12 (-1.9) 13.91w (4. 13.79 (-0.9) 22.04w (2.9)
3/23 3/23 200m (F 3/16 AIDAN F Date B800m (F 3/23 PRESCO Date 100m (F 3/15 3/16	Weems Baskin Invitational PR: 20.86w) Shamrock Invitational HATTON • JR • CHARLESTON Meet PR: 1:50.31) Weems Baskin Invitational PTT JEFFERSON • JR • COLUM Meet PR: 10.60 / 10.36w) Shamrock Invitational Shamrock Invitational	200m - F 200m , SOUTH CAROLII Event 800m IBIA, SOUTH CARE Event 100m - S 100m - F	1st NA Finish 1st COLINA Finish 3rd 2nd	20.86w (2.8) Time/Mark 1:50.31 Time/Mark 10.64 (1.6) 10.56w (2.8)	Date 110m Hurd 3/15 3/16 3/23 3/23 200m (PR: 3/16 4X100M RI Date 3/23	Meet les (PR: 13.79) Shamrock Invitational Shamrock Invitational Weems Baskin Invitational Weems Baskin Invitational 22.04w) Shamrock Invitational ELAY Meet Weems Baskin Invitational	I10mH - S I10mH - F I10mH - F I10mH - F I10mH - F Z00m Team Bond, Greenhow Jefferson, Harbor	1st 1st 1st 1st 1st 16th	14.11 (0.9) 14.12 (-1.9) 13.91w (4. 13.79 (-0.1) 22.04w (2.1)
3/23 3/23 200m (F 3/16 AIDAN F Date BB00m (F 3/23 PRESCO Date 100m (F 3/15 3/16 3/23	Weems Baskin Invitational PR: 20.86w) Shamrock Invitational HATTON • JR • CHARLESTON Meet PR: 1:50.31) Weems Baskin Invitational PT JEFFERSON • JR • COLUN Meet PR: 10.60 / 10.36w) Shamrock Invitational Shamrock Invitational Weems Baskin Invitational	200m - F 200m SOUTH CAROLII Event 800m 1BIA, SOUTH CAR Event 100m - S 100m - F 100m - P	1st NA Finish 1st COLINA Finish 3rd 2nd 8th	20.86w (2.8) Time/Mark 1:50.31 Time/Mark 10.64 (1.6) 10.56w (2.8) 10.36w (4.3)	Date 110m Hurd 3/15 3/16 3/23 3/23 200m (PR: 3/16 4X100M RI Date	Meet les (PR: 13.79) Shamrock Invitational Shamrock Invitational Weems Baskin Invitational Weems Baskin Invitational : 22.04w) Shamrock Invitational	I10mH - S I10mH - F I10mH - F I10mH - F I10mH - F Z00m Team Bond, Greenhow Jefferson, Harbor Samuelson, Figge	1st 1st 1st 1st 1st 16th	14.11 (0.9) 14.12 (-1.9) 13.91w (4. 13.79 (-0.) 22.04w (2.)
3/23 3/23 200m (F 3/16 AIDAN F Date BOOM (F 3/23 PRESCO Date IOOM (P 3/15 3/16 3/23 3/23	Weems Baskin Invitational PR: 20.86w) Shamrock Invitational HATTON • JR • CHARLESTON Meet PR: 1:50.31) Weems Baskin Invitational PTT JEFFERSON • JR • COLUM Meet PR: 10.60 / 10.36w) Shamrock Invitational Weems Baskin Invitational Weems Baskin Invitational	200m - F 200m SOUTH CAROLII Event 800m 1BIA, SOUTH CAR Event 100m - S 100m - F 100m - P	1st NA Finish 1st COLINA Finish 3rd 2nd	20.86w (2.8) Time/Mark 1:50.31 Time/Mark 10.64 (1.6) 10.56w (2.8)	Date 110m Hurd 3/15 3/16 3/23 3/23 200m (PR: 3/16 4X100M RI Date 3/23	Meet les (PR: 13.79) Shamrock Invitational Shamrock Invitational Weems Baskin Invitational Weems Baskin Invitational 22.04w) Shamrock Invitational ELAY Meet Weems Baskin Invitational	I10mH - S I10mH - F I10mH - F I10mH - F I10mH - F Z00m Team Bond, Greenhow Jefferson, Harbor	1st 1st 1st 1st 1st 16th	14.11 (0.9) 14.12 (-1.9) 13.91w (4. 13.79 (-0.1) 22.04w (2.1)
3/23 3/23 200m (F 3/16 AIDAN F Date 800m (F 3/23 PRESCO Date 100m (F 3/15 3/16 3/16 3/23 3/23 200m (F	Weems Baskin Invitational PR: 20.86w) Shamrock Invitational HATTON • JR • CHARLESTON Meet PR: 1:50.31) Weems Baskin Invitational PTT JEFFERSON • JR • COLUN Meet PR: 10.60 / 10.36w) Shamrock Invitational Shamrock Invitational Weems Baskin Invitational Weems Baskin Invitational Weems Baskin Invitational PR: 21.19)	200m - F 200m SOUTH CAROLII Event 800m 100m - S 100m - F 100m - F 100m - F	1st NA Finish 1st COLINA Finish 3rd 2nd 8th 6th	20.86w (2.8) Time/Mark 1:50.31 Time/Mark 10.64 (1.6) 10.56w (2.8) 10.36w (4.3) 10.60 (0.9)	Date 110m Hurd 3/15 3/16 3/23 3/23 200m (PR: 3/16 4X100M RI Date 3/23	Meet les (PR: 13.79) Shamrock Invitational Shamrock Invitational Weems Baskin Invitational Weems Baskin Invitational 22.04w) Shamrock Invitational ELAY Meet Weems Baskin Invitational	I10mH - S I10mH - F I10mH - F I10mH - F I10mH - F Z00m Team Bond, Greenhow Jefferson, Harbor Samuelson, Figge	1st 1st 1st 1st 1st 16th	14.11 (0.9) 14.12 (-1.9) 13.91w (4. 13.79 (-0.1) 22.04w (2.1)
3/23 3/23 200m (F 3/16 AIDAN F Date 800m (F 3/23 PRESCO Date 100m (F 3/15 3/16 3/23 3/23	Weems Baskin Invitational PR: 20.86w) Shamrock Invitational HATTON • JR • CHARLESTON Meet PR: 1:50.31) Weems Baskin Invitational PTT JEFFERSON • JR • COLUM Meet PR: 10.60 / 10.36w) Shamrock Invitational Weems Baskin Invitational Weems Baskin Invitational	200m - F 200m , SOUTH CAROLII Event 800m 1BIA, SOUTH CAF Event 100m - S 100m - F 100m - P 100m - F	1st NA Finish 1st COLINA Finish 3rd 2nd 8th	20.86w (2.8) Time/Mark 1:50.31 Time/Mark 10.64 (1.6) 10.56w (2.8) 10.36w (4.3)	Date 110m Hurd 3/15 3/16 3/23 3/23 200m (PR: 3/16 4X100M RI Date 3/23	Meet les (PR: 13.79) Shamrock Invitational Shamrock Invitational Weems Baskin Invitational Weems Baskin Invitational 22.04w) Shamrock Invitational ELAY Meet Weems Baskin Invitational	I10mH - S I10mH - F I10mH - F I10mH - F I10mH - F Z00m Team Bond, Greenhow Jefferson, Harbor Samuelson, Figge	1st 1st 1st 1st 1st 16th	14.11 (0.9) 14.12 (-1.9) 13.91w (4. 13.79 (-0.1) 22.04w (2.1)

Weems Baskin Invitational 200m

6th

21.19 (1.9)

3/23



2024 OUTDOOR PROGRESSIONS - MEN

4X400M RELAY

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

4X800M RELAY

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



2024 TOP-FIVE MARKS - WOMEN

100-METER DASH (Record: 11.01, Cvnteria 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	Anya 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	Anya 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	3:34.80
		Chelangat, Francis	
3/16	Shamrock Invitational	Francis, Kosgei	3:46.29
		James, Chelangat	

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

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

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 Prelminary Round
- S Semifinal Round
- F Final Round
- H Heptathlon Competition



2024 OUTDOOR PROGRESSIONS - WOMEN

	INS • FR • RAYTOWN, MISS					LA GAIT-SMITH • SO • JOHA			
Date	Meet	Event	Finish	Time/Mark	Date	Meet	Event	Finish	Time/Mark
100m (PF	R: 11.26)				5000m (F	PR: 17:10.71)			
3/23	Weems Baskin Invitational		2nd	11.35w (4.2)	3/22	Weems Baskin Invitational	5000m	1st	17:28.98
3/23	Weems Baskin Invitational	100m - F	2nd	11.26 (1.7)					
	R: 23.15w)					SEMMILL • FR • LEXINGTON	, SOUTH CAROLI	NA	
3/16	Shamrock Invitational	200m	1st	23.15w (3.2)	Date	Meet	Event	Finish	Time/Mark
					-	PR: 18:31.55)			
	ANDERSON • SO • SPARTAI				3/22	Weems Baskin Invitational	5000m	11th	18:31.55
Date	Meet	Event	Finish	Time/Mark					
	p (PR: 1.45m 4-9)					A HENDRIX • JR • SPARTAN			
3/22	Weems Baskin Invitational	High Jump	19th	1.41m 4-7.5	Date	Meet	Event	Finish	Time/Mark
					-	PR: 18:17.00)			
	ROYO • FR • HILTON HEAD,				3/22	Weems Baskin Invitational	5000m	13th	19:02.84
Date	Meet	Event	Finish	Time/Mark					
	R: 2:30.05)					SE HOOSIER • JR • INDIANA			
3/16	Shamrock Invitational	800m	22nd	2:30.05	Date	Meet	Event	Finish	Time/Mark
Mile (PR:					_	p (PR: 6.29m 20-7.75 / 6.3			
3/16	Shamrock Invitational	Mile	5th	5:17.30	3/23	Weems Baskin Invitational	Long Jump	2nd	6.06m 19-10.75w (2.2
-	PR: 17:44.14)				100m (PR	: 12.33)			
3/22	Weems Baskin Invitational	5000m	3rd	17:44.14	3/15	Shamrock Invitational	100m - S	15th	12.46 (0.2)
	OYD • SO • ATTLEBORO, MA					A JAMES • FR • MIAMI, FLOF			
Date	Meet	Event	Finish	Time/Mark	Date	Meet	Event	Finish	Time/Mark
	PR: 18:28.12)				100m (PR	: 11.01)			
3/22	Weems Baskin Invitational	5000m		DNF	3/23	Weems Baskin Invitational	100m - P	1st	11.32w (3.1)
					3/23	Weems Baskin Invitational	100m - F	1st	11.01 (1.7)
SYLVIA C	HELANGAT • SO • KENYA				200m (PR	R: 23.60w)			
Date	Meet	Event	Finish	Time/Mark	3/16	Shamrock Invitational	200m	2nd	23.60w (3.2)
400m (P	R: 54.30)								
3/23	Weems Baskin Invitational	400m	5th	54.87	MIA JOSE	PH • SO • NORTH AUGUSTA	, SOUTH CAROL	INA	
					Date	Meet	Event	Finish	Time/Mark
MADISON	CHILDRESS • FR • JOHNS	CREEK, GEORGIA			Pole Vault	t (PR: 3.40m 11-1.75)			
Date	Meet	Event	Finish	Time/Mark	3/15	Shamrock Invitational	Pole Vault	3rd	3.35m 10-11.75
	np (PR: 5.56m 18-3w)				3/23	Weems Baskin Invitational			NH
3/23	Weems Baskin Invitational	Long Jump	7th	5.56m 18-3w (2.3)	0,20	Weens Baskin invitational	1 010 Yddic		
100m (PF		20119 001119	,	0.00.11 1.0 011 (2.0)	SOEIE KII	RZAWA • FR • GREENVILLE	SOUTH CAPOLI	NΔ	
3/15	Shamrock Invitational	100m - S	7th	12.25 (1.3)	Date	Meet	Event	Finish	Time/Mark
3/16	Shamrock Invitational	100m - F	6th	12.17 (2.0)	800m (PR		LVCIIC	1 1111311	Time/ Plank
200m (PI		100111 1	Otti	12.17 (2.0)	3/22	Weems Baskin Invitational	900m	5th	2:18.50
3/16	Shamrock Invitational	200m	5th	2F 09w (7.2)			800111	Sui	2.10.30
3/23	Weems Baskin Invitational		12th	25.08w (3.2) 24.80 (1.1)	5000m (F		F000		DNF
3/23	Weems Baskin invitational	200111	12111	24.60 (1.1)	3/22	Weems Baskin Invitational	3000111		DINF
CADAL D	VVASTA • FR • PEABODY, M.	A C C A C LLI I C E T T C			MARIALO	MRADDI - CO - NEWADY D	EL ANAZA DE		
			Einich	Time /Mark		MBARDI • SO • NEWARK, D		Finish	Time /Moule
Date	Meet	Event	Finish	Time/Mark	Date	Meet	Event	Finish	Time/Mark
	PR: 5:04.01)	1500	1144	E-0.4.01	800m (PR	•	000	CII	0.10.00
3/23	Weems Baskin Invitational	1500m	11th	5:04.01	3/16	Shamrock Invitational	800m	6th	2:18.90
					Mile (PR:	· · · · ·			
	MINIQUE • SO • WAKE FOR				3/16	Shamrock Invitational	Mile	3rd	5:11.68
Date	Meet	Event	Finish	Time/Mark		PR: 18:03.77)			
	PR: 10:08.92)				3/22	Weems Baskin Invitational	5000m	7th	18:03.77
3/16	Shamrock Invitational	3000m	1st	10:20.86					
-	PR: 17:13.19)				ELLA LUC	:AS • FR • LITITZ, PENNSYL\	/ANIA		
3/22	Weems Baskin Invitational	5000m	2nd	17:43.78	Date	Meet	Event	Finish	Time/Mark
				_	Discus (Pl	R: 53.35m 175-0)			
BROOKE	DONOGHUE • JR • PHOENIX	KVILLE, PENNSYL	/ANIA		3/16	Shamrock Invitational	Discus	1st	53.35m 175-0
Date	Meet	Event	Finish	Time/Mark					
1500m (F	PR: 4:38.22)				SIENNA L	YDON • FR • FORT MILL, SO	UTH CAROLINA		
3/22	Weems Baskin Invitational	1500m	10th	4:50.56	Date	Meet	Event	Finish	Time/Mark
						R: 33.72m 110-7)			-
MACEY D	OWE • FR • BLUFFTON, SO	JTH CAROLINA			3/22	Weems Baskin Invitational	Javelin	11th	33.72m 110-7
Date	Meet	Event	Finish	Time/Mark			-		
	PR: 37.98m 124-7)				JULIA Mc	BRIDE • FR • ORELAND, PEN	INSYLVANIA		
3/22	Weems Baskin Invitational	Javelin	5th	37.98m 124-7	Date	Meet	Event	Finish	Time/Mark
-,			0.11	27.00m 12+7		t (PR: 3.25m 10-8)			Anne, Plack
laMEESI	A FORD • FR • FAYETTEVILI	E NORTH CAROL	INA		3/23	Weems Baskin Invitational	Pole Vault	15th	3.25m 10-8
Date	Meet	Event	Finish	Time/Mark	3/23	**EEIIIS DASKIII IIIVILALIONAI	i Ole Vault	IJUI	J.ZJIII IU-0
		FACIIF	CIIIISII	inite/ Plack	CADALLA	EVILLE - ID - UUTON UEAS	ICLAND COUTU	CAROLI	J.A
400m (P		400	1	F11C		EVILLE • JR • HILTON HEAD			
3/23	Weems Baskin Invitational	400m	1st	51.16	Date	Meet	Event	Finish	Time/Mark
						R: 5:05.17)			
	H FRANCIS • JR • WESTMO				3/23	Weems Baskin Invitational	1500m	12th	5:05.17
Date	Meet	Event	Finish	Time/Mark					
200m (Pl	R: 22.92w)				EMILY PIE	RONTONI • JR • WOOLWIC	H TOWNSHIP, NE	W JERSE	Υ
3/23	Weems Baskin Invitational	200m	1st	22.92w (2.4)	Date	Meet	Event	Finish	Time/Mark
400m (P	R: 53.26)					R: 4:35.49)			
3/16	Shamrock Invitational	400m	1st	54.74	3/22	Weems Baskin Invitational	1500m	5th	4:43.00
				-	5000m (F				

5000m (PR: --)

Weems Baskin Invitational 5000m

DNF

UPDATED 3/25/24



2024 OUTDOOR PROGRESSIONS - WOMEN

Date	E REGISTRE • JR • ORLANDO, Meet	Event	Finish	Time/Mark
	PR: 23.76 / 23.73w)			
3/23	Weems Baskin Invitational	200m	3rd	23.73w (2.4)
400m (F 3/23	PR: 52.86) Weems Baskin Invitational	400m	3rd	54.27
0/23	Weellis baskiii iiivitatioilai	400111	Siu	34.27
ENA RI	CHARDSON • FR • CARY, NOI	RTH CAROLINA		
Date	Meet	Event	Finish	Time/Mark
Pole Vau	ılt (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
CL ALIBL	A CATTUE - ID - DED DANK I	NEW JEDGEV		
Date	A SATZKE • JR • RED BANK, I Meet	Event	Finish	Time/Mark
	PR: 4:52.06)			
3/22	Weems Baskin Invitational	1500m	12th	4:52.06
Steeplec	:hase (PR:)			
3/22	Weems Baskin Invitational	Steeplechase		DNF
	SHARKEY • FR • COLLEGEVIL			Ti /2.5
Date	Meet PR: 36.69m 120-4)	Event	Finish	Time/Mark
	Weems Baskin Invitational	Javelin	6th	36.69m 120-4
11 66	**CCITIS DUSKIII IIIVILALIOIIdi	Javeilli	Out	30.03111 120-4
EMMA S	TONE • SO • WAXHAW, NOR	TH CAROLINA		
Date	Meet	Event	Finish	Time/Mark
Pole Vau	ılt (PR:)			
3/23	Weems Baskin Invitational	Pole Vault		NH
	ASIA SUMPTER • SR • CAMDEI			_
Date	Meet	Event	Finish	Time/Mark
	R: 11.69 / 11.53w)	100 D	E+I-	11.00(7.0)
3/23	Weems Baskin Invitational Weems Baskin Invitational		5th 4th	11.89w (3.9)
3/23	PR: 24.88 / 24.72w)	100m - F	4111	11.69 (1.7)
200m (P 3/23	Weems Baskin Invitational	200m	10th	24.72w (2.4)
3/ 23	Weens Baskiii iiiwtationai	200111	10111	Z4.72W (Z.4)
HANNAH	H TOGAMI • FR • MOUNT PLE	ASANT. SOUTH O	CAROLINA	
Date	Meet	Event	Finish	Time/Mark
Pole Vau	ılt (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
	ORBERT • FR • ORLANDO, FL			/
Date	Meet (PR: 18:07.69)	Event	Finish	Time/Mark
3/22		5000m	10th	18:07.69
J	**CCITIS DUSKIII IIIVILALIOIIdi	5500111	10111	13.07.03
RACHEL	. VALENTINE • SO • MARIETT.	A, GEORGIA		
Date	Meet	Event	Finish	Time/Mark
Pole Vau	ılt (PR: 3.63m 11-10.75)			
3/23	Weems Baskin Invitational	Pole Vault	11th	3.40m 11-1.75
	EKS • JR • MANSFIELD, OHIO			- /
Date		Event	Finish	Time/Mark
	(PR: 10:44.04)	7000		DNE
5/16	Shamrock Invitational	3000m		DNF
DETAL	WHITE • FR • GREER, SOUTH	CAPOLINA		
oke IA v Date	Meet	Event	Finish	Time/Mark
	11661	-46116	1 1111311	inne/i'laik
	PR: 2:23.90)			
300m (P	PR: 2:23.90) Weems Baskin Invitational	800m	7th	2:23.90
BOOm (P 3/22	Weems Baskin Invitational	800m	7th	2:23.90
800m (P 3/22 5000m (Weems Baskin Invitational (PR:)		7th	
800m (P 8/22 8000m (Weems Baskin Invitational			2:23.90 DNF
800m (P 8/22 8000m (8/22	Weems Baskin Invitational (PR:)	5000m		
800m (P 8/22 8000m (8/22 ALLY WI	Weems Baskin Invitational (PR:) Weems Baskin Invitational	5000m		
800m (P 3/22 5000m (3/22 ALLY WI Date	Weems Baskin Invitational (PR:) Weems Baskin Invitational	5000m		DNF

Date	Meet	Event	Finish	Time/M	1ark
800m (F	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	3
5000m	(PR: 18:13.74)				
3/22	Weems Baskin Invitational	5000m		DNF	
Date	1 RELAY Meet	Team	F	inish	Time
Date	Meet	Team	F	inish	Time
3/16	Shamrock Invitational	Francis, Kosgei		st	3:46.29
		James, Chelanga	it		
3/23	Weems Baskin Invitational	Ford, Akins	19	st	3:34.80
		Chelangat, Franc	cis		
4X800M	1 RELAY				
Date	Meet	Team	F	inish	Time
3/15	Shamrock Invitational	Chelangat, Kosg	ei 19	st	8:58.16
		Wilson Weeks			