



# 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
5/10	SEC Outdoor Championship	Nyck Harbor	10.22 (-1.5) - P
3/23	Weems Baskin Invitational	Nyck Harbor	10.24 (0.9) - F

### 200-METER DASH (Record: 20.00, Nncincilli 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)
5/9	SEC Outdoor Championship	Nyck Harbor	20.47 (0.3) - P
5/11	SEC Outdoor Championship	Nyck Harbor	20.55 (1.0) - F
5/9	SEC Outdoor Championship	Anthony Greenhow	20.63 (0.3) - P

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

Date	Meet	Athlete	Mark
4/20	USC Outdoor Open	Jasauna Dennis	46.42
5/10	SEC Outdoor Championship	Jasauna Dennis	46.49
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

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

Date	Meet	Athlete	Mark
5/11	SEC Outdoor Championship	Anass Essayi	1:46.06 - F
4/13	Tom Jones Invitational	Anass Essayi	1:47.28
5/9	SEC Outdoor Championship	Anass Essayi	1:47.54 - P
4/19	Wake Forest Invitational	Joshua Kosgei	1:48.90
4/26	Charlotte Invitational	Jaouad Khchina	1:48.97

### 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: 13:34.92, Anass Essayi, 2024)

Date	Meet	Athlete	Mark
5/11	SEC Outdoor Championship	Anass Essayi	13:34.92
4/19	Wake Forest Invitational	Bradley Makuvire	13:52.88
5/11	SEC Outdoor Championship	Rogério Amaral	14:01.32
4/19	Wake Forest Invitational	Rogério Amaral	14:05.95
5/11	SEC Outdoor Championship	Bradley Makuvire	14:13.02

### 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
5/9	SEC Outdoor Championship	Bradley Makuvire	30:22.51

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

Date	Meet	Athlete	Mark
5/10	SEC Outdoor Championship	David Warmington	13.67 (1.5) - P
5/11	SEC Outdoor Championship	David Warmington	13.77 (0.4) - F
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)

### 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
5/11	SEC Outdoor Championship	Dennis, Ward Greenhow, Hatton	3:10.08
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

### 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
5/10	SEC Outdoor Championship	Channing Ferguson	7.06m   23-2

### 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)
5/11	SEC Outdoor Championship	Theo Mudzengerere	15.95m   52-4 (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
5/11	SEC Outdoor Championship	Dillon McCarthy	5.05m   16-6.75
3/30	Florida Relays	Dillon McCarthy	5.05m   16-6.75
3/16	Shamrock Invitational	Dillon McCarthy	5.01m   16-5.25

### 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
5/10	SEC Outdoor Championship	CJ Licata	20.41m   66-11.5
4/12	Tom Jones Invitational	CJ Licata	20.40m   66-11.25
5/10	SEC Outdoor Championship	Dylan Targgart	20.04m   65-9

### 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
5/11	SEC Outdoor Championship	Dylan Targgart	51.98m   170-6

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



# CAROLINA TRACK & FIELD

## 2024 TOP-FIVE MARKS - MEN

### 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
5/9	SEC Outdoor Championship	Ridge Dowe	52.31m   171-7
4/6	Gamecock Invitational	Ridge Dowe	52.27m   171-6

### 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



# CAROLINA TRACK & FIELD

## 2024 OUTDOOR PROGRESSIONS - MEN

### ROGERIO AMARAL • SO • COIMBRA, PORTUGAL

Date	Meet	Event	Finish	Time/Mark
<b>1500m (PR: 3:43.30)</b>				
4/12	Tom Jones Invitational	1500m	5th	3:43.30
5/10	SEC Championship	1500m - P	20th	3:50.49
<b>5000m (PR: 13:52.94)</b>				
4/19	Wake Forest Invitational	5000m	33rd	14:05.95
5/11	SEC Championship	5000m	8th	14:01.32
<b>10000m (PR: 28:41.31)</b>				
3/28	Raleigh Relays	10000m	14th	28:41.31

### ANDREW BOND • FR • LEXINGTON, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
<b>100m (PR: 10.39)</b>				
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)
5/10	SEC Championship	100m - P	30th	10.55 (0.6)

### JALEN CLARK • FR • SIMPSONVILLE, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
<b>Long Jump (PR: 7.05m   23-1.75)</b>				
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
<b>800m (PR: 1:55.77)</b>				
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
<b>1500m (PR: 3:53.36)</b>				
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
<b>Shot Put (PR: 15.94m   52-3.75)</b>				
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
<b>Hammer (PR: 48.14m   157-11)</b>				
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
<b>100m (PR: 10.32   10.30w)</b>				
4/6	Gamecock Invitational	100m - P	5th	10.30w (3.1)
4/6	Gamecock Invitational	100m - F	3rd	10.32 (1.9)
<b>400m (PR: 46.42)</b>				
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
5/10	SEC Championship	400m	18th	46.49

### RIDGE DOWE • SO • BLUFFTON, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
<b>Hammer (PR: 53.78m   176-5)</b>				
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
5/9	SEC Championship	Hammer	14th	52.31m   171-7

### ANASS ESSAYI • JR • MOROCCO

Date	Meet	Event	Finish	Time/Mark
<b>800m (PR: 1:46.06)</b>				
4/13	Tom Jones Invitational	800m	5th	1:47.28
5/9	SEC Championship	800m - P	2nd	1:47.54
5/11	SEC Championship	800m - F	2nd	1:46.06
<b>1500m (PR: 3:36.89)</b>				
4/19	Wake Forest Invitational	1500m	2nd	3:38.25
<b>5000m (PR: 13:34.92)</b>				
5/11	SEC Championship	5000m	2nd	13:34.92

### CHANNING FERGUSON • JR • ROCK HILL, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
<b>High Jump (PR: 2.16m   7-1)</b>				
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
5/10	SEC Championship	High Jump	8th	2.09m   6-10.25
<b>Long Jump (PR: 7.61m   24-11.75 / 7.77m   25-6w)</b>				
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)
5/10	SEC Championship	Long Jump	12th	7.06m   23-2

### NATE FIGGERS • FR • BRYAN, TEXAS

Date	Meet	Event	Finish	Time/Mark
<b>High Jump (PR: 2.14m   7-0.25)</b>				
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
5/10	SEC Championship	High Jump	8th	2.09m   6-10.25

### ANTHONY GREENHOW • JR • POWHATON, VIRGINIA

Date	Meet	Event	Finish	Time/Mark
<b>100m (PR: 10.27   10.01w)</b>				
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)
<b>200m (PR: 20.60   20.57w)</b>				
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)
5/9	SEC Championship	200m - P	13th	20.63 (0.2)

### NYCK HARBOR • FR • WASHINGTON, D.C.

Date	Meet	Event	Finish	Time/Mark
<b>100m (PR: 10.12)</b>				
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)
5/10	SEC Championship	100m - P	12th	10.22 (-1.5)
<b>200m (PR: 20.47   20.38w)</b>				
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)
5/9	SEC Championship	200m - P	9th	20.47 (0.3)
5/11	SEC Championship	200m - F	8th	20.55 (1.0)

### AIDAN HATTON • JR • CHARLESTON, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
<b>800m (PR: 1:49.19)</b>				
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
5/9	SEC Championship	800m - P	31st	1:54.70

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



# CAROLINA TRACK & FIELD

## 2024 OUTDOOR PROGRESSIONS - MEN

### PRESCOTT JEFFERSON • JR • COLUMBIA, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
<b>100m (PR: 10.57 / 10.36w)</b>				
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)
<b>200m (PR: 21.19)</b>				
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)

### JAOUAD KHCHINA • FR • MOROCCO

Date	Meet	Event	Finish	Time/Mark
<b>800m (PR: 1:48.97)</b>				
4/26	Charlotte Invitational	800m	2nd	1:48.97
<b>1500m (PR: 3:41.63)</b>				
4/12	Tom Jones Invitational	1500m	4th	3:41.63
4/19	Wake Forest Invitational	1500m	33rd	3:43.32
5/10	SEC Championship	1500m - P	26th	3:53.14
<b>5000m (PR: --)</b>				
5/11	SEC Championship	5000m	--	DNF

### JOSHUA KOSGEI • FR • KENYA

Date	Meet	Event	Finish	Time/Mark
<b>800m (PR: 1:48.90)</b>				
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
5/9	SEC Championship	800m - P	18th	1:51.01
<b>1500m (PR: 3:46.28)</b>				
3/29	Florida Relays	1500m	8th	3:46.28
<b>5000m (PR: 14:50.31)</b>				
5/11	SEC Championship	5000m	27th	14:50.31

### CARLOS LANZAGORTA-RUIZ • FR • LEXINGTON, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
<b>800m (PR: 1:53.77)</b>				
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
<b>Mile (PR: 4:30.23)</b>				
3/16	Shamrock Invitational	Mile	13th	4:30.23

### CJ LICATA • JR • GLADSTONE, NEW JERSEY

Date	Meet	Event	Finish	Time/Mark
<b>Shot Put (PR: 20.51m   67-3.5)</b>				
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
5/10	SEC Championship	Shot Put	2nd	20.41m   66-11.5

### BRADLEY MAKUVIRE • GR • ZVISHAVANE, ZIMBABWE

Date	Meet	Event	Finish	Time/Mark
<b>1500m (PR: 3:50.82)</b>				
4/12	Tom Jones Invitational	1500m	20th	3:50.82
<b>5000m (PR: 13:52.88)</b>				
4/19	Wake Forest Invitational	5000m	18th	13:52.88
5/11	SEC Championship	5000m	15th	14:13.02
<b>10000m (PR: 28:29.91)</b>				
3/28	Raleigh Relays	10000m	4th	28:29.91
5/9	SEC Championship	10000m	6th	30:22.51

### ETHAN MATHIS • SO • CHAPEL HILL, NORTH CAROLINA

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

### DILLON MCCARTHY • SR • MOUNT PLEASANT, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
<b>Pole Vault (PR: 5.30m   17-4.5)</b>				
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
5/11	SEC Championship	Pole Vault	12th	5.05m   16-6.75

### THEO MUZZENGERERE • SO • HARARE, ZIMBABWE

Date	Meet	Event	Finish	Time/Mark
<b>Triple Jump (PR: 16.18m   53-1)</b>				
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)
5/11	SEC Championship	Triple Jump	4th	15.95m   52-4 (0.0)
<b>100m (PR: 10.70 / 10.68w)</b>				
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
<b>Long Jump (PR: 7.13m   23-4.75)</b>				
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
<b>Pole Vault (PR: 4.90m   16-0.75)</b>				
3/16	Shamrock Invitational	Pole Vault	2nd	4.86m   15-11.25
4/27	Charlotte Invitational	Pole Vault	10th	4.68m   15-3.5
5/11	SEC Championship	Pole Vault	--	NH

### JOSUE RICHARDSON SALAZAR • FR • CHARLESTON, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
<b>400m Hurdles (PR: 53.14)</b>				
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
<b>Pole Vault (PR: 4.86m   15-11.25)</b>				
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
5/11	SEC Championship	Pole Vault	--	NH

### LUKE SCHULLER • FR • GREENVILLE, SOUTH CAROLINA

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

### TYLER STARGEL • SO • DAYTON, OHIO

Date	Meet	Event	Finish	Time/Mark
<b>400m (PR: 51.29)</b>				
4/20	USC Outdoor Open	400m	39th	51.29
<b>800m (PR: 2:14.76)</b>				
3/23	Weems Baskin Invitational	800m	43rd	2:14.76

UPDATED 5/13/24

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



# CAROLINA TRACK & FIELD

## 2024 OUTDOOR PROGRESSIONS - MEN

### DYLAN TARGGART • JR • COLDWATER, MICHIGAN

Date	Meet	Event	Finish	Time/Mark
<b>Shot Put (PR: 20.45m   67-1.25)</b>				
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
5/10	SEC Championship	Shot Put	3rd	20.04m   65-9
<b>Discus (PR: 56.09m   184-0)</b>				
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
5/11	SEC Championship	Discus	11th	51.98m   170-6

### JAYSON WARD • FR • MIDLOTHIAN, VIRGINIA

Date	Meet	Event	Finish	Time/Mark
<b>200m (PR: 21.68)</b>				
3/23	Weems Baskin Invitational	200m	13th	21.68
<b>400m (PR: 46.59)</b>				
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
5/10	SEC Championship	400m	29th	47.10

### DAVID WARMINGTON • SO • WASHINGTON, D.C.

Date	Meet	Event	Finish	Time/Mark
<b>110m Hurdles (PR: 13.67)</b>				
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)
5/10	SEC Championship	110mH - P	7th	13.67 (1.5)
5/11	SEC Championship	110mH - F	8th	13.77 (0.4)
<b>200m (PR: 22.09 / 22.04w)</b>				
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)

### 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
5/11	SEC Championship	Bond, Harbor Greenhow, Dennis	--	DNF

### 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
5/11	SEC Championship	Dennis, Ward Greenhow, Hatton	10th	3:10.08

### 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)
5/10	SEC Outdoor Championship	JaMeesia Ford	11.15 (0.3) - P
5/11	SEC Outdoor Championship	JaMeesia Ford	11.24 (0.3) - F
4/13	Tom Jones Invitational	Cynteria James	11.25 (1.6)

### 200-METER DASH (Record: 22.11, JaMeesia Ford, 2024)

Date	Meet	Athlete	Mark
5/11	SEC Outdoor Championship	JaMeesia Ford	22.11 (0.6) - F
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)
5/9	SEC Outdoor Championship	JaMeesia Ford	22.47w (2.1) - P

### 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
5/10	SEC Outdoor Championship	Zaya Akins	51.98 - P
4/13	Tom Jones Invitational	Zaya Akins	52.14

### 800-METER RUN (Record: 2:01.23, Sylvia Chelangat, 2024)

Date	Meet	Athlete	Mark
5/11	SEC Outdoor Championship	Sylvia Chelangat	2:01.23 - F
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
5/9	SEC Outdoor Championship	Sylvia Chelangat	2:04.81 - P

### 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
5/11	SEC Outdoor Championship	Judy Kosgei	4:15.07 - F
5/10	SEC Outdoor Championship	Judy Kosgei	4:24.87 - P
3/22	Weems Baskin Invitational	Ally Wilson	4:35.03

### 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: 16:12.65, Judy Kosgei, 2024)

Date	Meet	Athlete	Mark
5/11	SEC Outdoor Championship	Judy Kosgei	16:12.65
5/11	SEC Outdoor Championship	Teresa Cherotich	16:13.55
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

### 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: 3:25.02, Akins, Jamison, Chelangat, Ford, 2024)

Date	Meet	Athletes	Mark
5/11	SEC Outdoor Championship	Akins, Jamison Chelangat, Ford	3:25.02
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

### 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
5/10	SEC Outdoor Championship	Teresa Cherotich	10:06.63
4/26	Charlotte Invitational	Claudia Satzke	11:11.93
4/12	Tom Jones Invitational	Claudia Satzke	11:25.48
5/10	SEC Outdoor Championship	Claudia Satzke	11:44.59

### 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)
5/10	SEC Outdoor Championship	Prommyse Hoosier	5.94m   19-6 (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
5/10	SEC Outdoor Championship	Hannah Togami	4.03m   13-2.5
5/10	SEC Outdoor Championship	Lena Richardson	3.88m   12-8.75
4/6	Gamecock Invitational	Hannah Togami	3.85m   12-7.5
3/23	Weems Baskin Invitational	Hannah Togami	3.85m   12-7.5

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

Date	Meet	Athlete	Mark
3/16	Shamrock Invitational	Ella Lucas	53.35m   175-0
5/11	SEC Outdoor Championship	Ella Lucas	48.65m   159-7
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

UPDATED 5/13/24

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



# CAROLINA TRACK & FIELD

## 2024 OUTDOOR PROGRESSIONS - WOMEN

### ZAYA AKINS • FR • RAYTOWN, MISSOURI

Date	Meet	Event	Finish	Time/Mark
<b>100m (PR: 11.26)</b>				
3/23	Weems Baskin Invitational	100m - P	2nd	11.35w (4.2)
3/23	Weems Baskin Invitational	100m - F	2nd	11.26 (1.7)
<b>200m (PR: 23.30 / 23.15w)</b>				
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)
<b>400m (PR: 51.83)</b>				
4/13	Tom Jones Invitational	400m	14th	52.14
4/27	Charlotte Invitational	400m	1st	51.83
5/10	SEC Championship	400m - P	12th	51.98

### MARKIA ANDERSON • SO • SPARTANBURG, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
<b>High Jump (PR: 1.45m   4-9)</b>				
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
<b>800m (PR: 2:30.05)</b>				
3/16	Shamrock Invitational	800m	22nd	2:30.05
<b>Mile (PR: 5:17.30)</b>				
3/16	Shamrock Invitational	Mile	5th	5:17.30
<b>1500m (PR: 4:44.29)</b>				
4/6	Gamecock Invitational	1500m	1st	4:44.29
<b>5000m (PR: 17:28.26)</b>				
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
5/11	SEC Championship	5000m	34th	17:53.84

### ANNA BOYD • SO • ATTLEBORO, MASSACHUSETTS

Date	Meet	Event	Finish	Time/Mark
<b>5000m (PR: 18:28.12)</b>				
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
<b>400m (PR: 53.00)</b>				
3/23	Weems Baskin Invitational	400m	5th	54.87
4/27	Charlotte Invitational	400m	3rd	53.00
<b>800m (PR: 2:01.23)</b>				
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
5/9	SEC Championship	800m - P	2nd	2:04.81
5/11	SEC Championship	800m - F	3rd	2:01.23

### TERESA CHEROTICH • FR • KENYA

Date	Meet	Event	Finish	Time/Mark
<b>1500m (PR: 4:36.19)</b>				
4/12	Tom Jones Invitational	1500m	40th	4:36.19
<b>5000m (PR: 16:13.55)</b>				
4/12	Tom Jones Invitational	5000m	1st	17:00.08
5/11	SEC Championship	5000m	11th	16:13.55
<b>Steeplechase (PR: 10:01.61)</b>				
4/19	Wake Forest Invitational	Steeplechase	4th	10:01.61
5/10	SEC Championship	Steeplechase	4th	10:06.63

### MADISON CHILDRESS • FR • JOHNS CREEK, GEORGIA

Date	Meet	Event	Finish	Time/Mark
<b>Long Jump (PR: 5.94m   19-6)</b>				
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
5/10	SEC Championship	Long Jump	16th	5.56m   18-3
<b>100m (PR: 12.17)</b>				
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)
<b>200m (PR: 24.80 / 24.65w)</b>				
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
<b>1500m (PR: 5:00.10)</b>				
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
<b>5000m (PR: --)</b>				
4/6	Gamecock Invitational	5000m	--	DNF

### HOPE DOMINIQUE • SO • WAKE FOREST, NORTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
<b>1500m (PR: 4:52.20)</b>				
4/20	USC Outdoor Open	1500m	11th	4:52.20
<b>3000m (PR: 10:08.92)</b>				
3/16	Shamrock Invitational	3000m	1st	10:20.86
<b>5000m (PR: 17:13.19)</b>				
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
<b>800m (PR: 2:23.60)</b>				
4/6	Gamecock Invitational	800m	11th	2:23.60
4/20	USC Outdoor Open	800m	27th	2:28.08
<b>1500m (PR: 4:38.22)</b>				
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
<b>Javelin (PR: 39.37m   129-2)</b>				
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
<b>100m (PR: 11.13)</b>				
4/27	Charlotte Invitational	100m	1st	11.13 (0.0)
5/10	SEC Championship	100m - P	4th	11.15 (0.3)
5/11	SEC Championship	100m - F	7th	11.24 (0.3)
<b>200m (PR: 22.11)</b>				
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)
5/9	SEC Championship	200m - P	3rd	22.47w (2.1)
5/11	SEC Championship	200m - F	2nd	22.11 (0.6)
<b>400m (PR: 50.81)</b>				
3/23	Weems Baskin Invitational	400m	1st	51.16
4/13	Tom Jones Invitational	400m	5th	50.81

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



# CAROLINA TRACK & FIELD

## 2024 OUTDOOR PROGRESSIONS - WOMEN

### AALLIYAH FRANCIS • JR • WESTMORELAND, JAMAICA

Date	Meet	Event	Finish	Time/Mark
<b>200m (PR: 22.82w)</b>				
3/23	Weems Baskin Invitational	200m	1st	22.92w (2.4)
4/12	Tom Jones Invitational	200m	10th	22.82w (3.1)
<b>400m (PR: 52.99)</b>				
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
<b>1500m (PR: 4:36.61)</b>				
4/20	USC Outdoor Open	1500m	3rd	4:40.40
<b>5000m (PR: 17:10.71)</b>				
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
<b>1500m (PR: 4:52.55)</b>				
4/20	USC Outdoor Open	1500m	13th	4:52.55
<b>5000m (PR: 18:14.98)</b>				
3/22	Weems Baskin Invitational	5000m	11th	18:31.55
4/6	Gamecock Invitational	5000m	3rd	18:14.98

### KATERINA HENDRIX • JR • SPARTANBURG, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
<b>1500m (PR: 4:59.10)</b>				
4/20	USC Outdoor Open	1500m	17th	4:59.10
<b>5000m (PR: 18:17.00)</b>				
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
<b>Long Jump (PR: 6.29m   20-7.75 / 6.33m   20-9.25w)</b>				
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
5/10	SEC Championship	Long Jump	10th	5.94m   19-6
<b>100m (PR: 12.33)</b>				
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
<b>100m (PR: 11.01)</b>				
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)
5/10	SEC Championship	100m - P	9th	11.36 (0.3)
5/11	SEC Championship	100m - F	8th	11.37 (0.3)
<b>200m (PR: 23.28 / 22.99w)</b>				
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
<b>200m (PR: 22.58)</b>				
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)
5/9	SEC Championship	200m - P	11th	22.88 (1.0)

### MIA JOSEPH • SO • NORTH AUGUSTA, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
<b>Pole Vault (PR: 3.40m   11-1.75)</b>				
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
<b>800m (PR: 2:01.66)</b>				
3/30	Florida Relays	800m	3rd	2:01.66
4/13	Tom Jones Invitational	800m	7th	2:03.51
<b>1500m (PR: 4:07.65)</b>				
3/29	Florida Relays	1500m	1st	4:14.22
4/19	Wake Forest Invitational	1500m	6th	4:07.65
5/10	SEC Championship	1500m - P	3rd	4:24.87
5/11	SEC Championship	1500m - F	3rd	4:15.07
<b>5000m (PR: 16:12.65)</b>				
5/11	SEC Championship	5000m	10th	16:12.65

### SOFIE KURZAWA • FR • GREENVILLE, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
<b>800m (PR: 2:18.50)</b>				
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
<b>1500m (PR: 4:43.09)</b>				
4/20	USC Outdoor Open	1500m	4th	4:46.11
4/26	Charlotte Invitational	1500m	24th	4:43.09
<b>5000m (PR: --)</b>				
3/22	Weems Baskin Invitational	5000m	--	DNF
4/6	Gamecock Invitational	5000m	--	DNF

### ASHTON LINDLEY • SO • SMYRNA, GEORGIA

Date	Meet	Event	Finish	Time/Mark
<b>400m (PR: 56.28)</b>				
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
<b>800m (PR: 2:18.90)</b>				
3/16	Shamrock Invitational	800m	6th	2:18.90
<b>Mile (PR: 5:11.68)</b>				
3/16	Shamrock Invitational	Mile	3rd	5:11.68
<b>1500m (PR: 4:46.93)</b>				
4/6	Gamecock Invitational	1500m	2nd	4:46.93
4/26	Charlotte Invitational	1500m	28th	4:47.55
<b>5000m (PR: 18:03.77)</b>				
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
<b>Discus (PR: 53.35m   175-0)</b>				
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
5/11	SEC Championship	Discus	14th	48.65m   159-7

### SIENNA LYDON • FR • FORT MILL, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
<b>Javelin (PR: 38.10m   125-0)</b>				
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
<b>Pole Vault (PR: 3.35m   10-11.75)</b>				
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

UPDATED 5/13/24

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





# CAROLINA TRACK & FIELD

## 2024 OUTDOOR PROGRESSIONS - WOMEN

### SARAH NEVILLE • JR • HILTON HEAD ISLAND, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
<b>1500m (PR: 4:58.03)</b>				
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
<b>800m (PR: 2:20.62)</b>				
4/20	USC Outdoor Open	800m	17th	2:20.62
<b>1500m (PR: 4:35.49)</b>				
3/22	Weems Baskin Invitational	1500m	5th	4:43.00
3/29	Florida Relays	1500m	13th	4:37.05
<b>5000m (PR: --)</b>				
3/22	Weems Baskin Invitational	5000m	--	DNF

### JAHNILE REGISTRE • JR • ORLANDO, FLORIDA

Date	Meet	Event	Finish	Time/Mark
<b>200m (PR: 23.76 / 23.73w)</b>				
3/23	Weems Baskin Invitational	200m	3rd	23.73w (2.4)
4/6	Gamecock Invitational	200m	11th	25.06 (1.7)
<b>400m (PR: 52.35)</b>				
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
5/10	SEC Championship	400m - P	20th	53.59

### LENA RICHARDSON • FR • CARY, NORTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
<b>Pole Vault (PR: 3.88m   12-8.75)</b>				
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
5/10	SEC Championship	Pole Vault	13th	3.88m   12-8.75

### CLAUDIA SATZKE • JR • RED BANK, NEW JERSEY

Date	Meet	Event	Finish	Time/Mark
<b>800m (PR: 2:19.09)</b>				
4/20	USC Outdoor Open	800m	13th	2:19.09
<b>1500m (PR: 4:42.40)</b>				
3/22	Weems Baskin Invitational	1500m	12th	4:52.06
3/29	Florida Relays	1500m	20th	4:42.40
<b>5000m (PR: --)</b>				
4/27	Charlotte Invitational	5000m	--	DNF
<b>Steeplechase (PR: 11:11.93)</b>				
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
5/10	SEC Championship	Steeplechase	21st	11:44.59

### HAILEY SHARKEY • FR • COLLEGEVILLE, PENNSYLVANIA

Date	Meet	Event	Finish	Time/Mark
<b>Javelin (PR: 37.61m   123-4)</b>				
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
<b>800m (PR: 2:30.16)</b>				
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
<b>Pole Vault (PR: 3.60m   11-9.75)</b>				
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
5/10	SEC Championship	Pole Vault	--	NH

### ANASTASIA SUMPTER • SR • CAMDEN, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
<b>100m (PR: 11.69 / 11.53w)</b>				
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)
<b>200m (PR: 24.88 / 24.72w)</b>				
3/23	Weems Baskin Invitational	200m	10th	24.72w (2.4)

### HANNAH TOGAMI • FR • MOUNT PLEASANT, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
<b>Pole Vault (PR: 4.10m   13-5.25)</b>				
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
5/10	SEC Championship	Pole Vault	8th	4.03m   13-2.5

### EMMA TORBERT • FR • ORLANDO, FLORIDA

Date	Meet	Event	Finish	Time/Mark
<b>1500m (PR: 4:50.88)</b>				
4/6	Gamecock Invitational	1500m	--	DNF
4/20	USC Outdoor Open	1500m	9th	4:50.88
<b>5000m (PR: 18:02.20)</b>				
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
<b>Pole Vault (PR: 3.63m   11-10.75)</b>				
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
<b>3000m (PR: 10:44.04)</b>				
3/16	Shamrock Invitational	3000m	--	DNF

### GRETA WHITE • FR • GREER, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
<b>800m (PR: 2:23.90)</b>				
3/22	Weems Baskin Invitational	800m	7th	2:23.90
4/6	Gamecock Invitational	800m	13th	2:25.37
<b>1500m (PR: --)</b>				
4/20	USC Outdoor Open	1500m	--	DNF
<b>5000m (PR: --)</b>				
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
<b>800m (PR: 2:23.68)</b>				
4/20	USC Outdoor Open	800m	21st	2:23.68
<b>1500m (PR: 4:48.01)</b>				
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

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



# CAROLINA TRACK & FIELD

## 2024 OUTDOOR PROGRESSIONS - WOMEN

### ALLY WILSON • JR • CENTRAL, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
<b>800m (PR: 2:11.54)</b>				
3/30	Florida Relays	800m	34th	2:11.54
4/13	Tom Jones Invitational	800m	53rd	2:12.93
<b>1500m (PR: 4:35.03)</b>				
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
<b>800m (PR: 2:29.73)</b>				
3/16	Shamrock Invitational	800m	20th	2:29.73
<b>1500m (PR: 4:47.56)</b>				
4/6	Gamecock Invitational	1500m	3rd	4:47.56
4/20	USC Outdoor Open	1500m	18th	4:59.83
<b>3000m (PR: 10:17.95)</b>				
3/16	Shamrock Invitational	3000m	4th	10:52.23
<b>5000m (PR: 18:13.74)</b>				
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
5/11	SEC Championship	Jamison, James Akins, Ford	--	DNF

### 4X400M RELAY

Date	Meet	Team	Finish	Time
3/16	Shamrock Invitational	Francis, Kosgei James, Chelangat	1st	3:46.29
3/23	Weems Baskin Invitational	Ford, Akins Chelangat, Francis	1st	3:34.80
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
5/11	SEC Championship	Akins, Jamison Chelangat, Ford	2nd	3:25.02

### 4X800M RELAY

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