

Conference Carolinas Indoor T&F Championships - 2/20/2022 to 2/21/2022

JDL Fast Track

Results

Men 60 Meter Dash

Facility: 6.61 \$ 2016 R Gittens/S McLean
 College: 6.62 ! 3/5/2016 Keitavious Walter
 Meet: 6.73 % 2017 Marquett Simmons, Jr.

Name	School	Prelims
Preliminaries		
1 Burnette, Justen	Mount Olive	6.86Q
2 Meadows, Noah	Southern Wes	6.91Q
3 Origene, Jean	Lees-McRae	6.92Q
4 Thomas, Jaidin	Unc Pembroke	6.97Q
5 Baldwin, Caleb	Unc Pembroke	6.98Q
6 Meekins, Jordan	North Greenv	6.97q
7 Walker, Blake	Emmanuel (Ga	6.98q
8 Donald, Gerrard	Converse	6.99q
9 Mcfadden, Gavin	Converse	7.00
10 Seger, Javion	Unc Pembroke	7.00
11 Ashe, Tim	Erskine	7.01
12 Blue, Zion	Unc Pembroke	7.05
13 Blue, Jordan	Southern Wes	7.06
14 Gamble, Orlandus	Unc Pembroke	7.06
15 Stephens, Jamal	Unc Pembroke	7.07
16 Holiday, Jaylin	Emmanuel (Ga	7.07
17 Durham, Jacquez	Barton	7.11
18 Bargaineer, Christian	Lees-McRae	7.12
19 McKenzie, Jermaine	Unc Pembroke	7.12
20 Walker, Kamari	Mount Olive	7.13
21 Nnamdi, Chukwuma	Emmanuel (Ga	7.15
22 Kirby, Aaron	Lees-McRae	7.15
23 McGee, Adrian	North Greenv	7.15
24 Kimbrough, Jeremiah	Mount Olive	7.16
25 Lewis, Kendrick	Unc Pembroke	7.17
26 Aggrey, Justin	Barton	7.26
27 Robinson, Ronnie	Barton	7.42
28 Smith, Dalton	Belmont Abbe	7.42
29 Becton, Tyrik	Belmont Abbe	7.59
30 Fernandez, Calvin	Southern Wes	7.63
31 Miller, Skyler	King	7.65
--- Okonne, Marvelous	Belmont Abbe	FS

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Facility: 6.61 \$ 2016 R Gittens/S McLean
 College: 6.62 ! 3/5/2016 Keitavious Walter
 Meet: 6.73 % 2017 Marquett Simmons, Jr.

Name	School	Finals
Finals		
1 Origene, Jean	Lees-McRae	6.87 10
2 Burnette, Justen	Mount Olive	6.91 8
3 Thomas, Jaidin	Unc Pembroke	6.94 6
4 Walker, Blake	Emmanuel (Ga	6.97 5
5 Baldwin, Caleb	Unc Pembroke	7.00 4
6 Meadows, Noah	Southern Wes	7.03 3
7 Donald, Gerrard	Converse	7.10 2
8 Meekins, Jordan	North Greenv	7.11 1

Men 200 Meter Dash

Facility: 21.08 \$ 3/15/2014 Lamar Hargrove
 College: 21.08 ! 3/15/2014 Lamar Hargrove
 Meet: 21.65 % 2017 Marquett Simmons, Jr.

Name	School	Prelims
Preliminaries		
1 Burnette, Justen	Mount Olive	22.08q
2 Perryman, Ahmad	Emmanuel (Ga	22.28q
3 Lawton, Antavious	North Greenv	22.45q
4 Burns, Tyler	Barton	22.46q
5 Coker, Preston	Unc Pembroke	22.51q
6 Meekins, Jordan	North Greenv	22.54q
7 Baldwin, Caleb	Unc Pembroke	22.54q
8 Durham, Jacquez	Barton	22.55q
9 Meadows, Noah	Southern Wes	22.56q
10 Mcfadden, Gavin	Converse	22.63q
11 Bangura, Sulaimane	Emmanuel (Ga	22.66q
12 Nixon, Andrew	Mount Olive	22.70q
13 Donald, Gerrard	Converse	22.78
14 Green, Jayden	Lees-McRae	22.93
15 Henfield, Clathton	King	22.95
16 Walker, Blake	Emmanuel (Ga	22.95
17 Harvey, DaMarr	Unc Pembroke	22.96
18 Thierfelder, James	Belmont Abbe	23.03
19 Glenn, Ryan	Converse	23.21
20 Coleman, Garison	Belmont Abbe	23.21
21 Walker, Kamari	Mount Olive	23.22
22 Eaton, Tucker	Barton	23.66
23 Gubler, Frank	Belmont Abbe	23.89
24 Blue, Jordan	Southern Wes	23.98
25 Kirby, Aaron	Lees-McRae	24.08
26 Eatmon, Cori	Lees-McRae	24.77
27 Miller, Skyler	King	25.51
--- Mabe, Walker	Unc Pembroke	FS

Men 200 Meter Dash

Facility: 21.08 \$ 3/15/2014 Lamar Hargrove
 College: 21.08 ! 3/15/2014 Lamar Hargrove
 Meet: 21.65 % 2017 Marquett Simmons, Jr.

Name	School	Finals
Finals		
1 Burnette, Justen	Mount Olive	21.84 10
2 Perryman, Ahmad	Emmanuel (Ga	22.34 8
3 Lawton, Antavious	North Greenv	22.35 6
4 Meekins, Jordan	North Greenv	22.41 5
5 Coker, Preston	Unc Pembroke	22.46 4
6 Baldwin, Caleb	Unc Pembroke	22.63 3
7 Durham, Jacquez	Barton	22.68 2
8 Burns, Tyler	Barton	22.75 1

Conference Carolinas Indoor T&F Championships - 2/20/2022 to 2/21/2022

JDL Fast Track

Results

Men 400 Meter Dash

Facility: 46.81 \$ 2/25/2012 Dane Hyatt

College: 47.24 ! 2/25/2012 Josh Edmonds

Meet: 48.40 % 2021 Sulaimane Bangura

Name	School	Prelims
Preliminaries		
1 Sims, Brian	Lees-McRae	48.48q
22.696 (22.696)	48.474 (25.778)	
2 Bangura, Sulaimane	Emmanuel (Ga	49.04q
23.317 (23.317)	49.033 (25.716)	
3 Thierfelder, James	Belmont Abbe	50.75q
23.493 (23.493)	50.742 (27.250)	
4 Lawton, Antavious	North Greenv	50.82q
23.798 (23.798)	50.817 (27.020)	
5 Harvey, DaMarr	Unc Pembroke	51.03q
24.003 (24.003)	51.026 (27.023)	
6 Campbell, Josiah	Emmanuel (Ga	51.08q
24.255 (24.255)	51.079 (26.824)	
7 Nixon, Andrew	Mount Olive	51.24q
24.139 (24.139)	51.237 (27.098)	
8 Spellman, Chris	Unc Pembroke	51.34q
23.630 (23.630)	51.340 (27.710)	
9 Mabe, Walker	Unc Pembroke	51.35
23.629 (23.629)	51.349 (27.720)	
10 Almanzar, Ervin	Unc Pembroke	51.62
23.954 (23.954)	51.617 (27.663)	
11 Glenn, Ryan	Converse	51.73
24.089 (24.089)	51.723 (27.634)	
12 Reed, John Clayton	Erschine	52.05
24.205 (24.205)	52.047 (27.843)	
13 Burns, Tyler	Barton	52.08
24.060 (24.060)	52.077 (28.017)	
14 Button, Halen	Erschine	52.26
25.009 (25.009)	52.257 (27.249)	
15 Coleman, Garison	Belmont Abbe	52.30
23.756 (23.756)	52.299 (28.544)	
16 Eaton, Tucker	Barton	52.37
24.237 (24.237)	52.362 (28.125)	
17 Henfield, Clathton	King	52.75
23.689 (23.689)	52.746 (29.057)	
18 Murphy-Redd, Logan	Belmont Abbe	52.85
24.280 (24.280)	52.841 (28.561)	
19 Williams, Corey	Mount Olive	53.08
24.488 (24.488)	53.079 (28.592)	
20 Ketter, Tarrence	North Greenv	53.76
24.943 (24.943)	53.757 (28.814)	
21 Kong, Alex	Converse	53.82
24.889 (24.889)	53.819 (28.930)	
22 Perryman, Ahmad	Emmanuel (Ga	54.11
25.626 (25.626)	54.103 (28.477)	
23 Nickerson, Jeffery	Lees-McRae	54.11
25.092 (25.092)	54.109 (29.018)	
24 Aviles, Camilo	Lees-McRae	54.26
24.993 (24.993)	54.251 (29.258)	

25 Barnett, Chandler North Greenv 54.66
24.916 (24.916) 54.652 (29.737)

Men 400 Meter Dash

Facility: 46.81 \$ 2/25/2012 Dane Hyatt

College: 47.24 ! 2/25/2012 Josh Edmonds

Meet: 48.40 % 2021 Sulaimane Bangura

Name	School	Finals
Finals		
1 Sims, Brian	Lees-McRae	48.51 10
22.752 (22.752)	48.502 (25.750)	
2 Bangura, Sulaimane	Emmanuel (Ga	49.07 8
22.951 (22.951)	49.068 (26.118)	
3 Lawton, Antavious	North Greenv	49.71 6
23.564 (23.564)	49.706 (26.142)	
4 Thierfelder, James	Belmont Abbe	50.64 5
23.677 (23.677)	50.633 (26.956)	
5 Harvey, DaMarr	Unc Pembroke	50.68 4
23.856 (23.856)	50.678 (26.822)	
6 Campbell, Josiah	Emmanuel (Ga	50.79 3
24.092 (24.092)	50.783 (26.691)	
7 Nixon, Andrew	Mount Olive	51.16 2
24.465 (24.465)	51.156 (26.692)	
8 Spellman, Chris	Unc Pembroke	51.45 1
23.540 (23.540)	51.449 (27.910)	

Men 800 Meter Run

Facility: 1:45.92 \$ 2/2/2019 Clayton Murphy

College: 1:48.94 ! 2/4/2017 Eliud Rutto

Meet: 1:55.90 % 2018 Christopher Perez

Name	School	Finals
Finals		
1 McIntyre, Gray	North Greenv	1:58.76 10
28.344 (28.344)	57.509 (29.165) 1:28.129 (30.620)	
1:58.758 (30.629)		
2 Thierfelder, Thomas	Belmont Abbe	1:59.08 8
29.289 (29.289)	59.529 (30.240) 1:29.975 (30.446)	
1:59.079 (29.104)		
3 Shellhammer, Victor	North Greenv	1:59.12 6
29.599 (29.599)	1:00.055 (30.456) 1:30.418 (30.363)	
1:59.118 (28.700)		
4 McCall, Amir	North Greenv	1:59.26 5
28.760 (28.760)	58.934 (30.174) 1:29.714 (30.780)	
1:59.260 (29.546)		
5 Button, Jensen	Erschine	1:59.48 4
29.424 (29.424)	59.494 (30.070) 1:29.519 (30.025)	
1:59.473 (29.954)		
6 Gilbride, Aidan	Mount Olive	1:59.85 3
29.628 (29.628)	59.918 (30.290) 1:31.061 (31.143)	
1:59.844 (28.783)		
7 Burkhart, Delsin	Unc Pembroke	2:00.64 2
29.347 (29.347)	59.694 (30.347) 1:30.761 (31.067)	
2:00.632 (29.871)		
8 Colas, Ludcheel	Southern Wes	2:01.52 1
29.596 (29.596)	1:00.303 (30.707) 1:31.286 (30.983)	
2:01.514 (30.228)		

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Finals ... (Men 800 Meter Run)

	Name	School	Finals
9	Chalmers, Jakel	Unc Pembroke	2:02.04
	29.092 (29.092)	59.518 (30.426)	1:30.868 (31.350)
	2:02.037 (31.169)		
10	Spellman, Chris	Unc Pembroke	2:02.08
	29.018 (29.018)	59.419 (30.401)	1:30.920 (31.501)
	2:02.078 (31.158)		
11	Willet, Adam	Belmont Abbe	2:03.65
	30.100 (30.100)	1:01.415 (31.315)	1:32.455 (31.040)
	2:03.642 (31.187)		
12	Henfield, Matthew	King	2:03.87
	29.575 (29.575)	1:00.833 (31.258)	1:31.634 (30.801)
	2:03.868 (32.234)		
13	Beebe, Jaxon	North Greenv	2:03.89
	29.681 (29.681)	59.760 (30.079)	1:31.046 (31.286)
	2:03.886 (32.840)		
14	Guyton, DreQuan	Converse	2:03.97
	29.527 (29.527)	59.815 (30.288)	1:31.574 (31.759)
	2:03.967 (32.393)		
15	Metcalfe, Blaine	King	2:04.39
	29.321 (29.321)	59.374 (30.053)	1:30.153 (30.779)
	2:04.388 (34.235)		
16	Casteel, Ben	Belmont Abbe	2:05.18
	29.104 (29.104)	1:00.025 (30.921)	1:32.384 (32.359)
	2:05.175 (32.791)		
17	Ybarra, Andrew	Lees-McRae	2:05.33
	29.601 (29.601)	59.687 (30.086)	1:31.398 (31.711)
	2:05.326 (33.928)		
18	Kirby, Spenser	Converse	2:05.88
	30.254 (30.254)	1:01.730 (31.476)	1:33.055 (31.325)
	2:05.873 (32.818)		
19	Gribbins, Ben	Lees-McRae	2:06.44
	29.741 (29.741)	1:01.194 (31.453)	1:33.337 (32.143)
	2:06.438 (33.101)		
20	Dugar, Brandon	North Greenv	2:07.44
	29.867 (29.867)	1:00.398 (30.531)	1:32.983 (32.585)
	2:07.431 (34.448)		
21	Gibbs, Greg	Barton	2:07.71
	27.849 (27.849)	58.740 (30.891)	1:32.094 (33.354)
	2:07.702 (35.608)		
22	Hargrove, Ethan	Emmanuel (Ga	2:07.98
	29.680 (29.680)	1:00.349 (30.669)	1:32.616 (32.267)
	2:07.976 (35.360)		
23	Allison, Jake	King	2:08.40
	30.281 (30.281)	1:01.911 (31.630)	1:34.550 (32.639)
	2:08.397 (33.847)		
24	Frock, Casey	Southern Wes	2:14.25
	30.753 (30.753)	1:03.069 (32.316)	1:38.005 (34.936)
	2:14.250 (36.245)		

Men 1 Mile Run

Facility: 3:53.85 \$ 2/3/2018 Edward Cheserek
 College: 3:58.96 ! 2/5/2022 Crayton Carrozza
 Meet: 4:17.02 % 2016 Jonathan Dahlke

	Name	School	Finals
1	Kopmels, Cas	Mount Olive	4:17.28 10
	33.708 (33.708)	1:06.650 (32.942)	1:39.614 (32.964)
	2:12.962 (33.348)	2:46.247 (33.285)	3:18.847 (32.600)
	3:49.474 (30.627)	4:17.277 (27.803)	
2	Chepkessir, Joshua	Unc Pembroke	4:20.51 8
	33.429 (33.429)	1:06.190 (32.761)	1:39.355 (33.165)
	2:12.526 (33.171)	2:45.953 (33.427)	3:18.617 (32.664)
	3:50.149 (31.532)	4:20.504 (30.355)	
3	Gilbride, Aidan	Mount Olive	4:20.85 6
	32.912 (32.912)	1:06.069 (33.157)	1:39.819 (33.750)
	2:13.005 (33.186)	2:46.696 (33.691)	3:19.413 (32.717)
	3:51.333 (31.920)	4:20.842 (29.509)	
4	Martin, Brandon	Emmanuel (Ga	4:21.97 5
	33.871 (33.871)	1:07.168 (33.297)	1:40.239 (33.071)
	2:13.744 (33.505)	2:47.201 (33.457)	3:19.232 (32.031)
	3:51.097 (31.865)	4:21.968 (30.871)	
5	Burkhart, Delsin	Unc Pembroke	4:22.05 4
	33.566 (33.566)	1:06.399 (32.833)	1:39.882 (33.483)
	2:13.208 (33.326)	2:46.531 (33.323)	3:19.048 (32.517)
	3:50.657 (31.609)	4:22.042 (31.385)	
6	Pierce, Brennan	Lees-McRae	4:25.10 3
	33.808 (33.808)	1:06.868 (33.060)	1:39.972 (33.104)
	2:13.515 (33.543)	2:46.872 (33.357)	3:20.054 (33.182)
	3:52.894 (32.840)	4:25.098 (32.204)	
7	Shellhammer, Victor	North Greenv	4:25.25 2
	33.112 (33.112)	1:06.289 (33.177)	1:39.454 (33.165)
	2:12.751 (33.297)	2:46.491 (33.740)	3:19.663 (33.172)
	3:52.796 (33.133)	4:25.241 (32.445)	
8	Barrios, Felipe	Emmanuel (Ga	4:25.82 1
	34.773 (34.773)	1:07.647 (32.874)	1:40.691 (33.044)
	2:14.347 (33.656)	2:47.411 (33.064)	3:20.031 (32.620)
	3:52.426 (32.395)	4:25.813 (33.387)	
9	Phieffer, Jack	Unc Pembroke	4:29.27
	33.465 (33.465)	1:06.671 (33.206)	1:40.153 (33.482)
	2:14.224 (34.071)	2:49.000 (34.776)	3:23.736 (34.736)
	3:58.079 (34.343)	4:29.263 (31.184)	
10	Hernandez, Jose	Belmont Abbe	4:29.89
	33.632 (33.632)	1:06.530 (32.898)	1:39.676 (33.146)
	2:13.353 (33.677)	2:47.712 (34.359)	3:22.380 (34.668)
	3:57.268 (34.888)	4:29.883 (32.615)	
11	Arendash, Silas	Lees-McRae	4:31.82
	33.654 (33.654)	1:06.529 (32.875)	1:40.460 (33.931)
	2:15.093 (34.633)	2:49.964 (34.871)	3:25.144 (35.180)
	3:59.724 (34.580)	4:31.815 (32.091)	
12	Hernandez, Demarco	Emmanuel (Ga	4:32.23
	34.588 (34.588)	1:07.425 (32.837)	1:40.478 (33.053)
	2:14.291 (33.813)	2:47.739 (33.448)	3:21.684 (33.945)
	3:57.218 (35.534)	4:32.222 (35.004)	

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Results

Finals ... (Men 1 Mile Run)

	Name	School	Finals
13	Sause, Brian	Belmont Abbe	4:32.33
	35.110 (35.110)	1:07.667 (32.557)	1:40.994 (33.327)
	2:14.603 (33.609)	2:48.321 (33.718)	3:22.360 (34.039)
	3:57.434 (35.074)	4:32.330 (34.896)	
14	Freeman, Rien	Lees-McRae	4:34.64
	34.590 (34.590)	1:08.401 (33.811)	1:42.920 (34.519)
	2:17.824 (34.904)	2:52.870 (35.046)	3:28.203 (35.333)
	4:02.560 (34.357)	4:34.633 (32.073)	
15	Moran, Shane	Mount Olive	4:35.79
	34.462 (34.462)	1:07.878 (33.416)	1:41.944 (34.066)
	2:17.429 (35.485)	2:53.875 (36.446)	3:29.963 (36.088)
	4:04.598 (34.635)	4:35.784 (31.186)	
16	Dugar, Brandon	North Greenv	4:36.01
	33.897 (33.897)	1:06.772 (32.875)	1:40.114 (33.342)
	2:14.169 (34.055)	2:49.085 (34.916)	3:24.750 (35.665)
	4:00.807 (36.057)	4:36.003 (35.196)	
17	Robles, Amando	Barton	4:36.58
	34.732 (34.732)	1:08.677 (33.945)	1:43.164 (34.487)
	2:17.939 (34.775)	2:52.667 (34.728)	3:28.551 (35.884)
	4:04.213 (35.662)	4:36.572 (32.359)	
18	Palacios, Konner	Southern Wes	4:37.63
	33.016 (33.016)	1:04.745 (31.729)	1:37.658 (32.913)
	2:11.688 (34.030)	2:46.765 (35.077)	3:23.335 (36.570)
	4:00.208 (36.873)	4:37.625 (37.417)	
19	Gonzalez, Damien	Barton	4:37.95
	34.841 (34.841)	1:08.449 (33.608)	1:42.982 (34.533)
	2:18.191 (35.209)	2:53.177 (34.986)	3:28.894 (35.717)
	4:04.036 (35.142)	4:37.950 (33.914)	
20	Andrade-Sosa, Alexander	Emmanuel (Ga	4:39.42
	35.318 (35.318)	1:09.177 (33.859)	1:43.852 (34.675)
	2:19.087 (35.235)	2:55.397 (36.310)	3:31.155 (35.758)
	4:06.838 (35.683)	4:39.417 (32.579)	
21	Nervo, Lucas	Unc Pembroke	4:40.05
	33.760 (33.760)	1:07.545 (33.785)	1:40.957 (33.412)
	2:15.065 (34.108)	2:50.275 (35.210)	3:26.185 (35.910)
	4:02.806 (36.621)	4:40.049 (37.243)	
22	Oser, Malachi	North Greenv	4:41.23
	34.546 (34.546)	1:07.084 (32.538)	1:40.698 (33.614)
	2:14.982 (34.284)	2:50.398 (35.416)	3:27.538 (37.140)
	4:04.928 (37.390)	4:41.229 (36.301)	
23	Lucy, Nathan	Converse	4:41.89
	35.002 (35.002)	1:09.439 (34.437)	1:44.133 (34.694)
	2:19.494 (35.361)	2:55.695 (36.201)	3:31.634 (35.939)
	4:07.416 (35.782)	4:41.885 (34.469)	
24	McDonald, Kade	King	4:43.55
	34.254 (34.254)	1:08.490 (34.236)	1:44.168 (35.678)
	2:20.379 (36.211)	2:56.656 (36.277)	3:34.353 (37.697)
	4:11.641 (37.288)	4:43.542 (31.901)	
25	Marshall, Justin	Barton	4:46.13
	34.301 (34.301)	1:08.810 (34.509)	1:45.292 (36.482)
	2:23.278 (37.986)	3:00.835 (37.557)	3:38.799 (37.964)
	4:14.407 (35.608)	4:46.127 (31.720)	

26	Olmstead, Ashton	Mount Olive	4:47.42
	35.036 (35.036)	1:08.113 (33.077)	1:42.699 (34.586)
	2:18.806 (36.107)	2:55.089 (36.283)	3:32.114 (37.025)
	4:09.692 (37.578)	4:47.418 (37.726)	
27	Gobin, Reilly	Erskine	4:48.36
	33.445 (33.445)	1:08.055 (34.610)	1:43.898 (35.843)
	2:20.070 (36.172)	2:56.270 (36.200)	3:33.697 (37.427)
	4:10.769 (37.072)	4:48.352 (37.583)	
28	Baird, Jack	Belmont Abbe	4:49.95
	34.857 (34.857)	1:10.012 (35.155)	1:47.263 (37.251)
	2:25.662 (38.399)	3:03.930 (38.268)	3:42.004 (38.074)
	4:18.739 (36.735)	4:49.950 (31.211)	
29	Nunez, Jonathan	Converse	4:52.66
	34.010 (34.010)	1:08.153 (34.143)	1:43.963 (35.810)
	2:21.486 (37.523)	2:59.706 (38.220)	3:39.171 (39.465)
	4:18.025 (38.854)	4:52.655 (34.630)	
30	Thomas, Mason	King	4:55.58
	34.954 (34.954)	1:10.216 (35.262)	1:47.472 (37.256)
	2:25.898 (38.426)	3:04.212 (38.314)	3:42.370 (38.158)
	4:20.785 (38.415)	4:55.576 (34.791)	

Men 3000 Meter Run

Facility: 7:45.49 \$ 2/4/2017 Paul Chelimo
College: 7:49.03 ! 2/5/2022 Antonio Lopez Segura
Meet: 8:36.12 % 2013 Dylan Lafond

	Name	School	Finals
Finals			
1	Chepkisir, Joshua	Unc Pembroke	8:41.74 10
	32.716 (32.716)	1:07.378 (34.662)	1:42.463 (35.085)
	2:17.820 (35.357)	2:52.675 (34.855)	3:27.872 (35.197)
	4:02.133 (34.261)	4:36.904 (34.771)	5:11.893 (34.989)
	5:47.443 (35.550)	6:22.800 (35.357)	6:57.947 (35.147)
	7:33.229 (35.282)	8:07.972 (34.743)	8:41.738 (33.766)
2	Kelbert, Ian	Lees-McRae	8:49.35 8
	33.822 (33.822)	1:09.549 (35.727)	1:46.162 (36.613)
	2:22.565 (36.403)	2:59.138 (36.573)	3:35.224 (36.086)
	4:10.242 (35.018)	4:45.617 (35.375)	5:21.759 (36.142)
	5:56.959 (35.200)	6:33.133 (36.174)	7:09.412 (36.279)
	7:44.523 (35.111)	8:18.598 (34.075)	8:49.350 (30.752)
3	Hernandez, Demarco	Emmanuel (Ga	8:51.47 6
	33.435 (33.435)	1:08.064 (34.629)	1:43.335 (35.271)
	2:18.738 (35.403)	2:54.038 (35.300)	3:29.574 (35.536)
	4:05.961 (36.387)	4:42.130 (36.169)	5:18.349 (36.219)
	5:54.981 (36.632)	6:31.208 (36.227)	7:07.577 (36.369)
	7:43.689 (36.112)	8:18.842 (35.153)	8:51.465 (32.623)
4	Junker, Norman	Unc Pembroke	8:54.78 5
	32.982 (32.982)	1:07.629 (34.647)	1:42.741 (35.112)
	2:18.114 (35.373)	2:52.971 (34.857)	3:28.213 (35.242)
	4:03.688 (35.475)	4:39.862 (36.174)	5:16.880 (37.018)
	5:54.211 (37.331)	6:31.513 (37.302)	7:08.216 (36.703)
	7:45.096 (36.880)	8:20.991 (35.895)	8:54.771 (33.780)

Conference Carolinas Indoor T&F Championships - 2/20/2022 to 2/21/2022

JDL Fast Track

Results

Finals ... (Men 3000 Meter Run)

	Name	School	Finals	
5	Geckler, Max	Lees-McRae	8:56.72	4
	34.593 (34.593)	1:10.751 (36.158)	1:47.322 (36.571)	
	2:23.035 (35.713)	2:59.481 (36.446)	3:35.336 (35.855)	
	4:10.403 (35.067)	4:45.791 (35.388)	5:21.967 (36.176)	
	5:57.793 (35.826)	6:33.464 (35.671)	7:10.049 (36.585)	
	7:46.560 (36.511)	8:22.951 (36.391)	8:56.716 (33.765)	
6	Holcombe, Jacob	North Greenv	8:57.78	3
	34.108 (34.108)	1:09.761 (35.653)	1:46.287 (36.526)	
	2:22.890 (36.603)	2:59.297 (36.407)	3:35.491 (36.194)	
	4:10.559 (35.068)	4:45.999 (35.440)	5:22.253 (36.254)	
	5:57.820 (35.567)	6:33.673 (35.853)	7:10.309 (36.636)	
	7:47.016 (36.707)	8:23.276 (36.260)	8:57.776 (34.500)	
7	Wunder, Elliot	Belmont Abbe	8:58.30	2
	34.717 (34.717)	1:11.794 (37.077)	1:48.716 (36.922)	
	2:25.514 (36.798)	3:02.579 (37.065)	3:38.475 (35.896)	
	4:14.996 (36.521)	4:50.667 (35.671)	5:26.732 (36.065)	
	6:03.603 (36.871)	6:41.480 (37.877)	7:17.191 (35.711)	
	7:51.797 (34.606)	8:25.587 (33.790)	8:58.291 (32.704)	
8	Hernandez, Jose	Belmont Abbe	8:58.73	1
	34.206 (34.206)	1:10.475 (36.269)	1:47.067 (36.592)	
	2:24.044 (36.977)	3:01.455 (37.411)	3:38.442 (36.987)	
	4:15.059 (36.617)	4:52.081 (37.022)	5:28.700 (36.619)	
	6:05.480 (36.780)	6:41.785 (36.305)	7:18.015 (36.230)	
	7:53.961 (35.946)	8:28.349 (34.388)	8:58.726 (30.377)	
9	Phieffer, Jack	Unc Pembroke	8:59.22	
	34.212 (34.212)	1:11.079 (36.867)	1:47.758 (36.679)	
	2:25.194 (37.436)	3:01.646 (36.452)	3:38.258 (36.612)	
	4:15.118 (36.860)	4:51.050 (35.932)	5:27.000 (35.950)	
	6:03.873 (36.873)	6:41.331 (37.458)	7:17.430 (36.099)	
	7:53.088 (35.658)	8:27.900 (34.812)	8:59.213 (31.313)	
10	Serbource, Corentin	Erskine	9:03.51	
	33.338 (33.338)	1:07.952 (34.614)	1:43.575 (35.623)	
	2:19.073 (35.498)	2:54.568 (35.495)	3:30.703 (36.135)	
	4:07.572 (36.869)	4:44.282 (36.710)	5:20.735 (36.453)	
	5:57.144 (36.409)	6:33.763 (36.619)	7:10.587 (36.824)	
	7:48.370 (37.783)	8:26.520 (38.150)	9:03.503 (36.983)	
11	Hernandez-Perez, Luis	Mount Olive	9:03.67	
	34.253 (34.253)	1:10.291 (36.038)	1:46.840 (36.549)	
	2:23.820 (36.980)	3:00.341 (36.521)	3:36.819 (36.478)	
	4:13.518 (36.699)	4:49.506 (35.988)	5:26.165 (36.659)	
	6:03.126 (36.961)	6:40.773 (37.647)	7:17.638 (36.865)	
	7:53.520 (35.882)	8:29.110 (35.590)	9:03.669 (34.559)	
12	Stephens, Griffin	Emmanuel (Ga	9:05.06	
	33.881 (33.881)	1:09.953 (36.072)	1:47.018 (37.065)	
	2:23.505 (36.487)	3:00.016 (36.511)	3:36.571 (36.555)	
	4:13.306 (36.735)	4:49.268 (35.962)	5:25.961 (36.693)	
	6:03.059 (37.098)	6:40.962 (37.903)	7:17.987 (37.025)	
	7:55.042 (37.055)	8:31.162 (36.120)	9:05.057 (33.895)	
13	Macagg, Thomas	Southern Wes	9:07.55	
	34.044 (34.044)	1:09.932 (35.888)	1:46.794 (36.862)	
	2:23.688 (36.894)	3:00.127 (36.439)	3:36.712 (36.585)	
	4:13.378 (36.666)	4:50.054 (36.676)	5:26.411 (36.357)	
	6:03.329 (36.918)	6:41.255 (37.926)	7:18.547 (37.292)	
	7:55.316 (36.769)	8:32.098 (36.782)	9:07.541 (35.443)	

Conference Carolinas Indoor T&F Championships - 2/20/2022 to 2/21/2022

JDL Fast Track

Results

14	Palacios, Konner	Southern Wes	9:08.69	Finals ... (Men 3000 Meter Run)		
	34.683 (34.683)	1:11.036 (36.353)	1:47.720 (36.684)	Name	School	Finals
	2:24.296 (36.576)	3:01.805 (37.509)	3:39.032 (37.227)	23	Arendash, Silas	Lees-McRae 9:21.45
	4:15.433 (36.401)	4:52.839 (37.406)	5:29.991 (37.152)		35.508 (35.508)	1:12.436 (36.928) 1:49.793 (37.357)
	6:07.474 (37.483)	6:44.835 (37.361)	7:23.066 (38.231)		2:27.287 (37.494)	3:04.228 (36.941) 3:41.535 (37.307)
	8:01.090 (38.024)	8:36.591 (35.501)	9:08.688 (32.097)		4:19.057 (37.522)	4:56.369 (37.312) 5:34.705 (38.336)
15	Levy, Hunter	Unc Pembroke	9:09.34		6:13.408 (38.703)	6:52.479 (39.071) 7:31.142 (38.663)
	34.273 (34.273)	1:10.047 (35.774)	1:46.448 (36.401)		8:09.748 (38.606)	8:47.632 (37.884) 9:21.444 (33.812)
	2:23.239 (36.791)	2:59.705 (36.466)	3:34.998 (35.293)	24	Harris, Izic	North Greenv 9:25.62
	4:09.875 (34.877)	4:46.344 (36.469)	5:22.590 (36.246)		33.420 (33.420)	1:09.069 (35.649) 1:46.008 (36.939)
	5:58.497 (35.907)	6:36.461 (37.964)	7:16.593 (40.132)		2:23.194 (37.186)	2:59.765 (36.571) 3:36.307 (36.542)
	7:56.284 (39.691)	8:35.595 (39.311)	9:09.339 (33.744)		4:13.073 (36.766)	4:50.361 (37.288) 5:28.459 (38.098)
16	Goode, Hayden	North Greenv	9:09.79		6:07.248 (38.789)	6:46.680 (39.432) 7:26.742 (40.062)
	33.294 (33.294)	1:08.801 (35.507)	1:45.826 (37.025)		8:07.576 (40.834)	8:47.426 (39.850) 9:25.611 (38.185)
	2:23.567 (37.741)	3:01.420 (37.853)	3:38.036 (36.616)	25	Freeman, Rien	Lees-McRae 9:36.69
	4:15.361 (37.325)	4:52.978 (37.617)	5:30.875 (37.897)		36.521 (36.521)	1:14.724 (38.203) 1:53.190 (38.466)
	6:08.732 (37.857)	6:46.617 (37.885)	7:24.026 (37.409)		2:31.384 (38.194)	3:09.179 (37.795) 3:47.369 (38.190)
	8:01.646 (37.620)	8:37.354 (35.708)	9:09.788 (32.434)		4:25.729 (38.360)	5:04.668 (38.939) 5:43.450 (38.782)
17	Berrios, Nick	Belmont Abbe	9:10.15		6:22.966 (39.516)	7:02.434 (39.468) 7:41.269 (38.835)
	34.139 (34.139)	1:10.273 (36.134)	1:47.230 (36.957)		8:19.886 (38.617)	8:58.029 (38.143) 9:36.690 (38.661)
	2:24.633 (37.403)	3:01.977 (37.344)	3:38.512 (36.535)	26	Heath, Matthew	North Greenv 9:44.72
	4:15.399 (36.887)	4:51.359 (35.960)	5:27.203 (35.844)		35.052 (35.052)	1:11.462 (36.410) 1:49.140 (37.678)
	6:03.693 (36.490)	6:41.096 (37.403)	7:17.671 (36.575)		2:26.910 (37.770)	3:04.948 (38.038) 3:43.118 (38.170)
	7:54.461 (36.790)	8:32.157 (37.696)	9:10.142 (37.985)		4:23.046 (39.928)	5:02.898 (39.852) 5:41.718 (38.820)
18	Valle, Alec	Unc Pembroke	9:10.91		6:22.591 (40.873)	7:03.377 (40.786) 7:44.200 (40.823)
	33.650 (33.650)	1:09.686 (36.036)	1:46.677 (36.991)		8:27.339 (43.139)	9:10.214 (42.875) 9:44.718 (34.504)
	2:24.464 (37.787)	3:02.037 (37.573)	3:39.922 (37.885)	27	Thomas, Lee	Barton 10:00.25
	4:17.813 (37.891)	4:55.088 (37.275)	5:32.790 (37.702)		37.575 (37.575)	1:17.267 (39.692) 1:57.449 (40.182)
	6:10.678 (37.888)	6:48.089 (37.411)	7:25.573 (37.484)		2:37.907 (40.458)	3:18.519 (40.612) 3:59.244 (40.725)
	8:02.386 (36.813)	8:37.644 (35.258)	9:10.907 (33.263)		4:40.591 (41.347)	5:19.911 (39.320) 6:01.032 (41.121)
19	Lynch, Samuel	Belmont Abbe	9:15.19		6:41.801 (40.769)	7:22.130 (40.329) 8:03.223 (41.093)
	34.960 (34.960)	1:11.284 (36.324)	1:47.964 (36.680)		8:43.750 (40.527)	9:22.933 (39.183) 10:00.250 (37.317)
	2:24.553 (36.589)	3:02.054 (37.501)	3:39.247 (37.193)	28	Casey, Adam	Barton 10:12.84
	4:15.977 (36.730)	4:53.335 (37.358)	5:30.654 (37.319)		38.732 (38.732)	1:18.537 (39.805) 1:58.286 (39.749)
	6:08.572 (37.918)	6:46.691 (38.119)	7:25.216 (38.525)		2:38.282 (39.996)	3:18.812 (40.530) 3:59.518 (40.706)
	8:03.922 (38.706)	8:41.181 (37.259)	9:15.187 (34.006)		4:40.868 (41.350)	5:20.139 (39.271) 6:01.490 (41.351)
20	Booher, Josh	King	9:19.79		6:43.328 (41.838)	7:25.486 (42.158) 8:08.164 (42.678)
	34.868 (34.868)	1:10.908 (36.040)	1:47.496 (36.588)		8:51.238 (43.074)	9:33.863 (42.625) 10:12.840 (38.977)
	2:24.933 (37.437)	3:02.297 (37.364)	3:38.673 (36.376)	Men 5000 Meter Run		
	4:15.642 (36.969)	4:51.548 (35.906)	5:27.571 (36.023)	Facility: 13:41.89 \$ 2/19/2021 Aaron Bienenfeld		
	6:05.762 (38.191)	6:45.217 (39.455)	7:24.208 (38.991)	College: 13:41.89 ! 2/19/2021 Aaron Bienenfeld		
	8:03.037 (38.829)	8:42.772 (39.735)	9:19.788 (37.016)	Meet: 15:04.53 % 2015 Ahmad Nesbitt		
21	Nervo, Lucas	Unc Pembroke	9:20.78	Name	School	Finals
	34.636 (34.636)	1:10.750 (36.114)	1:47.353 (36.603)	Finals		
	2:25.276 (37.923)	3:02.938 (37.662)	3:40.244 (37.306)	1	Chepkisir, Joshua	Unc Pembroke 14:17.89% 10
	4:17.537 (37.293)	4:54.836 (37.299)	5:33.103 (38.267)		33.102 (33.102)	1:07.810 (34.708) 1:42.465 (34.655)
	6:11.177 (38.074)	6:49.940 (38.763)	7:29.380 (39.440)		2:17.076 (34.611)	2:51.987 (34.911) 3:26.567 (34.580)
	8:07.889 (38.509)	8:46.757 (38.868)	9:20.777 (34.020)		4:01.994 (35.427)	4:36.946 (34.952) 5:11.988 (35.042)
22	Rios Brena, Luis	Converse	9:21.16		5:46.569 (34.581)	6:21.474 (34.905) 6:56.868 (35.394)
	34.327 (34.327)	1:10.457 (36.130)	1:47.046 (36.589)		7:32.618 (35.750)	8:08.320 (35.702) 8:43.793 (35.473)
	2:23.831 (36.785)	3:00.652 (36.821)	3:37.223 (36.571)		9:18.172 (34.379)	9:51.742 (33.570) 10:25.071 (33.329)
	4:14.103 (36.880)	4:51.065 (36.962)	5:28.231 (37.166)		10:59.204 (34.133)	11:33.208 (34.004)
	6:06.033 (37.802)	6:44.848 (38.815)	7:24.258 (39.410)		12:40.569 (33.638)	13:14.356 (33.787) 13:47.284 (32.928)
	8:03.799 (39.541)	8:43.259 (39.460)	9:21.158 (37.899)		14:17.884 (30.600)	

Conference Carolinas Indoor T&F Championships - 2/20/2022 to 2/21/2022

JDL Fast Track

Results

2	Kopmels, Cas	Mount Olive	14:32.08%	8	Finals ... (Men 5000 Meter Run)			
	32.924 (32.924)	1:07.501 (34.577)	1:42.189 (34.688)		Name	School	Finals	
	2:16.778 (34.589)	2:51.742 (34.964)	3:26.868 (35.126)		7 Holcombe, Jacob	North Greenv	15:36.23	2
	4:02.359 (35.491)	4:37.157 (34.798)	5:12.285 (35.128)		35.110 (35.110)	1:11.728 (36.618)	1:48.161 (36.433)	
	5:46.772 (34.487)	6:21.167 (34.395)	6:56.643 (35.476)		2:23.839 (35.678)	3:00.295 (36.456)	3:36.995 (36.700)	
	7:32.380 (35.737)	8:08.170 (35.790)	8:44.024 (35.854)		4:13.458 (36.463)	4:49.555 (36.097)	5:26.172 (36.617)	
	9:18.548 (34.524)	9:52.511 (33.963)	10:27.099 (34.588)		6:02.812 (36.640)	6:39.979 (37.167)	7:17.127 (37.148)	
	11:02.570 (35.471)	11:37.960 (35.390)			7:55.020 (37.893)	8:33.192 (38.172)	9:11.054 (37.862)	
	12:49.051 (35.459)	13:24.647 (35.596)	13:59.567 (34.920)		9:49.094 (38.040)	10:27.852 (38.758)	11:06.683 (38.831)	
	14:32.071 (32.504)				11:45.612 (38.929)	12:24.530 (38.918)		
3	Kelbert, Ian	Lees-McRae	15:17.47	6	13:43.315 (39.376)	14:22.297 (38.982)	15:01.554 (39.257)	
	34.721 (34.721)	1:10.880 (36.159)	1:47.555 (36.675)		15:36.228 (34.674)			
	2:23.371 (35.816)	3:00.015 (36.644)	3:36.454 (36.439)		8 Levy, Hunter	Unc Pembroke	15:41.93	1
	4:13.234 (36.780)	4:48.969 (35.735)	5:25.085 (36.116)		35.670 (35.670)	1:12.651 (36.981)	1:48.772 (36.121)	
	6:01.270 (36.185)	6:38.017 (36.747)	7:15.234 (37.217)		2:25.433 (36.661)	3:02.773 (37.340)	3:39.426 (36.653)	
	7:52.951 (37.717)	8:30.394 (37.443)	9:07.921 (37.527)		4:15.072 (35.646)	4:51.377 (36.305)	5:28.662 (37.285)	
	9:45.337 (37.416)	10:22.944 (37.607)	11:00.733 (37.789)		6:05.372 (36.710)	6:42.698 (37.326)	7:20.362 (37.664)	
	11:38.709 (37.976)	12:16.643 (37.934)			7:58.300 (37.938)	8:37.218 (38.918)	9:15.974 (38.756)	
	13:32.211 (37.461)	14:10.126 (37.915)	14:46.537 (36.411)		9:53.353 (37.379)	10:31.726 (38.373)	11:10.457 (38.731)	
	15:17.461 (30.924)				11:48.548 (38.091)	12:27.593 (39.045)		
4	Moran, Shane	Mount Olive	15:17.57	5	13:47.491 (39.851)	14:27.357 (39.866)	15:05.924 (38.567)	
	34.973 (34.973)	1:11.814 (36.841)	1:48.342 (36.528)		15:41.924 (36.000)			
	2:24.370 (36.028)	3:00.739 (36.369)	3:37.528 (36.789)		9 Olmstead, Ashton	Mount Olive	15:45.01	
	4:14.025 (36.497)	4:50.215 (36.190)	5:27.018 (36.803)		35.561 (35.561)	1:12.790 (37.229)	1:49.070 (36.280)	
	6:03.545 (36.527)	6:40.325 (36.780)	7:17.393 (37.068)		2:25.887 (36.817)	3:03.074 (37.187)	3:39.479 (36.405)	
	7:55.279 (37.886)	8:33.433 (38.154)	9:10.501 (37.068)		4:15.919 (36.440)	4:52.953 (37.034)	5:30.575 (37.622)	
	9:47.303 (36.802)	10:25.164 (37.861)	11:03.229 (38.065)		6:07.971 (37.396)	6:46.206 (38.235)	7:24.653 (38.447)	
	11:40.711 (37.482)	12:18.232 (37.521)			8:03.653 (39.000)	8:42.707 (39.054)	9:21.638 (38.931)	
	13:33.478 (37.575)	14:11.117 (37.639)	14:46.246 (35.129)		10:00.934 (39.296)	10:40.006 (39.072)	11:19.262 (39.256)	
	15:17.569 (31.323)				11:58.304 (39.042)	12:37.624 (39.320)		
5	Goode, Hayden	North Greenv	15:35.36	4	13:56.537 (39.274)	14:35.360 (38.823)	15:12.020 (36.660)	
	34.554 (34.554)	1:11.617 (37.063)	1:48.078 (36.461)		15:45.007 (32.987)			
	2:24.216 (36.138)	3:00.756 (36.540)	3:36.902 (36.146)		10 Lynch, Samuel	Belmont Abbe	15:46.46	
	4:12.951 (36.049)	4:49.234 (36.283)	5:26.493 (37.259)		35.152 (35.152)	1:12.071 (36.919)	1:47.912 (35.841)	
	6:04.412 (37.919)	6:42.181 (37.769)	7:19.875 (37.694)		2:23.977 (36.065)	3:00.549 (36.572)	3:37.257 (36.708)	
	7:57.891 (38.016)	8:36.639 (38.748)	9:15.591 (38.952)		4:13.781 (36.524)	4:50.780 (36.999)	5:28.057 (37.277)	
	9:54.969 (39.378)	10:33.694 (38.725)	11:13.045 (39.351)		6:05.833 (37.776)	6:43.884 (38.051)	7:22.682 (38.798)	
	11:52.439 (39.394)	12:31.353 (38.914)			8:01.314 (38.632)	8:39.573 (38.259)	9:18.256 (38.683)	
	13:48.730 (38.494)	14:25.284 (36.554)	14:59.531 (34.247)		9:57.658 (39.402)	10:36.716 (39.058)	11:15.820 (39.104)	
	15:35.356 (35.825)				11:55.483 (39.663)	12:35.256 (39.773)		
6	Junker, Norman	Unc Pembroke	15:36.03	3	13:54.304 (39.623)	14:33.339 (39.035)	15:11.063 (37.724)	
	35.288 (35.288)	1:12.332 (37.044)	1:47.746 (35.414)		15:46.458 (35.395)			
	2:23.659 (35.913)	3:00.308 (36.649)	3:36.722 (36.414)		11 Geckler, Max	Lees-McRae	15:49.35	
	4:13.528 (36.806)	4:49.755 (36.227)	5:26.670 (36.915)		35.095 (35.095)	1:12.143 (37.048)	1:47.464 (35.321)	
	6:04.609 (37.939)	6:42.336 (37.727)	7:20.142 (37.806)		2:22.531 (35.067)	2:58.432 (35.901)	3:35.024 (36.592)	
	7:58.055 (37.913)	8:36.929 (38.874)	9:15.866 (38.937)		4:12.346 (37.322)	4:48.700 (36.354)	5:25.571 (36.871)	
	9:54.697 (38.831)	10:32.653 (37.956)	11:10.842 (38.189)		6:02.549 (36.978)	6:39.716 (37.167)	7:16.711 (36.995)	
	11:49.218 (38.376)	12:27.848 (38.630)			7:54.818 (38.107)	8:34.081 (39.263)	9:14.126 (40.045)	
	13:47.793 (39.887)	14:26.063 (38.270)	15:03.813 (37.750)		9:55.369 (41.243)	10:36.599 (41.230)	11:18.567 (41.968)	
	15:36.023 (32.210)				11:59.026 (40.459)	12:39.721 (40.695)		
					13:59.062 (39.503)	14:36.816 (37.754)	15:13.917 (37.101)	
					15:49.344 (35.427)			

Conference Carolinas Indoor T&F Championships - 2/20/2022 to 2/21/2022

JDL Fast Track

Results

12	Wunder, Elliot	Belmont Abbe	15:55.78	Finals ... (Men 5000 Meter Run)		
	35.885 (35.885)	1:13.551 (37.666)	1:49.755 (36.204)	Name	School	Finals
	2:26.547 (36.792)	3:02.838 (36.291)	3:39.994 (37.156)	17 Harris, Izic	North Greenv	16:19.92
	4:16.557 (36.563)	4:52.654 (36.097)	5:28.496 (35.842)	34.825 (34.825)	1:11.905 (37.080)	1:48.468 (36.563)
	6:06.510 (38.014)	6:43.727 (37.217)	7:20.834 (37.107)	2:24.785 (36.317)	3:02.038 (37.253)	3:38.481 (36.443)
	7:58.588 (37.754)	8:36.037 (37.449)	9:13.714 (37.677)	4:15.450 (36.969)	4:52.185 (36.735)	5:29.071 (36.886)
	9:51.832 (38.118)	10:30.869 (39.037)	11:10.602 (39.733)	6:06.983 (37.912)	6:45.682 (38.699)	7:25.183 (39.501)
	11:51.006 (40.404)	12:33.142 (42.136)		8:05.039 (39.856)	8:45.081 (40.042)	9:25.508 (40.427)
	13:57.626 (41.643)	14:37.562 (39.936)	15:18.240 (40.678)	10:06.532 (41.024)	10:47.359 (40.827)	11:28.799 (41.440)
	15:55.778 (37.538)			12:10.387 (41.588)	12:52.145 (41.758)	
13	Andrade-Sosa, Alexander	Emmanuel (Ga	15:56.58	14:15.088 (41.543)	14:56.987 (41.899)	15:38.262 (41.275)
	34.517 (34.517)	1:11.768 (37.251)	1:48.560 (36.792)	16:19.911 (41.649)		
	2:25.194 (36.634)	3:02.489 (37.295)	3:39.702 (37.213)	18 Coffman, Dominic	Belmont Abbe	16:34.68
	4:16.967 (37.265)	4:54.304 (37.337)	5:33.371 (39.067)	35.497 (35.497)	1:12.493 (36.996)	1:49.854 (37.361)
	6:12.371 (39.000)	6:51.064 (38.693)	7:29.757 (38.693)	2:26.649 (36.795)	3:03.715 (37.066)	3:40.847 (37.132)
	8:09.006 (39.249)	8:47.868 (38.862)	9:26.600 (38.732)	4:17.885 (37.038)	4:56.204 (38.319)	5:35.262 (39.058)
	10:05.447 (38.847)	10:44.540 (39.093)	11:23.005 (38.465)	6:14.732 (39.470)	6:54.364 (39.632)	7:33.770 (39.406)
	12:03.547 (40.542)	12:43.716 (40.169)		8:13.643 (39.873)	8:53.565 (39.922)	9:34.617 (41.052)
	14:03.905 (40.167)	14:43.557 (39.652)	15:22.891 (39.334)	10:15.612 (40.995)	10:56.463 (40.851)	11:37.670 (41.207)
	15:56.573 (33.682)			12:18.575 (40.905)	13:00.294 (41.719)	
14	Shelton, Peyton	Southern Wes	16:04.64	14:24.950 (42.434)	15:07.959 (43.009)	15:51.278 (43.319)
	36.066 (36.066)	1:13.214 (37.148)	1:49.118 (35.904)	16:34.673 (43.395)		
	2:25.637 (36.519)	3:02.072 (36.435)	3:38.973 (36.901)	19 Marshall, Justin	Barton	16:39.65
	4:15.988 (37.015)	4:52.683 (36.695)	5:30.319 (37.636)	35.819 (35.819)	1:12.884 (37.065)	1:49.461 (36.577)
	6:08.750 (38.431)	6:47.208 (38.458)	7:26.197 (38.989)	2:26.111 (36.650)	3:03.265 (37.154)	3:40.431 (37.166)
	8:04.797 (38.600)	8:43.723 (38.926)	9:23.686 (39.963)	4:18.245 (37.814)	4:57.261 (39.016)	5:36.840 (39.579)
	10:03.690 (40.004)	10:43.762 (40.072)	11:23.881 (40.119)	6:17.147 (40.307)	6:57.503 (40.356)	7:37.990 (40.487)
	12:04.693 (40.812)	12:44.877 (40.184)		8:18.287 (40.297)	9:00.405 (42.118)	9:41.822 (41.417)
	14:06.565 (41.451)	14:47.337 (40.772)	15:27.714 (40.377)	10:24.421 (42.599)	11:06.544 (42.123)	11:48.500 (41.956)
	16:04.637 (36.923)			12:30.824 (42.324)	13:14.296 (43.472)	
15	Knott, Zachary	Belmont Abbe	16:12.61	14:39.148 (42.303)	15:20.943 (41.795)	16:00.496 (39.553)
	35.944 (35.944)	1:12.476 (36.532)	1:48.802 (36.326)	16:39.644 (39.148)		
	2:24.923 (36.121)	3:00.985 (36.062)	3:37.842 (36.857)	20 Thomas, Lee	Barton	17:11.63
	4:14.325 (36.483)	4:51.094 (36.769)	5:28.387 (37.293)	37.216 (37.216)	1:15.748 (38.532)	1:55.520 (39.772)
	6:06.190 (37.803)	6:44.664 (38.474)	7:24.044 (39.380)	2:36.434 (40.914)	3:17.699 (41.265)	3:58.979 (41.280)
	8:04.141 (40.097)	8:44.292 (40.151)	9:24.512 (40.220)	4:40.508 (41.529)	5:21.316 (40.808)	6:01.488 (40.172)
	10:06.189 (41.677)	10:47.526 (41.337)	11:28.619 (41.093)	6:42.786 (41.298)	7:23.790 (41.004)	8:05.225 (41.435)
	12:08.853 (40.234)	12:50.186 (41.333)		8:46.165 (40.940)	9:28.031 (41.866)	10:10.879 (42.848)
	14:11.787 (40.441)	14:52.894 (41.107)	15:33.371 (40.477)	10:53.602 (42.723)	11:36.398 (42.796)	12:18.747 (42.349)
	16:12.605 (39.234)			13:01.531 (42.784)	13:44.141 (42.610)	
16	Booher, Josh	King	16:19.00	15:09.317 (42.517)	15:50.753 (41.436)	16:31.423 (40.670)
	36.045 (36.045)	1:13.017 (36.972)	1:49.898 (36.881)	17:11.626 (40.203)		
	2:25.967 (36.069)	3:02.520 (36.553)	3:39.204 (36.684)	21 Cromer, Landon	Lees-McRae	17:14.38
	4:16.577 (37.373)	4:54.527 (37.950)	5:33.578 (39.051)	37.667 (37.667)	1:16.001 (38.334)	1:54.433 (38.432)
	6:12.777 (39.199)	6:52.503 (39.726)	7:32.419 (39.916)	2:32.729 (38.296)	3:11.118 (38.389)	3:50.605 (39.487)
	8:12.807 (40.388)	8:53.828 (41.021)	9:34.558 (40.730)	4:29.639 (39.034)	5:10.388 (40.749)	5:51.454 (41.066)
	10:14.785 (40.227)	10:55.686 (40.901)	11:35.599 (39.913)	6:34.356 (42.902)	7:16.788 (42.432)	7:58.087 (41.299)
	12:16.684 (41.085)	12:58.432 (41.748)		8:39.452 (41.365)	9:19.762 (40.310)	10:02.918 (43.156)
	14:20.614 (40.451)	15:01.361 (40.747)	15:42.042 (40.681)	10:45.027 (42.109)	11:28.163 (43.136)	12:10.721 (42.558)
	16:18.993 (36.951)			12:55.084 (44.363)	13:39.381 (44.297)	
				15:04.858 (42.979)	15:48.322 (43.464)	16:31.886 (43.564)
				17:14.376 (42.490)		

Conference Carolinas Indoor T&F Championships - 2/20/2022 to 2/21/2022

JDL Fast Track

Results

22	Casey, Adam	Barton	17:34.22
	38.684 (38.684)	1:18.976 (40.292)	1:59.231 (40.255)
	2:39.987 (40.756)	3:20.807 (40.820)	4:01.353 (40.546)
	4:40.923 (39.570)	5:20.897 (39.974)	6:01.733 (40.836)
	6:43.046 (41.313)	7:24.241 (41.195)	8:05.306 (41.065)
	8:46.613 (41.307)	9:30.824 (44.211)	10:15.960 (45.136)
	10:59.940 (43.980)	11:43.764 (43.824)	12:28.400 (44.636)
	13:13.519 (45.119)	13:58.731 (45.212)	
	15:26.941 (43.728)	16:11.035 (44.094)	16:54.944 (43.909)
	17:34.216 (39.272)		
23	Ferguson, Damihj'e	Converse	17:49.65
	36.495 (36.495)	1:14.202 (37.707)	1:52.524 (38.322)
	2:32.615 (40.091)	3:13.873 (41.258)	3:56.122 (42.249)
	4:38.541 (42.419)	5:21.406 (42.865)	6:04.969 (43.563)
	6:48.211 (43.242)	7:31.657 (43.446)	8:15.199 (43.542)
	8:59.562 (44.363)	9:42.514 (42.952)	10:26.627 (44.113)
	11:10.889 (44.262)	11:55.704 (44.815)	12:40.729 (45.025)
	13:26.177 (45.448)	14:11.261 (45.084)	
	15:40.345 (43.961)	16:24.340 (43.995)	17:08.455 (44.115)
	17:49.641 (41.186)		
---	Wright, Zac	Emmanuel (Ga)	DNF
	37.963 (37.963)	1:16.382 (38.419)	1:56.142 (39.760)
	2:37.161 (41.019)	3:17.999 (40.838)	3:59.290 (41.291)
	4:40.747 (41.457)	5:21.806 (41.059)	6:02.047 (40.241)
	6:43.491 (41.444)	7:24.973 (41.482)	8:07.283 (42.310)
	8:50.482 (43.199)	9:34.435 (43.953)	10:18.094 (43.659)

Men 60 Meter Hurdles

Facility: 7.55 \$ 1/31/2015 Aleec Harris
College: 7.63 ! 2/4/2017 Michael Dickson
Meet: 7.77 % 2017 Marshawn Scott

Name	School	Prelims
Preliminaries		
1 McFerrin, CJ	North Greenv	8.48Q
2 Bargaineer, Christian	Lees-McRae	8.68Q
3 Osewe, Brace	Unc Pembroke	8.58q
4 Eaton, Tucker	Barton	8.65q
5 Durham, Jacquez	Barton	8.70q
6 Martin, Jordan	Mount Olive	8.77q
7 Thomason, Marcus	North Greenv	8.77q
8 Kohlhausen, Ryan	Belmont Abbe	8.82q
9 Gunter, Jeffrey	Unc Pembroke	8.87
10 Yeargin, Jamieryon	Converse	8.91
11 Gunn, Cameron	Belmont Abbe	9.21
12 Aguirre, Roberto	Converse	9.23
13 Cornwell, David	Belmont Abbe	9.54

Men 60 Meter Hurdles

Facility: 7.55 \$ 1/31/2015 Aleec Harris
College: 7.63 ! 2/4/2017 Michael Dickson
Meet: 7.77 % 2017 Marshawn Scott

Name	School	Finals
Finals		
1 McFerrin, CJ	North Greenv	8.33 10
2 Martin, Jordan	Mount Olive	8.46 8
3 Bargaineer, Christian	Lees-McRae	8.53 6

Finals ... (Men 60 Meter Hurdles)

Name	School	Finals
4 Durham, Jacquez	Barton	8.58 5
5 Thomason, Marcus	North Greenv	8.64 4
6 Kohlhausen, Ryan	Belmont Abbe	8.80 3
7 Eaton, Tucker	Barton	8.83 2
8 Osewe, Brace	Unc Pembroke	8.85 1

Men 4x400 Meter Relay

Facility: 3:11.12 \$ 1/31/2015

Hyatt, Bingham, Gibson, Jackson

College: 3:12.35 ! 2/15/2014

Sutton, Alowonle, Ways, Lipsey

Meet: 3:18.54 % 2018

Carr, Middlebrooks, Fisher, Shannon

Team	Relay	Finals
Finals		
1 North Greenville	A	3:24.44 10
52.186 (52.186)	1:44.598 (52.412)	2:35.121 (50.523)
3:24.440 (49.319)		
2 Unc Pembroke	A	3:24.52 8
52.156 (52.156)	1:44.270 (52.114)	2:34.504 (50.234)
3:24.519 (50.015)		
3 Emmanuel (Ga.)	A	3:25.21 6
51.946 (51.946)	1:44.649 (52.703)	2:37.006 (52.357)
3:25.202 (48.196)		
4 Lees-McRae	A	3:25.36 5
50.024 (50.024)	1:41.110 (51.086)	2:33.752 (52.642)
3:25.356 (51.604)		
5 Belmont Abbey	A	3:26.08 4
52.554 (52.554)	1:44.947 (52.393)	2:36.391 (51.444)
3:26.080 (49.689)		
6 Erskine	A	3:28.33 3
52.559 (52.559)	1:45.954 (53.395)	2:37.601 (51.647)
3:28.324 (50.723)		
7 Mount Olive	A	3:30.95 2
53.015 (53.015)	1:46.546 (53.531)	2:36.985 (50.439)
3:30.944 (53.959)		
8 Southern Wesleyan	A	3:31.83 1
55.026 (55.026)	1:48.305 (53.279)	2:41.586 (53.281)
3:31.824 (50.238)		
9 Converse	A	3:36.11
54.395 (54.395)	1:48.716 (54.321)	2:42.573 (53.857)
3:36.107 (53.534)		
10 Barton	A	3:36.35
54.888 (54.888)	1:48.581 (53.693)	2:41.840 (53.259)
3:36.350 (54.510)		
11 King	A	3:36.59
51.669 (51.669)	1:45.496 (53.827)	2:42.684 (57.188)
3:36.585 (53.901)		

Conference Carolinas Indoor T&F Championships - 2/20/2022 to 2/21/2022

JDL Fast Track

Results

Men Distance Medley

Facility: 9:32.96 \$ 2/18/2022

Fleming, Sapp, Anthony, Lopez Segura

College: 9:32.96 ! 2/18/2022

Fleming, Sapp, Anthony, Lopez Segura

Meet: 10:29.33 % 2014

Sessions, Powell, Wamer, Nesbitt

Team	Relay	Finals
Finals		
1 Emmanuel (Ga.)	A	10:30.30 10
3:10.667 (3:10.667)	4:00.302 (49.635)	6:00.794 (2:00.493)
10:30.297 (4:29.504)		
2 Unc Pembroke	A	10:31.48 8
3:16.743 (3:16.743)	4:08.275 (51.532)	6:04.717 (1:56.442)
10:31.472 (4:26.755)		
3 Lees-McRae	A	10:33.84 6
3:11.855 (3:11.855)	4:03.295 (51.440)	6:05.488 (2:02.194)
10:33.831 (4:28.343)		
4 Erskine	A	10:48.55 5
3:25.647 (3:25.647)	4:18.680 (53.033)	6:19.412 (2:00.732)
10:48.549 (4:29.138)		
5 Southern Wesleyan	A	10:51.43 4
3:14.291 (3:14.291)	4:08.835 (54.545)	6:17.968 (2:09.134)
10:51.427 (4:33.459)		
6 Belmont Abbey	A	10:54.73 3
3:18.866 (3:18.866)	4:12.523 (53.658)	6:18.827 (2:06.304)
10:54.729 (4:35.903)		
7 North Greenville	A	10:59.50 2
3:26.463 (3:26.463)	4:21.725 (55.262)	6:26.543 (2:04.819)
10:59.497 (4:32.954)		
8 Converse	A	11:00.18 1
3:21.328 (3:21.328)	4:17.309 (55.981)	6:21.354 (2:04.045)
11:00.179 (4:38.825)		
9 Barton	A	11:07.47
3:22.543 (3:22.543)	4:17.692 (55.149)	6:24.623 (2:06.932)
11:07.461 (4:42.838)		
10 Mount Olive	A	11:11.22
3:24.755 (3:24.755)	4:17.787 (53.032)	6:28.112 (2:10.325)
11:11.220 (4:43.109)		
11 King	A	11:39.59
3:36.134 (3:36.134)	4:33.934 (57.800)	6:45.497 (2:11.564)
11:39.589 (4:54.092)		

Men High Jump

Facility: 2.24m \$ 12/1/2012 Kris Kornegay-Gober

College: 2.24m ! 12/1/2012 Kris Kornegay-Gober

Meet: 2.14m % 2014 Khalil Henry

Name	School	Finals
Finals		
1 Gamble, Orlandus	Unc Pembroke	2.04m 10
2 Johnson, Kamden	Mount Olive	1.98m 8
3 Green, Jayden	Lees-McRae	J1.98m 6
4 Burke, Jason	Emmanuel (Ga)	1.93m 4.5
4 Mitchell, Jay	Converse	1.93m 4.5
6 Meekins, Jordan	North Greenv	J1.93m 3

Finals ... (Men High Jump)

Name	School	Finals
7 Whittle, Chandler	Southern Wes	1.88m 2
8 Lavender, Demonte	Mount Olive	J1.88m 1
9 Henfield, Matthew	King	1.83m
10 McCaw, Andrew	Belmont Abbe	1.78m
11 Worley, Damon	North Greenv	J1.78m
12 Pray, Nykie	Mount Olive	J1.78m
13 Murphy-Redd, Logan	Belmont Abbe	J1.78m
14 Wood, Kevin	Emmanuel (Ga)	1.68m
--- Lipscomb, Myke	Unc Pembroke	NH

Men Pole Vault

Facility: 5.50m \$ 2/4/2022 Scott Houston

College: 5.35m ! 12/8/2019 Keon Howe

Meet: 4.70m % 2013 Evan Webb

Name	School	Finals
Finals		
1 Thomas, Cole	Unc Pembroke	4.58m 10
2 Flint, Tucker	Emmanuel (Ga)	4.38m 8
3 Motes, Evan	Southern Wes	4.13m 6
4 Smith, Tanner	Mount Olive	J4.13m 5
5 Hay, Kelly	Belmont Abbe	3.83m 3.5
5 Downey, Quante	Barton	3.83m 3.5
7 Worley, Damon	North Greenv	3.53m 2
8 Hritz, Ethan	Erskine	3.23m 1
9 Jolley, Sam	Converse	J3.23m

Men Long Jump

Facility: 7.81m \$ 11/16/2013 Mikese Morse

College: 7.76m ! 2/21/2014 Andre Dorsey

Meet: 7.63m % 2018 Lawrence Russell, Jr.

Name	School	Finals
Finals		
1 McGee, Adrian	North Greenv	7.05m 10
2 Hamlett, Jaleal	Mount Olive	6.88m 8
3 Meadows, Noah	Southern Wes	6.85m 6
4 Wood, Kevin	Emmanuel (Ga)	6.75m 5
5 Johnson, Kamden	Mount Olive	6.71m 4
6 Blue, Jordan	Southern Wes	6.50m 3
7 Carrs, Kristian	Emmanuel (Ga)	6.45m 2
8 Pray, Nykie	Mount Olive	6.40m 1
9 Kimbrough, Jeremiah	Mount Olive	6.37m
10 Burke, Jason	Emmanuel (Ga)	6.28m
11 Lewis, Kendrick	Unc Pembroke	6.23m
12 Hernandez, Calvin	Southern Wes	6.20m
13 Woods, Sam	Southern Wes	6.16m
14 Foster, Royal	North Greenv	6.10m
15 Bunker, David	Unc Pembroke	6.07m
16 Blue, Zion	Unc Pembroke	6.05m
17 Fontaine, Braxton	Barton	6.02m
18 Elmer, Orrin	Lees-McRae	5.80m
19 Bargaineer, Christian	Lees-McRae	5.79m
20 Okonne, Marvelous	Belmont Abbe	5.67m
21 Smith, Dalton	Belmont Abbe	5.51m
22 Cornwell, David	Belmont Abbe	5.34m

Conference Carolinas Indoor T&F Championships - 2/20/2022 to 2/21/2022

JDL Fast Track

Results

Men Triple Jump

Facility: 15.85m \$ 2/3/2018 Michael Tiller

College: 15.83m ! 12/5/2015 Anthony Campbell

Meet: 15.06m % 2017 Vincent Okot

Name	School	Finals
Finals		
1 Pray, Nykie	Mount Olive	14.20m 10
2 Walker, Valante	Southern Wes	14.02m 8
3 Hamlett, Jaleal	Mount Olive	13.91m 6
4 Lavender, Demonte	Mount Olive	13.77m 5
5 Dotson, Darius	Ersline	13.58m 4
6 Foster, Royal	North Greenv	13.51m 3
7 Wood, Kevin	Emmanuel (Ga	13.41m 2
8 Whitaker, Andrew	Unc Pembroke	13.07m 1
9 Tucker, Jarwuan	Mount Olive	13.01m
10 Bunker, David	Unc Pembroke	12.32m
11 Bargaineer, Christian	Lees-McRae	12.07m
12 Elmer, Orrin	Lees-McRae	11.79m

Men Shot Put

Facility: 19.50m \$ 3/15/2014 Wesley Lavong

College: 19.50m ! 3/15/2014 Wesley Lavong

Meet: 15.83m % 2020 Devin Parker

Name	School	Finals
Finals		
1 Faison, Josh	Mount Olive	14.14m 10
2 Oxendine, Bennie	Unc Pembroke	13.98m 8
3 Cloud, Nick	Mount Olive	13.86m 6
4 Miller, Kolin	King	13.32m 5
5 Smith-Forte, Alex	Mount Olive	13.00m 4
6 Gordy, Luke	Southern Wes	12.72m 3
7 Walker, Justin	Unc Pembroke	12.63m 2
8 Thompson, Manny	Belmont Abbe	12.53m 1
9 Schuster, James	Belmont Abbe	12.20m
10 Ghee, Chianti	Barton	12.14m
11 Tolbert, Dorian	Mount Olive	12.09m
12 Wojcuich, Jon	Mount Olive	11.94m
13 Exum, David	Lees-McRae	11.45m
14 Pendergrass, Jonah	North Greenv	11.18m
15 Villarruel, Jose	Belmont Abbe	10.94m
16 Parker, Tristan	North Greenv	10.92m
17 Crowe, Bailey	North Greenv	10.49m
18 Bradley, Sabastian	Unc Pembroke	9.95m
19 Hughes, Benjamin	Lees-McRae	9.24m
20 Lopez, Cristobal	Converse	8.73m

Men Weight Throw

test

Facility: 23.24m \$ 12/2/2017 Josh Davis

College: 23.24m ! 12/2/2017 Josh Davis

Meet: 17.45m % 2021 Jon Wojcuich

Name	School	Finals
Finals		
1 Wojcuich, Jon	Mount Olive	18.09m% 10
2 Smith-Forte, Alex	Mount Olive	17.21m 8

Finals ... (Men Weight Throw)

Name	School	Finals
3 Miller, Kolin	King	16.99m 6
4 Ghee, Chianti	Barton	15.83m 5
5 Tolbert, Dorian	Mount Olive	14.98m 4
6 Walker, Gabriel	Ersline	14.97m 3
7 Douglas, Cedric	Unc Pembroke	14.40m 2
8 Campbell, Adian	Southern Wes	13.70m 1
9 Oxendine, Bennie	Unc Pembroke	13.47m
10 Howard, Ben	Mount Olive	12.89m
11 Gordy, Luke	Southern Wes	12.88m
12 Bradley, Sabastian	Unc Pembroke	12.56m
13 Walker, Justin	Unc Pembroke	12.51m
14 Marlowe, Greyson	Ersline	12.29m
15 Thompson, Manny	Belmont Abbe	11.95m
16 Long, Israel	Mount Olive	11.86m
17 Exum, David	Lees-McRae	11.83m
18 Schuster, James	Belmont Abbe	11.52m
19 Villarruel, Jose	Belmont Abbe	10.99m
--- Faison, Josh	Mount Olive	FOUL

Men - Team Rankings - 16 Events Scored

1) Mount Olive	152
2) UNC Pembroke	115
3) North Greenville	94
4) Emmanuel (Ga.)	73.5
5) Lees-McRae	64
6) Southern Wesleyan	38
7) Belmont Abbey	30.5
8) Ersline	20
9) Barton	18.5
10) King	11
11) Converse	7.5