



CAROLINA TRACK & FIELD

2026 TOP-FIVE MARKS - MEN

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

Date	Meet	Athlete	Mark
5/2	East Coast Relays	Robert Stitts Jr.	10.19w (4.1)
4/4	Florida Relays	Robert Stitts Jr.	10.24 (2.0)
3/27	Raleigh Relays	Robert Stitts Jr.	10.29 (1.4)
4/18	Tom Jones Memorial	Robert Stitts Jr.	10.31w (2.7)
3/21	Shamrock Invitational	Robert Stitts Jr.	10.45 (-0.1) - F
3/20	Shamrock Invitational	Robert Stitts Jr.	10.45 (0.0) - P

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

Date	Meet	Athlete	Mark
5/1	East Coast Relays	Robert Stitts Jr.	20.65 (1.6)
3/21	Shamrock Invitational	Robert Stitts Jr.	20.70 (1.5)
4/17	Tom Jones Memorial	Robert Stitts Jr.	20.88 (1.0)
3/28	Raleigh Relays	Robert Stitts Jr.	20.88 (-0.7)
3/28	Raleigh Relays	Josiah Wrice	20.93 (-0.4)
3/28	Raleigh Relays	Devan Crumpton	20.93 (-0.4)

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

Date	Meet	Athlete	Mark
4/18	Tom Jones Memorial	Josiah Wrice	44.72
5/2	East Coast Relays	Josiah Wrice	44.92
4/18	Tom Jones Memorial	Devan Crumpton	44.93
4/4	Florida Relays	Josiah Wrice	44.96
5/2	East Coast Relays	Devan Crumpton	45.19

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

Date	Meet	Athlete	Mark
4/4	Florida Relays	Jaouad Khchina	1:46.80
4/25	Tiger Track Classic	Edouard Lecrivain	1:47.67
5/3	Duke Twilight	Jaouad Khchina	1:47.72
4/4	Florida Relays	Edouard Lecrivain	1:47.72
4/25	Tiger Track Classic	Kaleb Burroughs	1:47.85

1500-METER (Record: 3:35.07, Jaouad Khchina, 2026)

Date	Meet	Athlete	Mark
4/17	Wake Forest Invitational	Jaouad Khchina	3:35.07
5/3	Duke Twilight	Kaleb Burroughs	3:42.28
3/26	Raleigh Relays	Edouard Lecrivain	3:42.79
3/26	Raleigh Relays	Kaleb Burroughs	3:43.36
4/17	Wake Forest Invitational	Carlos Lanzagorta-Ruiz	3:47.87

5000-METER (Record: 13:34.92, Anass Essayi, 2024)

Date	Meet	Athlete	Mark
3/26	Raleigh Relays	Marcellus Mines	14:57.11

10000-METER (Record: 28:23.41, Rogerio Amaral, 2025)

Date	Meet	Athlete	Mark
--	--	--	--

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

Date	Meet	Athlete	Mark
5/2	East Coast Relays	David Warmington Jr.	13.75 (1.1) - F
4/25	Tiger Track Classic	David Warmington Jr.	13.91 (0.7)
5/2	East Coast Relays	David Warmington Jr.	13.97 (-1.0) - P
3/21	Shamrock Invitational	David Warmington Jr.	14.10 (0.6) - F
3/20	Shamrock Invitational	David Warmington Jr.	14.22w (2.9) - P

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

Date	Meet	Athlete	Mark
--	--	--	--

3000-METER STEEPLECHASE (Record: 8:52.71, Elijah Poore, 2026)

Date	Meet	Athlete	Mark
5/3	Duke Twilight	Elijah Poore	8:52.71
4/16	Wake Forest Invitational	Elijah Poore	8:57.36
3/26	Raleigh Relays	Elijah Poore	8:59.27

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

Date	Meet	Athletes	Mark
3/28	Raleigh Relays	Stitts Jr., Wrice Crumpton, Dennis	40.05

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

Date	Meet	Athletes	Mark
4/25	Tiger Track Classic	Wrice, Dennis Burroughs, Crumpton	3:03.71
5/2	East Coast Relays	Wrice, Dennis Salvodon, Crumpton	3:04.88

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

Date	Meet	Athlete	Mark
--	--	--	--

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

Date	Meet	Athlete	Mark
--	--	--	--

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

Date	Meet	Athlete	Mark
3/21	Shamrock Invitational	Spencer Eison	14.94m 49-0.25 (1.9)
4/25	Tiger Track Classic	Spencer Eison	14.52m 47-7.75 (0.0)
5/2	East Coast Relays	Spencer Eison	14.39m 47-2.5w (3.0)

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

Date	Meet	Athlete	Mark
4/4	Florida Relays	Khaliq Muhammad	5.50m 18-0.5
4/17	Tom Jones Memorial	Khaliq Muhammad	5.30m 17-4.25
5/1	East Coast Relays	Khaliq Muhammad	5.15m 16-10.75

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

Date	Meet	Athlete	Mark
3/21	Shamrock Invitational	Brandon Dennis	17.25m 56-7.25
5/1	East Coast Relays	Brandon Dennis	16.58m 54-4.75
4/25	Tiger Track Classic	Brandon Dennis	16.57m 54-4.5
4/4	Florida Relays	Brandon Dennis	16.34m 53-7.5
3/26	Raleigh Relays	Brandon Dennis	15.82m 51-11

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

Date	Meet	Athlete	Mark
--	--	--	--

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

Date	Meet	Athlete	Mark
--	--	--	--

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

Date	Meet	Athlete	Mark
5/2	East Coast Relays	Ellis Neighbors	68.42m 224-5
3/20	Shamrock Invitational	Ellis Neighbors	68.30m 224-1
4/3	Florida Relays	Ellis Neighbors	66.72m 218-11
4/17	Tom Jones Memorial	Ellis Neighbors	63.19m 207-3
4/25	Tiger Track Classic	Ellis Neighbors	62.76m 205-11

DECATHLON (Record: 7,720 points, Markus Leemet, 2017)

Date	Meet	Athlete	Mark
--	--	--	--

P - Preliminary Round
 Q - Quarterfinal 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

2026 OUTDOOR PROGRESSIONS - MEN

NILES BRIGGMAN • FR • ALEXANDRIA, VIRGINIA

Date	Meet	Event	Finish	Time/Mark
100m (PR: 11.37)				
3/20	Shamrock Invitational	100m - P	74th	11.37 (0.0)

KALEB BURROUGHS • FR • FLORENCE, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
800m (PR: 1:47.85)				
4/4	Florida Relays	800m	32nd	1:49.52
4/16	Wake Forest Invitational	800m	2nd	1:49.01
4/25	Tiger Track Classic	800m	2nd	1:47.85
1500m (PR: 3:42.28)				
3/26	Raleigh Relays	1500m	27th	3:43.36
4/17	Wake Forest Invitational	1500m	--	DNF
5/3	Duke Twilight	1500m	15th	3:42.28

RICKY CIRCELLI • SO • PONTE VEDRA, FLORIDA

Date	Meet	Event	Finish	Time/Mark
800m (PR: 1:50.20)				
4/4	Florida Relays	800m	53rd	1:51.55
4/25	Tiger Track Classic	800m	--	DNF
5/3	Duke Twilight	800m	17th	1:50.20
1500m (PR: 3:54.11)				
3/26	Raleigh Relays	1500m	186th	3:54.11

DEVAN CRUMPTON • SO • COLUMBIA, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
200m (PR: 20.93)				
3/28	Raleigh Relays	200m	6th	20.93 (-0.4)
400m (PR: 44.93)				
4/4	Florida Relays	400m	4th	45.53
4/18	Tom Jones Memorial	400m	2nd	44.93
5/2	East Coast Relays	400m	2nd	45.19

BRANDON DENNIS • JR • AMITYVILLE, NEW YORK

Date	Meet	Event	Finish	Time/Mark
Shot Put (PR: 17.42m 57-2)				
3/21	Shamrock Invitational	Shot Put	2nd	17.25m 56-7.25
3/26	Raleigh Relays	Shot Put	21st	15.82m 51-11
4/4	Florida Relays	Shot Put	18th	16.34m 53-7.5
4/25	Tiger Track Classic	Shot Put	7th	16.57m 54-4.5
5/1	East Coast Relays	Shot Put	4th	16.58m 54-4.75

JASAUNA DENNIS • JR • JAMAICA

Date	Meet	Event	Finish	Time/Mark
100m (PR: 10.32/10.30w)				
3/27	Raleigh Relays	100m	14th	10.47 (1.9)
400m (PR: 45.70/45.56*)				
4/18	Tom Jones Memorial	400m	4th	46.20
4/25	Tiger Track Classic	400m	1st	46.20
5/2	East Coast Relays	400m	3rd	45.70

KNOX EATON • FR • SPARTANBURG, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
800m (PR: 1:50.24)				
4/4	Florida Relays	800m	49th	1:51.16
4/16	Wake Forest Invitational	800m	6th	1:52.63
4/25	Tiger Track Classic	800m	5th	1:50.24
5/3	Duke Twilight	800m	20th	1:50.84
1500m (PR: --)				
4/17	Wake Forest Invitational	1500m	--	DNF

SPENCER EISON • JR • SPARTANBURG, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
Triple Jump (PR: 15.15m 49-8.5)				
3/21	Shamrock Invitational	Triple Jump	6th	14.94m 49-0.25 (1.9)
4/25	Tiger Track Classic	Triple Jump	7th	14.52m 47-7.75 (0.0)
5/2	East Coast Relays	Triple Jump	7th	14.39m 47-2.5w (3.0)

JAOUAD KHCHINA • JR • MOROCCO

Date	Meet	Event	Finish	Time/Mark
800m (PR: 1:46.80)				
4/4	Florida Relays	800m	3rd	1:46.80
5/3	Duke Twilight	800m	5th	1:47.72
1500m (PR: 3:35.07)				
4/17	Wake Forest Invitational	1500m	3rd	3:35.07

CARLOS LANZAGORTA-RUIZ • JR • LEXINGTON, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
800m (PR: 1:53.77)				
4/4	Florida Relays	800m	--	DNF
4/16	Wake Forest Invitational	800m	--	DNF
1500m (PR: 3:47.87)				
3/26	Raleigh Relays	1500m	130th	3:51.09
4/3	Florida Relays	1500m	22nd	3:50.64
4/17	Wake Forest Invitational	1500m	7th	3:47.87
5/3	Duke Twilight	1500m	--	DNF

EDOUARD LECRIVAIN • GR • PARIS, FRANCE

Date	Meet	Event	Finish	Time/Mark
800m (PR: 1:47.03)				
4/4	Florida Relays	800m	12th	1:47.72
4/16	Wake Forest Invitational	800m	8th	1:48.78
4/25	Tiger Track Classic	800m	1st	1:47.67
5/3	Duke Twilight	800m	7th	1:48.02
1500m (PR: 3:41.94)				
3/26	Raleigh Relays	1500m	21st	3:42.79
4/17	Wake Forest Invitational	1500m	--	DNF

MARCELLUS MINES • SO • JOLIET, ILLINOIS

Date	Meet	Event	Finish	Time/Mark
1500m (PR: 3:49.37)				
4/17	Wake Forest Invitational	1500m	5th	3:49.37
5/3	Duke Twilight	1500m	59th	3:51.47
5000m (PR: 14:57.11)				
3/26	Raleigh Relays	5000m	183rd	14:57.11

KHALIQ MUHAMMAD • FR • PITTSBURG, CALIFORNIA

Date	Meet	Event	Finish	Time/Mark
Pole Vault (PR: 5.50m 18-0.5)				
3/21	Shamrock Invitational	Pole Vault	--	NM
3/27	Raleigh Relays	Pole Vault	--	NM
4/4	Florida Relays	Pole Vault	1st	5.50m 18-0.5
4/17	Tom Jones Memorial	Pole Vault	5th	5.30m 17-4.25
4/25	Tiger Track Classic	Pole Vault	--	NM
5/1	East Coast Relays	Pole Vault	3rd	5.15m 16-10.75
100m (PR: 11.49)				
3/20	Shamrock Invitational	100m - P	88th	11.49 (-0.4)

ELLIS NEIGHBORS • SO • FLORENCE, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
Javelin (PR: 68.42m 224-5)				
3/20	Shamrock Invitational	Javelin	1st	68.30m 224-1
3/26	Raleigh Relays	Javelin	14th	57.69m 189-3
4/3	Florida Relays	Javelin	3rd	66.72m 218-11
4/17	Tom Jones Memorial	Javelin	14th	63.19m 207-3
4/25	Tiger Track Classic	Javelin	3rd	62.76m 205-11
5/2	East Coast Relays	Javelin	2nd	68.42m 224-5

ELIJAH POORE • SO • WALHALLA, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
1500m (PR: 3:53.47)				
4/3	Florida Relays	1500m	10th	3:59.73
3000m Steeplechase (PR: 8:52.71)				
3/26	Raleigh Relays	Steeplechase	30th	8:59.27
4/16	Wake Forest Invitational	Steeplechase	2nd	8:57.36
5/3	Duke Twilight	Steeplechase	7th	8:52.71

ANDREW SALVODON • FR • VIRGINIA BEACH, VIRGINIA

Date	Meet	Event	Finish	Time/Mark
200m (PR: 21.83)				
3/28	Raleigh Relays	200m	54th	21.83 (-0.4)
400m (PR: 46.85)				
4/18	Tom Jones Memorial	400m	36th	47.11
5/2	East Coast Relays	400m	5th	46.85

UPDATED 5/4/26

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



CAROLINA TRACK & FIELD

2026 OUTDOOR PROGRESSIONS - MEN

ROBERT STITTS JR • JR • EL CERRITO, CALIFORNIA

Date	Meet	Event	Finish	Time/Mark
100m (PR: 10.24/10.19w)				
3/20	Shamrock Invitational	100m - P	3rd	10.45 (0.0)
3/21	Shamrock Invitational	100m - F	1st	10.45 (-0.1)
3/27	Raleigh Relays	100m	3rd	10.29 (1.4)
4/4	Florida Relays	100m	7th	10.24 (2.0)
4/18	Tom Jones Memorial	100m	21st	10.31w (2.7)
5/2	East Coast Relays	100m	6th	10.19w (4.1)
200m (PR: 20.65)				
3/21	Shamrock Invitational	200m	1st	20.70 (1.5)
3/28	Raleigh Relays	200m	4th	20.88 (-0.7)
4/3	Florida Relays	200m	14th	20.96 (-0.7)
4/17	Tom Jones Memorial	200m	18th	20.88 (1.0)
5/1	East Coast Relays	200m	6th	20.65 (1.6)

DAVID WARMINGTON • SR • WASHINGTON, D.C.

Date	Meet	Event	Finish	Time/Mark
110m Hurdles (PR: 13.67)				
3/20	Shamrock Invitational	110mH - P	1st	14.22w (2.9)
3/21	Shamrock Invitational	110mH - F	1st	14.10 (0.6)
3/27	Raleigh Relays	110mH	8th	14.27 (-2.2)
4/4	Florida Relays	110mH - P	16th	14.23 (-0.8)
4/18	Tom Jones Memorial	110mH - P	22nd	14.24 (0.1)
4/25	Tiger Track Classic	110mH	1st	13.91 (0.7)
5/2	East Coast Relays	110mH - P	5th	13.97 (-1.0)
5/2	East Coast Relays	110mH - F	2nd	13.75 (1.1)
200m (PR: 21.95)				
3/20	Shamrock Invitational	200m	25th	22.17 (0.4)
3/28	Raleigh Relays	200m	75th	22.37 (-2.8)
4/17	Tom Jones Memorial	200m	45th	22.14 (1.0)
4/25	Tiger Track Classic	200m	5th	22.04 (0.6)

JOSIAH WRICE • SO • MATTHEWS, NORTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
200m (PR: 20.93/20.89w)				
3/28	Raleigh Relays	200m	5th	20.93 (-0.4)
400m (PR: 44.72)				
4/4	Florida Relays	400m	1st	44.96
4/18	Tom Jones Memorial	400m	1st	44.72
5/2	East Coast Relays	400m	1st	44.92

4X100M RELAY

Date	Meet	Team	Finish	Time
3/28	Raleigh Relays	Stitts Jr., Wrice Crumpton, Dennis	1st	40.05

4X400M RELAY

Date	Meet	Team	Finish	Time
4/18	Tom Jones Memorial	Wrice, Dennis Crumpton, Warmington	--	DNF
4/25	Tiger Track Classic	Wrice, Dennis Burroughs, Crumpton	1st	3:03.71
4/25	Tiger Track Classic	Circelli, Lecrivain Eaton, Warmington	--	DNF
5/2	East Coast Relays	Wrice, Dennis Salvodon, Crumpton	1st	3:04.88



CAROLINA TRACK & FIELD

2026 TOP-FIVE MARKS - WOMEN

100-METER DASH (Record: 10.87, JaMeesia Ford, 2025)

Date	Meet	Athlete	Mark
4/18	Tom Jones Memorial	Cynteria James	11.04 (0.3)
4/18	Tom Jones Memorial	Alexis Brown	11.04 (1.7)
5/2	East Coast Relays	JaMeesia Ford	11.09 (1.5)
5/2	East Coast Relays	Alexis Brown	11.19 (1.5)
4/25	Tiger Track Classic	JaMeesia Ford	11.22 (1.0)

200-METER DASH (Record: 21.98, JaMeesia Ford, 2025)

Date	Meet	Athlete	Mark
4/25	Tiger Track Classic	JaMeesia Ford	22.07 (1.1)
4/25	Tiger Track Classic	Alexis Brown	22.54 (1.1)
4/25	Tiger Track Classic	Cynteria James	22.71 (1.1)
4/25	Tiger Track Classic	Zaya Akins	22.84 (1.1)
3/21	Shamrock Invitational	Alexis Brown	22.88 (1.0)

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

Date	Meet	Athlete	Mark
3/27	Raleigh Relays	Zaya Akins	51.43
4/4	Florida Relays	Zaya Akins	52.04
3/27	Raleigh Relays	JaMeesia Ford	52.08
3/27	Raleigh Relays	Akala Garrett	52.16
4/18	Tom Jones Memorial	Zaya Akins	52.94

800-METER RUN (Record: 2:00.55, Salma Elbadra, 2026)

Date	Meet	Athlete	Mark
5/3	Duke Twilight	Salma Elbadra	2:00.55
4/4	Florida Relays	Salma Elbadra	2:00.62
4/16	Wake Forest Invitational	Sylvia Chelangat	2:05.99
4/4	Florida Relays	Sylvia Chelangat	2:06.49
4/25	Tiger Track Classic	Eline Mast	2:07.35

1500-METER RUN (Record: 4:02.63, Salma Elbadra, 2026)

Date	Meet	Athlete	Mark
4/17	Wake Forest Invitational	Salma Elbadra	4:02.63
5/3	Duke Twilight	Abigail White	4:19.45
4/17	Wake Forest Invitational	Abigail White	4:20.13
5/3	Duke Twilight	Eline Mast	4:23.18
4/17	Wake Forest Invitational	Eline Mast	4:25.06

5000-METER RUN (Record: 15:51.24, Salma Elbadra, 2025)

Date	Meet	Athlete	Mark
4/17	Wake Forest Invitational	Anya Arroyo	15:52.56
3/27	Raleigh Relays	Abigail White	16:26.50
5/3	Duke Twilight	Emma Torbert	16:29.94
4/17	Wake Forest Invitational	Emma Torbert	16:35.45
5/3	Duke Twilight	Allie Matasich	16:54.65

10000-METER RUN (Record: 33:43.49, Anya Arroyo, 2026)

Date	Meet	Athlete	Mark
3/27	Raleigh Relays	Anya Arroyo	33:43.49
3/27	Raleigh Relays	Teresa Cherotich	33:48.33
3/27	Raleigh Relays	Emma Torbert	34:20.11

4X100 RELAY (Record: 42.40, Jamison, James, Akins, Ford, 2025)

Date	Meet	Athletes	Mark
4/18	Tom Jones Memorial	A. Brown, James Hamilton, Ford	42.62
5/2	East Coast Relays	A. Brown, James Akins, Ford	42.82
4/4	Florida Relays	A. Brown, James Hamilton, Ford	42.83 - F
4/3	Florida Relays	A. Brown, James Hamilton, Ford	42.85 - P
3/28	Raleigh Relays	A. Brown, James Akins, Ford	43.78

4X400 RELAY (Record: 3:23.42, Garrett, Ford, James, Akins, 2026)

Date	Meet	Athletes	Mark
4/18	Tom Jones Memorial	Garrett, Ford, James, Akins	3:23.42
4/4	Florida Relays	Garrett, Ford, James, Akins	3:25.12
3/28	Raleigh Relays	Ford, Garrett, James, Akins	3:29.27
4/25	Tiger Track Classic	Hamilton, Love, Williams, Harrington-Spain	3:36.30
5/2	East Coast Relays	Garrett, James, Ford, Harrington-Spain	3:36.57

100-METER HURDLES (Record: 12.81, Ellakisha Williamson, 2000)

Date	Meet	Athlete	Mark
5/2	East Coast Relays	Joslyn Hamilton	12.91 (1.4) - F
4/18	Tom Jones Memorial	Joslyn Hamilton	12.93 (1.0) - F
4/18	Tom Jones Memorial	Joslyn Hamilton	12.94w (3.0) - P
5/2	East Coast Relays	Akala Garrett	13.06 (1.4) - F
4/25	Tiger Track Classic	Joslyn Hamilton	13.10 (1.1)

400-METER HURDLES (Record: 53.43, Lashinda Demus, 2004)

Date	Meet	Athlete	Mark
4/3	Florida Relays	Akala Garrett	54.22
4/17	Tom Jones Memorial	Akala Garrett	54.46
5/1	East Coast Relays	Akala Garrett	55.36
4/17	Tom Jones Memorial	Kyndall Harrington-Spain	56.94
5/1	East Coast Relays	Kyndall Harrington-Spain	57.45

3000-METER STEEPLECHASE (Record: 9:59.61, Teresa Cherotich, 2024)

Date	Meet	Athlete	Mark
4/16	Wake Forest Invitational	Teresa Cherotich	10:03.27
5/3	Duke Twilight	Teresa Cherotich	10:11.86

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

Date	Meet	Athlete	Mark
--	--	--	--

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

Date	Meet	Athlete	Mark
4/17	Tom Jones Memorial	Tristen Harris	6.34m 20-9.75 (0.4)
4/3	Florida Relays	Tristen Harris	6.34m 20-9.75 (1.3)
3/20	Shamrock Invitational	Cameran Gist	6.26m 20-6.5 (0.0)
4/25	Tiger Track Classic	Maliya Kinard	5.94m 19-6 (0.8)
4/25	Tiger Track Classic	Madison Childress	5.83m 19-1.5 (0.7)

TRIPLE JUMP (Record: 13.60m | 44-7.5, Natasha Dicks, 2016)

Date	Meet	Athlete	Mark
4/18	Tom Jones Memorial	Cameran Gist	12.61m 41-4.5 (0.5)

POLE VAULT (Record: 4.35m | 14-3.25, Jathiyah Muhammad, 2026)

Date	Meet	Athlete	Mark
4/3	Florida Relays	Jathiyah Muhammad	4.35m 14-3.25
4/18	Tom Jones Memorial	Jathiyah Muhammad	4.30m 14-1.25
4/25	Tiger Track Classic	Jathiyah Muhammad	4.25m 13-11.25
5/1	East Coast Relays	Jathiyah Muhammad	4.10m 13-5.25
4/18	Tom Jones Memorial	Hannah Togami	3.95m 12-11.5

SHOT PUT (Record: 17.28m | 56-8.5, Crystal Brownlee, 1997)

Date	Meet	Athlete	Mark
--	--	--	--

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

Date	Meet	Athlete	Mark
4/4	Florida Relays	Ella Lucas	49.76m 163-3
3/21	Shamrock Invitational	Ella Lucas	49.06m 160-11
3/27	Raleigh Relays	Ella Lucas	48.96m 160-7
4/18	Tom Jones Memorial	Ella Lucas	44.01m 144-4

HAMMER (Record: 65.01m | 213-3, Lisa Misipeka, 1998)

Date	Meet	Athlete	Mark
--	--	--	--

UPDATED 5/4/26

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



CAROLINA TRACK & FIELD

2026 TOP-FIVE MARKS - WOMEN

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

Date	Meet	Athlete	Mark
3/19	Shamrock Invitational	Hailey Sharkey	45.98m 150-10
4/3	Florida Relays	Hailey Sharkey	44.38m 145-7
4/17	Tom Jones Memorial	Hailey Sharkey	43.94m 144-2
3/26	Raleigh Relays	Hailey Sharkey	40.03m 131-4
4/25	Tiger Track Classic	Hailey Sharkey	38.50m 126-3

HEPTATHLON (Record: 5,664 points, Erin Narzinski, 1998)

Date	Meet	Athlete	Mark
--	--	--	--

- P - Preliminary Round
- Q - Quarterfinal Round
- S - Semifinal Round
- F - Final Round



CAROLINA TRACK & FIELD

2026 OUTDOOR PROGRESSIONS - WOMEN

ZAYA AKINS • JR • KANSAS CITY, MISSOURI

Date	Meet	Event	Finish	Time/Mark
100m (PR: 11.26)				
4/25	Tiger Track Classic	100m	2nd	11.36 (1.0)
200m (PR: 22.84)				
4/25	Tiger Track Classic	200m	4th	22.84 (1.1)
400m (PR: 51.33)				
3/27	Raleigh Relays	400m	3rd	51.43
4/4	Florida Relays	400m	5th	52.04
4/18	Tom Jones Memorial	400m	23rd	52.94

ANYA ARROYO • JR • HILTON HEAD, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
5000m (PR: 15:52.56)				
4/17	Wake Forest Invitational	5000m	6th	15:52.56
5/3	Duke Twilight	5000m	--	DNF
10000m (PR: 33:43.49)				
3/27	Raleigh Relays	10000m	2nd	33:43.49

ALEXIS BROWN • SR • MABLETON, GEORGIA

Date	Meet	Event	Finish	Time/Mark
100m (PR: 10.93*)				
4/4	Florida Relays	100m	6th	11.35 (-0.5)
4/18	Tom Jones Memorial	100m	3rd	11.04 (1.7)
5/2	East Coast Relays	100m	4th	11.19 (1.5)
200m (PR: 22.35*)				
3/21	Shamrock Invitational	200m	1st	22.88 (1.0)
3/28	Raleigh Relays	200m	1st	23.10w (2.8)
4/3	Florida Relays	200m	4th	23.03 (0.1)
4/25	Tiger Track Classic	200m	2nd	22.54 (1.1)

SYLVIA CHELANGAT • SR • KENYA

Date	Meet	Event	Finish	Time/Mark
400m (PR: 53.00)				
4/17	Wake Forest Invitational	400m	4th	54.43
800m (PR: 2:01.23)				
4/4	Florida Relays	800m	23rd	2:06.49
4/16	Wake Forest Invitational	800m	5th	2:05.99
5/3	Duke Twilight	800m	20th	2:07.78
1500m (PR: 4:30.88)				
3/27	Raleigh Relays	1500m	114th	4:30.88

TERESA CHEROTICH • JR • KENYA

Date	Meet	Event	Finish	Time/Mark
10000m (PR: 33:48.33)				
3/27	Raleigh Relays	10000m	7th	33:48.33
3000m Steeplechase (PR: 9:59.61)				
4/16	Wake Forest Invitational	Steeplechase	5th	10:03.27
5/3	Duke Twilight	Steeplechase	4th	10:11.86

MADISON CHILDRESS • JR • ALPHARETTA, GEORGIA

Date	Meet	Event	Finish	Time/Mark
Long Jump (PR: 5.95m 19-6.25)				
3/28	Raleigh Relays	Long Jump	17th	5.64m 18-6 (1.5)
4/25	Tiger Track Classic	Long Jump	4th	5.83m 19-1.5 (0.7)
5/1	East Coast Relays	Long Jump	14th	5.80m 19-0.5 (0.9)
100m (PR: 11.64)				
3/20	Shamrock Invitational	100m - P	2nd	11.67 (1.9)
3/21	Shamrock Invitational	100m - F	3rd	11.64 (1.4)
3/27	Raleigh Relays	100m	14th	11.69 (-0.1)
4/25	Tiger Track Classic	100m	7th	11.64 (1.0)
200m (PR: 24.74 / 24.65w)				
3/21	Shamrock Invitational	200m	14th	24.86 (2.0)

JASMINE COOK • FR • WASHINGTON, D.C.

Date	Meet	Event	Finish	Time/Mark
200m (PR: 24.24)				
3/21	Shamrock Invitational	200m	8th	24.59 (1.0)
3/28	Raleigh Relays	200m	101st	25.45 (1.7)
4/17	Tom Jones Memorial	200m	59th	24.94 (1.2)
5/1	East Coast Relays	200m	41st	24.24 (1.7)

HAILEY DUNCAN • JR • BLYTHEWOOD, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
100m (PR: 12.05)				
3/20	Shamrock Invitational	100m - P	20th	12.23 (1.0)
200m (PR: 24.67)				
3/21	Shamrock Invitational	200m	15th	24.87 (2.0)

SALMA ELBADRA • JR • MOROCCO

Date	Meet	Event	Finish	Time/Mark
800m (PR: 2:00.55)				
4/4	Florida Relays	800m	1st	2:00.62
5/3	Duke Twilight	800m	1st	2:00.55
1500m (PR: 4:02.63)				
4/17	Wake Forest Invitational	1500m	1st	4:02.63

JAMEESIA FORD • JR • FAYETTEVILLE, NORTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
100m (PR: 10.87)				
4/4	Florida Relays	100m	8th	11.37 (-0.5)
4/25	Tiger Track Classic	100m	1st	11.22 (1.0)
5/2	East Coast Relays	100m	1st	11.09 (1.5)
200m (PR: 21.98)				
4/25	Tiger Track Classic	200m	1st	22.07 (1.1)
400m (PR: 50.33)				
3/27	Raleigh Relays	400m	4th	52.08

AKALA GARRETT • JR • CHARLOTTE, NORTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
100mH (PR: 12.93/12.75w*)				
4/4	Florida Relays	100mH - P	2nd	13.17 (-0.2)
4/18	Tom Jones Memorial	100mH - P	15th	13.21w (3.0)
5/2	East Coast Relays	100mH - P	2nd	13.17 (-0.8)
5/2	East Coast Relays	100mH - F	3rd	13.06 (1.4)
400mH (PR: 53.73)				
4/3	Florida Relays	400mH	1st	54.22
4/17	Tom Jones Memorial	400mH	1st	54.46
5/1	East Coast Relays	400mH	1st	55.36
400m (PR: 52.16)				
3/27	Raleigh Relays	400m	5th	52.16

CAMERAN GIST • SR • SPARTANBURG, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
Triple Jump (PR: 13.07m 42-10.75)				
4/18	Tom Jones Memorial	Triple Jump	6th	12.61m 41-4.5 (0.5)
Long Jump (PR: 6.26m 20-6.5)				
3/20	Shamrock Invitational	Long Jump	1st	6.26m 20-6.5 (0.0)

JOSLYN HAMILTON • SO • ROLESVILLE, NORTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
100m Hurdles (PR: 12.91)				
3/27	Raleigh Relays	100mH	8th	13.88 (-0.4)
4/4	Florida Relays	100mH - P	8th	13.49 (-1.2)
4/4	Florida Relays	100mH - F	3rd	13.20 (0.3)
4/18	Tom Jones Memorial	100mH - P	4th	12.94w (3.0)
4/18	Tom Jones Memorial	100mH - F	2nd	12.93 (1.0)
4/25	Tiger Track Classic	100mH	1st	13.10 (1.1)
5/2	East Coast Relays	100mH - P	3rd	13.23 (-0.8)
5/2	East Coast Relays	100mH - F	1st	12.91 (1.4)
100m (PR: 11.44)				
5/2	East Coast Relays	100m	9th	11.44 (1.6)
200m (PR: 23.54)				
3/21	Shamrock Invitational	200m	3rd	23.54 (1.0)

TRISTEN HARRIS • FR • JACKSON, LOUISIANA

Date	Meet	Event	Finish	Time/Mark
Long Jump (PR: 6.34m 20-9.75)				
4/3	Florida Relays	Long Jump	3rd	6.34m 20-9.75 (1.3)
4/17	Tom Jones Memorial	Long Jump	1st	6.34m 20-9.75 (0.4)
100m (PR: 11.41)				
3/20	Shamrock Invitational	100m - P	1st	11.66 (1.9)
3/21	Shamrock Invitational	100m - F	1st	11.41 (1.4)
3/27	Raleigh Relays	100m	7th	11.58 (-0.1)
5/2	East Coast Relays	100m	11th	11.48 (1.2)
200m (PR: 23.82)				
3/21	Shamrock Invitational	200m	4th	23.82 (1.0)

UPDATED 5/4/26

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



CAROLINA TRACK & FIELD

2026 OUTDOOR PROGRESSIONS - WOMEN

KYNDALL HARRINGTON-SPAIN • FR • SAINT LOUIS, MISSOURI

Date	Meet	Event	Finish	Time/Mark
100m Hurdles (PR: 13.20)				
3/27	Raleigh Relays	100mH	10th	13.93 (-0.4)
4/4	Florida Relays	100mH - P	9th	13.55 (-0.2)
4/4	Florida Relays	100mH - F	8th	13.48 (0.3)
4/18	Tom Jones Memorial	100mH - P	18th	13.26w (3.0)
4/25	Tiger Track Classic	100mH	2nd	13.34 (1.1)
5/2	East Coast Relays	100mH - P	5th	13.37 (1.1)
5/2	East Coast Relays	100mH - F	5th	13.20 (1.4)
400m Hurdles (PR: 56.94)				
3/28	Raleigh Relays	400mH	6th	58.32
4/3	Florida Relays	400mH	9th	57.80
4/17	Tom Jones Memorial	400mH	18th	56.94
5/1	East Coast Relays	400mH	4th	57.45

CYNERIA JAMES • JR • MIAMI, FLORIDA

Date	Meet	Event	Finish	Time/Mark
100m (PR: 11.01)				
4/4	Florida Relays	100m	5th	11.29 (-0.5)
4/18	Tom Jones Memorial	100m	3rd	11.04 (0.3)
5/2	East Coast Relays	100m	5th	11.23 (1.5)
200m (PR: 22.71)				
4/3	Florida Relays	200m	2nd	22.95 (0.1)
4/25	Tiger Track Classic	200m	3rd	22.71 (1.1)

MALIYA KINARD • SO • COLUMBIA, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
Long Jump (PR: 6.04m 19-9.75)				
3/28	Raleigh Relays	Long Jump	--	NM
4/25	Tiger Track Classic	Long Jump	3rd	5.94m 19-6 (0.8)
5/1	East Coast Relays	Long Jump	--	NM
100m (PR: 12.39)				
3/27	Raleigh Relays	100m	94th	12.39 (0.5)

BELLA LEONARD • FR • RALEIGH, NORTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
Pole Vault (PR: 3.50m 11-5.75)				
3/21	Shamrock Invitational	Pole Vault	8th	3.50m 11-5.75

MAYA LOVE • FR • CHARLOTTE, NORTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
100m (PR: 11.70)				
4/18	Tom Jones Memorial	100m	9th	11.70 (0.8)
4/25	Tiger Track Classic	100m	11th	11.77 (1.0)
200m (PR: 23.38)				
3/21	Shamrock Invitational	200m	2nd	23.38 (1.0)
3/28	Raleigh Relays	200m	4th	23.53w (2.8)
4/3	Florida Relays	200m	15th	23.62 (-2.6)
4/17	Tom Jones Memorial	200m	36th	23.72 (-0.8)
5/1	East Coast Relays	200m	15th	23.44 (-0.1)

ELLA LUCAS • JR • LITITZ, PENNSYLVANIA

Date	Meet	Event	Finish	Time/Mark
Discus (PR: 53.35m 175-0)				
3/21	Shamrock Invitational	Discus	1st	49.06m 160-11
3/27	Raleigh Relays	Discus	8th	48.96m 160-7
4/4	Florida Relays	Discus	7th	49.76m 163-3
4/18	Tom Jones Memorial	Discus	20th	44.01m 144-4

ELINE MAST • SR • PURMEREND, NETHERLANDS

Date	Meet	Event	Finish	Time/Mark
800m (PR: 2:07.35)				
4/4	Florida Relays	800m	29th	2:07.37
4/25	Tiger Track Classic	800m	1st	2:07.35
1500m (PR: 4:20.31)				
4/17	Wake Forest Invitational	1500m	9th	4:25.06
5/3	Duke Twilight	1500m	25th	4:23.18

ALLIE MATASICH • FR • COLLEGEVILLE, PENNSYLVANIA

Date	Meet	Event	Finish	Time/Mark
1500m (PR: 4:37.15)				
4/17	Wake Forest Invitational	1500m	10th	4:37.15
5000m (PR: 16:54.65)				
3/27	Raleigh Relays	5000m	123rd	17:16.56
5/3	Duke Twilight	5000m	29th	16:54.65

JATHIYAH MUHAMMAD • SO • PITTSBURG, CALIFORNIA

Date	Meet	Event	Finish	Time/Mark
Pole Vault (PR: 4.35m 14-3.25)				
3/28	Raleigh Relays	Pole Vault	--	NH
4/3	Florida Relays	Pole Vault	2nd	4.35m 14-3.25
4/18	Tom Jones Memorial	Pole Vault	5th	4.30m 14-1.25
4/25	Tiger Track Classic	Pole Vault	2nd	4.25m 13-11.25
5/1	East Coast Relays	Pole Vault	1st	4.10m 13-5.25

HAILEY SHARKEY • JR • COLLEGEVILLE, PENNSYLVANIA

Date	Meet	Event	Finish	Time/Mark
Javelin (PR: 45.98m 150-10)				
3/19	Shamrock Invitational	Javelin	1st	45.98m 150-10
3/26	Raleigh Relays	Javelin	19th	40.03m 131-4
4/3	Florida Relays	Javelin	13th	44.38m 145-7
4/17	Tom Jones Memorial	Javelin	13th	43.94m 144-2
4/25	Tiger Track Classic	Javelin	4th	38.50m 126-3

HANNAH TOGAMI • JR • MOUNT PLEASANT, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
Pole Vault (PR: 4.27m 14-0)				
4/18	Tom Jones Memorial	Pole Vault	12th	3.95m 12-11.5
4/25	Tiger Track Classic	Pole Vault	8th	3.90m 12-9.5

EMMA TORBERT • JR • ORLANDO, FLORIDA

Date	Meet	Event	Finish	Time/Mark
5000m (PR: 16:27.29)				
4/17	Wake Forest Invitational	5000m	12th	16:35.45
5/3	Duke Twilight	5000m	19th	16:29.94
10000m (PR: 34:20.11)				
3/27	Raleigh Relays	10000m	21st	34:20.11

McKENZIE TRAVIS • SO • FORT MYERS, FLORIDA

Date	Meet	Event	Finish	Time/Mark
100m (PR: 11.67)				
3/20	Shamrock Invitational	100m - P	8th	11.90 (1.7)
3/21	Shamrock Invitational	100m - F	4th	11.67 (1.4)
3/27	Raleigh Relays	100m	33rd	11.91 (-0.1)
200m (PR: 24.86)				
3/28	Raleigh Relays	200m	49th	24.86 (0.9)

ABIGAIL WHITE • SO • CHAPIN, SOUTH CAROLINA

Date	Meet	Event	Finish	Time/Mark
800m (PR: 2:08.20)				
4/25	Tiger Track Classic	800m	2nd	2:08.20
1500m (PR: 4:19.45)				
4/17	Wake Forest Invitational	1500m	6th	4:20.13
5/3	Duke Twilight	1500m	14th	4:19.45
5000m (PR: 16:26.50)				
3/27	Raleigh Relays	5000m	42nd	16:26.50

KYMORA-LEE WILLIAMS • FR • NASHVILLE, TENNESSEE

Date	Meet	Event	Finish	Time/Mark
100m (PR: 11.34)				
3/20	Shamrock Invitational	100m - P	3rd	11.75 (1.9)
3/21	Shamrock Invitational	100m - F	2nd	11.51 (1.4)
3/27	Raleigh Relays	100m	10th	11.63 (-0.2)
4/4	Florida Relays	100m	16th	11.52 (-0.9)
4/25	Tiger Track Classic	100m	5th	11.56 (1.0)
5/2	East Coast Relays	100m	7th	11.34 (1.6)
200m (PR: 23.18)				
3/28	Raleigh Relays	200m	15th	24.22 (0.9)
4/25	Tiger Track Classic	200m	6th	23.59 (0.8)
5/1	East Coast Relays	200m	8th	23.18 (1.2)

ELLA ZEIGLER • SR • OLNEY, MARYLAND

Date	Meet	Event	Finish	Time/Mark
1500m (PR: 4:28.50)				
4/3	Florida Relays	1500m	6th	4:34.47
4/17	Wake Forest Invitational	1500m	3rd	4:28.50
5/3	Duke Twilight	1500m	39th	4:28.65

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



CAROLINA TRACK & FIELD

2026 OUTDOOR PROGRESSIONS - WOMEN

4X100M RELAY

Date	Meet	Team	Finish	Time
3/21	Shamrock Invitational	A. Brown, Travis Love, Williams	1st	44.74
3/28	Raleigh Relays	A. Brown, James Akins, Ford	1st	43.78
3/28	Raleigh Relays	Harris, Hamilton Love, Travis	2nd	45.06
4/3	Florida Relays	A. Brown, James Hamilton, Ford	1st - P	42.85
4/3	Florida Relays	Harris, Love Cook, Williams	12th - P	44.88
4/4	Florida Relays	A. Brown, James Hamilton, Ford	1st - F	42.83
4/18	Tom Jones Memorial	A. Brown, James Hamilton, Ford	1st	42.62
5/2	East Coast Relays	A. Brown, James Akins, Ford	1st	42.82
5/2	East Coast Relays	Williams, Love Cook, Hamilton	4th	45.23

4X400M RELAY

Date	Meet	Team	Finish	Time
3/21	Shamrock Invitational	Love, Hamilton Travis, Williams	1st	3:43.62
3/28	Raleigh Relays	Ford, Garrett James, Akins	1st	3:29.27
3/28	Raleigh Relays	Hamilton, Love Chelangat, Harrington-Spain	4th	3:40.54
4/4	Florida Relays	Garrett, Ford James, Akins	1st	3:25.12
4/18	Tom Jones Memorial	Garrett, Ford James, Akins	1st	3:23.42
4/25	Tiger Track Classic	Hamilton, Love Williams, Harrington-Spain	1st	3:36.30
5/2	East Coast Relays	Garrett, James Ford, Harrington-Spain	1st	3:36.57
5/2	East Coast Relays	Williams, Hamilton Akins, Love	3rd	3:43.21