



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 |
| 4/20 | USC Outdoor Open | Nyck Harbor | 10.12 (2.0) - F |
| 3/23 | Weems Baskin Invitational | Nyck Harbor | 10.16 (0.5) - P |
| 3/23 | Weems Baskin Invitational | Nyck Harbor | 10.24 (0.9) - F |
| 4/20 | USC Outdoor Open | Anthony Greenhow | 10.27 (2.0) - F |

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

| Date | Meet | Athlete | Mark |
|------|------------------------|------------------|--------------|
| 4/20 | USC Outdoor Open | Nyck Harbor | 20.38w (2.9) |
| 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) |
| 4/20 | USC Outdoor Open | Anthony Greenhow | 20.69 (1.8) |

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

| Date | Meet | Athlete | Mark |
|------|---------------------------|----------------|-------|
| 4/20 | USC Outdoor Open | Jasauna Dennis | 46.42 |
| 4/20 | USC Outdoor Open | Jayson Ward | 46.59 |
| 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 |

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

| Date | Meet | Athlete | Mark |
|------|--------------------------|----------------|---------|
| 4/13 | Tom Jones Invitational | Anass Essayi | 1:47.28 |
| 4/19 | Wake Forest Invitational | Joshua Kosgei | 1:48.90 |
| 4/26 | Charlotte Invitational | Jaouad Khchina | 1:48.97 |
| 3/30 | Florida Relays | Joshua Kosgei | 1:49.14 |
| 4/13 | Tom Jones Invitational | Aidan Hatton | 1:49.19 |

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

| Date | Meet | Athlete | Mark |
|------|--------------------------|----------------|---------|
| 4/19 | Wake Forest Invitational | Anass Essayi | 3:38.25 |
| 4/12 | Tom Jones Invitational | Jaouad Khchina | 3:41.63 |
| 4/12 | Tom Jones Invitational | Rogério Amaral | 3:43.30 |
| 4/19 | Wake Forest Invitational | Jaouad Khchina | 3:43.32 |
| 3/29 | Florida Relays | Joshua Kosgei | 3:46.28 |

5000-METER (Record: 13:52.88, Bradley Makuvire, 2024)

| Date | Meet | Athlete | Mark |
|------|--------------------------|------------------|----------|
| 4/19 | Wake Forest Invitational | Bradley Makuvire | 13:52.88 |
| 4/19 | Wake Forest Invitational | Rogério Amaral | 14:05.95 |

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

| Date | Meet | Athlete | Mark |
|------|----------------|------------------|----------|
| 3/28 | Raleigh Relays | Bradley Makuvire | 28:29.91 |
| 3/28 | Raleigh Relays | Rogério Amaral | 28:41.31 |

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

| Date | Meet | Athlete | Mark |
|------|---------------------------|------------------|------------------|
| 4/20 | USC Outdoor Open | David Warmington | 13.79w (2.7) - F |
| 3/23 | Weems Baskin Invitational | David Warmington | 13.79 (-0.5) - F |
| 4/27 | Charlotte Invitational | David Warmington | 13.81w (2.3) |
| 3/23 | Weems Baskin Invitational | David Warmington | 13.91w (4.9) - P |
| 4/6 | Gamecock Invitational | David Warmington | 14.01w (3.1) - P |

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

| Date | Meet | Athlete | Mark |
|------|------------------------|--------------------------|-------|
| 4/20 | USC Outdoor Open | Josue Richardson Salazar | 53.14 |
| 4/6 | Gamecock Invitational | Josue Richardson Salazar | 54.19 |
| 4/27 | Charlotte Invitational | Josue Richardson Salazar | 54.54 |
| 4/12 | Tom Jones Invitational | Josue Richardson Salazar | 54.75 |

4X100 RELAY (Record: 38.45, Crenshaw, Trammell, 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 |
| 4/27 | Charlotte Invitational | Bond, Harbor Greenhow, Dennis | 39.54 |
| 3/30 | Florida Relays | Dennis, Harbor Jefferson, Greenhow | 39.88 - F |
| 4/13 | Tom Jones Invitational | Dennis, Harbor Bond, Greenhow | 40.02 |

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

| Date | Meet | Athletes | Mark |
|------|---------------------------|---|---------|
| 4/27 | Charlotte Invitational | Ward, Dennis Greenhow, Hatton | 3:10.09 |
| 3/23 | Weems Baskin Invitational | Ward, Dennis Hatton, Greenhow | 3:13.77 |
| 4/13 | Tom Jones Invitational | Ward, Dennis Greenhow, Harbor | 3:14.48 |
| 4/20 | USC Outdoor Open | Ward, Dennis Jefferson, Richardson Salazar | 3:14.85 |
| 3/16 | Shamrock Invitational | Ward, Greenhow Dennis, Warmington | 3:15.82 |

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) |
| 4/20 | USC Outdoor Open | Jaden Price-Whitehead | 7.13m 23-4.75 |
| 4/20 | USC Outdoor Open | Jalen Clark | 7.05m 23-1.75 |

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

| Date | Meet | Athlete | Mark |
|------|------------------------|-------------------|-------------------------|
| 4/27 | Charlotte Invitational | Theo Mudzengerere | 16.18m 53-1 (0.0) |
| 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 |
|------|---------------------------|-----------------|-----------------|
| 4/20 | USC Outdoor Open | Dillon McCarthy | 5.07m 16-7.5 |
| 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 |

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

| Date | Meet | Athlete | Mark |
|------|------------------------|----------------|-------------------|
| 4/20 | USC Outdoor Open | CJ Licata | 20.51m 67-3.5 |
| 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 |
| 4/20 | USC Outdoor Open | Dylan Targgart | 19.99m 65-7 |

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

| Date | Meet | Athlete | Mark |
|------|---------------------------|----------------|----------------|
| 3/23 | Weems Baskin Invitational | Dylan Targgart | 56.09m 184-0 |
| 4/20 | USC Outdoor Open | Dylan Targgart | 55.60m 182-5 |
| 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 |
|------|------------------------|------------|----------------|
| 4/20 | USC Outdoor Open | Ridge Dowe | 53.44m 175-4 |
| 4/26 | Charlotte Invitational | Ridge Dowe | 52.79m 173-2 |
| 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 |

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

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



CAROLINA TRACK & FIELD

2024 OUTDOOR PROGRESSIONS - MEN

ROGERIO AMARAL • SO • COIMBRA, PORTUGAL

| Date | Meet | Event | Finish | Time/Mark |
|------------------------------|--------------------------|--------|--------|-----------|
| 1500m (PR: 3:43.30) | | | | |
| 4/12 | Tom Jones Invitational | 1500m | 5th | 3:43.30 |
| 5000m (PR: 13:52.94) | | | | |
| 4/19 | Wake Forest Invitational | 5000m | 33rd | 14:05.95 |
| 10000m (PR: 28:41.31) | | | | |
| 3/28 | Raleigh Relays | 10000m | 14th | 28:41.31 |

ANDREW BOND • FR • LEXINGTON, SOUTH CAROLINA

| Date | Meet | Event | Finish | Time/Mark |
|-------------------------|------------------------|----------|--------|--------------|
| 100m (PR: 10.39) | | | | |
| 3/15 | Shamrock Invitational | 100m - S | 1st | 10.50 (0.6) |
| 3/16 | Shamrock Invitational | 100m - F | 1st | 10.42w (2.8) |
| 4/20 | USC Outdoor Open | 100m - P | 12th | 10.72 (-2.7) |
| 4/27 | Charlotte Invitational | 100m | 2nd | 10.39 (1.3) |

JALEN CLARK • FR • SIMPSONVILLE, SOUTH CAROLINA

| Date | Meet | Event | Finish | Time/Mark |
|--|---------------------------|-----------|--------|-----------------|
| Long Jump (PR: 7.05m 23-1.75) | | | | |
| 3/23 | Weems Baskin Invitational | Long Jump | -- | NM |
| 4/6 | Gamecock Invitational | Long Jump | -- | NM |
| 4/20 | USC Outdoor Open | Long Jump | 6th | 7.05m 23-1.75 |

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 |
| 4/6 | Gamecock Invitational | 800m | 5th | 1:56.38 |
| 4/20 | USC Outdoor Open | 800m | -- | DNF |
| 4/26 | Charlotte Invitational | 800m | -- | DNF |
| 1500m (PR: 3:53.36) | | | | |
| 3/29 | Florida Relays | 1500m | 17th | 3:58.94 |
| 4/20 | USC Outdoor Open | 1500m | 7th | 3:58.51 |
| 4/26 | Charlotte Invitational | 1500m | 29th | 3:57.13 |

BRANDON DENNIS • FR • AMITYVILLE, NEW YORK

| Date | Meet | Event | Finish | Time/Mark |
|--|---------------------------|----------|--------|------------------|
| Shot Put (PR: 15.94m 52-3.75) | | | | |
| 3/23 | Weems Baskin Invitational | Shot Put | 3rd | 15.49m 50-10 |
| 4/6 | Gamecock Invitational | Shot Put | 3rd | 15.86m 52-0.5 |
| 4/20 | USC Outdoor Open | Shot Put | 6th | 15.94m 52-3.75 |
| Hammer (PR: 48.14m 157-11) | | | | |
| 4/6 | Gamecock Invitational | Hammer | -- | NM |
| 4/20 | USC Outdoor Open | Hammer | 10th | 48.14m 157-11 |

JASAUNA DENNIS • FR • JAMAICA

| Date | Meet | Event | Finish | Time/Mark |
|----------------------------------|---------------------------|----------|--------|--------------|
| 100m (PR: 10.32 10.30w) | | | | |
| 4/6 | Gamecock Invitational | 100m - P | 5th | 10.30w (3.1) |
| 4/6 | Gamecock Invitational | 100m - F | 3rd | 10.32 (1.9) |
| 400m (PR: 46.42) | | | | |
| 3/23 | Weems Baskin Invitational | 400m | 2nd | 47.45 |
| 3/30 | Florida Relays | 400m | 5th | 46.77 |
| 4/13 | Tom Jones Invitational | 400m | 33rd | 46.91 |
| 4/20 | USC Outdoor Open | 400m | 2nd | 46.42 |

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 |
| 3/29 | Florida Relays | Hammer | 17th | 50.85m 166-10 |
| 4/6 | Gamecock Invitational | Hammer | 1st | 52.27m 171-6 |
| 4/12 | Tom Jones Invitational | Hammer | 12th | 52.42m 172-0 |
| 4/20 | USC Outdoor Open | Hammer | 5th | 53.44m 175-4 |
| 4/26 | Charlotte Invitational | Hammer | 5th | 52.79m 173-2 |

ANASS ESSAYI • JR • MOROCCO

| Date | Meet | Event | Finish | Time/Mark |
|----------------------------|--------------------------|-------|--------|-----------|
| 800m (PR: 1:47.28) | | | | |
| 4/13 | Tom Jones Invitational | 800m | 5th | 1:47.28 |
| 1500m (PR: 3:36.89) | | | | |
| 4/19 | Wake Forest Invitational | 1500m | 2nd | 3:38.25 |

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 |
| 3/29 | Florida Relays | High Jump | 5th | 2.11m 6-11 |
| 4/6 | Gamecock Invitational | High Jump | 1st | 2.11m 6-11 |
| 4/27 | Charlotte Invitational | High Jump | 4th | 2.05m 6-8.75 |
| 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) |
| 4/12 | Tom Jones Invitational | Long Jump | 11th | 7.16m 23-6 (1.7) |

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 |
| 3/29 | Florida Relays | High Jump | 9th | 2.06m 6-9 |
| 4/6 | Gamecock Invitational | High Jump | 2nd | 2.06m 6-9 |
| 4/12 | Tom Jones Invitational | High Jump | 3rd | 2.12m 6-11.5 |
| 4/27 | Charlotte Invitational | High Jump | 3rd | 2.10m 6-10.75 |

ANTHONY GREENHOW • JR • POWHATON, VIRGINIA

| Date | Meet | Event | Finish | Time/Mark |
|----------------------------------|---------------------------|----------|--------|--------------|
| 100m (PR: 10.27 / 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) |
| 3/30 | Florida Relays | 100m | 12th | 10.44 (0.7) |
| 4/13 | Tom Jones Invitational | 100m | 14th | 10.39 (0.1) |
| 4/20 | USC Outdoor Open | 100m - P | 6th | 10.56 (-2.1) |
| 4/20 | USC Outdoor Open | 100m - F | 8th | 10.27 (2.0) |
| 4/27 | Charlotte Invitational | 100m | 1st | 10.30 (1.3) |
| 200m (PR: 20.60 / 20.57w) | | | | |
| 3/29 | Florida Relays | 200m | 9th | 20.65 (1.4) |
| 4/12 | Tom Jones Invitational | 200m | 33rd | 21.08 (0.6) |
| 4/20 | USC Outdoor Open | 200m | 5th | 20.69 (1.8) |

NYCK HARBOR • FR • WASHINGTON, D.C.

| Date | Meet | Event | Finish | Time/Mark |
|----------------------------------|---------------------------|----------|--------|--------------|
| 100m (PR: 10.12) | | | | |
| 3/23 | Weems Baskin Invitational | 100m - P | 2nd | 10.16 (0.5) |
| 3/23 | Weems Baskin Invitational | 100m - F | 1st | 10.24 (0.9) |
| 4/13 | Tom Jones Invitational | 100m | 8th | 10.32 (-0.3) |
| 4/20 | USC Outdoor Open | 100m - P | 2nd | 10.47 (-2.2) |
| 4/20 | USC Outdoor Open | 100m - F | 3rd | 10.12 (2.0) |
| 200m (PR: 20.68 / 20.38w) | | | | |
| 3/16 | Shamrock Invitational | 200m | 1st | 20.86w (2.8) |
| 3/29 | Florida Relays | 200m | 2nd | 20.38w (3.3) |
| 4/12 | Tom Jones Invitational | 200m | 18th | 20.68 (1.8) |
| 4/20 | USC Outdoor Open | 200m | 2nd | 20.38w (2.9) |

AIDAN HATTON • JR • CHARLESTON, SOUTH CAROLINA

| Date | Meet | Event | Finish | Time/Mark |
|---------------------------|---------------------------|-------|--------|-----------|
| 800m (PR: 1:49.19) | | | | |
| 3/23 | Weems Baskin Invitational | 800m | 1st | 1:50.31 |
| 3/30 | Florida Relays | 800m | 29th | 1:50.55 |
| 4/13 | Tom Jones Invitational | 800m | 23rd | 1:49.19 |
| 4/19 | Wake Forest Invitational | 800m | 8th | 1:49.60 |
| 4/26 | Charlotte Invitational | 800m | 6th | 1:50.32 |

PRESCOTT JEFFERSON • JR • COLUMBIA, SOUTH CAROLINA

| Date | Meet | Event | Finish | Time/Mark |
|----------------------------------|---------------------------|----------|--------|--------------|
| 100m (PR: 10.57 / 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) |
| 4/13 | Tom Jones Invitational | 100m | 39th | 10.64 (-1.3) |
| 4/20 | USC Outdoor Open | 100m - P | 18th | 10.86 (-2.7) |
| 4/27 | Charlotte Invitational | 100m | 3rd | 10.57 (1.3) |
| 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) |
| 3/29 | Florida Relays | 200m | 32nd | 21.60 (0.5) |
| 4/12 | Tom Jones Invitational | 200m | 27th | 21.86 (-2.1) |
| 4/20 | USC Outdoor Open | 200m | 24th | 21.53 (0.8) |

UPDATED 4/29/24

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



CAROLINA TRACK & FIELD

2024 OUTDOOR PROGRESSIONS - MEN

JAOUAD KHCHINA • FR • MOROCCO

| Date | Meet | Event | Finish | Time/Mark |
|----------------------------|--------------------------|-------|--------|-----------|
| 800m (PR: 1:48.97) | | | | |
| 4/26 | Charlotte Invitational | 800m | 2nd | 1:48.97 |
| 1500m (PR: 3:41.63) | | | | |
| 4/12 | Tom Jones Invitational | 1500m | 4th | 3:41.63 |
| 4/19 | Wake Forest Invitational | 1500m | 33rd | 3:43.32 |

JOSHUA KOSGEI • FR • KENYA

| Date | Meet | Event | Finish | Time/Mark |
|----------------------------|---------------------------|-------|--------|-----------|
| 800m (PR: 1:48.90) | | | | |
| 3/23 | Weems Baskin Invitational | 800m | 2nd | 1:50.63 |
| 3/30 | Florida Relays | 800m | 20th | 1:49.14 |
| 4/13 | Tom Jones Invitational | 800m | 29th | 1:49.98 |
| 4/19 | Wake Forest Invitational | 800m | 3rd | 1:48.90 |
| 4/26 | Charlotte Invitational | 800m | 3rd | 1:49.39 |
| 1500m (PR: 3:46.28) | | | | |
| 3/29 | Florida Relays | 1500m | 8th | 3:46.28 |

CARLOS LANZAGORTA-RUIZ • FR • LEXINGTON, SOUTH CAROLINA

| Date | Meet | Event | Finish | Time/Mark |
|---------------------------|---------------------------|-------|--------|-----------|
| 800m (PR: 1:53.77) | | | | |
| 3/22 | Weems Baskin Invitational | 800m | 5th | 1:55.39 |
| 3/30 | Florida Relays | 800m | 53rd | 1:53.99 |
| 4/20 | USC Outdoor Open | 800m | 5th | 1:53.77 |
| 4/26 | Charlotte Invitational | 800m | 17th | 1:54.32 |
| Mile (PR: 4:30.23) | | | | |
| 3/16 | Shamrock Invitational | Mile | 13th | 4:30.23 |

CJ LICATA • JR • GLADSTONE, NEW JERSEY

| Date | Meet | Event | Finish | Time/Mark |
|---------------------------------------|------------------------|----------|--------|-------------------|
| Shot Put (PR: 20.51m 67-3.5) | | | | |
| 3/30 | Florida Relays | Shot Put | 1st | 20.00m 65-7.5 |
| 4/12 | Tom Jones Invitational | Shot Put | 2nd | 20.40m 66-11.25 |
| 4/20 | USC Outdoor Open | Shot Put | 2nd | 20.51m 67-3.5 |

BRADLEY MAKUVIRE • GR • ZVISHAVANE, ZIMBABWE

| Date | Meet | Event | Finish | Time/Mark |
|------------------------------|--------------------------|--------|--------|-----------|
| 1500m (PR: 3:50.82) | | | | |
| 4/12 | Tom Jones Invitational | 1500m | 20th | 3:50.82 |
| 5000m (PR: 13:52.88) | | | | |
| 4/19 | Wake Forest Invitational | 5000m | 18th | 13:52.88 |
| 10000m (PR: 28:29.91) | | | | |
| 3/28 | Raleigh Relays | 10000m | 4th | 28:29.91 |

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 |
| 4/20 | USC Outdoor Open | Pole Vault | 7th | 5.07m 16-7.5 |
| 4/27 | Charlotte Invitational | Pole Vault | -- | NH |

THEO MUDZGENERERE • SO • HARARE, ZIMBABWE

| Date | Meet | Event | Finish | Time/Mark |
|--|------------------------|-------------|--------|-------------------------|
| Triple Jump (PR: 16.18m 53-1) | | | | |
| 4/13 | Tom Jones Invitational | Triple Jump | 12th | 14.98m 48-10.25 (1.4) |
| 4/27 | Charlotte Invitational | Triple Jump | 1st | 16.18m 53-1 (0.0) |
| 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) |
| 4/20 | USC Outdoor Open | 100m - P | 32nd | 11.03 (-1.7) |

JADEN PRICE-WHITEHEAD • FR • GLENSIDE, PENNSYLVANIA

| Date | Meet | Event | Finish | Time/Mark |
|--|------------------|-----------|--------|-----------------|
| Long Jump (PR: 7.13m 23-4.75) | | | | |
| 4/20 | USC Outdoor Open | Long Jump | 3rd | 7.13m 23-4.75 |

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 |
| 4/27 | Charlotte Invitational | Pole Vault | 10th | 4.68m 15-3.5 |

JOSUE RICHARDSON SALAZAR • FR • CHARLESTON, SOUTH CAROLINA

| Date | Meet | Event | Finish | Time/Mark |
|---------------------------------|------------------------|-------|--------|-----------|
| 400m Hurdles (PR: 53.14) | | | | |
| 4/6 | Gamecock Invitational | 400mH | 3rd | 54.19 |
| 4/12 | Tom Jones Invitational | 400mH | 17th | 54.75 |
| 4/20 | USC Outdoor Open | 400mH | 8th | 53.14 |
| 4/27 | Charlotte Invitational | 400mH | 5th | 54.54 |

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 |
| 4/20 | USC Outdoor Open | Pole Vault | 16th | 4.67m 15-3.75 |
| 4/27 | Charlotte 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 |
|---------------------------|---------------------------|-------|--------|-----------|
| 400m (PR: 51.29) | | | | |
| 4/20 | USC Outdoor Open | 400m | 39th | 51.29 |
| 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 |
| 4/20 | USC Outdoor Open | Shot Put | 3rd | 19.99m 65-7 |
| 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 |
| 4/20 | USC Outdoor Open | Discus | 2nd | 55.60m 182-5 |

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: 46.59) | | | | |
| 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 |
| 4/20 | USC Outdoor Open | 400m | 3rd | 46.59 |

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) |
| 4/20 | USC Outdoor Open | 110mH - P | 2nd | 14.05 (-0.9) |
| 4/20 | USC Outdoor Open | 110mH - F | 3rd | 13.79w (2.7) |
| 4/27 | Charlotte Invitational | 110mH | 1st | 13.81w (2.3) |
| 200m (PR: 22.09 / 22.04w) | | | | |
| 3/16 | Shamrock Invitational | 200m | 16th | 22.04w (2.5) |
| 4/6 | Gamecock Invitational | 200m | 15th | 22.09 |
| 4/20 | USC Outdoor Open | 200m | 35th | 22.27 (1.6) |
| 4/27 | Charlotte Invitational | 200m | 16th | 22.25 (0.7) |

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



CAROLINA TRACK & FIELD

2024 OUTDOOR PROGRESSIONS - MEN

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 |
| 4/20 | USC Outdoor Open | Greenhow, Harbor Bond, Dennis | -- | DNF |
| 4/27 | Charlotte Invitational | Bond, Harbor Greenhow, Dennis | 1st | 39.54 |

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 |
| 4/20 | USC Outdoor Open | Ward, Dennis Jefferson, Richardson Salazar | 5th | 3:14.85 |
| 4/27 | Charlotte Invitational | Ward, Dennis Greenhow, Hatton | 3rd | 3:10.09 |

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 |
| 4/27 | Charlotte Invitational | JaMeesia Ford | 11.13 (0.0) |
| 4/13 | Tom Jones Invitational | Cynteria James | 11.25 (1.6) |
| 3/23 | Weems Baskin Invitational | Zaya Akins | 11.26 (1.7) - F |
| 4/27 | Charlotte Invitational | Cynteria James | 11.30 (0.0) |

200-METER DASH (Record: 22.21, JaMeesia Ford, 2024)

| Date | Meet | Athlete | Mark |
|------|------------------------|------------------|--------------|
| 4/27 | Charlotte Invitational | JaMeesia Ford | 22.21 (0.0) |
| 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) |

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 |
| 4/27 | Charlotte Invitational | Zaya Akins | 51.83 |
| 4/13 | Tom Jones Invitational | Zaya Akins | 52.14 |
| 4/13 | Tom Jones Invitational | Jahniile Registre | 52.35 |

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

| Date | Meet | Athlete | Mark |
|------|--------------------------|------------------|---------|
| 3/30 | Florida Relays | Judy Kosgei | 2:01.66 |
| 4/19 | Wake Forest Invitational | Sylvia Chelangat | 2:02.73 |
| 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 |

1500-METER RUN (Record: 4:07.65, Judy Kosgei, 2024)

| Date | Meet | Athlete | Mark |
|------|---------------------------|------------------|---------|
| 4/19 | Wake Forest Invitational | Judy Kosgei | 4:07.65 |
| 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 |

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 |
| 4/20 | USC Outdoor Open | Jamison, James Akins, Ford | 43.39 |
| 4/27 | Charlotte Invitational | Jamison, James Akins, Ford | 43.61 |

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 |
| 4/27 | Charlotte Invitational | Akins, Jamison Chelangat, Ford | 3:30.16 |
| 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: 10:01.61, Teresa Cherotich, 2024)

| Date | Meet | Athlete | Mark |
|------|--------------------------|------------------|----------|
| 4/19 | Wake Forest Invitational | Teresa Cherotich | 10:01.61 |
| 4/26 | Charlotte Invitational | Claudia Satzke | 11:11.93 |
| 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) |
| 4/27 | Charlotte Invitational | Madison Childress | 5.94m 19-6 (0.0) |

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 |
| 4/20 | USC Outdoor Open | Sienna Lydon | 38.10m 125-0 |
| 3/22 | Weems Baskin Invitational | Macey Dowe | 37.98m 124-7 |
| 4/20 | USC Outdoor Open | Macey Dowe | 37.92m 124-5 |
| 4/20 | USC Outdoor Open | Hailey Sharkey | 37.61m 123-4 |

P - Preliminary Round

S - Semifinal Round

F - Final Round

H - Heptathlon Competition

* 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: 23.30 / 23.15w) | | | | |
| 3/16 | Shamrock Invitational | 200m | 1st | 23.15w (3.2) |
| 3/29 | Florida Relays | 200m | 9th | 23.30 (0.9) |
| 4/12 | Tom Jones Invitational | 200m | 17th | 23.20w (3.5) |
| 4/20 | USC Outdoor Open | 200m | 6th | 23.66 (0.9) |
| 400m (PR: 51.83) | | | | |
| 4/13 | Tom Jones Invitational | 400m | 14th | 52.14 |
| 4/27 | Charlotte Invitational | 400m | 1st | 51.83 |

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 |
| 1500m (PR: 4:44.29) | | | | |
| 4/6 | Gamecock Invitational | 1500m | 1st | 4:44.29 |
| 5000m (PR: 17:28.26) | | | | |
| 3/22 | Weems Baskin Invitational | 5000m | 3rd | 17:44.14 |
| 4/12 | Tom Jones Invitational | 5000m | 2nd | 17:28.26 |
| 4/26 | Charlotte Invitational | 5000m | 17th | 17:55.60 |

ANNA BOYD • SO • ATTLEBORO, MASSACHUSETTS

| Date | Meet | Event | Finish | Time/Mark |
|-----------------------------|---------------------------|-------|--------|-----------|
| 5000m (PR: 18:28.12) | | | | |
| 3/22 | Weems Baskin Invitational | 5000m | -- | DNF |
| 4/6 | Gamecock Invitational | 5000m | 4th | 18:29.65 |

SYLVIA CHELANGAT • SO • KENYA

| Date | Meet | Event | Finish | Time/Mark |
|---------------------------|---------------------------|-------|--------|-----------|
| 400m (PR: 53.00) | | | | |
| 3/23 | Weems Baskin Invitational | 400m | 5th | 54.87 |
| 4/27 | Charlotte Invitational | 400m | 3rd | 53.00 |
| 800m (PR: 2:02.58) | | | | |
| 3/30 | Florida Relays | 800m | 14th | 2:06.64 |
| 4/13 | Tom Jones Invitational | 800m | 21st | 2:06.81 |
| 4/19 | Wake Forest Invitational | 800m | 5th | 2:02.73 |

TERESA CHEROTICH • FR • KENYA

| Date | Meet | Event | Finish | Time/Mark |
|------------------------------------|--------------------------|--------------|--------|-----------|
| 1500m (PR: 4:36.19) | | | | |
| 4/12 | Tom Jones Invitational | 1500m | 40th | 4:36.19 |
| 5000m (PR: 17:00.08) | | | | |
| 4/12 | Tom Jones Invitational | 5000m | 1st | 17:00.08 |
| Steeplechase (PR: 10:01.61) | | | | |
| 4/19 | Wake Forest Invitational | Steeplechase | 4th | 10:01.61 |

MADISON CHILDRESS • FR • JOHNS CREEK, GEORGIA

| Date | Meet | Event | Finish | Time/Mark |
|-------------------------------------|---------------------------|-----------|--------|-----------------------|
| Long Jump (PR: 5.94m 19-6) | | | | |
| 3/23 | Weems Baskin Invitational | Long Jump | 7th | 5.56m 18-3w (2.3) |
| 4/6 | Gamecock Invitational | Long Jump | 4th | 5.40m 17-8.75 (2.0) |
| 4/20 | USC Outdoor Open | Long Jump | 6th | 5.58m 18-3.75 |
| 4/27 | Charlotte Invitational | Long Jump | 3rd | 5.94m 19-6 |
| 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) |
| 4/20 | USC Outdoor Open | 100m - P | 16th | 12.19 (-2.2) |
| 200m (PR: 24.80 / 24.65w) | | | | |
| 3/16 | Shamrock Invitational | 200m | 5th | 25.08w (3.2) |
| 3/23 | Weems Baskin Invitational | 200m | 12th | 24.80 (1.1) |
| 4/6 | Gamecock Invitational | 200m | 8th | 24.65w (2.2) |
| 4/20 | USC Outdoor Open | 200m | 24th | 24.84 (2.0) |

SARAH DIVASTA • FR • PEABODY, MASSACHUSETTS

| Date | Meet | Event | Finish | Time/Mark |
|----------------------------|---------------------------|-------|--------|-----------|
| 1500m (PR: 5:00.10) | | | | |
| 3/23 | Weems Baskin Invitational | 1500m | 11th | 5:04.01 |
| 4/6 | Gamecock Invitational | 1500m | 8th | 5:00.10 |
| 4/20 | USC Outdoor Open | 1500m | 23rd | 5:02.89 |
| 5000m (PR: --) | | | | |
| 4/6 | Gamecock Invitational | 5000m | -- | DNF |

HOPE DOMINIQUE • SO • WAKE FOREST, NORTH CAROLINA

| Date | Meet | Event | Finish | Time/Mark |
|-----------------------------|---------------------------|-------|--------|-----------|
| 1500m (PR: 4:52.20) | | | | |
| 4/20 | USC Outdoor Open | 1500m | 11th | 4:52.20 |
| 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 |
| 4/6 | Gamecock Invitational | 5000m | 2nd | 17:55.42 |
| 4/26 | Charlotte Invitational | 5000m | 16th | 17:50.69 |

BROOKE DONOGHUE • JR • PHOENIXVILLE, PENNSYLVANIA

| Date | Meet | Event | Finish | Time/Mark |
|----------------------------|---------------------------|-------|--------|-----------|
| 800m (PR: 2:23.60) | | | | |
| 4/6 | Gamecock Invitational | 800m | 11th | 2:23.60 |
| 4/20 | USC Outdoor Open | 800m | 27th | 2:28.08 |
| 1500m (PR: 4:38.22) | | | | |
| 3/22 | Weems Baskin Invitational | 1500m | 10th | 4:50.56 |
| 4/6 | Gamecock Invitational | 1500m | 4th | 4:48.49 |
| 4/20 | USC Outdoor Open | 1500m | 16th | 4:58.79 |

MACEY DOWE • FR • BLUFFTON, SOUTH CAROLINA

| Date | Meet | Event | Finish | Time/Mark |
|-------------------------------------|---------------------------|---------|--------|----------------|
| Javelin (PR: 39.37m 129-2) | | | | |
| 3/22 | Weems Baskin Invitational | Javelin | 5th | 37.98m 124-7 |
| 4/6 | Gamecock Invitational | Javelin | 2nd | 39.37m 129-2 |
| 4/20 | USC Outdoor Open | Javelin | 6th | 37.92m 124-5 |

JaMEESIA FORD • FR • FAYETTEVILLE, NORTH CAROLINA

| Date | Meet | Event | Finish | Time/Mark |
|-------------------------|---------------------------|-------|--------|--------------|
| 100m (PR: 11.13) | | | | |
| 4/27 | Charlotte Invitational | 100m | 1st | 11.13 (0.0) |
| 200m (PR: 22.21) | | | | |
| 3/29 | Florida Relays | 200m | 1st | 22.37 (0.9) |
| 4/12 | Tom Jones Invitational | 200m | 2nd | 22.41w (4.1) |
| 4/27 | Charlotte Invitational | 200m | 1st | 22.21 (0.0) |
| 400m (PR: 50.81) | | | | |
| 3/23 | Weems Baskin Invitational | 400m | 1st | 51.16 |
| 4/13 | Tom Jones Invitational | 400m | 5th | 50.81 |

AALLIYAH FRANCIS • JR • WESTMORELAND, JAMAICA

| Date | Meet | Event | Finish | Time/Mark |
|--------------------------|---------------------------|-------|--------|--------------|
| 200m (PR: 22.82w) | | | | |
| 3/23 | Weems Baskin Invitational | 200m | 1st | 22.92w (2.4) |
| 4/12 | Tom Jones Invitational | 200m | 10th | 22.82w (3.1) |
| 400m (PR: 52.99) | | | | |
| 3/16 | Shamrock Invitational | 400m | 1st | 54.74 |
| 3/30 | Florida Relays | 400m | 5th | 52.99 |
| 4/13 | Tom Jones Invitational | 400m | 39th | 56.24 |

GABRIELLA GAIT-SMITH • SO • JOHANNESBURG, SOUTH AFRICA

| Date | Meet | Event | Finish | Time/Mark |
|-----------------------------|---------------------------|-------|--------|-----------|
| 1500m (PR: 4:36.61) | | | | |
| 4/20 | USC Outdoor Open | 1500m | 3rd | 4:40.40 |
| 5000m (PR: 17:10.71) | | | | |
| 3/22 | Weems Baskin Invitational | 5000m | 1st | 17:28.98 |
| 4/6 | Gamecock Invitational | 5000m | 1st | 17:24.18 |

CAITLIN GEMMILL • FR • LEXINGTON, SOUTH CAROLINA

| Date | Meet | Event | Finish | Time/Mark |
|-----------------------------|---------------------------|-------|--------|-----------|
| 1500m (PR: 4:52.55) | | | | |
| 4/20 | USC Outdoor Open | 1500m | 13th | 4:52.55 |
| 5000m (PR: 18:14.98) | | | | |
| 3/22 | Weems Baskin Invitational | 5000m | 11th | 18:31.55 |
| 4/6 | Gamecock Invitational | 5000m | 3rd | 18:14.98 |

UPDATED 4/29/24

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



CAROLINA TRACK & FIELD

2024 OUTDOOR PROGRESSIONS - WOMEN

KATERINA HENDRIX • JR • SPARTANBURG, SOUTH CAROLINA

| Date | Meet | Event | Finish | Time/Mark |
|-----------------------------|---------------------------|-------|--------|-----------|
| 1500m (PR: 4:59.10) | | | | |
| 4/20 | USC Outdoor Open | 1500m | 17th | 4:59.10 |
| 5000m (PR: 18:17.00) | | | | |
| 3/22 | Weems Baskin Invitational | 5000m | 13th | 19:02.84 |
| 4/6 | Gamecock Invitational | 5000m | 5th | 18:43.31 |
| 4/27 | Charlotte Invitational | 5000m | 6th | 18:36.65 |

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) |
| 3/29 | Florida Relays | Long Jump | 9th | 5.98m 19-7.5 (0.0) |
| 4/6 | Gamecock Invitational | Long Jump | 1st | 6.13m 20-1.5 (1.5) |
| 4/12 | Tom Jones Invitational | Long Jump | 8th | 6.06m 19-10.75 (1.7) |
| 4/27 | Charlotte Invitational | Long Jump | 4th | 5.86m 19-2.75 |
| 100m (PR: 12.33) | | | | |
| 3/15 | Shamrock Invitational | 100m - S | 15th | 12.46 (0.2) |
| 4/20 | USC Outdoor Open | 100m - P | 33rd | 12.62 (-0.4) |

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) |
| 4/13 | Tom Jones Invitational | 100m | 8th | 11.25 (1.6) |
| 4/20 | USC Outdoor Open | 100m - P | 2nd | 11.63 (-0.6) |
| 4/20 | USC Outdoor Open | 100m - F | -- | FS |
| 4/27 | Charlotte Invitational | 100m | 2nd | 11.30 (0.0) |
| 200m (PR: 23.28 / 22.99w) | | | | |
| 3/16 | Shamrock Invitational | 200m | 2nd | 23.60w (3.2) |
| 3/29 | Florida Relays | 200m | 7th | 23.28 (0.8) |
| 4/12 | Tom Jones Invitational | 200m | 14th | 22.99w (3.1) |

JAYLA JAMISON • JR • WEST COLUMBIA, SOUTH CAROLINA

| Date | Meet | Event | Finish | Time/Mark |
|-------------------------|------------------------|-------|--------|--------------|
| 200m (PR: 22.58) | | | | |
| 3/29 | Florida Relays | 200m | 2nd | 22.58 (0.9) |
| 4/12 | Tom Jones Invitational | 200m | 19th | 23.26w (4.1) |
| 4/20 | USC Outdoor Open | 200m | 3rd | 23.37 (0.9) |
| 4/27 | Charlotte Invitational | 200m | 4th | 23.33 (0.0) |

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 |
| 4/20 | USC Outdoor Open | Pole Vault | 24th | 3.30m 10-10 |

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: 4:07.65) | | | | |
| 3/29 | Florida Relays | 1500m | 1st | 4:14.22 |
| 4/19 | Wake Forest Invitational | 1500m | 6th | 4:07.65 |

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 |
| 4/20 | USC Outdoor Open | 800m | 20th | 2:22.44 |
| 4/26 | Charlotte Invitational | 800m | 12th | 2:18.96 |
| 1500m (PR: 4:43.09) | | | | |
| 4/20 | USC Outdoor Open | 1500m | 4th | 4:46.11 |
| 4/26 | Charlotte Invitational | 1500m | 24th | 4:43.09 |
| 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: 56.28) | | | | |
| 4/6 | Gamecock Invitational | 400m | 7th | 57.70 |
| 4/20 | USC Outdoor Open | 400m | 16th | 56.28 |

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 |
| 4/26 | Charlotte Invitational | 1500m | 28th | 4:47.55 |
| 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: 38.10m 125-0) | | | | |
| 3/22 | Weems Baskin Invitational | Javelin | 11th | 33.72m 110-7 |
| 4/6 | Gamecock Invitational | Javelin | 8th | 34.60m 113-6 |
| 4/20 | USC Outdoor Open | Javelin | 5th | 38.10m 125-0 |

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 |
| 4/20 | USC Outdoor Open | Pole Vault | 29th | 3.10m 10-2 |

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 |
| 4/20 | USC Outdoor Open | 1500m | 22nd | 5:01.73 |

EMILY PIERONTONI • JR • WOOLWICH TOWNSHIP, NEW JERSEY

| Date | Meet | Event | Finish | Time/Mark |
|----------------------------|---------------------------|-------|--------|-----------|
| 800m (PR: 2:20.62) | | | | |
| 4/20 | USC Outdoor Open | 800m | 17th | 2:20.62 |
| 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 |
| 4/20 | USC Outdoor Open | 400m | 3rd | 53.01 |
| 4/27 | Charlotte Invitational | 400m | 5th | 53.71 |

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



CAROLINA TRACK & FIELD

2024 OUTDOOR PROGRESSIONS - WOMEN

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 |
| 4/20 | USC Outdoor Open | Pole Vault | -- | NH |
| 4/27 | Charlotte Invitational | Pole Vault | 10th | 3.75m 12-3 |

CLAUDIA SATZKE • JR • RED BANK, NEW JERSEY

| Date | Meet | Event | Finish | Time/Mark |
|------------------------------------|---------------------------|--------------|--------|-----------|
| 800m (PR: 2:19.09) | | | | |
| 4/20 | USC Outdoor Open | 800m | 13th | 2:19.09 |
| 1500m (PR: 4:42.40) | | | | |
| 3/22 | Weems Baskin Invitational | 1500m | 12th | 4:52.06 |
| 3/29 | Florida Relays | 1500m | 20th | 4:42.40 |
| 5000m (PR: --) | | | | |
| 4/27 | Charlotte Invitational | 5000m | -- | DNF |
| Steeplechase (PR: 11:11.93) | | | | |
| 3/22 | Weems Baskin Invitational | Steeplechase | -- | DNF |
| 4/12 | Tom Jones Invitational | Steeplechase | 7th | 11:25.48 |
| 4/26 | Charlotte Invitational | Steeplechase | 7th | 11:11.93 |

HAILEY SHARKEY • FR • COLLEGEVILLE, PENNSYLVANIA

| Date | Meet | Event | Finish | Time/Mark |
|-------------------------------------|---------------------------|---------|--------|----------------|
| Javelin (PR: 37.61m 123-4) | | | | |
| 3/22 | Weems Baskin Invitational | Javelin | 6th | 36.69m 120-4 |
| 4/6 | Gamecock Invitational | Javelin | 7th | 34.90m 114-6 |
| 4/20 | USC Outdoor Open | Javelin | 7th | 37.61m 123-4 |

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 |
| 4/20 | USC Outdoor Open | 800m | 32nd | 2:31.35 |

EMMA STONE • SO • WAXHAW, NORTH CAROLINA

| Date | Meet | Event | Finish | Time/Mark |
|---|---------------------------|------------|--------|-----------------|
| Pole Vault (PR: 3.60m 11-9.75) | | | | |
| 3/23 | Weems Baskin Invitational | Pole Vault | -- | NH |
| 3/29 | Florida Relays | Pole Vault | -- | NH |
| 4/6 | Gamecock Invitational | Pole Vault | -- | NH |
| 4/20 | USC Outdoor Open | Pole Vault | 15th | 3.60m 11-9.75 |
| 4/27 | Charlotte Invitational | Pole Vault | 14th | 3.60m 11-9.75 |

ANASTASIA SUMPSTER • 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: 4:50.88) | | | | |
| 4/6 | Gamecock Invitational | 1500m | -- | DNF |
| 4/20 | USC Outdoor Open | 1500m | 9th | 4:50.88 |
| 5000m (PR: 18:02.20) | | | | |
| 3/22 | Weems Baskin Invitational | 5000m | 10th | 18:07.69 |
| 4/6 | Gamecock Invitational | 5000m | -- | DNF |
| 4/27 | Charlotte Invitational | 5000m | 2nd | 18:02.20 |

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 |
| 4/20 | USC Outdoor Open | Pole Vault | -- | NH |

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 |
| 1500m (PR: --) | | | | |
| 4/20 | USC Outdoor Open | 1500m | -- | DNF |
| 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 |
|----------------------------|------------------------|-------|--------|-----------|
| 800m (PR: 2:23.68) | | | | |
| 4/20 | USC Outdoor Open | 800m | 21st | 2:23.68 |
| 1500m (PR: 4:48.01) | | | | |
| 4/6 | Gamecock Invitational | 1500m | 5th | 4:49.06 |
| 4/20 | USC Outdoor Open | 1500m | 15th | 4:57.47 |
| 4/26 | Charlotte Invitational | 1500m | 30th | 4:48.01 |

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 |
| 4/19 | Wake Forest Invitational | 1500m | 34th | 4:39.96 |

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 |
| 4/20 | USC Outdoor Open | 1500m | 18th | 4:59.83 |
| 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 |
| 4/20 | USC Outdoor Open | Jamison, James Akins, Ford | 1st | 43.39 |
| 4/27 | Charlotte Invitational | Jamison, James Akins, Ford | 1st | 43.61 |

UPDATED 4/29/24

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



CAROLINA TRACK & FIELD

2024 OUTDOOR PROGRESSIONS - WOMEN

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 |
| 4/20 | USC Outdoor Open | Registre, James Lindley, Pierontoni | 3rd | 3:46.88 |
| 4/27 | Charlotte Invitational | Akins, Jamison Chelangat, Ford | 1st | 3:30.16 |

4X800M RELAY

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