



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
4/6	Gamecock Invitational	Jasauna Dennis	10.30w (3.1) - P

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

Date	Meet	Athlete	Mark
3/29	Florida Relays	Nyck Harbor	20.38w (3.3)
3/29	Florida Relays	Anthony Greenhow	20.65 (1.4)
4/12	Tom Jones Invitational	Nyck Harbor	20.68 (1.8)
3/16	Shamrock Invitational	Nyck Harbor	20.86w (2.8)
4/12	Tom Jones Invitational	Anthony Greenhow	21.08 (0.6)

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

Date	Meet	Athlete	Mark
3/30	Florida Relays	Jasauna Dennis	46.77
4/13	Tom Jones Invitational	Jasauna Dennis	46.91
3/23	Weems Baskin Invitational	Jayson Ward	47.31
3/29	Florida Relays	Jayson Ward	47.44
3/23	Weems Baskin Invitational	Jasauna Dennis	47.45

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

Date	Meet	Athlete	Mark
4/13	Tom Jones Invitational	Anass Essayi	1:47.28
3/30	Florida Relays	Joshua Kosgei	1:49.14
4/13	Tom Jones Invitational	Aidan Hattton	1:49.19
4/13	Tom Jones Invitational	Joshua Kosgei	1:49.98
3/23	Weems Baskin Invitational	Aidan Hattton	1:50.31

1500-METER DASH (Record: 3:36.89, Anass Essayi, 2023)

Date	Meet	Athlete	Mark
4/12	Tom Jones Invitational	Jaouad Khchina	3:41.63
4/12	Tom Jones Invitational	Rogerio Amaral	3:43.30
3/29	Florida Relays	Joshua Kosgei	3:46.28
4/12	Tom Jones Invitational	Bradley Makuvire	3:50.82
3/29	Florida Relays	Jackson Dawson	3:58.94

10000-METER DASH (Record: 28:29.91, Bradley Makuvire, 2024)

Date	Meet	Athlete	Mark
3/28	Raleigh Relays	Bradley Makuvire	28:29.91
3/28	Raleigh Relays	Rogerio Amaral	28:41.31

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
4/6	Gamecock Invitational	David Warmington	14.01w (3.1) - P
4/6	Gamecock Invitational	David Warmington	14.04 (1.9) - F
4/13	Tom Jones Invitational	David Warmington	14.07 (-0.4) - P

400-METER HURDLES (Record: 47.63, Johnny Dutch, 2010)

Date	Meet	Athlete	Mark
4/6	Gamecock Invitational	Josue Richardson Salazar	54.19
4/12	Tom Jones Invitational	Josue Richardson Salazar	54.75

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

Date	Meet	Athletes	Mark
3/29	Florida Relays	Bond, Harbor Jefferson, Greenhow	39.33 - P
4/6	Gamecock Invitational	Dennis, Harbor Jefferson, Greenhow	39.49
3/30	Florida Relays	Dennis, Harbor Jefferson, Greenhow	39.88 - F
4/13	Tom Jones Invitational	Dennis, Harbor Bond, Greenhow	40.02
3/23	Weems Baskin Invitational	Bond, Greenhow Jefferson, Harbor	40.20

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

Date	Meet	Athletes	Mark
3/23	Weems Baskin Invitational	Ward, Dennis Hattton, Greenhow	3:13.77
4/13	Tom Jones Invitational	Ward, Dennis Greenhow, Harbor	3:14.48
3/16	Shamrock Invitational	Ward, Greenhow Dennis, Warmington	3:15.82
3/30	Florida Relays	Dennis, Greenhow Hattton, Jefferson	3:19.27
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
4/12	Tom Jones Invitational	Nate Figgers	2.12m 6-11.5
4/6	Gamecock Invitational	Channing Ferguson	2.11m 6-11
3/29	Florida Relays	Channing Ferguson	2.11m 6-11
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)
4/12	Tom Jones Invitational	Channing Ferguson	7.16m 23-6 (1.7)

TRIPLE JUMP (Record: 16.47m | 54-0.5, Michael Wamer, 2015)

Date	Meet	Athlete	Mark
4/13	Tom Jones Invitational	Theo Mudzengerere	14.89m 48-10.25 (1.4)

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
3/30	Florida Relays	Dillon McCarthy	5.05m 16-6.75
3/16	Shamrock Invitational	Dillon McCarthy	5.01m 16-5.25
4/12	Tom Jones Invitational	Dillon McCarthy	5.00m 16-4.75
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
4/12	Tom Jones Invitational	Dylan Targgart	20.45m 67-1.25
4/12	Tom Jones Invitational	CJ Licata	20.40m 66-11.25
3/30	Florida Relays	CJ Licata	20.00m 65-7.5
3/30	Florida Relays	Dylan Targgart	19.93m 65-4.75
4/6	Gamecock Invitational	Brandon Dennis	15.86m 52-0.5

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

Date	Meet	Athlete	Mark
3/23	Weems Baskin Invitational	Dylan Targgart	56.09m 184-0
4/6	Gamecock Invitational	Dylan Targgart	54.95m 180-3
4/12	Tom Jones Invitational	Dylan Targgart	52.87m 173-5

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

Date	Meet	Athlete	Mark
4/12	Tom Jones Invitational	Ridge Dowe	52.42m 172-0
4/6	Gamecock Invitational	Ridge Dowe	52.27m 171-6
3/14	Shamrock Invitational	Ridge Dowe	51.75m 169-9
3/22	Weems Baskin Invitational	Ridge Dowe	51.55m 169-1
3/29	Florida Relays	Ridge Dowe	50.85m 166-10

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

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CAROLINA TRACK & FIELD

2024 OUTDOOR PROGRESSIONS - MEN

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
3/30	Florida Relays	Pole Vault	5th	5.05m 16-6.75
4/6	Gamecock Invitational	Pole Vault	--	NH
4/12	Tom Jones Invitational	Pole Vault	13th	5.00m 16-4.75

THEO MUDZENGERERE • SO • HARARE, ZIMBABWE

Date	Meet	Event	Finish	Time/Mark
Triple Jump (PR: 16.02m 52-6.75)				
4/13	Tom Jones Invitational	Triple Jump	12th	14.98m 48-10.25 (1.4)
100m (PR: 10.70 / 10.68w)				
4/6	Gamecock Invitational	100m - P	9th	10.68w (3.1)
4/6	Gamecock Invitational	100m - F	9th	10.70 (1.9)

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

JOSUE RICHARDSON SALAZAR • FR • CHARLESTON, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
400m Hurdles (PR: 54.19)				
4/6	Gamecock Invitational	400mH	3rd	54.19
4/12	Tom Jones Invitational	400mH	17th	54.75

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
3/30	Florida Relays	Pole Vault	13th	4.60m 15-1
4/6	Gamecock Invitational	Pole Vault	2nd	4.75m 15-7
4/12	Tom Jones Invitational	Pole Vault	9th	4.83m 15-10

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
Shot Put (PR: 20.45m 67-1.25)				
3/30	Florida Relays	Shot Put	2nd	19.93m 65-4.75
4/12	Tom Jones Invitational	Shot Put	1st	20.45m 67-1.25
Discus (PR: 56.09m 184-0)				
3/23	Weems Baskin Invitational	Discus	1st	56.09m 184-0
4/6	Gamecock Invitational	Discus	1st	54.95m 180-3
4/13	Tom Jones Invitational	Discus	10th	52.87m 173-5

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
3/30	Florida Relays	400m	16th	47.44
4/13	Tom Jones Invitational	400m	45th	47.69

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)
3/30	Florida Relays	110mH - P	10th	14.25 (1.5)
4/6	Gamecock Invitational	110mH - P	1st	14.01w (3.1)
4/13	Tom Jones Invitational	110mH - P	22nd	14.07 (-0.4)
4/6	Gamecock Invitational	110mH - F	2nd	14.04 (1.9)
200m (PR: 22.09 / 22.04w)				
3/16	Shamrock Invitational	200m	16th	22.04w (2.5)
4/6	Gamecock Invitational	200m	15th	22.09

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
3/29	Florida Relays	Bond, Harbor Jefferson, Greenhow	5th	39.33
3/30	Florida Relays	Dennis, Harbor Jefferson, Greenhow	5th	39.88
4/6	Gamecock Invitational	Dennis, Harbor Jefferson, Greenhow	1st	39.49
4/6	Gamecock Invitational	Mudzengerere, Figgers Clark, Ferguson	9th	42.47
4/12	Tom Jones Invitational	Dennis, Harbor Bond, Greenhow	15th	40.02

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
3/30	Florida Relays	Dennis, Greenhow Hatton, Jefferson	8th	3:19.27
4/13	Tom Jones Invitational	Ward, Dennis Greenhow, Harbor	28th	3:14.48

4X800M RELAY

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

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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
4/13	Tom Jones Invitational	Cynteria James	11.25 (1.6)
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

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

Date	Meet	Athlete	Mark
3/29	Florida Relays	JaMeesia Ford	22.37 (0.9)
4/12	Tom Jones Invitational	JaMeesia Ford	22.41w (4.1)
3/29	Florida Relays	Jayla Jamison	22.58 (0.9)
4/12	Tom Jones Invitational	Aallyyah Francis	22.82w (3.1)
3/23	Weems Baskin Invitational	Aallyyah Francis	22.92w (2.4)

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

Date	Meet	Athlete	Mark
4/13	Tom Jones Invitational	JaMeesia Ford	50.81
3/23	Weems Baskin Invitational	JaMeesia Ford	51.16
4/13	Tom Jones Invitational	Zaya Akins	52.14
4/13	Tom Jones Invitational	Jahnile Registre	52.35
3/30	Florida Relays	Aallyyah Francis	52.99

800-METER RUN (Record: 2:01.66, Judy Kosgei, 2024)

Date	Meet	Athlete	Mark
3/30	Florida Relays	Judy Kosgei	2:01.66
4/13	Tom Jones Invitational	Judy Kosgei	2:03.51
3/30	Florida Relays	Sylvia Chelangat	2:06.64
4/13	Tom Jones Invitational	Sylvia Chelangat	2:06.81
3/30	Florida Relays	Ally Wilson	2:11.54

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

Date	Meet	Athlete	Mark
3/29	Florida Relays	Judy Kosgei	4:14.22
3/22	Weems Baskin Invitational	Ally Wilson	4:35.03
4/12	Tom Jones Invitational	Teresa Cherotich	4:36.19
3/29	Florida Relays	Emily Pierontoni	4:37.05
3/29	Florida Relays	Claudia Satzke	4:42.40

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
4/12	Tom Jones Invitational	Teresa Cherotich	17:00.08
4/6	Gamecock Invitational	Gabriella Gait-Smith	17:24.18
4/12	Tom Jones Invitational	Anya Arroyo	17:28.26
3/22	Weems Baskin Invitational	Gabriella Gait-Smith	17:28.98
3/22	Weems Baskin Invitational	Hope Dominique	17:43.78

4X100 RELAY (Record: 42.83, Ross, Whipple, Joyce, Bailey, 2003)

Date	Meet	Athletes	Mark
4/13	Tom Jones Invitational	Jamison, James Akins, Ford	43.25
3/30	Florida Relays	Jamison, James Akins, Ford	43.34
3/29	Florida Relays	Jamison, James Akins, Ford	43.36
4/6	Gamecock Invitational	Jamison, James Akins, Registre	43.94

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

Date	Meet	Athletes	Mark
3/30	Florida Relays	Francis, Jamison Chelangat, Ford	3:28.57
4/13	Tom Jones Invitational	Akins, Jamison Chelangat, Registre	3:32.69
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

3000-METER STEEPLECHASE (Record: 10:13.81, Beatrice Biwott, 2012)

Date	Meet	Athlete	Mark
4/12	Tom Jones Invitational	Claudia Satzke	11:25.48

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
4/6	Gamecock Invitational	Prommyse Hoosier	6.13m 20-1.5 (1.5)
4/12	Tom Jones Invitational	Prommyse Hoosier	6.06m 19-10.75 (1.7)
3/23	Weems Baskin Invitational	Prommyse Hoosier	6.06m 19-10.75w (2.2)
3/29	Florida Relays	Prommyse Hoosier	5.98m 19-7.5 (0.0)
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
3/29	Florida Relays	Hannah Togami	4.10m 13-5.25
4/6	Gamecock Invitational	Hannah Togami	3.85m 12-7.5
3/23	Weems Baskin Invitational	Hannah Togami	3.85m 12-7.5
3/29	Florida Relays	Lena Richardson	3.80m 12-5.5
3/16	Shamrock Invitational	Lena Richardson	3.80m 12-5.5
3/16	Shamrock Invitational	Hannah Togami	3.80m 12-5.5

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

Date	Meet	Athlete	Mark
3/16	Shamrock Invitational	Ella Lucas	53.35m 175-0
4/6	Gamecock Invitational	Ella Lucas	46.78m 153-5
3/30	Florida Relays	Ella Lucas	46.57m 152-9
4/13	Tom Jones Invitational	Ella Lucas	42.83m 140-6

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

Date	Meet	Athlete	Mark
4/6	Gamecock Invitational	Macey Dowe	39.37m 129-2
3/22	Weems Baskin Invitational	Macey Dowe	37.98m 124-7
3/22	Weems Baskin Invitational	Hailey Sharkey	36.69m 120-4
4/6	Gamecock Invitational	Hailey Sharkey	34.90m 114-6
4/6	Gamecock Invitational	Sienna Lydon	34.60m 113-6

P - Preliminary Round

S - Semifinal Round

F - Final Round

H - Heptathlon Competition

UPDATED 4/15/24

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CAROLINA TRACK & FIELD

2024 OUTDOOR PROGRESSIONS - WOMEN

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
4/6	Gamecock Invitational	Pole Vault	--	NH

JUDY KOSGEI • FR • KENYA

Date	Meet	Event	Finish	Time/Mark
800m (PR: 2:01.66)				
3/30	Florida Relays	800m	3rd	2:01.66
4/13	Tom Jones Invitational	800m	7th	2:03.51
1500m (PR: 4:14.22)				
3/29	Florida Relays	1500m	1st	4:14.22

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
4/6	Gamecock Invitational	800m	4th	2:19.08
5000m (PR: --)				
3/22	Weems Baskin Invitational	5000m	--	DNF
4/6	Gamecock Invitational	5000m	--	DNF

ASHTON LINDLEY • SO • SMYRNA, GEORGIA

Date	Meet	Event	Finish	Time/Mark
400m (PR: 57.70)				
4/6	Gamecock Invitational	400m	7th	57.70

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
1500m (PR: 4:46.93)				
4/6	Gamecock Invitational	1500m	2nd	4:46.93
5000m (PR: 18:03.77)				
3/22	Weems Baskin Invitational	5000m	7th	18:03.77
4/12	Tom Jones Invitational	5000m	8th	18:34.92

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
3/30	Florida Relays	Discus	13th	46.57m 152-9
4/6	Gamecock Invitational	Discus	1st	46.78m 153-5
4/13	Tom Jones Invitational	Discus	11th	42.83m 140-6

SIENNA LYDON • FR • FORT MILL, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
Javelin (PR: 34.60m 113-6)				
3/22	Weems Baskin Invitational	Javelin	11th	33.72m 110-7
4/6	Gamecock Invitational	Javelin	8th	34.60m 113-6

JULIA McBRIDE • FR • ORELAND, PENNSYLVANIA

Date	Meet	Event	Finish	Time/Mark
Pole Vault (PR: 3.35m 10-11.75)				
3/23	Weems Baskin Invitational	Pole Vault	15th	3.25m 10-8
4/6	Gamecock Invitational	Pole Vault	6th	3.35m 10-11.75

SARAH NEVILLE • JR • HILTON HEAD ISLAND, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
1500m (PR: 4:58.03)				
3/23	Weems Baskin Invitational	1500m	12th	5:05.17
4/6	Gamecock Invitational	1500m	6th	4:58.03

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
3/29	Florida Relays	1500m	13th	4:37.05
5000m (PR: --)				
3/22	Weems Baskin Invitational	5000m	--	DNF

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)
4/6	Gamecock Invitational	200m	11th	25.06 (1.7)
400m (PR: 52.35)				
3/23	Weems Baskin Invitational	400m	3rd	54.27
4/6	Gamecock Invitational	400m	3rd	53.99
4/13	Tom Jones Invitational	400m	18th	52.35

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
3/29	Florida Relays	Pole Vault	14th	3.80m 12-5.5
4/6	Gamecock Invitational	Pole Vault	--	NH
4/13	Tom Jones Invitational	Pole Vault	6th	3.74m 12-3.25

CLAUDIA SATZKE • JR • RED BANK, NEW JERSEY

Date	Meet	Event	Finish	Time/Mark
1500m (PR: 4:42.40)				
3/22	Weems Baskin Invitational	1500m	12th	4:52.06
3/29	Florida Relays	1500m	20th	4:42.40
Steeplechase (PR: 11:25.48)				
3/22	Weems Baskin Invitational	Steeplechase	--	DNF
4/12	Tom Jones Invitational	Steeplechase	7th	11:25.48

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
4/6	Gamecock Invitational	Javelin	7th	34.90m 114-6

MADDIE SMITH • FR • ROCK HILL, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
800m (PR: 2:30.16)				
4/6	Gamecock Invitational	800m	15th	2:30.16

EMMA STONE • SO • WAXHAW, NORTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
Pole Vault (PR: --)				
3/23	Weems Baskin Invitational	Pole Vault	--	NH
3/29	Florida Relays	Pole Vault	--	NH
4/6	Gamecock 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)
4/6	Gamecock Invitational	100m - P	7th	11.72 (1.7)
4/6	Gamecock Invitational	100m - F	8th	11.81 (2.0)
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: 4.10m 13-5.25)				
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
3/29	Florida Relays	Pole Vault	5th	4.10m 13-5.25
4/6	Gamecock Invitational	Pole Vault	1st	3.85m 12-7.5
4/13	Tom Jones Invitational	Pole Vault	--	NH

EMMA TORBERT • FR • ORLANDO, FLORIDA

Date	Meet	Event	Finish	Time/Mark
1500m (PR: --)				
4/6	Gamecock Invitational	1500m	--	DNF
5000m (PR: 18:07.69)				
3/22	Weems Baskin Invitational	5000m	10th	18:07.69
4/6	Gamecock Invitational	5000m	--	DNF

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
4/6	Gamecock Invitational	Pole Vault	5th	3.35m 10-11.75

UPDATED 4/15/24

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



CAROLINA TRACK & FIELD

2024 OUTDOOR PROGRESSIONS - WOMEN

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
4/6	Gamecock Invitational	800m	13th	2:25.37
5000m (PR: --)				
3/22	Weems Baskin Invitational	5000m	--	DNF
4/6	Gamecock Invitational	5000m	--	DNF

MADDIE WHITE • FR • GREER, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
1500m (PR: 4:49.06)				
4/6	Gamecock Invitational	1500m	5th	4:49.06

ALLY WILSON • JR • CENTRAL, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
800m (PR: 2:11.54)				
3/30	Florida Relays	800m	34th	2:11.54
4/13	Tom Jones Invitational	800m	53rd	2:12.93
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
1500m (PR: 4:47.56)				
4/6	Gamecock Invitational	1500m	3rd	4:47.56
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

4X100M RELAY

Date	Meet	Team	Finish	Time
3/29	Florida Relays	Jamison, James Akins, Ford	1st	43.36
3/30	Florida Relays	Jamison, James Akins, Ford	1st	43.34
4/6	Gamecock Invitational	Jamison, James Akins, Registre	1st	43.94
4/13	Tom Jones Invitational	Jamison, James Akins, Ford	5th	43.25

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
3/30	Florida Relays	Francis, Jamison Chelangat, Ford	1st	3:28.57
4/13	Tom Jones Invitational	Akins, Jamison Chelangat, Registre	10th	3:32.69

4X800M RELAY

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