

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, Jacques	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

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, Jacques	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 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	Erskine	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	Erskine	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)	

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Preliminaries ... (Men 400 Meter Dash)

Name	School	Prelims
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 5000 Meter Run

Facility: 13:41.89 \$ 2/19/2021 Aaron Bienenfeld

College: 13:41.89 ! 2/19/2021 Aaron Bienenfeld

Meet: 15:04.53 % 2015 Ahmad Nesbitt

Name	School	Finals
Finals		
1 Chepkesor, Joshua	Unc Pembroke	14:17.89% 10
33.102 (33.102)	1:07.810 (34.708)	1:42.465 (34.655)
2:17.076 (34.611)	2:51.987 (34.911)	3:26.567 (34.580)
4:01.994 (35.427)	4:36.946 (34.952)	5:11.988 (35.042)
5:46.569 (34.581)	6:21.474 (34.905)	6:56.868 (35.394)
7:32.618 (35.750)	8:08.320 (35.702)	8:43.793 (35.473)
9:18.172 (34.379)	9:51.742 (33.570)	10:25.071 (33.329)
10:59.204 (34.133)	11:33.208 (34.004)	
12:40.569 (33.638)	13:14.356 (33.787)	13:47.284 (32.928)
14:17.884 (30.600)		
2 Kopmels, Cas	Mount Olive	14:32.08% 8
32.924 (32.924)	1:07.501 (34.577)	1:42.189 (34.688)
2:16.778 (34.589)	2:51.742 (34.964)	3:26.868 (35.126)
4:02.359 (35.491)	4:37.157 (34.798)	5:12.285 (35.128)
5:46.772 (34.487)	6:21.167 (34.395)	6:56.643 (35.476)
7:32.380 (35.737)	8:08.170 (35.790)	8:44.024 (35.854)
9:18.548 (34.524)	9:52.511 (33.963)	10:27.099 (34.588)
11:02.570 (35.471)	11:37.960 (35.390)	
12:49.051 (35.459)	13:24.647 (35.596)	13:59.567 (34.920)
14:32.071 (32.504)		

3	Kelbert, Ian	Lees-McRae	15:17.47	6
	34.721 (34.721)	1:10.880 (36.159)	1:47.555 (36.675)	
	2:23.371 (35.816)	3:00.015 (36.644)	3:36.454 (36.439)	
	4:13.234 (36.780)	4:48.969 (35.735)	5:25.085 (36.116)	
	6:01.270 (36.185)	6:38.017 (36.747)	7:15.234 (37.217)	
	7:52.951 (37.717)	8:30.394 (37.443)	9:07.921 (37.527)	
	9:45.337 (37.416)	10:22.944 (37.607)	11:00.733 (37.789)	
	11:38.709 (37.976)	12:16.643 (37.934)		
	13:32.211 (37.461)	14:10.126 (37.915)	14:46.537 (36.411)	
	15:17.461 (30.924)			
4	Moran, Shane	Mount Olive	15:17.57	5
	34.973 (34.973)	1:11.814 (36.841)	1:48.342 (36.528)	
	2:24.370 (36.028)	3:00.739 (36.369)	3:37.528 (36.789)	
	4:14.025 (36.497)	4:50.215 (36.190)	5:27.018 (36.803)	
	6:03.545 (36.527)	6:40.325 (36.780)	7:17.393 (37.068)	
	7:55.279 (37.886)	8:33.433 (38.154)	9:10.501 (37.068)	
	9:47.303 (36.802)	10:25.164 (37.861)	11:03.229 (38.065)	
	11:40.711 (37.482)	12:18.232 (37.521)		
	13:33.478 (37.575)	14:11.117 (37.639)	14:46.246 (35.129)	
	15:17.569 (31.323)			
5	Goode, Hayden	North Greenv	15:35.36	4
	34.554 (34.554)	1:11.617 (37.063)	1:48.078 (36.461)	
	2:24.216 (36.138)	3:00.756 (36.540)	3:36.902 (36.146)	
	4:12.951 (36.049)	4:49.234 (36.283)	5:26.493 (37.259)	
	6:04.412 (37.919)	6:42.181 (37.769)	7:19.875 (37.694)	
	7:57.891 (38.016)	8:36.639 (38.748)	9:15.591 (38.952)	
	9:54.969 (39.378)	10:33.694 (38.725)	11:13.045 (39.351)	
	11:52.439 (39.394)	12:31.353 (38.914)		
	13:48.730 (38.494)	14:25.284 (36.554)	14:59.531 (34.247)	
	15:35.356 (35.825)			
6	Junker, Norman	Unc Pembroke	15:36.03	3
	35.288 (35.288)	1:12.332 (37.044)	1:47.746 (35.414)	
	2:23.659 (35.913)	3:00.308 (36.649)	3:36.722 (36.414)	
	4:13.528 (36.806)	4:49.755 (36.227)	5:26.670 (36.915)	
	6:04.609 (37.939)	6:42.336 (37.727)	7:20.142 (37.806)	
	7:58.055 (37.913)	8:36.929 (38.874)	9:15.866 (38.937)	
	9:54.697 (38.831)	10:32.653 (37.956)	11:10.842 (38.189)	
	11:49.218 (38.376)	12:27.848 (38.630)		
	13:47.793 (39.887)	14:26.063 (38.270)	15:03.813 (37.750)	
	15:36.023 (32.210)			
7	Holcombe, Jacob	North Greenv	15:36.23	2
	35.110 (35.110)	1:11.728 (36.618)	1:48.161 (36.433)	
	2:23.839 (35.678)	3:00.295 (36.456)	3:36.995 (36.700)	
	4:13.458 (36.463)	4:49.555 (36.097)	5:26.172 (36.617)	
	6:02.812 (36.640)	6:39.979 (37.167)	7:17.127 (37.148)	
	7:55.020 (37.893)	8:33.192 (38.172)	9:11.054 (37.862)	
	9:49.094 (38.040)	10:27.852 (38.758)	11:06.683 (38.831)	
	11:45.612 (38.929)	12:24.530 (38.918)		
	13:43.315 (39.376)	14:22.297 (38.982)	15:01.554 (39.257)	
	15:36.228 (34.674)			

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Finals ... (Men 5000 Meter Run)

Name	School	Finals	
8 Levy, Hunter	Unc Pembroke	15:41.93	1
35.670 (35.670)	1:12.651 (36.981)	1:48.772 (36.121)	
2:25.433 (36.661)	3:02.773 (37.340)	3:39.426 (36.653)	
4:15.072 (35.646)	4:51.377 (36.305)	5:28.662 (37.285)	
6:05.372 (36.710)	6:42.698 (37.326)	7:20.362 (37.664)	
7:58.300 (37.938)	8:37.218 (38.918)	9:15.974 (38.756)	
9:53.353 (37.379)	10:31.726 (38.373)	11:10.457 (38.731)	
11:48.548 (38.091)	12:27.593 (39.045)		
13:47.491 (39.851)	14:27.357 (39.866)	15:05.924 (38.567)	
15:41.924 (36.000)			
9 Olmstead, Ashton	Mount Olive	15:45.01	
35.561 (35.561)	1:12.790 (37.229)	1:49.070 (36.280)	
2:25.887 (36.817)	3:03.074 (37.187)	3:39.479 (36.405)	
4:15.919 (36.440)	4:52.953 (37.034)	5:30.575 (37.622)	
6:07.971 (37.396)	6:46.206 (38.235)	7:24.653 (38.447)	
8:03.653 (39.000)	8:42.707 (39.054)	9:21.638 (38.931)	
10:00.934 (39.296)	10:40.006 (39.072)	11:19.262 (39.256)	
11:58.304 (39.042)	12:37.624 (39.320)		
13:56.537 (39.274)	14:35.360 (38.823)	15:12.020 (36.660)	
15:45.007 (32.987)			
10 Lynch, Samuel	Belmont Abbe	15:46.46	
35.152 (35.152)	1:12.071 (36.919)	1:47.912 (35.841)	
2:23.977 (36.065)	3:00.549 (36.572)	3:37.257 (36.708)	
4:13.781 (36.524)	4:50.780 (36.999)	5:28.057 (37.277)	
6:05.833 (37.776)	6:43.884 (38.051)	7:22.682 (38.798)	
8:01.314 (38.632)	8:39.573 (38.259)	9:18.256 (38.683)	
9:57.658 (39.402)	10:36.716 (39.058)	11:15.820 (39.104)	
11:55.483 (39.663)	12:35.256 (39.773)		
13:54.304 (39.623)	14:33.339 (39.035)	15:11.063 (37.724)	
15:46.458 (35.395)			
11 Geckler, Max	Lees-McRae	15:49.35	
35.095 (35.095)	1:12.143 (37.048)	1:47.464 (35.321)	
2:22.531 (35.067)	2:58.432 (35.901)	3:35.024 (36.592)	
4:12.346 (37.322)	4:48.700 (36.354)	5:25.571 (36.871)	
6:02.549 (36.978)	6:39.716 (37.167)	7:16.711 (36.995)	
7:54.818 (38.107)	8:34.081 (39.263)	9:14.126 (40.045)	
9:55.369 (41.243)	10:36.599 (41.230)	11:18.567 (41.968)	
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)			
12 Wunder, Elliot	Belmont Abbe	15:55.78	
35.885 (35.885)	1:13.551 (37.666)	1:49.755 (36.204)	
2:26.547 (36.792)	3:02.838 (36.291)	3:39.994 (37.156)	
4:16.557 (36.563)	4:52.654 (36.097)	5:28.496 (35.842)	
6:06.510 (38.014)	6:43.727 (37.217)	7:20.834 (37.107)	
7:58.588 (37.754)	8:36.037 (37.449)	9:13.714 (37.677)	
9:51.832 (38.118)	10:30.869 (39.037)	11:10.602 (39.733)	
11:51.006 (40.404)	12:33.142 (42.136)		
13:57.626 (41.643)	14:37.562 (39.936)	15:18.240 (40.678)	
15:55.778 (37.538)			
13 Andrade-Sosa, Alexander	Emmanuel (Ga	15:56.58	
34.517 (34.517)	1:11.768 (37.251)	1:48.560 (36.792)	
2:25.194 (36.634)	3:02.489 (37.295)	3:39.702 (37.213)	
4:16.967 (37.265)	4:54.304 (37.337)	5:33.371 (39.067)	
6:12.371 (39.000)	6:51.064 (38.693)	7:29.757 (38.693)	
8:09.006 (39.249)	8:47.868 (38.862)	9:26.600 (38.732)	
10:05.447 (38.847)	10:44.540 (39.093)	11:23.005 (38.465)	
12:03.547 (40.542)	12:43.716 (40.169)		
14:03.905 (40.167)	14:43.557 (39.652)	15:22.891 (39.334)	
15:56.573 (33.682)			
14 Shelton, Peyton	Southern Wes	16:04.64	
36.066 (36.066)	1:13.214 (37.148)	1:49.118 (35.904)	
2:25.637 (36.519)	3:02.072 (36.435)	3:38.973 (36.901)	
4:15.988 (37.015)	4:52.683 (36.695)	5:30.319 (37.636)	
6:08.750 (38.431)	6:47.208 (38.458)	7:26.197 (38.989)	
8:04.797 (38.600)	8:43.723 (38.926)	9:23.686 (39.963)	
10:03.690 (40.004)	10:43.762 (40.072)	11:23.881 (40.119)	
12:04.693 (40.812)	12:44.877 (40.184)		
14:06.565 (41.451)	14:47.337 (40.772)	15:27.714 (40.377)	
16:04.637 (36.923)			
15 Knott, Zachary	Belmont Abbe	16:12.61	
35.944 (35.944)	1:12.476 (36.532)	1:48.802 (36.326)	
2:24.923 (36.121)	3:00.985 (36.062)	3:37.842 (36.857)	
4:14.325 (36.483)	4:51.094 (36.769)	5:28.387 (37.293)	
6:06.190 (37.803)	6:44.664 (38.474)	7:24.044 (39.380)	
8:04.141 (40.097)	8:44.292 (40.151)	9:24.512 (40.220)	
10:06.189 (41.677)	10:47.526 (41.337)	11:28.619 (41.093)	
12:08.853 (40.234)	12:50.186 (41.333)		
14:11.787 (40.441)	14:52.894 (41.107)	15:33.371 (40.477)	
16:12.605 (39.234)			
16 Booher, Josh	King	16:19.00	
36.045 (36.045)	1:13.017 (36.972)	1:49.898 (36.881)	
2:25.967 (36.069)	3:02.520 (36.553)	3:39.204 (36.684)	
4:16.577 (37.373)	4:54.527 (37.950)	5:33.578 (39.051)	
6:12.777 (39.199)	6:52.503 (39.726)	7:32.419 (39.916)	
8:12.807 (40.388)	8:53.828 (41.021)	9:34.558 (40.730)	
10:14.785 (40.227)	10:55.686 (40.901)	11:35.599 (39.913)	
12:16.684 (41.085)	12:58.432 (41.748)		
14:20.614 (40.451)	15:01.361 (40.747)	15:42.042 (40.681)	
16:18.993 (36.951)			
17 Harris, Izic	North Greenv	16:19.92	
34.825 (34.825)	1:11.905 (37.080)	1:48.468 (36.563)	
2:24.785 (36.317)	3:02.038 (37.253)	3:38.481 (36.443)	
4:15.450 (36.969)	4:52.185 (36.735)	5:29.071 (36.886)	
6:06.983 (37.912)	6:45.682 (38.699)	7:25.183 (39.501)	
8:05.039 (39.856)	8:45.081 (40.042)	9:25.508 (40.427)	
10:06.532 (41.024)	10:47.359 (40.827)	11:28.799 (41.440)	
12:10.387 (41.588)	12:52.145 (41.758)		
14:15.088 (41.543)	14:56.987 (41.899)	15:38.262 (41.275)	
16:19.911 (41.649)			

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Finals ... (Men 5000 Meter Run)

	Name	School	Finals
18	Coffman, Dominic	Belmont Abbe	16:34.68
	35.497 (35.497)	1:12.493 (36.996)	1:49.854 (37.361)
	2:26.649 (36.795)	3:03.715 (37.066)	3:40.847 (37.132)
	4:17.885 (37.038)	4:56.204 (38.319)	5:35.262 (39.058)
	6:14.732 (39.470)	6:54.364 (39.632)	7:33.770 (39.406)
	8:13.643 (39.873)	8:53.565 (39.922)	9:34.617 (41.052)
	10:15.612 (40.995)	10:56.463 (40.851)	11:37.670 (41.207)
	12:18.575 (40.905)	13:00.294 (41.719)	
	14:24.950 (42.434)	15:07.959 (43.009)	15:51.278 (43.319)
	16:34.673 (43.395)		
19	Marshall, Justin	Barton	16:39.65
	35.819 (35.819)	1:12.884 (37.065)	1:49.461 (36.577)
	2:26.111 (36.650)	3:03.265 (37.154)	3:40.431 (37.166)
	4:18.245 (37.814)	4:57.261 (39.016)	5:36.840 (39.579)
	6:17.147 (40.307)	6:57.503 (40.356)	7:37.990 (40.487)
	8:18.287 (40.297)	9:00.405 (42.118)	9:41.822 (41.417)
	10:24.421 (42.599)	11:06.544 (42.123)	11:48.500 (41.956)
	12:30.824 (42.324)	13:14.296 (43.472)	
	14:39.148 (42.303)	15:20.943 (41.795)	16:00.496 (39.553)
	16:39.644 (39.148)		
20	Thomas, Lee	Barton	17:11.63
	37.216 (37.216)	1:15.748 (38.532)	1:55.520 (39.772)
	2:36.434 (40.914)	3:17.699 (41.265)	3:58.979 (41.280)
	4:40.508 (41.529)	5:21.316 (40.808)	6:01.488 (40.172)
	6:42.786 (41.298)	7:23.790 (41.004)	8:05.225 (41.435)
	8:46.165 (40.940)	9:28.031 (41.866)	10:10.879 (42.848)
	10:53.602 (42.723)	11:36.398 (42.796)	12:18.747 (42.349)
	13:01.531 (42.784)	13:44.141 (42.610)	
	15:09.317 (42.517)	15:50.753 (41.436)	16:31.423 (40.670)
	17:11.626 (40.203)		
21	Cromer, Landon	Lees-McRae	17:14.38
	37.667 (37.667)	1:16.001 (38.334)	1:54.433 (38.432)
	2:32.729 (38.296)	3:11.118 (38.389)	3:50.605 (39.487)
	4:29.639 (39.034)	5:10.388 (40.749)	5:51.454 (41.066)
	6:34.356 (42.902)	7:16.788 (42.432)	7:58.087 (41.299)
	8:39.452 (41.365)	9:19.762 (40.310)	10:02.918 (43.156)
	10:45.027 (42.109)	11:28.163 (43.136)	12:10.721 (42.558)
	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)		
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	Kohlhagen, 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 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)		

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

JDL Fast Track

Results

Finals ... (Men Distance Medley)

Team	Relay	Finals	
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	
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
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 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	
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	

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

Women - Team Rankings - 5 Events Scored

1) Mount Olive	46
2) Southern Wesleyan	27

Conference Carolinas Indoor T&F Championships - 2/20/2022 to 2/21/2022**JDL Fast Track****Results**

3) UNC Pembroke	24
4) King	23
5) Converse	22
6) Lees-McRae	14
7) Belmont Abbey	13
8) Emmanuel (Ga.)	12
8) North Greenville	12
10) Erskine	2

Men - Team Rankings - 5 Events Scored

1) Mount Olive	57
2) UNC Pembroke	34
3) Emmanuel (Ga.)	21.5
4) North Greenville	21
5) Lees-McRae	18
6) Southern Wesleyan	16
7) Erskine	8
8) King	6
9) Converse	5.5
10) Barton	5
11) Belmont Abbey	3