

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 6:39 PM

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

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

Finals

PI Name	Team	Time	Note
1 ESTRADA, Daniel	Unattached	6.75	6.744
1 CUNNINGHAM, Quashawn	North Carolina St.	6.75	6.742
3 MCLIN, Khai	Unattached	6.82	
4 SNEAD, Kevin	Carson-Newman	6.83	
4 PARSON, Josh	Tennessee Wesleyan	6.83	6.822
6 HARRIS, Cadarius	Tennessee Wesleyan	6.86	
7 HUTT, Davion	William and Mary	6.87	6.868
7 LOTHARP, P.J.	Lenoir-Rhyne	6.87	6.862

Prelims

PI Name	Team	Time	Note	H(PI)
1 ESTRADA, Daniel	Unattached	6.84q		5(1)
2 MCLIN, Khai	Unattached	6.85q	6.842	3(1)
2 CUNNINGHAM, Quashawn	North Carolina St.	6.85q	6.841	4(1)
4 PARSON, Josh	Tennessee Wesleyan	6.88q		3(2)
4 HUTT, Davion	William and Mary	6.88q	6.871	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	6.993	1(2)
12 SIMS, Evin	Lenoir-Rhyne	7.00	6.996	5(3)
14 CARR, Curtis	Campbell	7.01	7.001	2(3)
14 HOLLOWAY, Trey	Unattached	7.01	7.002	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	7.128	1(4)
19 RUSSELL, Clifford	Clayton State	7.13	7.124	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	7.174	5(4)
24 FISHER, Daniel	Methodist	7.19		6(5)
25 CARMON, KAVON	Unattached	7.20	7.195	5(5)
25 MOORE, joshua	Unattached	7.20	7.195	6(6)
27 WANNAMAHER, Devin	Unattached	7.21		4(4)
28 ETUK, Uduak	Unattached	7.24	7.236	2(5)
28 MCBRIDE, Adonius	Methodist	7.24	7.239	3(4)
28 HOLLINS, Donovan	Bridgewater (Va.)	7.24	7.239	4(5)
31 FIORE, Donovan	Washington and Lee	7.26	7.259	1(6)
31 WOJNO, Richard	Bridgewater (Va.)	7.26	7.257	5(6)
33 JACKSON, Emanuel	Lenoir-Rhyne	7.29	7.282	3(5)

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PI	Name	Team	Time	Note	H(PI)
33	JOHNSON, Jimmie	Washington and Lee	7.29	7.286	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	7.474	1(7)
38	SMITH, James	Unattached	7.48	7.472	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

PI	Name	Team	Time	Note	H(PI)
!	JDL Fast Track	21.08	Lamar Hargrove	Tiffin	3/15/2014
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	23.354	8(2)
24	ATAVWIGHO, Chigozie	Campbell	23.36	23.358	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	23.452	7(3)
28	LILLY, Sage	Unattached	23.46	23.455	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	Note	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	23.736	10(2)
36	TAYLOR, Tony	Methodist	23.74	23.731	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 lane	12

#5 Men's 400 Meters

Pl	Name	Team	Time	Note	H(Pl)
!	JDL Fast Track	46.81	Dane Hyatt	Unattached	2/25/2012
1	BULLARD, Ja-Vell	Unattached	49.81		3(1)
2	ATAVWIGHO, 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	51.363	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)
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)

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

Pl	Name	Team	Time	Note	H(Pl)
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	54.036	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)

#7 Men's 800 Meters

Pl	Name	Team	Time	Note	H(Pl)
!	JDL Fast Track	1:48.27	Brandon Johnson	Nike	1/31/2015
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)
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	2:04.942	3(7)
27	SCHLOTT, Max	Washington and Lee	2:04.95	2:04.943	4(5)

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

PI	Name	Team	Time	Note	H(PI)
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)

#9 Men's 1 Mile Run

PI	Name	Team	Time	Note	H(PI)
!	JDL Fast Track	3:54.02	Matthew Centrowitz	Nike Oregon Project	1/20/2016
1	WYNNE, Henry	Virginia	4:03.55		1(1)
	31.278 (31.278) 1:01.305 (30.027) 1:31.274 (29.970) 2:01.920 (30.647) 2:31.893 (29.974) 3:02.628 (30.735) 3:33.222 (30.595) 4:03.541 (30.320)				
2	BISTRITZ, Joe	Unattached	4:12.59		1(2)
	31.920 (31.920) 1:02.441 (30.522) 1:33.492 (31.052) 2:05.863 (32.372) 2:38.361 (32.499) 3:11.163 (32.802) 3:42.462 (31.299) 4:12.583 (30.121)				
3	BASON, Tim	Unattached	4:13.48		1(3)
	31.776 (31.776) 1:02.233 (30.457) 1:33.260 (31.028) 2:05.638 (32.379) 2:38.098 (32.460) 3:11.330 (33.232) 3:42.621 (31.292) 4:13.478 (30.858)				
4	RUTTO, Edwin	Unattached	4:15.33		1(4)
	31.615 (31.615) 1:01.933 (30.319) 1:33.060 (31.127) 2:05.615 (32.556) 2:38.730 (33.115) 3:12.065 (33.335) 3:43.796 (31.732) 4:15.323 (31.527)				
5	COVERT, Riley	William and Mary	4:16.40		1(5)
	32.811 (32.811) 1:03.666 (30.855) 1:34.713 (31.047) 2:07.024 (32.312) 2:39.394 (32.370) 3:12.522 (33.129) 3:44.793 (32.271) 4:16.400 (31.607)				
6	LESLIE, Cooper	William and Mary	4:16.90		1(6)
	32.523 (32.523) 1:03.417 (30.895) 1:34.330 (30.913) 2:06.721 (32.392) 2:39.175 (32.454) 3:12.216 (33.042) 3:44.153 (31.937) 4:16.893 (32.740)				
7	WALZ, Eric	Unattached	4:17.57		1(7)
	32.342 (32.342) 1:03.116 (30.775) 1:34.073 (30.957) 2:06.746 (32.674) 2:40.735 (33.989) 3:14.223 (33.488) 3:45.839 (31.617) 4:17.563 (31.724)				
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)
	32.716 (32.716) 1:04.090 (31.374) 1:35.179 (31.089) 2:07.292 (32.114) 2:40.203 (32.912) 3:13.980 (33.777) 3:48.343 (34.363) 4:23.318 (34.975)				
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)
	32.123 (32.123) 1:02.776 (30.654) 1:33.785 (31.009) 2:06.100 (32.315) 2:38.947 (32.848) 3:12.317 (33.370) 3:47.308 (34.992) 4:27.453 (40.145)				
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)
25	PONCE, Moises	Lee (Tenn.)	4:33.95		3(6)
26	GALLIMORE, Travis	Campbell	4:34.23		4(3)

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Pl	Name	Team	Time	Note	H(Pl)
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	DOSSSEL, 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

#11 Men's 3000 Meters

Pl	Name	Team	Time	Note	H(Pl)
!	JDL Fast Track	7:45.49	Paul Chelimo	US Army	2/4/2017
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)
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)

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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)

#13 Men's 5000 Meters

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

PI	Name	Team	Time	Note	H(PI)
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)
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)

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

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

Finals

PI Name	Team	Time	Note
1 HOLLOWAY, Trey	Unattached	7.89	
2 SIMON, Ramoye	Unattached	8.02	
3 HAWKINS, Chaz	Tennessee Wesleyan	8.24	
4 WANNAMAHER, 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

PI Name	Team	Time	Note	H(PI)
1 HOLLOWAY, Trey	Unattached	7.96q		2(1)
2 SIMON, Ramoye	Unattached	8.17q		1(1)
3 HAWKINS, Chaz	Tennessee Wesleyan	8.38q	8.378	1(2)
3 WANNAMAHER, Devin	Unattached	8.38q	8.378	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	Hands	1
PALMER, Nic	Tennessee Wesleyan	DQ	Hooking	1

#17 Men's 4 x 400m Relay

! JDL Fast Track 3:11.12 GW Express/Nike 1/31/2015

PI Team	Time	Note	H(PI)
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

PI Team	Time	Note	H(PI)
1 Ole Miss (A)	! 9:34.24		1(1)

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RESULTS**#19 Men's 4000m DMR (cont'd)**

Pl	Team	Time	Note	H(Pl)
		2:55.086 3:44.250 (49.165)	5:33.949 9:34.236	
2	Arkansas (A)	2:57.787 3:45.591 (47.804)	5:35.360 9:37.774	9:37.78 1(2)
3	Villanova (A)	2:58.618 3:46.666 (48.048)	5:36.355 9:37.891	9:37.90 1(3)
4	Florida State (A)	3:00.544 3:49.598 (49.054)	5:41.123 9:52.660	9:52.66 2(1)
5	Clemson (A)	3:00.270 3:49.297 (49.027)	5:39.189 9:54.362	9:54.37 1(4)
6	William and Mary (A)	3:04.176 3:54.676 (50.500)	5:48.196 9:54.628	9:54.63 2(2)
7	North Carolina St. (A)	3:06.081 3:54.814 (48.733)	5:48.848 9:59.291	9:59.29 2(3)
8	Mount Olive (A)	3:05.623 3:55.369 (49.747)	5:49.508 10:00.411	10:00.42 2(4)
9	Lee (Tenn.) (A)	3:05.058 3:53.856 (48.799)	5:53.017 10:06.776	10:06.78 2(5)
10	North Carolina (A)	3:04.751 3:55.183 (50.433)	5:49.361 10:08.980	10:08.98 2(6)
11	Virginia (B)	3:06.419 3:56.563 (50.145)	5:52.187 10:12.608	10:12.61 1(5)
12	Queens (N.C.) (A)	3:07.891 3:58.308 (50.417)	5:58.274 10:16.056	10:16.06 2(7)
13	Louisburg College (A)	3:07.608 4:00.396 (52.789)	6:01.405 10:27.608	10:27.61 2(8)
14	USC Upstate (A)	3:24.784 4:17.948 (53.164)	6:21.443 11:09.704	11:09.71 3(1)
15	Coker (A)	3:27.659 4:19.729 (52.071)	6:22.282 11:11.723	11:11.73 3(2)
	Wake Forest (A)			DNF 1
	Virginia (A)			DNF 1

#21 Men's High Jump

Pl	Name	Team	Mark
!	JDL Fast Track	2.24m	Kris Kornegay-Gober
			NC State
			12/1/2012
Pl	Name	Team	Mark
1	JONES, Avion	Unattached	2.14m 7' 0 ¹ / ₄
2	TYSON, Nate	Campbell	1.92m 6' 3 ¹ / ₂
3	EDWARDS, Chase	Campbell	1.87m 6' 1 ¹ / ₂
4	TURNER, Davis	Washington and Lee	1.82m 5' 11 ¹ / ₂
4	BECKETT, Emanuel	Montreat	1.82m 5' 11 ¹ / ₂
6	SHOUP, Matthew	Anderson (S.C.)	1.82m 5' 11 ¹ / ₂
6	AFRIFA-BOAKYE, Philemon	Randolph	1.82m 5' 11 ¹ / ₂
8	OMOREGBE, Andrew	Clayton State	1.82m 5' 11 ¹ / ₂
8	DANIEL, Bryce	Unattached	1.82m 5' 11 ¹ / ₂
8	BRYANT, Marcus	Coker	1.82m 5' 11 ¹ / ₂
	INGRAM, Shomari	Queens (N.C.)	NH

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

PI	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

PI	Name	Team	Mark
1	O'CONNELL, Derek	William and Mary	5.20m 17' 0 ³ / ₄
2	WRATSCHKO, Lucas	William and Mary	4.90m 16' 0 ³ / ₄
3	SHANK, Marshall	Carson-Newman	4.35m 14' 3 ¹ / ₄
3	MATHIS, Carter	William and Mary	4.35m 14' 3 ¹ / ₄
5	SIMS, Shep	Washington and Lee	4.35m 14' 3 ¹ / ₄
6	FINGER, Ben	Unattached	4.20m 13' 9 ¹ / ₄
6	RICHARD, Justin	Unattached	4.20m 13' 9 ¹ / ₄
8	NASON, Ben	Unattached	3.90m 12' 9 ¹ / ₂
9	LEHE, Jonathan	Unattached	3.90m 12' 9 ¹ / ₂
10	CARPENTIER, Cameron	Unattached	3.90m 12' 9 ¹ / ₂
11	ANASTASIO, Andrew	Unattached	3.90m 12' 9 ¹ / ₂
12	HOOD, David	Unattached	3.75m 12' 3 ¹ / ₂
13	PRANKA, Drew	Washington and Lee	3.60m 11' 9 ³ / ₄
13	HALVERSON, Bill	Unattached	3.60m 11' 9 ³ / ₄
13	WOLFE, Kyle	Queens (N.C.)	3.60m 11' 9 ³ / ₄
13	COHELL, Kenneth	Unattached	3.60m 11' 9 ³ / ₄
	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

PI	Name	Team	Mark	F(PI)
1	ADDISON, Jonathan	Unattached	7.24m 23' 9"	2(1)
2	EPP, Anton	Queens (N.C.)	6.95m 22' 9 ³ / ₄	2(2)
3	BROOKS, Josiah	Lee (Tenn.)	6.85m 22' 5 ³ / ₄	2(3)
4	BONELLI, Khari	Unattached	6.68m 21' 11"	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 21' 9"	2(5)
6	AMOATENG, Grant	Eastern Mennonite	6.56m 21' 6 ¹ / ₄	1(1)
7	BELL, Michael	Unattached	6.43m 21' 1 ¹ / ₄	2(6)
8	FLATFORD, Derek	Lee (Tenn.)	6.39m 20' 11 ³ / ₄	2(7)
9	TURNER, Davis	Washington and Lee	6.27m 20' 7"	1(2)
10	RAYE, Chaston	Queens (N.C.)	6.24m 20' 5 ³ / ₄	1(3)
11	HEDRICK, Jeremiah	Guilford	6.11m 20' 0 ¹ / ₂	1(4)
12	STOVER, Darious	Eastern Mennonite	6.05m 19' 10 ¹ / ₄	1(5)
13	GORDON, Elvis	Queens (N.C.)	5.96m 19' 6 ³ / ₄	1(6)
14	PHILLIPS, Nate	Guilford	5.85m 19' 2 ¹ / ₂	1(7)
15	KIM, Andrew	Washington and Lee	5.74m 18' 10"	1(8)
16	AFRIFA-BOAKYE, Philemon	Randolph	5.49m 18' 0 ¹ / ₄	1(9)
17	DANIEL, Bryce	Unattached	5.46m 17' 11"	2(8)
	LAWSON, Nicholas	Unattached	NM	2

#27 Men's Triple Jump

Pl	Name	Team	Mark	F(Pl)	
!	JDL Fast Track	15.83m	Anthony Campbell	Charlotte	12/5/2015
1	BORDLEY JR, Allen	Unattached	14.74m 48' 4 ¹ / ₂	2(1)	
2	BROOKS, Josiah	Lee (Tenn.)	14.71m 48' 3 ¹ / ₄	2(2)	
3	TYSON, Noah	Campbell	14.23m 46' 8 ¹ / ₄	2(3)	
4	ABDUS-SALAAM, Zafir	Coker	14.17m 46' 6"	2(4)	
5	BRYANT, Marcus	Coker	13.94m 45' 9"	1(1)	
6	TYSON, Nate	Campbell	13.18m 43' 3"	1(2)	
7	HEDRICK, Jeremiah	Guilford	12.56m 41' 2 ¹ / ₂	1(3)	
8	MYRICK, Tory	Randolph	12.47m 40' 11"	1(4)	
9	HOOVER, Eric	Anderson (S.C.)	12.46m 40' 10 ¹ / ₂	2(5)	
10	STOVER, Darious	Eastern Mennonite	12.05m 39' 6 ¹ / ₂	1(5)	
11	DUNCAN, Dwayne	Guilford	11.94m 39' 2 ¹ / ₄	1(6)	
12	KIM, Andrew	Washington and Lee	11.81m 38' 9"	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

Pl	Name	Team	Mark	F(Pl)	
!	JDL Fast Track	19.50m	Wesley Lavong	Adams State	3/15/2014
1	FRENIA, Taylor	William and Mary	17.48m 57' 4 ¹ / ₂	2(1)	
2	RICHARDSON, Preston	William and Mary	16.77m 55' 0 ¹ / ₂	2(2)	
3	ADAMS, Max	Wake Forest	14.78m 48' 6 ¹ / ₄	2(3)	
4	BRASWELL-SAMPLE, Myles	Lenoir-Rhyne	14.27m 46' 10"	2(4)	
5	SNOW, Michael	Birmingham-Southern	14.10m 46' 3 ¹ / ₂	2(5)	
6	HIGGS, Khyle	Queens (N.C.)	13.56m 44' 6 ¹ / ₄	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 43' 9"	2(7)
8	CREEL, Andrew	Washington and Lee	12.63m 41' 5 ¹ / ₂	2(8)
8	BOYLES, Austin	Methodist	12.63m 41' 5 ¹ / ₂	2(8)
10	ALERUCHI, Anthony	Anderson (S.C.)	12.32m 40' 5 ¹ / ₄	2(10)
11	MOSLEY, Jaquille	USC Upstate	11.75m 38' 6 ³ / ₄	2(11)
12	CLARONI, Daniel	Washington and Lee	11.41m 37' 5 ¹ / ₂	1(1)
13	FAULKNER, Kace	Coker	11.25m 36' 11 ¹ / ₄	1(2)
14	JOHNSON, Kaderis	Lenoir-Rhyne	11.05m 36' 3 ¹ / ₄	1(3)
15	CAMPBELL, Brandon	Coker	10.98m 36' 0 ¹ / ₂	1(4)
16	HATTEN, Bryson	USC Upstate	10.72m 35' 2 ¹ / ₄	1(5)
17	ANDERSON, Jalen	Methodist	10.65m 34' 11 ¹ / ₂	1(6)
18	COMPAGNARI, Jordan	Eastern Mennonite	10.59m 34' 9 ¹ / ₄	1(7)
19	SMITH, Ricky	Lenoir-Rhyne	10.48m 34' 4 ³ / ₄	2(12)
20	SMITH, Cody	Eastern Mennonite	9.60m 31' 6 ¹ / ₄	1(8)
21	SANTIAGO, Dante	Queens (N.C.)	9.06m 29' 9"	1(9)
22	MARCELIN, Bryce	Queens (N.C.)	8.51m 27' 11 ¹ / ₄	1(10)
23	CASSOMA, Evandro	Guilford	6.51m 21' 4 ¹ / ₂	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 69' 4 ¹ / ₄	2(1)
2	IONATA, Charlie	Wake Forest	21.11m 69' 3 ¹ / ₄	2(2)
3	FRENIA, Taylor	William and Mary	18.90m 62' 0 ¹ / ₄	2(3)
4	JOHNSON, Kyle	Wake Forest	17.89m 58' 8 ¹ / ₂	2(4)
5	MORGAN, Kameron	Birmingham-Southern	17.38m 57' 0 ¹ / ₂	2(5)
6	RICHARDSON, Preston	William and Mary	17.34m 56' 11"	2(6)
7	HIGGS, Khyle	Queens (N.C.)	16.25m 53' 4"	2(7)
8	TALLEY, Nicholas	Methodist	14.18m 46' 6 ¹ / ₂	2(8)
9	SHAWVER, Tyler	Unattached	13.51m 44' 4 ¹ / ₄	2(9)
10	MOSLEY, Jaquille	USC Upstate	13.02m 42' 8 ³ / ₄	1(1)
11	ALERUCHI, Anthony	Anderson (S.C.)	12.58m 41' 3 ¹ / ₂	1(2)
12	CREEL, Andrew	Washington and Lee	12.41m 40' 8 ³ / ₄	1(3)
13	SANTIAGO, Dante	Queens (N.C.)	12.05m 39' 6 ³ / ₄	1(4)
14	CLARONI, Daniel	Washington and Lee	11.32m 37' 2"	1(5)
14	ROBERTS, Jay	Washington and Lee	11.32m 37' 2"	1(5)
16	JOHNSON, Chandler	Anderson (S.C.)	9.36m 30' 8 ³ / ₄	1(7)
	FAULKNER, Kace	Coker	NM	1
	GUILUAME, 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

PI Name	Team	Time	Note
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	7.657
4 ROBINSON, V'Alonee	Unattached	7.66	7.654
6 FOY, Kayla	Winston-Salem St.	7.70	
7 STURGIS, Cambrea	Unattached	7.71	
8 THOMPSON, Cierra	Winston-Salem St.	7.80	

Prelims

PI Name	Team	Time	Note	H(PI)
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	7.787	1(2)
7 HAMPTON, Ty-Leah	Winston-Salem St.	7.79q	7.788	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	8.055	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)

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

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

PI	Name	Team	Time	Note	H(PI)
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	27.157	8(1)
22	PEACOCK, Alison	Washington and Lee	27.16	27.152	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, Zaidybelle	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)

#6 Women's 400 Meters

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

PI	Name	Team	Time	Note	H(PI)
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)

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Timing:
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RESULTS**#6 Women's 400 Meters (cont'd)**

Pl	Name	Team	Time	Note	H(Pl)
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, Zaidybelle	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)

#8 Women's 800 Meters

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

Pl	Name	Team	Time	Note	H(Pl)
1	CHARLES, Ericka	Unattached	2:10.50		1(1)
2	LOTT, Darronesia	Coker	2:15.95		1(2)
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	TUSZKIEWICZ, Heidi	Campbell	2:21.90		3(1)

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

PI	Name	Team	Time	Note	H(PI)
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	KNOFF, 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, Kimberly	Clayton State	2:54.92		5(9)
	JOHNSON, Keyona	Winston-Salem St.	NT		3

#10 Women's 1 Mile Run

!	JDL Fast Track	4:22.66	Shannon Rowbury	Nike Oregon Project	1/31/2015
PI	Name	Team	Time	Note	H(PI)
1	BARNETT, Grace	Clemson	4:36.10		1(1)
			36.095 (36.095) 1:10.797 (34.702) 1:44.895 (34.099) 2:19.966 (35.072) 2:54.723 (34.757) 3:28.782 (34.059) 4:02.973 (34.192) 4:36.091 (33.119)		
2	HUTCHINSON, Nicole	Villanova	4:36.16		1(2)
			35.995 (35.995) 1:10.529 (34.535) 1:45.122 (34.594) 2:20.175 (35.054) 2:54.998 (34.824) 3:29.322 (34.324) 4:03.307 (33.985) 4:36.154 (32.848)		
3	MOYE, Megan	North Carolina St.	4:39.05		1(3)
			35.837 (35.837) 1:10.219 (34.382) 1:44.643 (34.425) 2:19.713 (35.070) 2:54.670 (34.958) 3:29.169 (34.499) 4:04.141 (34.972) 4:39.048 (34.907)		
4	KEMP, Erika	North Carolina St.	4:42.21		1(4)
			36.592 (36.592) 1:11.352 (34.760) 1:45.806 (34.455) 2:20.803 (34.998) 2:56.057 (35.254) 3:31.891 (35.835) 4:07.807 (35.917) 4:42.207 (34.400)		
5	JOHANSEN, Kimberly	Elon	4:42.77		1(5)

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

Pl	Name	Team	Time	Note	H(Pl)
	36.301 (36.301) 1:11.018 (34.718) 1:45.341 (34.323) 2:20.421 (35.080) 2:55.556 (35.135) 3:31.145 (35.589) 4:07.029 (35.885) 4:42.763 (35.734)				
6	FRAZIER, Ryan	North Carolina St.	4:43.26		1(6)
	36.536 (36.536) 1:11.252 (34.717) 1:45.622 (34.370) 2:20.379 (34.757) 2:55.213 (34.834) 3:30.003 (34.790) 4:05.932 (35.930) 4:43.256 (37.324)				
7	STROCK, Carol	James Madison	4:45.46		1(7)
	36.375 (36.375) 1:11.100 (34.725) 1:45.582 (34.483) 2:20.739 (35.157) 2:56.461 (35.722) 3:32.100 (35.640) 4:08.185 (36.085) 4:45.452 (37.268)				
8	LINK, Katy	Unattached	4:49.80		1(8)
	36.791 (36.791) 1:11.560 (34.769) 1:46.083 (34.524) 2:21.438 (35.356) 2:57.330 (35.892) 3:34.218 (36.889) 4:11.872 (37.654) 4:49.791 (37.919)				
9	ARMSTRONG, Sarah	Duke	4:57.03		1(9)
	36.967 (36.967) 1:11.798 (34.832) 1:46.725 (34.927) 2:23.670 (36.946) 3:01.498 (37.829) 3:40.026 (38.528) 4:18.870 (38.844) 4:57.026 (38.157)				
10	LOVE, Haylee	Anderson (S.C.)	4:59.34		2(1)
	37.916 (37.916) 1:15.794 (37.878) 1:51.950 (36.157) 2:29.925 (37.975) 3:08.472 (38.547) 3:47.279 (38.807) 4:24.603 (37.325) 4:59.340 (34.738)				
11	DEACON, Natalie	Lynchburg	5:00.51		2(2)
	38.329 (38.329) 1:16.199 (37.870) 1:52.709 (36.510) 2:30.357 (37.649) 3:08.228 (37.871) 3:46.426 (38.199) 4:24.625 (38.200) 5:00.509 (35.884)				
12	RICHICHI, Gabrielle	Duke	5:01.98		2(3)
	38.171 (38.171) 1:15.536 (37.365) 1:50.868 (35.332) 2:27.264 (36.396) 3:05.075 (37.812) 3:44.157 (39.082) 4:24.567 (40.411) 5:01.975 (37.408)				
13	SEYBOLD, Margaret	Washington and Lee	5:09.74		2(4)
	38.430 (38.430) 1:15.969 (37.539) 1:52.988 (37.020) 2:31.077 (38.089) 3:09.744 (38.667) 3:49.304 (39.561) 4:29.570 (40.266) 5:09.731 (40.162)				
14	WILSON, Lydia	Montreat	5:10.36		3(1)
	40.879 (40.879) 1:19.224 (38.345) 1:57.019 (37.795) 2:35.864 (38.845) 3:14.966 (39.103) 3:54.505 (39.539) 4:33.304 (38.799) 5:10.356 (37.053)				
15	GARDNER, Olivia	Anderson (S.C.)	5:10.60		2(5)
	38.477 (38.477) 1:16.515 (38.038) 1:53.829 (37.314) 2:32.532 (38.704) 3:11.385 (38.854) 3:51.896 (40.511) 4:32.389 (40.493) 5:10.596 (38.208)				
16	SNYDER, Rachel	William and Mary	5:10.99		2(6)
	38.036 (38.036) 1:16.316 (38.280) 1:54.177 (37.862) 2:33.140 (38.963) 3:13.204 (40.065) 3:54.128 (40.924) 4:34.968 (40.840) 5:10.981 (36.014)				
17	LOUW, Michaela	Campbell	5:13.38		2(7)
	37.647 (37.647) 1:16.000 (38.353) 1:54.295 (38.296) 2:33.302 (39.007) 3:13.547 (40.245) 3:54.518 (40.972) 4:35.355 (40.837) 5:13.371 (38.017)				
18	FAHMY, Sarah	Wake Forest	5:13.81		2(8)
	38.624 (38.624) 1:16.408 (37.784) 1:53.954 (37.547) 2:32.088 (38.134) 3:11.047 (38.959) 3:52.293 (41.247) 4:33.789 (41.497) 5:13.809 (40.020)				
19	BLOXOM, Rachel	William and Mary	5:13.95		2(9)
	38.832 (38.832) 1:16.773 (37.941) 1:54.810 (38.037) 2:34.515 (39.705) 3:15.088 (40.574) 3:56.339 (41.251) 4:36.052 (39.714) 5:13.945 (37.894)				
20	BOXALL, Charlee	Lee (Tenn.)	5:16.17		3(2)
	41.651 (41.651) 1:20.844 (39.193) 1:59.522 (38.679) 2:38.893 (39.371) 3:19.434 (40.541) 4:00.909 (41.476) 4:40.470 (39.561) 5:16.168 (35.699)				
21	ARNOLD, Liliana	Washington and Lee	5:18.64		4(1)
	39.941 (39.941) 1:18.713 (38.773) 1:59.313 (40.600) 2:39.361 (40.049) 3:20.013 (40.652) 4:00.778 (40.766) 4:41.355 (40.577) 5:18.637 (37.282)				
22	ALVAREZ BARKANE, Amina	Campbell	5:18.89		3(3)
	40.478 (40.478) 1:19.569 (39.092) 1:57.655 (38.086) 2:37.013 (39.359) 3:17.571 (40.558) 3:58.870 (41.300) 4:39.823 (40.954) 5:18.882 (39.060)				
23	SWEPSON, Victoria	Unattached	5:19.73		3(4)
	41.358 (41.358) 1:20.121 (38.764) 1:59.241 (39.120) 2:39.947 (40.706) 3:19.829 (39.882) 3:59.502 (39.674) 4:39.610 (40.108) 5:19.726 (40.117)				
24	MCMICHAEL, Kirsten	Washington and Lee	5:20.47		3(5)
	41.554 (41.554) 1:20.877 (39.324) 1:59.874 (38.998) 2:39.498 (39.624) 3:19.517 (40.019) 4:00.416 (40.900) 4:41.589 (41.174) 5:20.467 (38.879)				
25	WOOD, Julia	William and Mary	5:21.38		2(10)
	39.380 (39.380) 1:17.609 (38.229) 1:57.030 (39.422) 2:37.617 (40.587) 3:18.250 (40.634) 3:58.852 (40.602) 4:40.844 (41.992) 5:21.377 (40.534)				
26	TODD, Caroline	Unattached	5:22.28		2(11)
	38.981 (38.981) 1:16.975 (37.994) 1:56.013 (39.039) 2:35.867 (39.855) 3:17.538 (41.671) 4:00.194 (42.657) 4:42.029 (41.835) 5:22.274 (40.246)				
27	BRIDGES, Morgan	Anderson (S.C.)	5:23.04		4(2)
	39.354 (39.354) 1:18.457 (39.104) 1:59.043 (40.587) 2:39.911 (40.868) 3:20.646 (40.736) 4:01.665 (41.019) 4:42.066 (40.402) 5:23.033 (40.967)				
28	MOORE, Blakely	Lee (Tenn.)	5:23.81		3(6)

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

Pl	Name	Team	Time	Note	H(Pl)
	41.700 (41.700) 1:20.643 (38.944) 1:58.971 (38.328) 2:38.552 (39.582) 3:19.068 (40.517) 4:00.537 (41.469) 4:42.364 (41.828) 5:23.806 (41.442)				
29	TUSZKIEWICZ, Heidi	Campbell	5:26.58		3(7)
	40.501 (40.501) 1:19.333 (38.832) 1:57.738 (38.405) 2:37.737 (39.999) 3:18.854 (41.117) 4:01.653 (42.800) 4:45.774 (44.121) 5:26.579 (40.806)				
30	KIPLAGAT, Domtila	Winston-Salem St.	5:27.90		3(8)
	40.757 (40.757) 1:19.815 (39.058) 1:58.501 (38.686) 2:38.218 (39.718) 3:19.241 (41.024) 4:02.069 (42.828) 4:45.092 (43.024) 5:27.891 (42.799)				
31	RODMAN, Kaitlyn	Unattached	5:29.45		4(3)
	40.372 (40.372) 1:20.304 (39.932) 2:01.531 (41.227) 2:44.058 (42.528) 3:26.895 (42.837) 4:09.505 (42.610) 4:50.956 (41.452) 5:29.450 (38.494)				
32	HODGES, Madison	Lee (Tenn.)	5:29.69		4(4)
	40.021 (40.021) 1:20.235 (40.215) 2:02.012 (41.777) 2:44.353 (42.341) 3:27.000 (42.648) 4:08.865 (41.865) 4:50.751 (41.887) 5:29.689 (38.938)				
33	CATALA, Carla	Clayton State	5:30.58		4(5)
	40.203 (40.203) 1:19.934 (39.731) 2:01.073 (41.139) 2:43.811 (42.739) 3:27.139 (43.329) 4:09.894 (42.755) 4:51.912 (42.019) 5:30.576 (38.664)				
34	FANNEY, Sommer	Guilford	5:32.05		4(6)
	40.835 (40.835) 1:21.650 (40.815) 2:03.933 (42.284) 2:46.580 (42.647) 3:29.843 (43.264) 4:12.983 (43.140) 4:55.221 (42.239) 5:32.041 (36.821)				
35	MCGOWAN, Molly	Unattached	5:32.93		3(9)
	41.061 (41.061) 1:20.389 (39.328) 2:00.012 (39.624) 2:40.791 (40.779) 3:23.399 (42.609) 4:06.884 (43.485) 4:50.434 (43.551) 5:32.929 (42.495)				
36	DUVALL, Lacey	Lee (Tenn.)	5:33.06		5(1)
	39.941 (39.941) 1:22.290 (42.350) 2:06.576 (44.286) 2:51.463 (44.888) 3:32.018 (40.555) 4:14.155 (42.137) 4:55.807 (41.652) 5:33.054 (37.248)				
37	WARREN, Kelsey	USC Upstate	5:33.23		4(7)
	41.706 (41.706) 1:22.317 (40.611) 2:03.580 (41.264) 2:46.242 (42.662) 3:29.120 (42.879) 4:12.331 (43.212) 4:54.320 (41.989) 5:33.226 (38.906)				
38	LAU, Rachael	Duke	5:33.80		4(8)
	39.757 (39.757) 1:18.646 (38.889) 2:00.432 (41.787) 2:42.278 (41.847) 3:24.758 (42.480) 4:08.011 (43.254) 4:51.351 (43.341) 5:33.791 (42.440)				
39	FAIRCLOTH, Rebecca	Anderson (S.C.)	5:35.81		4(9)
	42.751 (42.751) 1:23.775 (41.024) 2:04.762 (40.988) 2:46.456 (41.694) 3:27.375 (40.920) 4:09.623 (42.249)				
40	JOSTES, Leah	USC Upstate	5:46.26		4(10)
	42.207 (42.207) 1:23.431 (41.224) 2:05.409 (41.979) 2:48.887 (43.479) 3:33.189 (44.302) 4:18.643 (45.454) 5:03.636 (44.994) 5:46.253 (42.617)				
41	DILLEY, Ashton	USC Upstate	5:47.53		5(2)
	41.480 (41.480) 1:24.063 (42.584) 2:08.270 (44.207) 2:52.775 (44.506) 3:36.765 (43.990) 4:21.486 (44.722) 5:06.767 (45.282) 5:47.522 (40.755)				
42	PAYNE, Nia	USC Upstate	5:48.92		5(3)
	40.886 (40.886) 1:23.783 (42.897) 2:08.238 (44.455) 2:53.306 (45.069) 3:38.095 (44.790) 4:22.887 (44.792) 5:08.090 (45.204) 5:48.918 (40.829)				
43	KNOPF, Shelbee	Methodist	5:49.33		5(4)
	41.282 (41.282) 1:23.885 (42.604) 2:08.205 (44.320) 2:52.491 (44.287) 3:36.183 (43.693) 4:21.042 (44.859) 5:06.194 (45.153) 5:49.330 (43.136)				
44	SANDERS, Bailey	Washington and Lee	5:49.64		5(5)
	42.393 (42.393) 1:25.473 (43.080) 2:09.841 (44.368) 2:53.917 (44.076) 3:38.881 (44.965) 4:23.651 (44.770) 5:08.426 (44.775) 5:49.637 (41.211)				
45	DELAMER, Megan	Queens (N.C.)	5:51.63		4(11)
	39.175 (39.175) 1:18.351 (39.176) 2:01.431 (43.080) 2:46.119 (44.689) 3:31.908 (45.789) 4:19.443 (47.535) 4:52.561 (33.119) 5:51.625 (59.064)				
46	WILLIAMS, Lindsey	Carson-Newman	5:52.63		5(6)
	39.681 (39.681) 1:22.024 (42.344) 2:06.336 (44.312) 2:51.378 (45.043) 3:35.750 (44.372) 4:21.429 (45.680) 5:09.129 (47.700) 5:52.627 (43.499)				
47	AVERETTE, Lydia	Unattached	5:55.32		5(7)
	40.774 (40.774) 1:23.618 (42.844) 2:07.838 (44.220) 2:53.532 (45.694) 3:38.600 (45.069) 4:24.567 (45.967) 5:10.542 (45.975) 5:55.314 (44.772)				
48	BUDD, Hailey	Clayton State	6:00.88		5(8)
	41.868 (41.868) 1:24.957 (43.089) 2:09.777 (44.820) 2:54.303 (44.527) 3:40.980 (46.677) 4:27.643 (46.664) 5:15.896 (48.254) 6:00.872 (44.976)				
49	SULLIVAN, Breanna	Coker	6:05.98		5(9)
	40.313 (40.313) 1:22.631 (42.318) 2:07.033 (44.403) 2:52.993 (45.960) 3:39.521 (46.529) 4:27.860 (48.340) 5:16.483 (48.624) 6:05.973 (49.490)				
50	KRAUSE, Clarece	Methodist	6:09.33		5(10)
	42.692 (42.692) 1:25.899 (43.208) 2:11.118 (45.219) 2:58.244 (47.127) 3:46.102 (47.858) 4:35.339 (49.238) 5:24.558 (49.220) 6:09.327 (44.769)				
51	JENKINS-SULLIVAN, Kate	Guilford	6:23.97		5(11)

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Winston-Salem, NC

JDL Fast Track

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

PI	Name	Team	Time	Note	H(PI)
42.611 (42.611) 1:26.003 (43.392) 2:12.049 (46.047) 3:00.841 (48.792) 3:52.001 (51.160) 4:43.968 (51.967) 5:35.702 (51.734) 6:23.968 (48.267)					
52	NADEL, Ava	Guilford	6:52.27		5(12)
46.668 (46.668) 1:37.008 (50.340) 2:29.071 (52.063) 3:22.394 (53.324) 4:17.123 (54.730) 5:10.605 (53.482) 6:03.066 (52.462) 6:52.268 (49.203)					
	JACKSON, Erica	James Madison	DNF		1

#12 Women's 3000 Meters

PI	Name	Team	Time	Note	H(PI)
!	JDL Fast Track	8:56.52	Kerri Gallagher	Nike	1/30/2016
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	10:59.06	2(7)
18	HYDE, Kiannah	Unattached	10:59.07	10:59.06	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)
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)

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RESULTS**#14 Women's 5000 Meters**

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

PI	Name	Team	Time	Note
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	

#16 Women's 60m Hurdles

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

Finals

PI	Name	Team	Time	Note
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

PI	Name	Team	Time	Note	H(PI)
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)
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)

#18 Women's 4 x 400m Relay

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

PI	Team	Time	Note	H(PI)
1	Winston-Salem St. (A)	3:58.05		1(1)

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RESULTS**#18 Women's 4 x 400m Relay (cont'd)**

Pl	Team	Time	Note	H(Pl)
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

Pl	Team	Time	Note	H(Pl)
!	JDL Fast Track	11:07.51		
	Clemson		2/20/2016	
Pl	Team	Time	Note	H(Pl)
1	Samford (A)	11:15.74		1(1)
	3:29.462 4:25.738 (56.276) 6:38.315 11:15.734			
2	North Carolina (A)	11:25.76		1(2)
	3:34.652 4:29.668 (55.017) 6:38.949 11:25.760			
3	Duke (A)	11:27.47		1(3)
	3:28.498 4:26.010 (57.512) 6:36.661 11:27.465			
4	North Carolina St. (A)	11:35.91		1(4)
	3:33.393 4:29.819 (56.427) 6:44.024 11:35.902			
5	William and Mary (A)	11:53.19		1(5)
	3:35.114 4:33.516 (58.402) 6:53.802 11:53.184			
6	Queens (N.C.) (A)	12:12.61		2(1)
	3:44.566 4:45.361 7:09.506 12:12.606			
7	Lee (Tenn.) (A)	12:17.29		2(2)
	3:41.870 4:41.886 7:03.344 12:17.282			
	Washington and Lee (A)	DNF		2

#22 Women's High Jump

Pl	Name	Team	Mark
!	JDL Fast Track	1.88m	Barbara Szabo
	Western State		3/15/2014
Pl	Name	Team	Mark
1	BECKER, Grace	William and Mary	1.65m 5' 5"
2	JONES, Abigail	William and Mary	1.60m 5' 3"
3	BONHAM, Rachel	Winston-Salem St.	1.55m 5' 1"
3	ADAMS, Courtney	Bridgewater (Va.)	1.55m 5' 1"
5	CLEMENTS, Felicia	Bridgewater (Va.)	1.55m 5' 1"
6	CASTELLANA, Alexa	Washington and Lee	1.55m 5' 1"
7	BUTTOLPH, Hannah	Lee (Tenn.)	1.50m 4' 11"
	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

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

PI	Name	Team	Mark
	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

PI	Name	Team	Mark
	KEMPSKI, Tesia	Wake Forest	3.80m 12' 5 ¹ / ₂
	THIEDE, Kim	Queens (N.C.)	3.50m 11' 5 ³ / ₄
	DRUMMONDS, Savannah	Lenoir-Rhyne	3.35m 10' 11 ³ / ₄
	STANTON, Elizabeth	Washington and Lee	3.35m 10' 11 ³ / ₄
	BRAGG, Madison	Wake Forest	3.20m 10' 6"
	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 Julienne McKee Unattached 2/20/2016

PI	Name	Team	Mark	F(PI)
1	ROBINSON, V'Alonee	Unattached	5.82m 19' 1 ¹ / ₄	2(1)
2	CELEN, Amber	Bridgewater (Va.)	5.72m 18' 9 ¹ / ₄	2(2)
3	MILLER, Bri	William and Mary	5.37m 17' 7 ¹ / ₂	2(3)
4	MORRIS, Jullia	Campbell	5.34m 17' 6 ¹ / ₄	2(4)
5	JOHNSON, Jada	Campbell	5.29m 17' 4 ¹ / ₄	2(5)
6	SPIVEY, carlecia	Unattached	5.27m 17' 3 ¹ / ₂	2(6)
7	BURRIS, Hassani	Unattached	5.08m 16' 8"	2(7)
8	CULVER, Jovani	Methodist	5.06m 16' 7 ¹ / ₄	1(1)
9	MCDERMOTT, Julia	William and Mary	5.00m 16' 5"	1(2)
10	TERRY, Jenele	Winston-Salem St.	4.99m 16' 4 ¹ / ₂	2(8)
11	LEE, Dana	Washington and Lee	4.98m 16' 4 ¹ / ₄	2(9)
12	KITTRELL, Oksana	Eastern Mennonite	4.94m 16' 2 ¹ / ₂	1(3)
13	CASTELLANA, Alexa	Washington and Lee	4.90m 16' 1"	1(4)
14	LIVINGSTON, Sina	Lenoir-Rhyne	4.60m 15' 1 ¹ / ₄	1(5)
15	GREALIS, Annelle	Lenoir-Rhyne	4.59m 15' 0 ³ / ₄	1(6)
16	BAROODY, Abigal	Coker	4.45m 14' 7 ¹ / ₄	1(7)
17	WHITE, Trinity	Unattached	3.41m 11' 2 ¹ / ₄	1(8)
	BONHAM, Rachel	Winston-Salem St.	NM	1
	CHERRY, Akenah	Winston-Salem St.	NM	1
	REID, Deonica	Campbell	NM	2

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RESULTS**#28 Women's Triple Jump**

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

PI	Name	Team	Mark
1	JOHNSON, Jada	Campbell	11.27m 36' 11 ³ / ₄
2	MILLER, Bri	William and Mary	10.98m 36' 0 ¹ / ₄
3	KITTRELL, Oksana	Eastern Mennonite	10.76m 35' 3 ³ / ₄
4	CHANDLER, Dominique	Winston-Salem St.	10.62m 34' 10 ¹ / ₄
5	CASTELLANA, Alexa	Washington and Lee	10.57m 34' 8 ¹ / ₄
6	BURRIS, Hassani	Unattached	10.56m 34' 7 ³ / ₄
7	LEE, Dana	Washington and Lee	10.55m 34' 7 ¹ / ₂
8	LEWIS, Kayonna	Lenoir-Rhyne	10.22m 33' 6 ¹ / ₂
9	LEONARD, Sarah	Washington and Lee	8.72m 28' 7 ¹ / ₂
	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

PI	Name	Team	Mark	F(PI)
1	MONROE, Amber	Unattached	! 16.80m 55' 1 ³ / ₄	3(1)
2	WARREN, Breanna	Elon	14.51m 47' 7 ¹ / ₂	3(2)
3	MOLINA, Jessica	Wake Forest	14.13m 46' 4 ¹ / ₂	1(1)
4	HAMES, Bryanna	Elon	13.79m 45' 3 ¹ / ₄	3(3)
5	BROWN, Kayln	USC Upstate	12.72m 41' 9"	3(4)
6	BARTHELMES, Skylar	Elon	12.18m 39' 11 ³ / ₄	3(5)
7	DRAYTON, Autumn	Lenoir-Rhyne	11.66m 38' 3 ¹ / ₄	3(6)
8	BERRYMAN, Trevanna	Randolph	11.63m 38' 2 ¹ / ₄	2(1)
9	STONEHOCKER, Kelsey	Methodist	10.89m 35' 9"	2(2)
10	HUBBARD, Latrese	Clayton State	10.86m 35' 7 ³ / ₄	3(7)
11	FOX, Ella	Queens (N.C.)	10.80m 35' 5 ¹ / ₂	2(3)
12	MOSELEY, Sydne	Bridgewater (Va.)	10.73m 35' 2 ³ / ₄	2(4)
13	WERNER, Danielle	Bridgewater (Va.)	10.57m 34' 8 ¹ / ₂	2(5)
14	BENFIELD, Becca	Guilford	10.50m 34' 5 ³ / ₄	1(2)
15	HAYNES, Chelsy	Clayton State	10.47m 34' 4 ¹ / ₂	2(6)
16	JONES, Domonique	Lenoir-Rhyne	10.44m 34' 3 ¹ / ₄	2(7)
17	BURSE, Jazmine	USC Upstate	10.42m 34' 2 ¹ / ₂	2(8)
18	MURPH, Courtney	Unattached	10.31m 33' 10 ¹ / ₄	2(9)
19	STEVENSON, Teliya	Randolph	10.22m 33' 6 ³ / ₄	2(10)
20	FERGUSON, Chloe	Bridgewater (Va.)	10.18m 33' 5"	2(11)
21	COPELAND, JoLyn	Anderson (S.C.)	10.16m 33' 4 ¹ / ₄	1(3)
22	DOSS, Toni	Eastern Mennonite	9.37m 30' 9 ¹ / ₄	1(4)
23	MCMICHAEL, Tamara	Coker	9.17m 30' 1 ¹ / ₄	1(5)
24	WOODBURY, Brooklyn	Methodist	8.82m 28' 11 ¹ / ₂	1(6)
25	SWEPSON, Candace	Unattached	8.80m 28' 10 ³ / ₄	1(7)
26	WHITE, Jamie	Washington and Lee	8.55m 28' 1"	1(8)
27	CRUMP, Kimberleigh	Guilford	7.49m 24' 7 ¹ / ₄	1(9)
28	CHAN, Erin	Coker	7.06m 23' 2 ¹ / ₄	1(10)

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

PI	Name	Team	Mark	F(PI)
29	NORRIS, Ivie	Guilford	4.70m 15' 5 ¹ / ₄	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

PI	Name	Team	Mark	F(PI)
1	CAMPBELL, Amber	Unattached	23.18m 76' 0 ³ / ₄	2(1)
2	HICKS, Alva	Wake Forest	18.96m 62' 2 ³ / ₄	2(2)
3	MISTOWSKI, Leia	William and Mary	17.41m 57' 1 ³ / ₄	2(3)
4	VAHOUA, Andrea	Wake Forest	17.16m 56' 3 ³ / ₄	2(4)
5	O'GRADY, Briana	Elon	16.25m 53' 4"	2(5)
6	JONES, Domonique	Lenoir-Rhyne	15.86m 52' 0 ³ / ₄	2(6)
7	MOLINA, Jessica	Wake Forest	15.30m 50' 2 ³ / ₄	2(7)
8	HAMES, Bryanna	Elon	14.25m 46' 9 ¹ / ₄	2(8)
9	COPELAND, JoLyn	Anderson (S.C.)	12.35m 40' 6 ¹ / ₂	2(9)
10	BARTHELMES, Skylar	Elon	11.71m 38' 5 ¹ / ₄	2(10)
11	SWEPSON, Candace	Unattached	11.01m 36' 1 ³ / ₄	1(1)
12	STEVENSON, Teliya	Randolph	10.85m 35' 7 ¹ / ₂	1(2)
13	HAYNES, Chelsy	Clayton State	10.77m 35' 4 ¹ / ₄	1(3)
14	HOPKINS, Avianna	Unattached	10.56m 34' 8"	1(4)
15	HUBBARD, Latrese	Clayton State	10.15m 33' 4"	2(11)
16	DOSS, Toni	Eastern Mennonite	10.11m 33' 2 ¹ / ₄	1(5)
17	FERGUSON, Chloe	Bridgewater (Va.)	9.42m 30' 11 ¹ / ₄	1(6)
18	BROWN, Kayln	USC Upstate	9.37m 30' 9 ¹ / ₄	1(7)
19	BERRYMAN, Trevanna	Randolph	8.66m 28' 5 ¹ / ₄	1(8)
20	CHAN, Erin	Coker	7.05m 23' 1 ³ / ₄	1(9)
21	CRUMP, Kimberleigh	Guilford	6.38m 20' 11 ¹ / ₂	1(10)
	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