

**UCS INVITATIONAL**

Winston-Salem, NC

JDL Fast Track

Weather: 68 degrees, no wind

Host: JDL Fast Track

Saturday, February 18, 2017

**MEET OFFICIALS****Meet Director:**

Ali Bahr

**Timing:**

Jimmy Stephens

**OFFICIAL MEET REPORT**

printed: 2/18/2017 7:01 PM

**RESULTS****#1 Men's 60 Meters**

! JDL Fast Track 6.61 Sean McLean/Ramon Gittens Nike/Unattached 1/30/2016

**Finals**

| Pl | Name                 | Team               | Time |
|----|----------------------|--------------------|------|
| 1  | Estrada, Daniel      | Unattached         | 6.75 |
| 1  | Cunningham, Quashawn | North Carolina St. | 6.75 |
| 3  | McLin, Khai          | Unattached         | 6.82 |
| 4  | Snead, Kevin         | Carson-Newman      | 6.83 |
| 4  | Parson, Josh         | Tennessee Wesleyan | 6.83 |
| 6  | Harris, Cadarius     | Tennessee Wesleyan | 6.86 |
| 7  | Hutt, Davion         | William and Mary   | 6.87 |
| 7  | Lotharp, P.J.        | Lenoir-Rhyne       | 6.87 |

**Prelims**

| Pl | Name                   | Team               | Time  | H(Pl) |
|----|------------------------|--------------------|-------|-------|
| 1  | Estrada, Daniel        | Unattached         | 6.84q | 5(1)  |
| 2  | McLin, Khai            | Unattached         | 6.85q | 3(1)  |
| 2  | Cunningham, Quashawn   | North Carolina St. | 6.85q | 4(1)  |
| 4  | Parson, Josh           | Tennessee Wesleyan | 6.88q | 3(2)  |
| 4  | Hutt, Davion           | William and Mary   | 6.88q | 5(2)  |
| 6  | Snead, Kevin           | Carson-Newman      | 6.89q | 2(1)  |
| 7  | Harris, Cadarius       | Tennessee Wesleyan | 6.90q | 6(1)  |
| 8  | Lotharp, P.J.          | Lenoir-Rhyne       | 6.91q | 2(2)  |
| 9  | Williams, CJ           | Lenoir-Rhyne       | 6.93  | 1(1)  |
| 10 | Okoye, Jon             | Unattached         | 6.98  | 6(2)  |
| 11 | McElveen, Tony         | Coker              | 6.99  | 3(3)  |
| 12 | parker, rondrick       | Unattached         | 7.00  | 1(2)  |
| 12 | Sims, Evin             | Lenoir-Rhyne       | 7.00  | 5(3)  |
| 14 | Carr, Curtis           | Campbell           | 7.01  | 2(3)  |
| 14 | Holloway, Trey         | Unattached         | 7.01  | 4(2)  |
| 16 | Stephenson, Caleb      | Anderson (S.C.)    | 7.06  | 4(3)  |
| 17 | Anderson, Jordan       | Anderson (S.C.)    | 7.11  | 2(4)  |
| 18 | Abdus-Salaam, Nuriddin | Eastern Mennonite  | 7.12  | 1(3)  |
| 19 | Burton, Christopher    | Anderson (S.C.)    | 7.13  | 1(4)  |
| 19 | Russell, Clifford      | Clayton State      | 7.13  | 6(3)  |
| 21 | Kauer, Brandon         | Anderson (S.C.)    | 7.17  | 6(4)  |
| 22 | Powers, Joshua         | Unattached         | 7.18  | 1(5)  |
| 22 | Epp, Anton             | Queens (N.C.)      | 7.18  | 5(4)  |
| 24 | Fisher, Daniel         | Methodist          | 7.19  | 6(5)  |
| 25 | CARMON, KAVON          | Unattached         | 7.20  | 5(5)  |
| 25 | Moore, joshua          | Unattached         | 7.20  | 6(6)  |
| 27 | Wannamaker, Devin      | Unattached         | 7.21  | 4(4)  |
| 28 | Etuk, Uduak            | Unattached         | 7.24  | 2(5)  |
| 28 | McBride, Adonius       | Methodist          | 7.24  | 3(4)  |
| 28 | Hollins, Donovan       | Bridgewater (Va.)  | 7.24  | 4(5)  |
| 31 | Fiore, Donovan         | Washington and Lee | 7.26  | 1(6)  |
| 31 | Wojno, Richard         | Bridgewater (Va.)  | 7.26  | 5(6)  |
| 33 | Jackson, Emanuel       | Lenoir-Rhyne       | 7.29  | 3(5)  |

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**RESULTS****#1 Men's 60 Meters (cont'd)****Prelims**

| Pl | Name              | Team               | Time | H(Pl) |
|----|-------------------|--------------------|------|-------|
| 33 | Johnson, Jimmie   | Washington and Lee | 7.29 | 4(6)  |
| 35 | Poole, Ashton     | Queens (N.C.)      | 7.34 | 6(7)  |
| 36 | Hubbard, Kenneth  | Unattached         | 7.35 | 2(6)  |
| 37 | Houston, Juwan    | Guilford           | 7.40 | 3(6)  |
| 38 | Cypress, Bruce    | Eastern Mennonite  | 7.48 | 1(7)  |
| 38 | Smith, James      | Unattached         | 7.48 | 2(7)  |
| 40 | Carter, Jacob     | Campbell           | 7.50 | 3(7)  |
| 41 | Nisbett, Iman     | Guilford           | 7.92 | 4(7)  |
| 42 | Williams, Jeffrey | Unattached         | 8.03 | 5(7)  |

**#3 Men's 200 Meters**

! JDL Fast Track 21.08 Lamar Hargrove Tiffin 3/15/2014

| Pl | Name                   | Team                | Time  | H(Pl) |
|----|------------------------|---------------------|-------|-------|
| 1  | Okoye, Jon             | Unattached          | 21.89 | 1(1)  |
| 2  | Brooks, Josiah         | Lee (Tenn.)         | 22.00 | 1(2)  |
| 3  | Brooks, Justin         | Lee (Tenn.)         | 22.08 | 1(3)  |
| 4  | Williams, CJ           | Lenoir-Rhyne        | 22.13 | 2(1)  |
| 5  | Watkins, Jamal         | Birmingham-Southern | 22.25 | 2(2)  |
| 6  | Hoffmann, William      | Unattached          | 22.30 | 4(1)  |
| 7  | Bullard, Ja-Vell       | Unattached          | 22.31 | 2(3)  |
| 8  | McLin, Khai            | Unattached          | 22.33 | 3(1)  |
| 9  | Burton, Christopher    | Anderson (S.C.)     | 22.37 | 1(4)  |
| 10 | Stephenson, Caleb      | Anderson (S.C.)     | 22.76 | 4(2)  |
| 11 | McElveen, Tony         | Coker               | 22.85 | 6(1)  |
| 12 | Russell, Clifford      | Clayton State       | 22.88 | 12(1) |
| 13 | Hutt, Davion           | William and Mary    | 22.97 | 3(2)  |
| 14 | Anderson, Dylan        | William and Mary    | 23.01 | 7(1)  |
| 15 | Fisher, Daniel         | Methodist           | 23.02 | 3(3)  |
| 16 | McBride, Adonius       | Methodist           | 23.07 | 7(2)  |
| 17 | Williams, Eric         | Clayton State       | 23.10 | 5(1)  |
| 18 | Moore, Joshua          | Unattached          | 23.19 | 14(1) |
| 19 | Anderson, Jordan       | Anderson (S.C.)     | 23.21 | 8(1)  |
| 20 | Abdus-Salaam, Nuriddin | Eastern Mennonite   | 23.22 | 9(1)  |
| 21 | Hubbard, Kenneth       | Unattached          | 23.24 | 3(4)  |
| 22 | Atkinson, Connor       | William and Mary    | 23.31 | 6(2)  |
| 23 | Carr, Curtis           | Campbell            | 23.36 | 8(2)  |
| 24 | Atavwigho, Chigozie    | Campbell            | 23.36 | 8(2)  |
| 25 | Rucker, Jabari         | Unattached          | 23.42 | 5(2)  |
| 26 | Carter, Jacob          | Campbell            | 23.45 | 9(2)  |
| 27 | Rizzo, Anthony         | Queens (N.C.)       | 23.46 | 7(3)  |
| 28 | Lilly, Sage            | Unattached          | 23.46 | 11(1) |
| 29 | Hollins, Donovan       | Bridgewater (Va.)   | 23.50 | 10(1) |
| 30 | Kauer, Brandon         | Anderson (S.C.)     | 23.54 | 4(3)  |
| 31 | Jackson, Emanuel       | Lenoir-Rhyne        | 23.56 | 6(3)  |
| 32 | Huffman, Carter        | Washington and Lee  | 23.58 | 6(4)  |

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**RESULTS****#3 Men's 200 Meters (cont'd)**

| Pl | Name              | Team               | Time  | H(Pl) |
|----|-------------------|--------------------|-------|-------|
| 33 | Fiore, Donovan    | Washington and Lee | 23.59 | 9(3)  |
| 34 | CARMON, KAVON     | Unattached         | 23.73 | 7(4)  |
| 35 | Powers, Joshua    | Unattached         | 23.74 | 10(2) |
| 36 | Taylor, Tony      | Methodist          | 23.74 | 12(2) |
| 37 | Frazier, Karim    | Randolph           | 23.76 | 5(3)  |
| 38 | Wojno, Richard    | Bridgewater (Va.)  | 23.82 | 11(2) |
| 39 | Johnson, Jimmie   | Washington and Lee | 23.84 | 9(4)  |
| 40 | Davis, Rashon     | Bridgewater (Va.)  | 23.95 | 11(3) |
| 41 | Cooper, Collin    | Campbell           | 24.04 | 10(3) |
| 42 | Salis, Rafael     | Clayton State      | 24.10 | 14(2) |
| 43 | Harrison, Kevin   | Queens (N.C.)      | 24.15 | 10(4) |
| 44 | Sumner, Jonathan  | Guilford           | 24.84 | 11(4) |
| 45 | Jones, Nick       | Guilford           | 24.85 | 13(1) |
| 46 | Colson, Tevin     | Unattached         | 24.96 | 13(2) |
| 47 | Cypress, Bruce    | Eastern Mennonite  | 25.00 | 13(3) |
| 48 | Smith, James      | Unattached         | 25.27 | 8(4)  |
| 49 | Williams, Jeffrey | Unattached         | 26.16 | 13(4) |
|    | Etuk, Uduak       | Unattached         | DQ    | 12    |
|    | Cooper, Cameron   | North Carolina St. | DNS   | 4     |
|    | parker, rondrick  | Unattached         | DNS   | 2     |
|    | Flatford, Derek   | Lee (Tenn.)        | DNS   | 12    |
|    | Jones, John       | Washington and Lee | DNS   | 5     |

**#5 Men's 400 Meters**

! JDL Fast Track 46.81 Dane Hyatt Unattached 2/25/2012

| Pl | Name                 | Team               | Time  | H(Pl) |
|----|----------------------|--------------------|-------|-------|
| 1  | Bullard, Ja-Vell     | Unattached         | 49.81 | 3(1)  |
| 2  | Atavwigbo, Chigozie  | Campbell           | 50.71 | 3(2)  |
| 3  | Cooper, Collin       | Campbell           | 50.81 | 3(3)  |
| 4  | Sevachko, Troy       | William and Mary   | 50.82 | 2(1)  |
| 5  | Tyree, Canoy         | Unattached         | 50.86 | 2(2)  |
| 6  | Medina-Artis, Marcus | Montreat           | 50.93 | 6(1)  |
| 7  | Monts, Rashod        | Anderson (S.C.)    | 50.94 | 2(3)  |
| 8  | Smith, Donte         | Unattached         | 51.18 | 1(1)  |
| 9  | Huffman, Carter      | Washington and Lee | 51.36 | 2(4)  |
| 10 | Florence, Chris      | Clayton State      | 51.37 | 3(4)  |
| 10 | Askew, Tyler         | Clayton State      | 51.37 | 5(1)  |
| 12 | LAW, JAMES           | Unattached         | 51.38 | 5(2)  |
| 13 | Mitchell, Elijah     | Montreat           | 51.55 | 4(1)  |
| 14 | Harrison, Kevin      | Queens (N.C.)      | 51.95 | 6(2)  |
| 15 | Taylor, Tony         | Methodist          | 52.03 | 5(3)  |
| 16 | Rucker, Jabari       | Unattached         | 52.07 | 1(2)  |
| 17 | Witherspoon, Travet  | Clayton State      | 52.19 | 6(3)  |
| 18 | Fiore, Donovan       | Washington and Lee | 52.33 | 5(4)  |
| 19 | Hall, Jacob          | Lenoir-Rhyne       | 52.46 | 8(1)  |
| 20 | Williams, Eric       | Clayton State      | 52.83 | 4(2)  |

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**RESULTS****#5 Men's 400 Meters (cont'd)**

| Pl | Name                | Team               | Time    | H(Pl) |
|----|---------------------|--------------------|---------|-------|
| 21 | Briggs, Michael     | Bryan              | 52.92   | 4(3)  |
| 22 | Duncan, Connor      | Montreat           | 53.04   | 6(4)  |
| 23 | Lilly, Sage         | Unattached         | 53.09   | 4(4)  |
| 24 | Hanke, Tom          | Unattached         | 53.21   | 5(5)  |
| 25 | Connolly, John      | Unattached         | 53.50   | 4(5)  |
| 26 | Harris, Jeremy      | Queens (N.C.)      | 53.67   | 3(5)  |
| 27 | Duell, Casper       | Campbell           | 53.77   | 9(1)  |
| 28 | Myrick, Tory        | Randolph           | 53.87   | 7(1)  |
| 29 | Sampson, Tyriek     | Coker              | 53.92   | 8(2)  |
| 30 | Del Cristo, Albert  | Washington and Lee | 54.01   | 7(2)  |
| 31 | Sumner, Jonathan    | Guilford           | 54.04   | 6(5)  |
| 31 | Nixon, Da'Shawn     | Coker              | 54.04   | 8(3)  |
| 33 | Mize, Marcus        | Campbell           | 54.17   | 7(3)  |
| 34 | Montgomery, Trenton | Methodist          | 55.25   | 8(4)  |
| 35 | Greene, Mahari      | Unattached         | 55.40   | 9(2)  |
| 36 | Garrison, Dontonio  | Unattached         | 55.65   | 8(5)  |
| 37 | Hodge, Brendon      | Unattached         | 57.01   | 9(3)  |
| 38 | Gibson, Leo         | Guilford           | 1:05.05 | 9(4)  |
|    | Jones, John         | Washington and Lee | DNS     | 1     |
|    | Brooks, Josiah      | Lee (Tenn.)        | DNS     | 1     |
|    | Stephenson, Caleb   | Anderson (S.C.)    | DNS     | 1     |
|    | Cooper, Cameron     | North Carolina St. | DNS     | 2     |
|    | Bishop, Joshua      | Eastern Mennonite  | DNS     | 7     |
|    | Kauer, Brandon      | Anderson (S.C.)    | DNS     | 7     |

**#7 Men's 800 Meters**

! JDL Fast Track 1:48.27 Brandon Johnson Nike 1/31/2015

| Pl | Name                   | Team               | Time    | H(Pl) |
|----|------------------------|--------------------|---------|-------|
| 1  | Kirui, Kelvin          | Campbell           | 1:52.99 | 1(1)  |
| 2  | Jones, Dorian          | USC Upstate        | 1:55.93 | 1(2)  |
| 3  | Clark, Cole            | William and Mary   | 1:56.07 | 1(3)  |
| 4  | Tyree, Canoy           | Unattached         | 1:56.19 | 1(4)  |
| 5  | Denlinger, Tyler       | Eastern Mennonite  | 1:56.98 | 1(5)  |
| 6  | Cypress, Avery         | Queens (N.C.)      | 1:57.05 | 1(6)  |
| 7  | Chavez-Gutierrez, Raul | William and Mary   | 1:58.53 | 3(1)  |
| 8  | Roberts, Jake          | Washington and Lee | 1:58.66 | 1(7)  |
| 9  | Payton, Darren         | Tennessee Wesleyan | 1:59.92 | 2(1)  |
| 10 | Mullins, Brandon       | Coker              | 2:00.03 | 2(2)  |
| 11 | Miles, Marcus          | USC Upstate        | 2:00.17 | 2(3)  |
| 12 | Mealing, Roman         | USC Upstate        | 2:01.36 | 2(4)  |
| 13 | Meyer, Matthieu        | Randolph           | 2:01.71 | 3(2)  |
| 14 | Jackson, Anthony       | Carson-Newman      | 2:01.86 | 3(3)  |
| 15 | Adkins, Josh           | Lenoir-Rhyne       | 2:02.11 | 5(1)  |
| 16 | Wynn, Ka'Deem          | Campbell           | 2:02.26 | 3(4)  |
| 17 | Schroeder, Jordan      | Unattached         | 2:02.31 | 4(1)  |
| 18 | Prichard, Jeremy       | Methodist          | 2:02.50 | 3(5)  |

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**RESULTS****#7 Men's 800 Meters (cont'd)**

| Pl | Name                    | Team               | Time    | H(Pl) |
|----|-------------------------|--------------------|---------|-------|
| 19 | Heinicke-Peart, Matthew | William and Mary   | 2:02.60 | 1(8)  |
| 20 | Duell, Casper           | Campbell           | 2:02.66 | 2(5)  |
| 21 | Cox, Nickolas           | Unattached         | 2:03.10 | 2(6)  |
| 22 | Haizel-Cobbina, Johnny  | Bridgewater (Va.)  | 2:03.32 | 4(2)  |
| 23 | Bailey, Adam            | Bridgewater (Va.)  | 2:03.44 | 4(3)  |
| 24 | Phillips, Jeb           | Montreat           | 2:04.00 | 4(4)  |
| 25 | Zachariou, Christos     | Tennessee Wesleyan | 2:04.57 | 2(7)  |
| 26 | Guisasola, Aitor        | Unattached         | 2:04.82 | 3(6)  |
| 27 | Lancaster, Daniel       | Montreat           | 2:04.95 | 3(7)  |
| 27 | Schlott, Max            | Washington and Lee | 2:04.95 | 4(5)  |
| 29 | Ayers, Connor           | Unattached         | 2:07.11 | 4(6)  |
| 30 | Garrison, Dontonio      | Unattached         | 2:07.59 | 4(7)  |
| 31 | Hite, Aubrey            | Lenoir-Rhyne       | 2:09.11 | 2(8)  |
| 32 | Tonja, Endashaw         | Methodist          | 2:09.36 | 5(2)  |
| 33 | Carter, Alex            | Lee (Tenn.)        | 2:12.07 | 3(8)  |
| 34 | Hodge, Brendon          | Unattached         | 2:13.50 | 5(3)  |
| 35 | Williams, Robert        | Queens (N.C.)      | 2:17.29 | 4(8)  |
|    | Adimu, Akanni           | Clayton State      | DNS     | 5     |

**#9 Men's 1 Mile Run**

! JDL Fast Track 3:54.02 Matthew Centrowitz Nike Oregon Project 1/20/2016

| Pl | Name                       | Team               | Time    | H(Pl) |
|----|----------------------------|--------------------|---------|-------|
| 1  | Wynne, Henry               | Virginia           | 4:03.55 | 1(1)  |
| 2  | Bistriz, Joe               | Unattached         | 4:12.59 | 1(2)  |
| 3  | Bason, Tim                 | Unattached         | 4:13.48 | 1(3)  |
| 4  | Rutto, Edwin               | Unattached         | 4:15.33 | 1(4)  |
| 5  | Covert, Riley              | William and Mary   | 4:16.40 | 1(5)  |
| 6  | Leslie, Cooper             | William and Mary   | 4:16.90 | 1(6)  |
| 7  | Walz, Eric                 | Unattached         | 4:17.57 | 1(7)  |
| 8  | Baird, Cooper              | Washington and Lee | 4:22.90 | 2(1)  |
| 9  | Gibson, Trey               | Bridgewater (Va.)  | 4:23.20 | 2(2)  |
| 10 | Jones, Dorian              | USC Upstate        | 4:23.32 | 1(8)  |
| 11 | Mitchell, Coleman          | Unattached         | 4:23.39 | 2(3)  |
| 12 | Minen, John                | Unattached         | 4:23.77 | 2(4)  |
| 13 | Lafleur, Marcus            | Clayton State      | 4:24.88 | 2(5)  |
| 14 | Raleigh, Brandon           | Lee (Tenn.)        | 4:25.50 | 2(6)  |
| 15 | McDonald, Ian              | Washington and Lee | 4:27.46 | 1(9)  |
| 16 | Lancaster, Brien           | Montreat           | 4:28.27 | 2(7)  |
| 17 | Carter, Alex               | Lee (Tenn.)        | 4:29.13 | 3(1)  |
| 18 | Kountourogiannis, Theodore | USC Upstate        | 4:29.66 | 2(8)  |
| 19 | Black, Jacob               | Lenoir-Rhyne       | 4:29.73 | 3(2)  |
| 20 | Chaundy, Turner            | Unattached         | 4:29.97 | 3(3)  |
| 21 | Gibson, Shane              | Bridgewater (Va.)  | 4:31.69 | 4(1)  |
| 22 | Potts, Anthony             | Unattached         | 4:31.96 | 3(4)  |
| 23 | Polk, Ryan                 | Clayton State      | 4:32.99 | 3(5)  |
| 24 | Greer, Luke                | Carson-Newman      | 4:33.42 | 4(2)  |

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**RESULTS****#9 Men's 1 Mile Run (cont'd)**

| Pl | Name                 | Team               | Time    | H(Pl) |
|----|----------------------|--------------------|---------|-------|
| 25 | Ponce, Moises        | Lee (Tenn.)        | 4:33.95 | 3(6)  |
| 26 | Gallimore, Travis    | Campbell           | 4:34.23 | 4(3)  |
| 27 | McGlone, Tommy       | Unattached         | 4:34.29 | 2(9)  |
| 28 | Eubanks, Griffin     | USC Upstate        | 4:36.22 | 3(7)  |
| 29 | Griggs, Alex         | Unattached         | 4:37.76 | 3(8)  |
| 30 | Tonja, Endashaw      | Methodist          | 4:38.05 | 4(4)  |
| 31 | Olds, David          | Unattached         | 4:39.22 | 4(5)  |
| 32 | Patrick, Hank        | Washington and Lee | 4:39.33 | 3(9)  |
| 33 | Adkins, Josh         | Lenoir-Rhyne       | 4:39.75 | 4(6)  |
| 34 | Brown, Kobe          | Unattached         | 4:40.18 | 4(7)  |
| 35 | Herzog, Jared        | Lee (Tenn.)        | 4:41.08 | 3(10) |
| 36 | Sanchez, Alex        | Clayton State      | 4:42.62 | 4(8)  |
| 37 | Gross, Zack          | Lenoir-Rhyne       | 4:49.71 | 5(1)  |
| 38 | Hite, Aubrey         | Lenoir-Rhyne       | 4:51.46 | 5(2)  |
| 39 | Patrick, Grant       | Unattached         | 4:51.71 | 5(3)  |
| 40 | Mathers, Stone       | Unattached         | 4:51.81 | 3(11) |
| 41 | Tate, Cory           | USC Upstate        | 4:53.07 | 5(4)  |
| 42 | Zunk, Skyler         | Washington and Lee | 4:54.82 | 4(9)  |
| 43 | Rees-Jones, Mitch    | Unattached         | 4:58.25 | 4(10) |
| 44 | Russ, Noah           | Unattached         | 5:01.20 | 5(5)  |
| 45 | Dossel, Colin        | Guilford           | 5:01.26 | 5(6)  |
| 46 | Anderson, Caleb      | Guilford           | 5:07.70 | 5(7)  |
| 47 | Simones, Quint       | Guilford           | 5:12.76 | 5(8)  |
| 48 | Maldonado, Jacob     | Coker              | 5:12.87 | 5(9)  |
|    | Hagen, Kenneth       | Virginia           | DNF     | 1     |
|    | Hazel, Mason         | Anderson (S.C.)    | DNS     | 1     |
|    | Wammetsberger, Felix | Queens (N.C.)      | DNS     | 1     |
|    | Inuwa, Elijah        | Queens (N.C.)      | DNS     | 1     |
|    | Marchinko, Zachary   | Unattached         | DNS     | 2     |
|    | Hollingsworth, Jimmy | Queens (N.C.)      | DNS     | 2     |
|    | Wagner, Jonathan     | Unattached         | DNS     | 2     |
|    | Cypress, Avery       | Queens (N.C.)      | DNS     | 2     |
|    | Sharkey, Reid        | Lynchburg          | DNS     | 3     |
|    | Alejandro, Javier    | Louisburg College  | DNS     | 4     |
|    | Prichard, Jeremy     | Methodist          | DNS     | 5     |

**#11 Men's 3000 Meters**

! JDL Fast Track 7:45.49 Paul Chelimo US Army 2/4/2017

| Pl | Name             | Team               | Time    | H(Pl) |
|----|------------------|--------------------|---------|-------|
| 1  | Thibodeaux, Alec | Eastern Mennonite  | 8:32.62 | 1(1)  |
| 2  | Conner, Matt     | Unattached         | 8:34.97 | 1(2)  |
| 3  | Thomas, Aaron    | North Carolina St. | 8:38.21 | 1(3)  |
| 4  | Black, Jacob     | Lenoir-Rhyne       | 8:43.29 | 1(4)  |
| 5  | Boone, Tyler     | Bryan              | 8:43.74 | 1(5)  |
| 6  | Rosas, Jose      | Queens (N.C.)      | 8:44.74 | 1(6)  |
| 7  | Bains, Tom       | Queens (N.C.)      | 8:45.67 | 2(1)  |

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Ali Bahr

**Timing:**

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**RESULTS****#11 Men's 3000 Meters (cont'd)**

| Pl | Name                  | Team               | Time     | H(Pl) |
|----|-----------------------|--------------------|----------|-------|
| 8  | Salvadori, Cavender   | William and Mary   | 8:47.57  | 1(7)  |
| 9  | Lucy-Speidel, Tristan | Lynchburg          | 8:50.98  | 2(2)  |
| 10 | Baldwin, Will         | Unattached         | 8:52.83  | 1(8)  |
| 11 | Gildard, James        | Unattached         | 8:52.98  | 1(9)  |
| 12 | Griggs, Alex          | Unattached         | 8:53.45  | 1(10) |
| 13 | Talbert, Benjamin     | Unattached         | 8:55.08  | 2(3)  |
| 14 | Eagleson, Seth        | Lee (Tenn.)        | 8:55.35  | 1(11) |
| 15 | Raftis, Anthony       | Queens (N.C.)      | 8:57.02  | 2(4)  |
| 16 | Smith, Drew           | Lynchburg          | 8:58.28  | 2(5)  |
| 17 | Kipkemei, Nick        | Queens (N.C.)      | 9:01.65  | 2(6)  |
| 18 | Pelham, Jonathan      | Unattached         | 9:01.85  | 1(12) |
| 19 | Nisly, Jared          | Eastern Mennonite  | 9:04.76  | 2(7)  |
| 20 | Kinne, Austin         | Washington and Lee | 9:05.66  | 2(8)  |
| 21 | Amine, Abrham         | Eastern Mennonite  | 9:07.10  | 2(9)  |
| 22 | Dolwick, Alex         | Washington and Lee | 9:09.64  | 2(10) |
| 23 | Rees-Jones, Mitch     | Unattached         | 9:15.00  | 3(1)  |
| 24 | Love, Alex            | USC Upstate        | 9:15.65  | 2(11) |
| 25 | Chavis, Derek         | Lenoir-Rhyne       | 9:18.69  | 2(12) |
| 26 | Hernandez, Abraham    | USC Upstate        | 9:19.08  | 3(2)  |
| 27 | Boyles, Corbin        | Lenoir-Rhyne       | 9:21.06  | 3(3)  |
| 28 | Carmody, Joe          | Washington and Lee | 9:21.54  | 3(4)  |
| 29 | Gunzenhauser, Todd    | Unattached         | 9:21.65  | 1(13) |
| 30 | Knabe, Billy          | Campbell           | 9:24.56  | 3(5)  |
| 31 | Coccia, Jacob         | USC Upstate        | 9:24.70  | 3(6)  |
| 32 | Riss, Calvin          | Washington and Lee | 9:25.58  | 3(7)  |
| 33 | Korir, Amos           | Carson-Newman      | 9:29.42  | 3(8)  |
| 34 | Nail, Parker          | Unattached         | 9:34.03  | 2(13) |
| 35 | Lewis, Ereck          | USC Upstate        | 9:38.26  | 3(9)  |
| 36 | Burch, Michael        | Anderson (S.C.)    | 9:40.76  | 3(10) |
| 37 | Ronoh, Kelvin         | Carson-Newman      | 9:41.14  | 3(11) |
| 38 | Bergstrom, Max        | Unattached         | 9:45.24  | 3(12) |
| 39 | Drummond, John        | Anderson (S.C.)    | 9:45.52  | 3(13) |
| 40 | Amstutz, Caleb        | Guilford           | 9:57.71  | 3(14) |
| 41 | Mercaldo, Joel        | Unattached         | 10:13.74 | 2(14) |
|    | Trojan, JP            | William and Mary   | DNS      | 1     |

**#13 Men's 5000 Meters**

! JDL Fast Track 14:06.24 Kevin Batt Adams State 3/14/2014

| Pl | Name             | Team            | Time     | H(Pl) |
|----|------------------|-----------------|----------|-------|
| 1  | Hazel, Mason     | Anderson (S.C.) | 14:58.54 | 2(1)  |
| 2  | Boerma, Ben      | Anderson (S.C.) | 15:36.27 | 2(2)  |
| 3  | Gwanzura, Musa   | Unattached      | 15:41.08 | 2(3)  |
| 4  | Hindle, Tucker   | Lee (Tenn.)     | 15:41.11 | 2(4)  |
| 5  | Golema, Max      | SCAD Atlanta    | 15:47.08 | 2(5)  |
| 6  | Jackson, Matthew | Unattached      | 15:49.38 | 2(6)  |
| 7  | Hovis, Brooks    | Anderson (S.C.) | 16:11.20 | 1(1)  |

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**RESULTS****#13 Men's 5000 Meters (cont'd)**

| Pl | Name              | Team              | Time     | H(Pl) |
|----|-------------------|-------------------|----------|-------|
| 8  | Horne, Luke       | Anderson (S.C.)   | 16:13.67 | 1(2)  |
| 9  | Elliott, Brandon  | Louisburg College | 16:19.26 | 1(3)  |
| 10 | Cherry, Coleman   | Louisburg College | 16:25.62 | 1(4)  |
| 11 | Kelton, Thomas    | Lee (Tenn.)       | 16:37.67 | 2(7)  |
| 12 | Smith, Brady      | Bryan             | 16:41.11 | 1(5)  |
| 13 | Darlington, Tommy | Unattached        | 16:44.86 | 2(8)  |
| 14 | Haas, Brett       | Lenoir-Rhyne      | 17:07.25 | 1(6)  |
| 15 | Nathanson, Jacob  | Unattached        | 17:15.15 | 1(7)  |
|    | White, William    | Unattached        | DNS      | 1     |
|    | Flynn, Brian      | Unattached        | DNS      | 2     |

**#15 Men's 60m Hurdles**

|   |                |      |              |        |           |
|---|----------------|------|--------------|--------|-----------|
| ! | JDL Fast Track | 7.55 | Aleec Harris | adidas | 1/31/2015 |
|---|----------------|------|--------------|--------|-----------|

**Finals**

| Pl | Name              | Team               | Time |
|----|-------------------|--------------------|------|
| 1  | Holloway, Trey    | Unattached         | 7.89 |
| 2  | Simon, Ramoye     | Unattached         | 8.02 |
| 3  | Hawkins, Chaz     | Tennessee Wesleyan | 8.24 |
| 4  | Wannamaker, Devin | Unattached         | 8.35 |
| 5  | Anderson, Dylan   | William and Mary   | 8.43 |
| 6  | Pranka, Drew      | Washington and Lee | 8.58 |
| 7  | Harvey, Devin     | Queens (N.C.)      | 8.75 |
|    | Flatford, Derek   | Lee (Tenn.)        | DQ   |

**Prelims**

| Pl | Name              | Team               | Time  | H(Pl) |
|----|-------------------|--------------------|-------|-------|
| 1  | Holloway, Trey    | Unattached         | 7.96q | 2(1)  |
| 2  | Simon, Ramoye     | Unattached         | 8.17q | 1(1)  |
| 3  | Hawkins, Chaz     | Tennessee Wesleyan | 8.38q | 1(2)  |
| 3  | Wannamaker, Devin | Unattached         | 8.38q | 2(2)  |
| 5  | Anderson, Dylan   | William and Mary   | 8.41q | 2(3)  |
| 6  | Flatford, Derek   | Lee (Tenn.)        | 8.63q | 2(4)  |
| 7  | Pranka, Drew      | Washington and Lee | 8.70q | 2(5)  |
| 8  | Harvey, Devin     | Queens (N.C.)      | 8.83q | 1(3)  |
| 9  | Powers, Joshua    | Unattached         | 8.84  | 1(4)  |
| 10 | McClain, Kamain   | Coker              | 8.87  | 1(5)  |
| 11 | Moreau, Derrian   | Coker              | 8.92  | 2(6)  |
| 12 | Cabbell, Eric     | Unattached         | 9.77  | 2(7)  |
| 13 | Colson, Tevin     | Unattached         | 10.00 | 2(8)  |
| 14 | Adimu, Akanni     | Clayton State      | 10.19 | 1(6)  |
|    | Houston, Juwan    | Guilford           | DQ    | 1     |
|    | Palmer, Nic       | Tennessee Wesleyan | DQ    | 1     |

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**RESULTS****#17 Men's 4 x 400m Relay**

! JDL Fast Track 3:11.12

GW Express/Nike

1/31/2015

| Pl | Team                   | Time    | H(Pl) |
|----|------------------------|---------|-------|
| 1  | Eastern Mennonite (A)  | 3:24.54 | 1(1)  |
| 2  | Anderson (S.C.) (A)    | 3:26.04 | 2(1)  |
| 3  | William and Mary (A)   | 3:26.25 | 1(2)  |
| 4  | Coker (A)              | 3:26.72 | 1(3)  |
| 5  | Tennessee Wesleyan (A) | 3:26.82 | 2(2)  |
| 6  | Montreat (A)           | 3:26.95 | 2(3)  |
| 7  | Clayton State (A)      | 3:29.57 | 1(4)  |

**#19 Men's 4000m DMR**

! JDL Fast Track 9:35.60

Virginia

2/20/2016

| Pl | Team                   | Time      | H(Pl) |
|----|------------------------|-----------|-------|
| 1  | Ole Miss (A)           | ! 9:34.24 | 1(1)  |
| 2  | Arkansas (A)           | 9:37.78   | 1(2)  |
| 3  | Villanova (A)          | 9:37.90   | 1(3)  |
| 4  | Florida State (A)      | 9:52.66   | 2(1)  |
| 5  | Clemson (A)            | 9:54.37   | 1(4)  |
| 6  | William and Mary (A)   | 9:54.63   | 2(2)  |
| 7  | North Carolina St. (A) | 9:59.29   | 2(3)  |
| 8  | Mount Olive (A)        | 10:00.42  | 2(4)  |
| 9  | Lee (Tenn.) (A)        | 10:06.78  | 2(5)  |
| 10 | North Carolina (A)     | 10:08.98  | 2(6)  |
| 11 | Virginia (B)           | 10:12.61  | 1(5)  |
| 12 | Queens (N.C.) (A)      | 10:16.06  | 2(7)  |
| 13 | Louisburg College (A)  | 10:27.61  | 2(8)  |
| 14 | USC Upstate (A)        | 11:09.71  | 3(1)  |
| 15 | Coker (A)              | 11:11.73  | 3(2)  |
|    | Wake Forest (A)        | DNF       | 1     |
|    | Virginia (A)           | DNF       | 1     |
|    | Anderson (S.C.) (A)    | DNS       | 3     |

**#21 Men's High Jump**

! JDL Fast Track 2.24m

Kris Kornegay-Gober

NC State

12/1/2012

| Pl | Name                    | Team               | Mark  |
|----|-------------------------|--------------------|-------|
| 1  | Jones, Avion            | Unattached         | 2.14m |
| 2  | Tyson, Nate             | Campbell           | 1.92m |
| 3  | Edwards, Chase          | Campbell           | 1.87m |
| 4  | Turner, Davis           | Washington and Lee | 1.82m |
| 4  | Beckett, Emanuel        | Montreat           | 1.82m |
| 6  | Shoup, Matthew          | Anderson (S.C.)    | 1.82m |
| 6  | Afrifa-Boakye, Philemon | Randolph           | 1.82m |
| 8  | Omogegbe, Andrew        | Clayton State      | 1.82m |
| 8  | Daniel, Bryce           | Unattached         | 1.82m |
| 8  | Bryant, Marcus          | Coker              | 1.82m |
|    | Ingram, Shomari         | Queens (N.C.)      | NH    |

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**RESULTS****#21 Men's High Jump (cont'd)**

| Pl | Name                 | Team               | Mark |
|----|----------------------|--------------------|------|
|    | Haley, Paul          | North Carolina     | NH   |
|    | DeKnight, Harrison   | Washington and Lee | NH   |
|    | Kornegay-Gober, Kris | Unattached         | NH   |
|    | Davis, Devon         | Randolph           | NH   |
|    | Gordon, Elvis        | Queens (N.C.)      | NH   |
|    | Onyiego, David       | Methodist          | NH   |

**#23 Men's Pole Vault**

! JDL Fast Track 5.45m Scott Houston Unattached 2/4/2017

| Pl | Name                | Team               | Mark  |
|----|---------------------|--------------------|-------|
| 1  | O'Connell, Derek    | William and Mary   | 5.20m |
| 2  | Wratschko, Lucas    | William and Mary   | 4.90m |
| 3  | Shank, Marshall     | Carson-Newman      | 4.35m |
| 3  | Mathis, Carter      | William and Mary   | 4.35m |
| 5  | Sims, Shep          | Washington and Lee | 4.35m |
| 6  | Finger, Ben         | Unattached         | 4.20m |
| 6  | Richard, Justin     | Unattached         | 4.20m |
| 8  | Nason, Ben          | Unattached         | 3.90m |
| 9  | Lehe, Jonathan      | Unattached         | 3.90m |
| 10 | Carpentier, Cameron | Unattached         | 3.90m |
| 11 | Anastasio, Andrew   | Unattached         | 3.90m |
| 12 | Hood, David         | Unattached         | 3.75m |
| 13 | Pranka, Drew        | Washington and Lee | 3.60m |
| 13 | Halverson, Bill     | Unattached         | 3.60m |
| 13 | Wolfe, Kyle         | Queens (N.C.)      | 3.60m |
| 13 | Cochell, Kenneth    | Unattached         | 3.60m |
|    | Pedersen, Drew      | North Carolina     | NH    |
|    | Cannon, Matt        | Lenoir-Rhyne       | NH    |
|    | DeGraaf, Philip     | Anderson (S.C.)    | NH    |
|    | Schneider, Vincent  | Queens (N.C.)      | NH    |
|    | Haley, Paul         | North Carolina     | NH    |
|    | Frederick, Bailey   | North Carolina     | NH    |
|    | Rochester, Luke     | Anderson (S.C.)    | NH    |
|    | Simon, Louis        | Queens (N.C.)      | NH    |
|    | Jones, Robert       | Washington and Lee | NH    |
|    | Frazier, Karim      | Randolph           | NH    |
|    | Cook, Gavin         | Randolph           | NH    |
|    | Thompson, James     | Unattached         | NH    |

**#25 Men's Long Jump**

! JDL Fast Track 7.81m Mikese Morse Unattached 11/16/2013

| Pl | Name              | Team          | Mark  | F(Pl) |
|----|-------------------|---------------|-------|-------|
| 1  | Addison, Jonathan | Unattached    | 7.24m | 2(1)  |
| 2  | Epp, Anton        | Queens (N.C.) | 6.95m | 2(2)  |
| 3  | Brooks, Josiah    | Lee (Tenn.)   | 6.85m | 2(3)  |
| 4  | Bonelli, Khari    | Unattached    | 6.68m | 2(4)  |

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**RESULTS****#25 Men's Long Jump (cont'd)**

| Pl | Name                    | Team               | Mark  | F(Pl) |
|----|-------------------------|--------------------|-------|-------|
| 5  | Tyson, Noah             | Campbell           | 6.63m | 2(5)  |
| 6  | Amoateng, Grant         | Eastern Mennonite  | 6.56m | 1(1)  |
| 7  | Bell, Michael           | Unattached         | 6.43m | 2(6)  |
| 8  | Flatford, Derek         | Lee (Tenn.)        | 6.39m | 2(7)  |
| 9  | Turner, Davis           | Washington and Lee | 6.27m | 1(2)  |
| 10 | Raye, Chaston           | Queens (N.C.)      | 6.24m | 1(3)  |
| 11 | Hedrick, Jeremiah       | Guilford           | 6.11m | 1(4)  |
| 12 | Stover, Darius          | Eastern Mennonite  | 6.05m | 1(5)  |
| 13 | Gordon, Elvis           | Queens (N.C.)      | 5.96m | 1(6)  |
| 14 | Phillips, Nate          | Guilford           | 5.85m | 1(7)  |
| 15 | Kim, Andrew             | Washington and Lee | 5.74m | 1(8)  |
| 16 | Afrifa-Boakye, Philemon | Randolph           | 5.49m | 1(9)  |
| 17 | Daniel, Bryce           | Unattached         | 5.46m | 2(8)  |
|    | Lawson, Nicholas        | Unattached         | NM    | 2     |

**#27 Men's Triple Jump**

! JDL Fast Track 15.83m Anthony Campbell Charlotte 12/5/2015

| Pl | Name                | Team               | Mark   | F(Pl) |
|----|---------------------|--------------------|--------|-------|
| 1  | Bordley Jr, Allen   | Unattached         | 14.74m | 2(1)  |
| 2  | Brooks, Josiah      | Lee (Tenn.)        | 14.71m | 2(2)  |
| 3  | Tyson, Noah         | Campbell           | 14.23m | 2(3)  |
| 4  | Abdus-Salaam, Zafir | Coker              | 14.17m | 2(4)  |
| 5  | Bryant, Marcus      | Coker              | 13.94m | 1(1)  |
| 6  | Tyson, Nate         | Campbell           | 13.18m | 1(2)  |
| 7  | Hedrick, Jeremiah   | Guilford           | 12.56m | 1(3)  |
| 8  | Myrick, Tory        | Randolph           | 12.47m | 1(4)  |
| 9  | Hoover, Eric        | Anderson (S.C.)    | 12.46m | 2(5)  |
| 10 | Stover, Darius      | Eastern Mennonite  | 12.05m | 1(5)  |
| 11 | Duncan, Dwayne      | Guilford           | 11.94m | 1(6)  |
| 12 | Kim, Andrew         | Washington and Lee | 11.81m | 1(7)  |
|    | DeKnight, Harrison  | Washington and Lee | NM     | 1     |
|    | Onyiego, David      | Methodist          | NM     | 1     |
|    | Raye, Chaston       | Queens (N.C.)      | NM     | 2     |
|    | Jackson, Ratavious  | Shorter            | NM     | 2     |
|    | Amoateng, Grant     | Eastern Mennonite  | NM     | 2     |
|    | Gordon, Elvis       | Queens (N.C.)      | NM     | 2     |

**#29 Men's Shot Put**

! JDL Fast Track 19.50m Wesley Lavong Adams State 3/15/2014

| Pl | Name                   | Team                | Mark   | F(Pl) |
|----|------------------------|---------------------|--------|-------|
| 1  | Frenia, Taylor         | William and Mary    | 17.48m | 2(1)  |
| 2  | Richardson, Preston    | William and Mary    | 16.77m | 2(2)  |
| 3  | Adams, Max             | Wake Forest         | 14.78m | 2(3)  |
| 4  | Braswell-Sample, Myles | Lenoir-Rhyne        | 14.27m | 2(4)  |
| 5  | Snow, Michael          | Birmingham-Southern | 14.10m | 2(5)  |
| 6  | Higgs, Khyle           | Queens (N.C.)       | 13.56m | 2(6)  |

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**RESULTS****#29 Men's Shot Put (cont'd)**

| Pl | Name                   | Team               | Mark   | F(Pl) |
|----|------------------------|--------------------|--------|-------|
| 7  | Roberts, Jay           | Washington and Lee | 13.33m | 2(7)  |
| 8  | Creel, Andrew          | Washington and Lee | 12.63m | 2(8)  |
| 8  | Boyles, Austin         | Methodist          | 12.63m | 2(8)  |
| 10 | Aleruchi, Anthony      | Anderson (S.C.)    | 12.32m | 2(10) |
| 11 | Mosley, Jaquille       | USC Upstate        | 11.75m | 2(11) |
| 12 | Claroni, Daniel        | Washington and Lee | 11.41m | 1(1)  |
| 13 | Faulkner, Kace         | Coker              | 11.25m | 1(2)  |
| 14 | Johnson, Kaderis       | Lenoir-Rhyne       | 11.05m | 1(3)  |
| 15 | Campbell, Brandon      | Coker              | 10.98m | 1(4)  |
| 16 | Hatten, Bryson         | USC Upstate        | 10.72m | 1(5)  |
| 17 | Anderson, Jalen        | Methodist          | 10.65m | 1(6)  |
| 18 | Compagnari, Jordan     | Eastern Mennonite  | 10.59m | 1(7)  |
| 19 | Smith, Ricky           | Lenoir-Rhyne       | 10.48m | 2(12) |
| 20 | Smith, Cody            | Eastern Mennonite  | 9.60m  | 1(8)  |
| 21 | Santiago, Dante        | Queens (N.C.)      | 9.06m  | 1(9)  |
| 22 | Marcelin, Bryce        | Queens (N.C.)      | 8.51m  | 1(10) |
| 23 | Cassoma, Evandro       | Guilford           | 6.51m  | 1(11) |
|    | Shalaway, Sam (Elijah) | Wake Forest        | NM     | 1     |
|    | Johnson, Chandler      | Anderson (S.C.)    | NM     | 1     |
|    | Garduno, Francisco     | Methodist          | NM     | 2     |

**#31 Men's Weight Throw**

! JDL Fast Track 22.27m Justin Welch Findlay 3/14/2014

| Pl | Name                | Team                | Mark   | F(Pl) |
|----|---------------------|---------------------|--------|-------|
| 1  | Fryman, Andy        | Unattached          | 21.13m | 2(1)  |
| 2  | Ionata, Charlie     | Wake Forest         | 21.11m | 2(2)  |
| 3  | Frenia, Taylor      | William and Mary    | 18.90m | 2(3)  |
| 4  | Johnson, Kyle       | Wake Forest         | 17.89m | 2(4)  |
| 5  | Morgan, Kameran     | Birmingham-Southern | 17.38m | 2(5)  |
| 6  | Richardson, Preston | William and Mary    | 17.34m | 2(6)  |
| 7  | Higgs, Khyle        | Queens (N.C.)       | 16.25m | 2(7)  |
| 8  | Talley, Nicholas    | Methodist           | 14.18m | 2(8)  |
| 9  | Shawver, Tyler      | Unattached          | 13.51m | 2(9)  |
| 10 | Mosley, Jaquille    | USC Upstate         | 13.02m | 1(1)  |
| 11 | Aleruchi, Anthony   | Anderson (S.C.)     | 12.58m | 1(2)  |
| 12 | Creel, Andrew       | Washington and Lee  | 12.41m | 1(3)  |
| 13 | Santiago, Dante     | Queens (N.C.)       | 12.05m | 1(4)  |
| 14 | Claroni, Daniel     | Washington and Lee  | 11.32m | 1(5)  |
| 14 | Roberts, Jay        | Washington and Lee  | 11.32m | 1(5)  |
| 16 | Johnson, Chandler   | Anderson (S.C.)     | 9.36m  | 1(7)  |
|    | Faulkner, Kace      | Coker               | NM     | 1     |
|    | Guilluame, Alex     | Queens (N.C.)       | NM     | 1     |
|    | Hatten, Bryson      | USC Upstate         | NM     | 1     |

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**RESULTS****#2 Women's 60 Meters**

! JDL Fast Track 7.18 Barbara Pierre Unattached 1/20/2013

**Finals**

| Pl | Name               | Team              | Time |
|----|--------------------|-------------------|------|
| 1  | Norman, Breana     | Unattached        | 7.31 |
| 2  | Brown, Felicia     | Unattached        | 7.40 |
| 3  | Celen, Amber       | Bridgewater (Va.) | 7.63 |
| 4  | Hampton, Ty-Leah   | Winston-Salem St. | 7.66 |
| 4  | Robinson, V'Alonee | Unattached        | 7.66 |
| 6  | Foy, Kayla         | Winston-Salem St. | 7.70 |
| 7  | Sturgis, Cambrea   | Unattached        | 7.71 |
| 8  | Thompson, Cierra   | Winston-Salem St. | 7.80 |

**Prelims**

| Pl | Name                 | Team               | Time  | H(Pl) |
|----|----------------------|--------------------|-------|-------|
| 1  | Norman, Breana       | Unattached         | 7.48q | 3(1)  |
| 2  | Brown, Felicia       | Unattached         | 7.53q | 1(1)  |
| 3  | Celen, Amber         | Bridgewater (Va.)  | 7.60q | 3(2)  |
| 4  | Sturgis, Cambrea     | Unattached         | 7.64q | 4(1)  |
| 5  | Foy, Kayla           | Winston-Salem St.  | 7.67q | 2(1)  |
| 6  | Robinson, V'Alonee   | Unattached         | 7.71q | 2(2)  |
| 7  | Thompson, Cierra     | Winston-Salem St.  | 7.79q | 1(2)  |
| 7  | Hampton, Ty-Leah     | Winston-Salem St.  | 7.79q | 4(2)  |
| 9  | Golding, Milan       | Queens (N.C.)      | 7.80  | 1(3)  |
| 10 | Gayden, Ma'Kyia      | Winston-Salem St.  | 7.86  | 3(3)  |
| 11 | Johnson, Chelsea     | Methodist          | 7.89  | 2(3)  |
| 12 | Miller, Tajah        | Eastern Mennonite  | 8.02  | 4(3)  |
| 13 | Morris, Jullia       | Campbell           | 8.06  | 1(4)  |
| 13 | Murphy, Talicia      | Coker              | 8.06  | 2(4)  |
| 15 | Alston, Dakota       | Lenoir-Rhyne       | 8.14  | 1(5)  |
| 16 | Livingston, Sina     | Lenoir-Rhyne       | 8.15  | 3(4)  |
| 17 | Brock, Kiley         | Lee (Tenn.)        | 8.18  | 2(5)  |
| 18 | Elmore, Nia          | Clayton State      | 8.21  | 4(4)  |
| 19 | spivey, carlecia     | Unattached         | 8.22  | 4(5)  |
| 20 | Laurent, Jimlyn      | Methodist          | 8.23  | 4(6)  |
| 21 | Barmore, Jasmine     | Anderson (S.C.)    | 8.24  | 3(5)  |
| 22 | Finebone, Kemjika    | Clayton State      | 8.43  | 2(6)  |
| 23 | Sheets, Jordan       | Randolph           | 8.59  | 2(7)  |
| 24 | Penn, Jalil          | Randolph           | 8.67  | 4(7)  |
| 25 | Kauffman, Kristen    | Queens (N.C.)      | 8.68  | 1(6)  |
| 26 | Rosenwasser, Jessica | Washington and Lee | 8.74  | 1(7)  |
| 27 | Newkirk, A'lexus     | Guilford           | 8.76  | 2(8)  |
| 28 | Flowers, Jocoya      | Unattached         | 8.95  | 4(8)  |
| 29 | Belvin, Elizabeth    | Methodist          | 8.96  | 3(6)  |
| 30 | Mackin, Claire       | Washington and Lee | 9.04  | 3(7)  |
| 31 | Hageboeck, Katherine | Washington and Lee | 9.84  | 1(8)  |
|    | Baumann, Alisha      | Queens (N.C.)      | DNS   | 3     |

**UCS INVITATIONAL**

Winston-Salem, NC

JDL Fast Track

Weather: 68 degrees, no wind

Host: JDL Fast Track

Saturday, February 18, 2017

**MEET OFFICIALS****Meet Director:**

Ali Bahr

**Timing:**

Jimmy Stephens

**OFFICIAL MEET REPORT**

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**RESULTS****#4 Women's 200 Meters**

! JDL Fast Track 23.80 Danielle Williams Johnson C. Smith 3/15/2014

| Pl | Name                 | Team                | Time  | H(Pl) |
|----|----------------------|---------------------|-------|-------|
| 1  | Celen, Amber         | Bridgewater (Va.)   | 24.56 | 1(1)  |
| 2  | Squire, Nikia        | Queens (N.C.)       | 24.82 | 1(2)  |
| 3  | Sturgis, Cambrea     | Unattached          | 25.08 | 1(3)  |
| 4  | Tucker, Erin         | Unattached          | 25.49 | 2(1)  |
| 5  | Russell, Payton      | Unattached          | 25.57 | 2(2)  |
| 6  | Wheeler, Kacey       | William and Mary    | 25.87 | 3(1)  |
| 7  | Porter, Victoria     | Unattached          | 26.03 | 4(1)  |
| 8  | Golding, Milan       | Queens (N.C.)       | 26.08 | 3(2)  |
| 9  | Lilly, Araybian      | Unattached          | 26.14 | 4(2)  |
| 10 | Hayes, Sarai         | Lenoir-Rhyne        | 26.17 | 7(1)  |
| 11 | Johnson, Chelsea     | Methodist           | 26.18 | 5(1)  |
| 12 | Culver, Jovani       | Methodist           | 26.25 | 6(1)  |
| 13 | Lee, Dana            | Washington and Lee  | 26.42 | 2(3)  |
| 14 | Hart, Asia           | Queens (N.C.)       | 26.55 | 3(3)  |
| 15 | Johnson, Jada        | Campbell            | 26.61 | 7(2)  |
| 16 | Valle, Emily         | Bridgewater (Va.)   | 26.63 | 6(2)  |
| 17 | Alston, Dakota       | Lenoir-Rhyne        | 26.82 | 6(3)  |
| 18 | Gale, Angel          | Coker               | 26.91 | 5(2)  |
| 19 | Batts, Avian         | Coker               | 27.01 | 7(3)  |
| 20 | Walters, Autumn      | Coker               | 27.02 | 5(3)  |
| 21 | Brock, Kiley         | Lee (Tenn.)         | 27.05 | 4(3)  |
| 22 | Barmore, Jasmine     | Anderson (S.C.)     | 27.16 | 8(1)  |
| 22 | Peacock, Alison      | Washington and Lee  | 27.16 | 8(1)  |
| 24 | Glenn, Sierra        | Clayton State       | 27.22 | 5(4)  |
| 25 | Elmore, Nia          | Clayton State       | 27.77 | 6(4)  |
| 26 | White, Trinity       | Unattached          | 28.09 | 9(1)  |
| 27 | Sanchez, Zaidybel    | Methodist           | 28.23 | 10(1) |
| 28 | Seay, Madison        | Anderson (S.C.)     | 28.25 | 9(2)  |
| 29 | Rosenwasser, Jessica | Washington and Lee  | 28.26 | 8(3)  |
| 30 | Sheets, Jordan       | Randolph            | 28.45 | 10(2) |
| 31 | Finebone, Kemjika    | Clayton State       | 28.51 | 10(3) |
| 32 | Farroni, Kara        | Washington and Lee  | 28.71 | 7(4)  |
| 33 | Penn, Jalil          | Randolph            | 28.99 | 11(1) |
| 34 | Newkirk, A'lexus     | Guilford            | 29.38 | 10(4) |
| 35 | McCreary, Jamie      | Guilford            | 29.64 | 9(3)  |
| 36 | Belvin, Elizabeth    | Methodist           | 29.94 | 11(2) |
| 37 | Wilton, Lane         | Unattached          | 33.12 | 11(3) |
|    | Martin, Adrian       | Lee (Tenn.)         | DNS   | 1     |
|    | Shute, Karmin        | Birmingham-Southern | DNS   | 2     |
|    | Rhodes, Akira        | Unattached          | DNS   | 3     |
|    | Fair, Paiton         | Lenoir-Rhyne        | DNS   | 4     |
|    | Allison, Jordan      | Lee (Tenn.)         | DNS   | 8     |
|    | Baumann, Alisha      | Queens (N.C.)       | DNS   | 9     |

**UCS INVITATIONAL**

Winston-Salem, NC

JDL Fast Track

Weather: 68 degrees, no wind

Host: JDL Fast Track

Saturday, February 18, 2017

**MEET OFFICIALS****Meet Director:**

Ali Bahr

**Timing:**

Jimmy Stephens

**OFFICIAL MEET REPORT**

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**RESULTS****#6 Women's 400 Meters**

! JDL Fast Track 53.90 Kayon Robinson Adams State 3/15/2014

| Pl | Name                | Team               | Time    | H(Pl) |
|----|---------------------|--------------------|---------|-------|
| 1  | Esposito, Jennifer  | Unattached         | 56.90   | 1(1)  |
| 2  | Wheeler, Kacey      | William and Mary   | 56.99   | 1(2)  |
| 3  | Russell, Payton     | Unattached         | 57.57   | 2(1)  |
| 4  | Lilly, Araybian     | Unattached         | 57.88   | 2(2)  |
| 5  | Hart, Asia          | Queens (N.C.)      | 58.52   | 1(3)  |
| 6  | Whelan, Gracie      | Unattached         | 58.85   | 2(3)  |
| 7  | Johnson, Keyona     | Winston-Salem St.  | 59.37   | 4(1)  |
| 8  | Porter, Victoria    | Unattached         | 59.52   | 3(1)  |
| 9  | Fair, Paiton        | Lenoir-Rhyne       | 1:00.04 | 1(4)  |
| 10 | Maisto, Susanna     | William and Mary   | 1:00.07 | 3(2)  |
| 11 | Arnold, Dejah       | North Carolina St. | 1:00.59 | 1(5)  |
| 12 | Jackson, Essence    | USC Upstate        | 1:00.60 | 3(3)  |
| 13 | Jackson, Roshae     | Campbell           | 1:00.86 | 3(4)  |
| 14 | Runge, Gabriel      | William and Mary   | 1:00.90 | 3(5)  |
| 15 | Peacock, Alison     | Washington and Lee | 1:00.92 | 5(1)  |
| 16 | Williamson, Jalecia | Coker              | 1:01.19 | 5(2)  |
| 17 | Glenn, Sierra       | Clayton State      | 1:01.71 | 5(3)  |
| 18 | Barmore, Jasmine    | Anderson (S.C.)    | 1:01.90 | 6(1)  |
| 19 | Mitchell, Ashley    | Unattached         | 1:01.94 | 2(4)  |
| 20 | Nixon, Briana       | Coker              | 1:02.08 | 2(5)  |
| 21 | Rea, Kelsey         | Campbell           | 1:02.25 | 5(4)  |
| 22 | Edwards, Emilee     | Anderson (S.C.)    | 1:02.57 | 6(2)  |
| 23 | Hinton, Kaleigh     | Washington and Lee | 1:02.63 | 6(3)  |
| 24 | Seay, Madison       | Anderson (S.C.)    | 1:02.86 | 6(4)  |
| 25 | robinson, heavenly  | Unattached         | 1:02.92 | 5(5)  |
| 26 | Farroni, Kara       | Washington and Lee | 1:03.64 | 4(2)  |
| 27 | Sanchez, Zaidybele  | Methodist          | 1:04.02 | 7(1)  |
| 28 | Culver, Jovani      | Methodist          | 1:04.06 | 7(2)  |
| 29 | Johnson, Chelsea    | Methodist          | 1:04.54 | 7(3)  |
| 30 | Ruff, Kaylah        | Coker              | 1:04.87 | 7(4)  |
| 31 | Craft, Aaliyah      | Winston-Salem St.  | 1:06.41 | 4(3)  |
| 32 | Krause, Clarece     | Methodist          | 1:06.52 | 7(5)  |
| 33 | Hunter, Alivia      | Unattached         | 1:14.75 | 8(1)  |
| 34 | Reyna, Kayli        | Guilford           | 1:15.35 | 8(2)  |
| 35 | Wright, Cheyenne    | Guilford           | 1:18.23 | 8(3)  |
|    | Mcfarlane, Laquisha | Queens (N.C.)      | DNS     | 6     |
|    | Allison, Jordan     | Lee (Tenn.)        | DNS     | 4     |
|    | Couch, Charielle    | Winston-Salem St.  | DNS     | 4     |
|    | Johnson, Taska      | Winston-Salem St.  | DNS     | 8     |

**#8 Women's 800 Meters**

! JDL Fast Track 2:02.10 Melissa Bishop Nike 1/30/2016

| Pl | Name              | Team       | Time    | H(Pl) |
|----|-------------------|------------|---------|-------|
| 1  | Charles, Ericka   | Unattached | 2:10.50 | 1(1)  |
| 2  | Lott, Darroneshia | Coker      | 2:15.95 | 1(2)  |

**UCS INVITATIONAL**

Winston-Salem, NC

JDL Fast Track

Weather: 68 degrees, no wind

Host: JDL Fast Track

Saturday, February 18, 2017

**MEET OFFICIALS****Meet Director:**

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**Timing:**

Jimmy Stephens

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**RESULTS****#8 Women's 800 Meters (cont'd)**

| Pl | Name               | Team              | Time    | H(Pl) |
|----|--------------------|-------------------|---------|-------|
| 3  | Kowalk, Charlotte  | William and Mary  | 2:16.23 | 1(3)  |
| 4  | Johnson, Taska     | Winston-Salem St. | 2:17.02 | 1(4)  |
| 5  | Casey, Deirdre     | William and Mary  | 2:17.67 | 1(5)  |
| 6  | Nichols, Hannah    | Eastern Mennonite | 2:18.08 | 2(1)  |
| 7  | Gordon, Audrey     | William and Mary  | 2:19.91 | 2(2)  |
| 8  | Jackson, Essence   | USC Upstate       | 2:20.18 | 1(6)  |
| 9  | Bridges, Morgan    | Anderson (S.C.)   | 2:21.37 | 2(3)  |
| 10 | Hauver, Maryellen  | Bridgewater (Va.) | 2:21.40 | 1(7)  |
| 11 | Tuskiewicz, Heidi  | Campbell          | 2:21.90 | 3(1)  |
| 12 | Yoder, Kaelyn      | Campbell          | 2:24.95 | 2(4)  |
| 13 | Meyrick, Brianna   | Campbell          | 2:24.96 | 2(5)  |
| 14 | Smith, Emily       | Elon              | 2:25.90 | 3(2)  |
| 15 | Fair, Paiton       | Lenoir-Rhyne      | 2:25.97 | 2(6)  |
| 16 | King, Paige        | Elon              | 2:26.22 | 3(3)  |
| 17 | McFadden, Summer   | Queens (N.C.)     | 2:26.32 | 2(7)  |
| 18 | Ariel, Calista     | Bridgewater (Va.) | 2:26.40 | 3(4)  |
| 19 | DeCastro, Alicia   | Elon              | 2:26.81 | 2(8)  |
| 20 | Jemeli, Priscah    | Carson-Newman     | 2:27.51 | 3(5)  |
| 21 | Fanney, Sommer     | Guilford          | 2:27.67 | 3(6)  |
| 22 | Duvall, Lacey      | Lee (Tenn.)       | 2:29.82 | 2(9)  |
| 23 | Couch, Charielle   | Winston-Salem St. | 2:30.47 | 3(7)  |
| 24 | Pitts, Emily       | Anderson (S.C.)   | 2:31.72 | 4(1)  |
| 25 | Illich, Erin       | Lenoir-Rhyne      | 2:32.18 | 4(2)  |
| 26 | Faircloth, Rebecca | Anderson (S.C.)   | 2:32.80 | 4(3)  |
| 27 | Schott, Lindsay    | William and Mary  | 2:34.60 | 1(8)  |
| 28 | Knopf, Shelbee     | Methodist         | 2:35.35 | 4(4)  |
| 29 | Boyd-Ghani, Ariel  | Clayton State     | 2:35.43 | 4(5)  |
| 30 | Mattera, Allyson   | Methodist         | 2:36.05 | 4(6)  |
| 31 | Diaz, Joy          | Clayton State     | 2:36.63 | 5(1)  |
| 32 | Robinson, Bari     | Anderson (S.C.)   | 2:37.25 | 3(8)  |
| 33 | Pritchard, Lindsey | Methodist         | 2:39.22 | 5(2)  |
| 34 | Averette, Lydia    | Unattached        | 2:39.67 | 4(7)  |
| 35 | Foster, June Lisa  | Coker             | 2:41.15 | 4(8)  |
| 36 | Worrell, Auriana   | Clayton State     | 2:41.95 | 4(9)  |
| 37 | Taylor, Tiffany    | Coker             | 2:42.35 | 5(3)  |
| 38 | Jennette, Libby    | USC Upstate       | 2:43.18 | 5(4)  |
| 39 | Flower, Hayley     | Lenoir-Rhyne      | 2:43.66 | 5(5)  |
| 40 | Saunders, Michaela | Randolph          | 2:44.52 | 5(6)  |
| 41 | Wilton, Lane       | Unattached        | 2:47.58 | 5(7)  |
| 42 | Rutto, Patricia    | USC Upstate       | 2:50.41 | 5(8)  |
| 43 | Zahm, Kimberley    | Clayton State     | 2:54.92 | 5(9)  |
|    | Johnson, Keyona    | Winston-Salem St. | NT      | 3     |

**UCS INVITATIONAL**

Winston-Salem, NC

JDL Fast Track

Weather: 68 degrees, no wind

Host: JDL Fast Track

Saturday, February 18, 2017

**MEET OFFICIALS****Meet Director:**

Ali Bahr

**Timing:**

Jimmy Stephens

**OFFICIAL MEET REPORT**

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**RESULTS****#10 Women's 1 Mile Run**

! JDL Fast Track 4:22.66 Shannon Rowbury Nike Oregon Project 1/31/2015

| Pl | Name                   | Team               | Time    | H(Pl) |
|----|------------------------|--------------------|---------|-------|
| 1  | Barnett, Grace         | Clemson            | 4:36.10 | 1(1)  |
| 2  | Hutchinson, Nicole     | Villanova          | 4:36.16 | 1(2)  |
| 3  | Moye, Megan            | North Carolina St. | 4:39.05 | 1(3)  |
| 4  | Kemp, Erika            | North Carolina St. | 4:42.21 | 1(4)  |
| 5  | Johansen , Kimberly    | Elon               | 4:42.77 | 1(5)  |
| 6  | Frazier, Ryan          | North Carolina St. | 4:43.26 | 1(6)  |
| 7  | Strock, Carol          | James Madison      | 4:45.46 | 1(7)  |
| 8  | Link, Katy             | Unattached         | 4:49.80 | 1(8)  |
| 9  | Armstrong, Sarah       | Duke               | 4:57.03 | 1(9)  |
| 10 | Love, Haylee           | Anderson (S.C.)    | 4:59.34 | 2(1)  |
| 11 | Deacon, Natalie        | Lynchburg          | 5:00.51 | 2(2)  |
| 12 | Richichi, Gabrielle    | Duke               | 5:01.98 | 2(3)  |
| 13 | Seybold, Margaret      | Washington and Lee | 5:09.74 | 2(4)  |
| 14 | Wilson, Lydia          | Montreat           | 5:10.36 | 3(1)  |
| 15 | Gardner, Olivia        | Anderson (S.C.)    | 5:10.60 | 2(5)  |
| 16 | Snyder, Rachel         | William and Mary   | 5:10.99 | 2(6)  |
| 17 | Louw, Michaela         | Campbell           | 5:13.38 | 2(7)  |
| 18 | Fahmy, Sarah           | Wake Forest        | 5:13.81 | 2(8)  |
| 19 | Bloxom, Rachel         | William and Mary   | 5:13.95 | 2(9)  |
| 20 | Boxall, Charlee        | Lee (Tenn.)        | 5:16.17 | 3(2)  |
| 21 | Arnold, Liliana        | Washington and Lee | 5:18.64 | 4(1)  |
| 22 | Alvarez Barkane, Amina | Campbell           | 5:18.89 | 3(3)  |
| 23 | Swepson, Victoria      | Unattached         | 5:19.73 | 3(4)  |
| 24 | McMichael, Kirsten     | Washington and Lee | 5:20.47 | 3(5)  |
| 25 | Wood, Julia            | William and Mary   | 5:21.38 | 2(10) |
| 26 | Todd, Caroline         | Unattached         | 5:22.28 | 2(11) |
| 27 | Bridges, Morgan        | Anderson (S.C.)    | 5:23.04 | 4(2)  |
| 28 | Moore, Blakely         | Lee (Tenn.)        | 5:23.81 | 3(6)  |
| 29 | Tuszkiewicz, Heidi     | Campbell           | 5:26.58 | 3(7)  |
| 30 | Kiplagat , Domtila     | Winston-Salem St.  | 5:27.90 | 3(8)  |
| 31 | Rodman, Kaitlyn        | Unattached         | 5:29.45 | 4(3)  |
| 32 | Hodges, Madison        | Lee (Tenn.)        | 5:29.69 | 4(4)  |
| 33 | Catala, Carla          | Clayton State      | 5:30.58 | 4(5)  |
| 34 | Fanney, Sommer         | Guilford           | 5:32.05 | 4(6)  |
| 35 | McGowan, Molly         | Unattached         | 5:32.93 | 3(9)  |
| 36 | Duvall, Lacey          | Lee (Tenn.)        | 5:33.06 | 5(1)  |
| 37 | Warren, Kelsey         | USC Upstate        | 5:33.23 | 4(7)  |
| 38 | Lau, Rachael           | Duke               | 5:33.80 | 4(8)  |
| 39 | Faircloth, Rebecca     | Anderson (S.C.)    | 5:35.81 | 4(9)  |
| 40 | Jostes, Leah           | USC Upstate        | 5:46.26 | 4(10) |
| 41 | Dilley, Ashton         | USC Upstate        | 5:47.53 | 5(2)  |
| 42 | Payne, Nia             | USC Upstate        | 5:48.92 | 5(3)  |
| 43 | Knopf, Shelbee         | Methodist          | 5:49.33 | 5(4)  |
| 44 | Sanders, Bailey        | Washington and Lee | 5:49.64 | 5(5)  |
| 45 | Delamer, Megan         | Queens (N.C.)      | 5:51.63 | 4(11) |

**UCS INVITATIONAL**

Winston-Salem, NC

JDL Fast Track

Weather: 68 degrees, no wind

Host: JDL Fast Track

Saturday, February 18, 2017

**MEET OFFICIALS****Meet Director:**

Ali Bahr

**Timing:**

Jimmy Stephens

**OFFICIAL MEET REPORT**

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**RESULTS****#10 Women's 1 Mile Run (cont'd)**

| Pl | Name                   | Team               | Time    | H(Pl) |
|----|------------------------|--------------------|---------|-------|
| 46 | Williams, Lindsey      | Carson-Newman      | 5:52.63 | 5(6)  |
| 47 | Averette, Lydia        | Unattached         | 5:55.32 | 5(7)  |
| 48 | Budd, Hailey           | Clayton State      | 6:00.88 | 5(8)  |
| 49 | Sullivan, Breanna      | Coker              | 6:05.98 | 5(9)  |
| 50 | Krause, Clarece        | Methodist          | 6:09.33 | 5(10) |
| 51 | Jenkins-Sullivan, Kate | Guilford           | 6:23.97 | 5(11) |
| 52 | Nadel, Ava             | Guilford           | 6:52.27 | 5(12) |
|    | Jackson, Erica         | James Madison      | DNF     | 1     |
|    | George, Samantha       | North Carolina St. | DNS     | 1     |
|    | Jenkins, Carissa       | Queens (N.C.)      | DNS     | 3     |
|    | Nichols, Hannah        | Eastern Mennonite  | DNS     | 3     |

**#12 Women's 3000 Meters**

! JDL Fast Track 8:56.52 Kerri Gallagher Nike 1/30/2016

| Pl | Name                | Team               | Time     | H(Pl) |
|----|---------------------|--------------------|----------|-------|
| 1  | Sang, Caroline      | Unattached         | 9:34.41  | 1(1)  |
| 2  | Taye, Bethlehem     | Unattached         | 9:53.90  | 1(2)  |
| 3  | Kearney, Emily      | SCAD Atlanta       | 9:55.45  | 1(3)  |
| 4  | Greengrass, Rebekah | North Carolina St. | 9:56.98  | 1(4)  |
| 5  | Cuddeback, Shelby   | Elon               | 10:00.07 | 1(5)  |
| 6  | Geraniotis, Coralea | Elon               | 10:00.35 | 1(6)  |
| 7  | Yates, Samantha     | Washington and Lee | 10:01.27 | 1(7)  |
| 8  | Parker, Eliza       | Unattached         | 10:13.99 | 1(8)  |
| 9  | Bishop, Bianca      | North Carolina St. | 10:15.94 | 1(9)  |
| 10 | Byrd, Catie         | Queens (N.C.)      | 10:32.87 | 1(10) |
| 11 | Schreiber, Samantha | Lynchburg          | 10:37.87 | 1(11) |
| 12 | Alvis, Morgan       | Lynchburg          | 10:41.00 | 2(1)  |
| 13 | Carpenter, Amy      | Lee (Tenn.)        | 10:43.74 | 2(2)  |
| 14 | Fitch, Madeline     | Campbell           | 10:48.87 | 2(3)  |
| 15 | Bottoroff, Mysteree | Tennessee Wesleyan | 10:50.22 | 2(4)  |
| 16 | Yarber, Audra       | Lenoir-Rhyne       | 10:52.89 | 2(5)  |
| 17 | Davis, Carmen       | Unattached         | 10:58.38 | 2(6)  |
| 18 | Delamer, Megan      | Queens (N.C.)      | 10:59.07 | 2(7)  |
| 18 | Hyde, Kiannah       | Unattached         | 10:59.07 | 3(1)  |
| 20 | Jenkins, Carissa    | Queens (N.C.)      | 11:00.80 | 2(8)  |
| 21 | Eckert, Annsley     | Unattached         | 11:04.18 | 2(9)  |
| 22 | Bowen, Ali          | Campbell           | 11:09.88 | 2(10) |
| 23 | Sanford, Hannah     | Anderson (S.C.)    | 11:16.63 | 2(11) |
| 24 | Baldwin, Jade       | Campbell           | 11:18.61 | 3(2)  |
| 25 | Jones, Breck        | Anderson (S.C.)    | 11:28.13 | 3(3)  |
| 26 | Lewis, Ruby         | USC Upstate        | 11:38.59 | 3(4)  |
| 27 | McCarter, Sky       | Carson-Newman      | 11:41.68 | 3(5)  |
| 28 | Frazier, Elese      | Unattached         | 11:42.12 | 3(6)  |
| 29 | Chaves, Alicia      | USC Upstate        | 11:45.62 | 3(7)  |
| 30 | Gantt, Blakely      | Lenoir-Rhyne       | 11:46.42 | 3(8)  |
| 31 | Mattera, Allyson    | Methodist          | 11:46.59 | 3(9)  |

**UCS INVITATIONAL**

Winston-Salem, NC

JDL Fast Track

Weather: 68 degrees, no wind

Host: JDL Fast Track

Saturday, February 18, 2017

**MEET OFFICIALS****Meet Director:**

Ali Bahr

**Timing:**

Jimmy Stephens

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**RESULTS****#12 Women's 3000 Meters (cont'd)**

| Pl | Name                 | Team               | Time     | H(Pl) |
|----|----------------------|--------------------|----------|-------|
| 32 | Gandy, Storm-Alexis  | USC Upstate        | 11:46.66 | 3(10) |
| 33 | Packer, Christa      | Unattached         | 11:49.64 | 2(12) |
| 34 | Zeman, Brooke        | Lenoir-Rhyne       | 11:53.81 | 3(11) |
| 35 | Sillcocks, Elizabeth | Lee (Tenn.)        | 12:25.88 | 3(12) |
| 36 | White, Rebekah       | Carson-Newman      | 12:52.27 | 3(13) |
|    | Kiplagat , Domtila   | Winston-Salem St.  | DNS      | 1     |
|    | Chance, Leah         | Tennessee Wesleyan | DNS      | 1     |
|    | Rhodes, Hannah       | Tennessee Wesleyan | DNS      | 2     |

**#14 Women's 5000 Meters**

! JDL Fast Track 16:39.02 Shaina Sumney UNC-Greensboro 3/2/2014

| Pl | Name               | Team               | Time     |
|----|--------------------|--------------------|----------|
| 1  | Van Calcar, Greta  | SCAD Atlanta       | 17:47.68 |
| 2  | Chance, Leah       | Tennessee Wesleyan | 18:57.20 |
| 3  | Gerlock, Grace     | Anderson (S.C.)    | 19:30.59 |
| 4  | Hernandez, Logan   | Lee (Tenn.)        | 19:44.75 |
| 5  | Rhodes, Hannah     | Tennessee Wesleyan | 19:49.96 |
| 6  | Sislava, Stephany  | Louisburg College  | 19:51.41 |
| 7  | Fell, Lily         | Lee (Tenn.)        | 19:53.15 |
| 8  | Buddenberg, Maddie | Anderson (S.C.)    | 20:00.48 |
| 9  | Swierzs, Mia       | Anderson (S.C.)    | 20:04.29 |
|    | Gardner, Olivia    | Anderson (S.C.)    | DNS      |

**#16 Women's 60m Hurdles**

! JDL Fast Track 7.95 Sharika Nelvis/Brianna Rollins adidas/Nike 1/31/2015

**Finals**

| Pl | Name               | Team               | Time |
|----|--------------------|--------------------|------|
| 1  | Norman, Breana     | Unattached         | 8.29 |
| 2  | Tucker, Erin       | Unattached         | 8.30 |
| 3  | Bonham, Rachel     | Winston-Salem St.  | 9.13 |
| 4  | Sullivan, Margaret | William and Mary   | 9.30 |
| 5  | Valle, Emily       | Bridgewater (Va.)  | 9.32 |
| 6  | Miller, Bri        | William and Mary   | 9.40 |
| 7  | Rice, Asante       | Coker              | 9.45 |
| 8  | Doherty, Nikki     | Washington and Lee | 9.73 |

**Prelims**

| Pl | Name               | Team               | Time  | H(Pl) |
|----|--------------------|--------------------|-------|-------|
| 1  | Norman, Breana     | Unattached         | 8.46q | 2(1)  |
| 2  | Tucker, Erin       | Unattached         | 8.50q | 1(1)  |
| 3  | Sullivan, Margaret | William and Mary   | 9.24q | 1(2)  |
| 4  | Miller, Bri        | William and Mary   | 9.25q | 1(3)  |
| 5  | Bonham, Rachel     | Winston-Salem St.  | 9.28q | 2(2)  |
| 6  | Valle, Emily       | Bridgewater (Va.)  | 9.45q | 2(3)  |
| 7  | Rice, Asante       | Coker              | 9.49q | 2(4)  |
| 8  | Doherty, Nikki     | Washington and Lee | 9.69q | 1(4)  |

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**RESULTS****#16 Women's 60m Hurdles (cont'd)****Prelims**

| Pl | Name                | Team               | Time  | H(Pl) |
|----|---------------------|--------------------|-------|-------|
| 9  | Ruff, Kaylah        | Coker              | 9.78  | 1(5)  |
| 10 | Quarti, Marisa      | Randolph           | 9.91  | 2(5)  |
| 11 | Hinton, Kaleigh     | Washington and Lee | 9.92  | 1(6)  |
| 12 | Chandler, Dominique | Winston-Salem St.  | 9.95  | 2(6)  |
| 13 | Seay, Madison       | Anderson (S.C.)    | 10.12 | 2(7)  |
| 14 | Flowers, Jocoya     | Unattached         | 11.02 | 1(7)  |
|    | Stock, Maniya       | Winston-Salem St.  | DNS   | 1     |

**#18 Women's 4 x 400m Relay**

! JDL Fast Track 3:41.61 GW Express/Nike 1/30/2016

| Pl | Team                    | Time    | H(Pl) |
|----|-------------------------|---------|-------|
| 1  | Winston-Salem St. (A)   | 3:58.05 | 1(1)  |
| 2  | William and Mary (A)    | 3:59.71 | 1(2)  |
| 3  | Birmingham-Southern (A) | 4:06.28 | 2(1)  |
| 4  | Campbell (A)            | 4:10.83 | 2(2)  |
| 5  | Coker (A)               | 4:11.33 | 1(3)  |
| 6  | Anderson (S.C.) (A)     | 4:14.04 | 2(3)  |
| 7  | Lenoir-Rhyne (A)        | 4:19.16 | 2(4)  |
| 8  | Clayton State (A)       | 4:35.47 | 1(4)  |

**#20 Women's 4000m DMR**

! JDL Fast Track 11:07.51 Clemson 2/20/2016

| Pl | Team                   | Time     | H(Pl) |
|----|------------------------|----------|-------|
| 1  | Samford (A)            | 11:15.74 | 1(1)  |
| 2  | North Carolina (A)     | 11:25.76 | 1(2)  |
| 3  | Duke (A)               | 11:27.47 | 1(3)  |
| 4  | North Carolina St. (A) | 11:35.91 | 1(4)  |
| 5  | William and Mary (A)   | 11:53.19 | 1(5)  |
| 6  | Queens (N.C.) (A)      | 12:12.61 | 2(1)  |
| 7  | Lee (Tenn.) (A)        | 12:17.29 | 2(2)  |
|    | Washington and Lee (A) | DNF      | 2     |
|    | USC Upstate (A)        | DNS      | 2     |
|    | Winston-Salem St. (A)  | DNS      | 2     |
|    | Anderson (S.C.) (A)    | DNS      | 2     |

**#22 Women's High Jump**

! JDL Fast Track 1.88m Barbara Szabo Western State 3/15/2014

| Pl | Name              | Team               | Mark  |
|----|-------------------|--------------------|-------|
| 1  | Becker, Grace     | William and Mary   | 1.65m |
| 2  | Jones, Abigail    | William and Mary   | 1.60m |
| 3  | Bonham, Rachel    | Winston-Salem St.  | 1.55m |
| 3  | Adams, Courtney   | Bridgewater (Va.)  | 1.55m |
| 5  | Clements, Felicia | Bridgewater (Va.)  | 1.55m |
| 6  | Castellana, Alexa | Washington and Lee | 1.55m |

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**RESULTS****#22 Women's High Jump (cont'd)**

| Pl | Name                | Team               | Mark  |
|----|---------------------|--------------------|-------|
| 7  | Buttolph, Hannah    | Lee (Tenn.)        | 1.50m |
|    | Snelling, Charity   | Coker              | NH    |
|    | Grealis, Annelle    | Lenoir-Rhyne       | NH    |
|    | Reynolds, Taylor    | Queens (N.C.)      | NH    |
|    | Taylor, Tiffany     | Coker              | NH    |
|    | Craft, Aaliyah      | Winston-Salem St.  | NH    |
|    | Franklin, Mikel     | Winston-Salem St.  | NH    |
|    | Leonard, Sarah      | Washington and Lee | NH    |
|    | Lewis, Kayonna      | Lenoir-Rhyne       | NH    |
|    | Logan, Jaime        | Methodist          | NH    |
|    | Livingston, Sina    | Lenoir-Rhyne       | NH    |
|    | Mcfarlane, Laquisha | Queens (N.C.)      | NH    |
|    | Brown, Tanzanie     | Shorter            | NH    |

**#24 Women's Pole Vault**

! JDL Fast Track 4.61m Katie Nageotte Unattached 1/30/2016

| Pl | Name                | Team               | Mark  |
|----|---------------------|--------------------|-------|
|    | Kempinski, Tesia    | Wake Forest        | 3.80m |
|    | Thiede, Kim         | Queens (N.C.)      | 3.50m |
|    | Drummonds, Savannah | Lenoir-Rhyne       | 3.35m |
|    | Stanton, Elizabeth  | Washington and Lee | 3.35m |
|    | Bragg, Madison      | Wake Forest        | 3.20m |
|    | Eaton, Anna         | North Carolina     | NH    |
|    | Wauters, Raleigh    | Anderson (S.C.)    | NH    |
|    | Gordon, Nicolette   | Lee (Tenn.)        | NH    |
|    | Conner, Frances     | Washington and Lee | NH    |
|    | Benninghoff, Amanda | North Carolina     | NH    |
|    | Gaul, Tori          | Carson-Newman      | NH    |

**#26 Women's Long Jump**

! JDL Fast Track 6.25m Julianne McKee Unattached 2/20/2016

| Pl | Name               | Team               | Mark  | F(Pl) |
|----|--------------------|--------------------|-------|-------|
| 1  | Robinson, V'Alonee | Unattached         | 5.82m | 2(1)  |
| 2  | Celen, Amber       | Bridgewater (Va.)  | 5.72m | 2(2)  |
| 3  | Miller, Bri        | William and Mary   | 5.37m | 2(3)  |
| 4  | Morris, Jullia     | Campbell           | 5.34m | 2(4)  |
| 5  | Johnson, Jada      | Campbell           | 5.29m | 2(5)  |
| 6  | spivey, carlecia   | Unattached         | 5.27m | 2(6)  |
| 7  | Burris, Hassani    | Unattached         | 5.08m | 2(7)  |
| 8  | Culver, Jovani     | Methodist          | 5.06m | 1(1)  |
| 9  | McDermott, Julia   | William and Mary   | 5.00m | 1(2)  |
| 10 | Terry, Jenele      | Winston-Salem St.  | 4.99m | 2(8)  |
| 11 | Lee, Dana          | Washington and Lee | 4.98m | 2(9)  |
| 12 | Kittrell, Oksana   | Eastern Mennonite  | 4.94m | 1(3)  |
| 13 | Castellana, Alexa  | Washington and Lee | 4.90m | 1(4)  |
| 14 | Livingston, Sina   | Lenoir-Rhyne       | 4.60m | 1(5)  |

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**RESULTS****#26 Women's Long Jump (cont'd)**

| Pl | Name             | Team              | Mark  | F(Pl) |
|----|------------------|-------------------|-------|-------|
| 15 | Grealis, Annelle | Lenoir-Rhyne      | 4.59m | 1(6)  |
| 16 | Baroody, Abigal  | Coker             | 4.45m | 1(7)  |
| 17 | White, Trinity   | Unattached        | 3.41m | 1(8)  |
|    | Bonham, Rachel   | Winston-Salem St. | NM    | 1     |
|    | Cherry, Akenah   | Winston-Salem St. | NM    | 1     |
|    | Reid, Deonica    | Campbell          | NM    | 2     |

**#28 Women's Triple Jump**

! JDL Fast Track 13.06m Imani Oliver Unattached 1/30/2016

| Pl | Name                | Team               | Mark   |
|----|---------------------|--------------------|--------|
| 1  | Johnson, Jada       | Campbell           | 11.27m |
| 2  | Miller, Bri         | William and Mary   | 10.98m |
| 3  | Kittrell, Oksana    | Eastern Mennonite  | 10.76m |
| 4  | Chandler, Dominique | Winston-Salem St.  | 10.62m |
| 5  | Castellana, Alexa   | Washington and Lee | 10.57m |
| 6  | Burris, Hassani     | Unattached         | 10.56m |
| 7  | Lee, Dana           | Washington and Lee | 10.55m |
| 8  | Lewis, Kayonna      | Lenoir-Rhyne       | 10.22m |
| 9  | Leonard, Sarah      | Washington and Lee | 8.72m  |
|    | Cherry, Akenah      | Winston-Salem St.  | NM     |
|    | Aldana, Cristina    | Shorter            | NM     |
|    | Logan, Jaime        | Methodist          | NM     |
|    | McDermott, Julia    | William and Mary   | NM     |

**#30 Women's Shot Put**

! JDL Fast Track 16.36m Raven Saunders Unattached 12/21/2013

| Pl | Name                | Team              | Mark     | F(Pl) |
|----|---------------------|-------------------|----------|-------|
| 1  | Monroe, Amber       | Unattached        | ! 16.80m | 3(1)  |
| 2  | Warren, Breanna     | Elon              | 14.51m   | 3(2)  |
| 3  | Molina, Jessica     | Wake Forest       | 14.13m   | 1(1)  |
| 4  | Hames, Bryanna      | Elon              | 13.79m   | 3(3)  |
| 5  | Brown, Kayln        | USC Upstate       | 12.72m   | 3(4)  |
| 6  | Barthelmes, Skylar  | Elon              | 12.18m   | 3(5)  |
| 7  | Drayton, Autumn     | Lenoir-Rhyne      | 11.66m   | 3(6)  |
| 8  | Berryman, Trevanna  | Randolph          | 11.63m   | 2(1)  |
| 9  | Stonehocker, Kelsey | Methodist         | 10.89m   | 2(2)  |
| 10 | Hubbard, Latrese    | Clayton State     | 10.86m   | 3(7)  |
| 11 | Fox, Ella           | Queens (N.C.)     | 10.80m   | 2(3)  |
| 12 | Moseley, Sydne      | Bridgewater (Va.) | 10.73m   | 2(4)  |
| 13 | Werner, Danielle    | Bridgewater (Va.) | 10.57m   | 2(5)  |
| 14 | Benfield, Becca     | Guilford          | 10.50m   | 1(2)  |
| 15 | Haynes, Chelsy      | Clayton State     | 10.47m   | 2(6)  |
| 16 | Jones, Domonique    | Lenoir-Rhyne      | 10.44m   | 2(7)  |
| 17 | Burse, Jazmine      | USC Upstate       | 10.42m   | 2(8)  |
| 18 | Murph, Courtney     | Unattached        | 10.31m   | 2(9)  |
| 19 | Stevenson, Teliya   | Randolph          | 10.22m   | 2(10) |

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**RESULTS****#30 Women's Shot Put (cont'd)**

| Pl | Name                 | Team               | Mark   | F(Pl) |
|----|----------------------|--------------------|--------|-------|
| 20 | Ferguson, Chloe      | Bridgewater (Va.)  | 10.18m | 2(11) |
| 21 | Copeland, JoLyn      | Anderson (S.C.)    | 10.16m | 1(3)  |
| 22 | Doss, Toni           | Eastern Mennonite  | 9.37m  | 1(4)  |
| 23 | McMichael, Tamara    | Coker              | 9.17m  | 1(5)  |
| 24 | Woodbury, Brooklyn   | Methodist          | 8.82m  | 1(6)  |
| 25 | Swepson, Candace     | Unattached         | 8.80m  | 1(7)  |
| 26 | White, Jamie         | Washington and Lee | 8.55m  | 1(8)  |
| 27 | Crump, Kimberleigh   | Guilford           | 7.49m  | 1(9)  |
| 28 | Chan, Erin           | Coker              | 7.06m  | 1(10) |
| 29 | Norris, Ivie         | Guilford           | 4.70m  | 1(11) |
|    | Webb, Rebecca        | Randolph           | NM     | 1     |
|    | Lewis, Kyla          | Winston-Salem St.  | NM     | 1     |
|    | Shand, Mackenzie     | Washington and Lee | NM     | 1     |
|    | Dawson, Ania         | Winston-Salem St.  | NM     | 2     |
|    | Washington, Sydney   | Queens (N.C.)      | NM     | 2     |
|    | Salamon, Haylea      | Lenoir-Rhyne       | NM     | 3     |
|    | Wallace-Oneal, Lyssa | Winston-Salem St.  | NM     | 3     |
|    | Sims, Camilla        | Lee (Tenn.)        | NM     | 3     |
|    | Campbell, Emily      | Wake Forest        | NM     | 3     |
|    | Vahoua, Andrea       | Wake Forest        | NM     | 3     |
|    | Howard, Casidy       | Wake Forest        | NM     | 3     |

**#32 Women's Weight Throw**

! JDL Fast Track 23.58m Amber Campbell Unattached 1/29/2016

| Pl | Name               | Team              | Mark   | F(Pl) |
|----|--------------------|-------------------|--------|-------|
| 1  | Campbell, Amber    | Unattached        | 23.18m | 2(1)  |
| 2  | Hicks, Alva        | Wake Forest       | 18.96m | 2(2)  |
| 3  | Mistowski, Leia    | William and Mary  | 17.41m | 2(3)  |
| 4  | Vahoua, Andrea     | Wake Forest       | 17.16m | 2(4)  |
| 5  | O'Grady, Briana    | Elon              | 16.25m | 2(5)  |
| 6  | Jones, Domonique   | Lenoir-Rhyne      | 15.86m | 2(6)  |
| 7  | Molina, Jessica    | Wake Forest       | 15.30m | 2(7)  |
| 8  | Hames, Bryanna     | Elon              | 14.25m | 2(8)  |
| 9  | Copeland, JoLyn    | Anderson (S.C.)   | 12.35m | 2(9)  |
| 10 | Barthelmes, Skylar | Elon              | 11.71m | 2(10) |
| 11 | Swepson, Candace   | Unattached        | 11.01m | 1(1)  |
| 12 | Stevenson, Teliya  | Randolph          | 10.85m | 1(2)  |
| 13 | Haynes, Chelsy     | Clayton State     | 10.77m | 1(3)  |
| 14 | Hopkins, Avianna   | Unattached        | 10.56m | 1(4)  |
| 15 | Hubbard, Latrese   | Clayton State     | 10.15m | 2(11) |
| 16 | Doss, Toni         | Eastern Mennonite | 10.11m | 1(5)  |
| 17 | Ferguson, Chloe    | Bridgewater (Va.) | 9.42m  | 1(6)  |
| 18 | Brown, Kayln       | USC Upstate       | 9.37m  | 1(7)  |
| 19 | Berryman, Trevanna | Randolph          | 8.66m  | 1(8)  |
| 20 | Chan, Erin         | Coker             | 7.05m  | 1(9)  |
| 21 | Crump, Kimberleigh | Guilford          | 6.38m  | 1(10) |

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# RESULTS

**#32 Women's Weight Throw (cont'd)**

| Pl | Name               | Team              | Mark | F(Pl) |
|----|--------------------|-------------------|------|-------|
|    | Wilhelm, Kayla     | Randolph          | NM   | 1     |
|    | Benfield, Becca    | Guilford          | NM   | 1     |
|    | Murph, Courtney    | Unattached        | NM   | 1     |
|    | McNeill, Halvandra | Winston-Salem St. | NM   | 1     |
|    | Salamon, Haylea    | Lenoir-Rhyne      | NM   | 2     |
|    | Sims, Camilla      | Lee (Tenn.)       | NM   | 2     |
|    | Washington, Sydney | Queens (N.C.)     | NM   | 2     |