



2024 CINCINNATI WOMEN'S OUTDOOR SEASON BESTS



100-METER

Time	Name	Meet	Date	UC T-10
11.62	Davenae Fagan*	Clark Wood	4/26/24	7th
11.91	Hannah Connell	UCF B&G	3/15/24	
12.12	Alicia Thorpe	UCF B&G	3/15/24	
12.21	Kaira Granger	Clark Wood	4/26/24	
12.30	Camiah James	Clark Wood	4/26/24	
12.31	Milan Marshall*	Clark Wood	4/26/24	

200-METER

Time	Name	Meet	Date	UC T-10
23.44	Davenae Fagan*	Jim Click	4/5/24	5th
24.20	Hannah Connell	UCF B&G	3/15/24	
24.22	Alicia Thorpe	Jim Click	4/5/24	
24.29	Juliette Laracuenta-Huebner*	Jim Click	4/5/24	
25.55	Milan Marshall	Clark Wood	4/26/24	
25.58	Kaira Granger	Oliver N.	3/29/24	

400-METER

Time	Name	Meet	Date	UC T-10
53.54	Davenae Fagan*	Jim Click	4/5/24	5th
55.51	Alicia Thorpe	Clark Wood	4/26/24	
58.35	Milan Marshall*	Clark Wood	4/26/24	
59.88	Nadia Collins	Clark Wood	4/26/24	

800-METER

Time	Name	Meet	Date	UC T-10
2:13.60	Gwen Stare	Clark Wood	4/26/24	
2:20.77	Juliette Laracuenta-Huebner*	Jim Click	4/5/24	

1500-METER

Time	Name	Meet	Date	UC T-10
4:33.39	Maddie Walker	Jim Click	4/5/24	
4:34.50	Gwen Stare	Wake Forest	4/19/24	
4:35.74	Claire Curtsinger*	Clark Wood	4/26/24	
4:44.01	Amber Carter*	Oliver N.	3/29/24	
4:45.74	Carmela Henning*	Clark Wood	4/26/24	
4:46.73	Jocelyn Willis*	Clark Wood	4/26/24	

5000-METER

Time	Name	Meet	Date	UC T-10
16:18.61	Maddie Walker*	Wake Forest	4/19/24	SR
16:52.70	Claire Curtsinger*	Wake Forest	4/19/24	4th
17:44.36	Carmela Henning	Wake Forest	4/19/24	
17:47.36	Lauren Greiwe	Clark Wood	4/26/24	
18:05.63	Jocelyn Willis*	Wake Forest	4/19/24	
19:10.95	Carissa Widenhouse*	Clark Wood	4/26/24	

100-METER HURDLES

Time	Name	Meet	Date	UC T-10
13.55	Hannah Connell	Billy Hayes	5/3/24	6th
13.64	Juliette Laracuenta-Huebner	Clark Wood	4/26/24	T8th

3000-METER STEEPLECHASE

Time	Name	Meet	Date	UC T-10
11:05.84	Amber Carter	Wake Forest	4/19/24	5th

4x100-METER RELAY

Time	Name	Meet	Date	UC T-10
45.47	Connell, Fagan, Granger, Thorpe	Oliver N.	3/29/24	
45.51	Connell, Fagan, Thorpe, James	Clark Wood	4/26/24	

4x400-METER RELAY

Time	Name	Meet	Date	UC T-10
3:47.01	Connell, Fagan, Thorpe, Collins	Clark Wood	4/26/24	
3:47.35	Connell, Fagan, Thorpe, Granger	Oliver N.	3/29/24	

HIGH JUMP

Mark/ Conv.	Name	Meet	Date	UC T-10
1.79m/5' 10.5"	Spirit Morgan	UCF B&G	3/15/24	7th
1.76m/5' 9.25"	Juliette Laracuenta-Huebner*	Jim Click	4/5/24	T9th
1.76m/5' 9.25"	Mallory Mullen	Clark Wood	4/26/24	T9th
1.75m/5' 8.75"	Annika Kinley	Jim Click	4/5/24	

POLE VAULT

Mark/ Conv.	Name	Meet	Date	UC T-10
4.18m/13' 8.5"	Abby Knouff	Clark Wood	4/26/24	4th

LONG JUMP

Mark/ Conv.	Name	Meet	Date	UC T-10
6.25m/20' 6.25"	Juliette Laracuenta-Huebner*	M. Johnson	4/19/24	3rd
5.83m/19' 1.5"	Nadia Collins	Oliver N.	3/29/24	
5.75m/18' 10.5"	Anaya Dees	Oliver N.	3/29/24	
5.66m/18' 7"	Camiah James	Oliver N.	3/29/24	

TRIPLE JUMP

Mark/ Conv.	Name	Meet	Date	UC T-10
12.70m/41' 8"	Juliette Laracuenta-Huebner*	M. Johnson	4/19/24	5th
11.68m/38' 4.25"	Anaya Dees	UCF B&G	3/15/24	

SHOT PUT

Mark/ Conv.	Name	Meet	Date	UC T-10
14.65m/48' 0.75"	Hannah Jackson	UCF B&G	3/15/24	
13.59m/44' 7"	Courtney Clark*	Jim Clark	4/5/24	
13.45m/44' 1.5"	Sydney Foglesong*	UCF B&G	3/15/24	
12.33m/40' 5.5"	Emily Agostin*	Clark Wood	4/26/24	
9.55m/31' 4"	Juliette Laracuenta-Huebner*	Jim Click	4/5/24	

DISCUS

Mark/ Conv.	Name	Meet	Date	UC T-10
44.25m/145' 2"	Kirsten Clay	UCF B&G	3/15/24	
44.12m/144' 9"	Sydney Foglesong*	Clark Wood	4/26/24	
39.60m/129' 11"	Courtney Clark*	Oliver N.	3/29/24	

HAMMER

Mark/ Conv.	Name	Meet	Date	UC T-10
58.53m/192' 0"	Hannah Jackson	Jim Clark	4/5/24	
50.88m/166' 11"	Kirsten Clay*	RedHawk	4/27/24	
41.18m/135' 1"	Sydney Foglesong*	Oliver N.	3/29/24	
38.03m/124' 9"	Courtney Clark*	UCF B&G	3/15/24	
37.41m/122' 9"	Emily Agostin*	Oliver N.	3/29/24	

JAVELIN

Mark/ Conv.	Name	Meet	Date	UC T-10
32.58m/106' 11"	Juliette Laracuenta-Huebner*	Clark Wood	4/26/24	

HEPTATHLON

Score	Name	Meet	Date	UC T-10
5373	Juliette Laracuenta-Huebner*	Jim Click	4/5/24	4th

KEY

UC T-10 (Cincinnati All-Time Top 10 Mark) / SR- School Record / *- Personal Record / @- Altitude Conversion

MEETS

UCF B&G - UCF Black & Gold Invite, Orlando, Fla. (Host UCF)
 Oliver N. - Oliver Nikoloff Invitational, Cincinnati, Ohio (Host Cincinnati)
 Raleigh Relays - Raleigh Relays, Raleigh, N.C. (Host NC State)
 Jim Click - Jim Click Shootout and Multi's, Tucson, Ariz. (Host Arizona)
 M. Johnson - Michael Johnson Invitational, Waco, Texas (Host Baylor)
 Wake Forest - Wake Forest Invitational Winston-Salem, N.C. (Host Wake Forest)
 RedHawk - RedHawk Invitational, Oxford, Ohio (Miami OH)
 Clark Wood - Clark Wood Invitational, Louisville, Ky. (Louisville)
 Billy Hayes - Billy Hayes Invitational, Bloomington, Ind. (Indiana)



2023-24 CINCINNATI MEN'S OUTDOOR SEASON BESTS



100-METER

Time	Name	Meet	Date	UC T-10
10.18	Naquille Harris*	Clark Wood	4/26/24	2nd
10.83	Justin Abrams*	Jim Click	4/5/24	
10.89	Brandon Bonsu	Oliver N.	3/29/24	
10.95	Tosin Ayodeji*	Clark Wood	4/26/24	
10.96	Dominique Hall	Jim Click	4/5/24	

200-METER

Time	Name	Meet	Date	UC T-10
21.28	Keco Morrison	Jim Click	4/5/24	
21.35	Naquille Harris	Jim Click	4/5/24	
21.50	Brandon Bonsu*	Jim Click	4/5/24	
22.35	Tosin Ayodeji*	Jim Click	4/5/24	

400-METER

Time	Name	Meet	Date	UC T-10
46.85	Keco Morrison	UCF B&G	3/15/24	
47.96	Brandon Bonsu*	Jim Click	4/5/24	
48.67	Dominique Hall	Jim Click	4/5/24	
49.56	Camden Beatty	Clark Wood	4/26/24	
51.55	Justin Abrams*	Jim Click	4/5/24	

800-METER

Time	Name	Meet	Date	UC T-10
1:49.36	Gianni Allwein*	Wake Forest	4/19/24	3rd
1:50.37	Jack Barchet*	Wake Forest	4/19/24	10th
1:51.65	Jed Helker	Clark Wood	4/26/24	
1:55.98	Camden Beatty*	UCF B&G	3/15/24	

1500-METER

Time	Name	Meet	Date	UC T-10
3:39.58	Tyler Wirth*	Wake Forest	4/19/24	SR
3:44.59	Seth Elking*	Wake Forest	4/19/24	3rd
3:46.63	Jed Helker	Wake Forest	4/19/24	7th
3:49.59	Gianni Allwein*	Bryan Clay	4/11/24	
3:49.82	Matt Hoak	Clark Wood	4/26/24	
3:51.46	Isaac Schachleiter*	Clark Wood	4/26/24	
3:52.30	Colin Smith*	Clark Wood	4/26/24	
3:54.35	Thomas Ashby*	Clark Wood	4/26/24	
3:55.04	Ryan Pehlman*	Clark Wood	4/26/24	
3:55.42	Wyatt Houchens	Clark Wood	4/26/24	
4:48.85	Dominique Hall	Jim Click	4/5/24	
5:20.47	Justin Abrams	Jim Click	4/5/24	

5000-METER

Time	Name	Meet	Date	UC T-10
13:49.51	Tyler Wirth*	Raleigh Relays	3/28/24	3rd
14:17.62	Isaac Schachleiter	Wake Forest	4/19/24	7th
14:19.71	Wyatt Houchens	Wake Forest	4/19/24	8th
14:23.91	Thomas Ashby*	Raleigh Relays	3/28/24	10th
14:39.28	Ryan Pehlman	Wake Forest	4/19/24	
14:55.47	Bobby Ganer	Clark Wood	4/26/24	

110-METER HURDLES

Time	Name	Meet	Date	UC T-10
14.93	Justin Abrams*	Clark Wood	4/26/24	
14.96	Dominique Hall	Clark Wood	4/26/24	

400-METER HURDLES

Time	Name	Meet	Date	UC T-10
52.49	Camden Beatty	Jim Click	4/5/24	10th

3000-METER STEEPLECHASE

Time	Name	Meet	Date	UC T-10
9:07.15	Thomas Ashby	Wake Forest	4/19/24	
9:07.26	Matt Hoak	Wake Forest	4/19/24	

4x100-METER RELAY

Time	Name	Meet	Date	UC T-10
41.81	Abrams, Harris, Beatty, Bonsu	M. Johnson	4/19/24	
41.92	Beatty, Bonsu, Harris, Morrison	Clark Wood	4/26/24	

4x400-METER RELAY

Time	Name	Meet	Date	UC T-10
3:15.17	Morrisn, Bonsu, Abrams, Beatty	Oliver N.	3/29/24	
3:21.54	Hall, Harris, Morrison, Abrams	Clark Wood	4/26/24	

HIGH JUMP

Mark/ Conv.	Name	Meet	Date	UC T-10
2.05m/6' 8.75"	Roderick Flint	Clark Wood	4/26/24	
2.00m/6' 6.75"	Joel Addo*	Oliver N.	3/29/24	
1.95m/6' 4.75"	Robert Hart	Oliver N.	3/29/24	
1.95m/6' 4.75"	Dominique Hall	Jim Click	4/5/24	
1.92m/6' 3.5"	Justin Abrams	Jim Click	4/5/24	

POLE VAULT

Mark/ Conv.	Name	Meet	Date	UC T-10
5.20m/16' 4"	Justin Abrams	M. Johnson	4/19/24	7th
4.80m/15' 9"	Dominique Hall	M. Johnson	4/19/24	
4.60m/15' 1"	Brock Shellhaas	Oliver N.	3/29/24	

LONG JUMP

Mark/ Conv.	Name	Meet	Date	UC T-10
7.84m/25' 7.75"	Robert Hart*	Clark Wood	4/26/24	2nd
7.41m/24' 2.5"	Tosin Ayodeji*	M. Johnson	4/19/24	
7.22m/23' 8.25"	Joel Addo	Clark Wood	4/26/24	
7.18m/23' 6.75"	Dominique Hall	Jim Click	4/5/24	
7.06m/23' 2"	Justin Abrams	Jim Click	4/5/24	

TRIPLE JUMP

Mark/ Conv.	Name	Meet	Date	UC T-10
13.62m/44' 8.25"	Joel Addo	Clark Wood	4/26/24	

SHOT PUT

Mark/ Conv.	Name	Meet	Date	UC T-10
18.32m/60' 1.25"	Giovanni Gutierrez	RedHawk	4/27/24	3rd
15.97m/52' 4.75"	Jackson Vollbrecht*	UCF B&G	3/15/24	
15.77m/51'9"	Tyler Thompson	Oliver N.	3/29/24	
12.24m/40'2"	Justin Abrams	Jim Click	4/5/24	
11.75m/38'6.75"	Dominique Hall	Jim Click	4/5/24	

DISCUS

Mark/ Conv.	Name	Meet	Date	UC T-10
51.39m/168'11"	Oliver Mayer*	Clark Wood	4/26/24	10th
45.72m/150' 0"	Jackson Vollbrecht	UCF B&G	3/15/24	
42.96m/140' 11"	Giovanni Gutierrez	UCF B&G	3/15/24	
42.36m/139' 0"	Dominique Hall*	UCF B&G	3/15/24	
38.11m/125'0"	Justin Abrams*	Oliver N.	3/29/24	

HAMMER THROW

Mark/ Conv.	Name	Meet	Date	UC T-10
60.32m/197' 11"	Noah Thomas*	Clark Wood	4/26/24	4th
54.34m/178' 3"	Oliver Mayer*	M. Johnson	4/19/24	
53.52m/175' 7"	Tyler Thompson*	M. Johnson	4/19/24	
48.97m/160' 8"	Giovanni Gutierrez	Oliver N.	3/29/24	
44.83m/147' 1"	Jackson Vollbrecht	UCF B&G	3/15/24	

JAVELIN

Mark/ Conv.	Name	Meet	Date	UC T-10
49.22m/161' 6"	Matthew Garber	UCF B&G	3/15/24	
42.99m/141' 0"	Dominique Hall*	Jim Click	4/5/24	
41.58m/136' 5"	Justin Abrams*	Jim Click	4/5/24	

DECATHLON

Score	Name	Meet	Date	UC T-10
7409	Dominique Hall	Jim Click	4/5/24	
6987	Justin Abrams*	Jim Click	4/5/24	