

Southside Power & Fitness Invitational

April 13-14, 2024

Lenoir-Rhyne - Hickory, NC

ICON KEY: + NCAA DII Prov * NAIA A * NAIA B + Conference Carolinas

Events:

100

Filter by Team

Women's 100 Meters Finals

W: 0.6

PL	NAME	YEAR	TEAM	TIME
1	Alexis Brown	SO-2	Lenoir-Rhyne	11.09 +
2	Victoria Aransiola	FR-1	Lenoir-Rhyne	11.61 +
3	Damyja Alejandro-Ortiz	SO-2	Lenoir-Rhyne	12.20
3	Jordan Shealey	SR-4	Lenoir-Rhyne	12.20
5	Timaya Ray	JR-3	Johnson C. Smith	12.24
6	Molly McGrath	SO-2	Lenoir-Rhyne	12.30
7	Zanetta Udo-Obong	FR-1	Lenoir-Rhyne	12.47
8	Eshone Cofield-Jackson	SR-4	Lees-McRae	12.52 +

Women's 100 Meters Preliminaries

Top↑

PL	NAME	YEAR	TEAM
1	Alexis Brown	SO-2	Lenoir-Rhyne
2	Victoria Aransiola	FR-1	Lenoir-Rhyne
3	Timaya Ray	JR-3	Johnson C. Smith
4	Damyja Alejandro-Ortiz	SO-2	Lenoir-Rhyne
5	Molly McGrath	SO-2	Lenoir-Rhyne
6	Zanetta Udo-Obong	FR-1	Lenoir-Rhyne
7	Jordan Shealey	SR-4	Lenoir-Rhyne

PL	NAME	YEAR	TEAM
8	Eshone Cofield-Jackson	SR-4	Lees-McRae
9	Symone Taylor	SO-2	Lees-McRae
10	Kaitlin Denton	SR-4	Queens (N.C.)
11	Christine Clerger	SR-4	Lenoir-Rhyne
12	Sekyah Chestnut	SR-4	Belmont Abbey
13	Tonia Osaji	SR-4	Lenoir-Rhyne
14	Alanna Johnson	FR-1	Queens (N.C.)
15	Jaida Ansari	SO-2	Lenoir-Rhyne
16	Mia Williams	FR-1	Belmont Abbey
17	Shanekera Faulk	SR-4	Belmont Abbey
18	Lacey Soles	FR-1	Lenoir-Rhyne
19	Hannah Keller	SR-4	Belmont Abbey

Women's 100 Meters Preliminaries Heat 1

W: 1.2

PL	NAME	YEAR	TEAM	TIME
1	Alexis Brown	SO-2	Lenoir-Rhyne	11.16 +
4	Damyja Alejandro-Ortiz	SO-2	Lenoir-Rhyne	12.12
6	Zanetta Udo-Obong	FR-1	Lenoir-Rhyne	12.22
8	Eshone Cofield-Jackson	SR-4	Lees-McRae	12.45 +
10	Kaitlin Denton	SR-4	Queens (N.C.)	12.59
14	Alanna Johnson	FR-1	Queens (N.C.)	13.10

Women's 100 Meters Preliminaries Heat 2

W: 1.4

PL	NAME	YEAR	TEAM	TIME
2	Victoria Aransiola	FR-1	Lenoir-Rhyne	11.68 +
5	Molly McGrath	SO-2	Lenoir-Rhyne	12.20
7	Jordan Shealey	SR-4	Lenoir-Rhyne	12.29
12	Sekyah Chestnut	SR-4	Belmont Abbey	12.71
16	Mia Williams	FR-1	Belmont Abbey	13.38
17	Shanekera Faulk	SR-4	Belmont Abbey	13.52

Women's 100 Meters Preliminaries Heat 3

W: 3.1

PL	NAME	YEAR	TEAM	TIME
3	Timaya Ray	JR-3	Johnson C. Smith	12.18
9	Symone Taylor	SO-2	Lees-McRae	12.54
11	Christine Clerger	SR-4	Lenoir-Rhyne	12.69
13	Tonia Osaji	SR-4	Lenoir-Rhyne	12.74
15	Jaida Ansari	SO-2	Lenoir-Rhyne	13.19
18	Lacey Soles	FR-1	Lenoir-Rhyne	13.93
19	Hannah Keller	SR-4	Belmont Abbey	16.30

Women's 200 Meters

Top↑

PL	NAME	YEAR	TEAM	TIME	SC
1	Alexis Brown	SO-2	Lenoir-Rhyne	23.18 +	10
2	Victoria Aransiola	FR-1	Lenoir-Rhyne	23.48 +	8
3	Damyja Alejandro-Ortiz	SO-2	Lenoir-Rhyne	25.09	6
4	Holly Kone	JR-3	Lenoir-Rhyne	25.22	5
5	Molly McGrath	SO-2	Lenoir-Rhyne	25.37	4
6	Timaya Ray	JR-3	Johnson C. Smith	25.39	3
7	Eshone Cofield-Jackson	SR-4	Lees-McRae	25.44 +	2
8	Jordan Shealey	SR-4	Lenoir-Rhyne	25.77	1
9	Kimberley Owens	SR-4	Lenoir-Rhyne	25.87	-
10	Jani Day	SO-2	Lenoir-Rhyne	25.89	-
11	Makayla Bonnett	SO-2	Queens (N.C.)	26.16	-
12	Zanetta Udo-Obong	FR-1	Lenoir-Rhyne	26.44	-
13	Sekyah Chestnut	SR-4	Belmont Abbey	26.49	-
14	Natalie Pinzan	SO-2	Wingate	26.53	-
15	Landri Martinka	FR-1	Lees-McRae	26.73	-
16	Kyra Jackson	SO-2	Lenoir-Rhyne	26.83	-
17	Alanna Johnson	FR-1	Queens (N.C.)	26.95	-
18	Tonia Osaji	SR-4	Lenoir-Rhyne	27.10	-
19	Kaitlin Denton	SR-4	Queens (N.C.)	27.13	-
20	Amaya Spence	FR-1	Johnson C. Smith	27.37	-

PL	NAME	YEAR	TEAM	TIME	SC
21	Jaida Ansari	SO-2	Lenoir-Rhyne	27.49	-
22	Kaitlyn Greene	SO-2	High Point	27.87	-
23	Makennzi Brannon	SO-2	Belmont Abbey	27.99	-
24	Ava Bugenhagen	FR-1	High Point	28.05	-
25	Illiana Matos	FR-1	Belmont Abbey	28.62	-
26	Shanekera Faulk	SR-4	Belmont Abbey	28.95	-
27	Lacey Soles	FR-1	Lenoir-Rhyne	29.50	-
28	Macy Landis	SO-2	Lenoir-Rhyne	31.02	-

Women's 200 Meters Section 1

W: 1.0

PL	NAME	YEAR	TEAM	TIME
1	Alexis Brown	SO-2	Lenoir-Rhyne	23.18 +
2	Victoria Aransiola	FR-1	Lenoir-Rhyne	23.48 +
3	Damyja Alejandro-Ortiz	SO-2	Lenoir-Rhyne	25.09
4	Holly Kone	JR-3	Lenoir-Rhyne	25.22
6	Timaya Ray	JR-3	Johnson C. Smith	25.39
8	Jordan Shealey	SR-4	Lenoir-Rhyne	25.77
12	Zanetta Udo-Obong	FR-1	Lenoir-Rhyne	26.44

Women's 200 Meters Section 2

W: 0.3

PL	NAME	YEAR	TEAM	TIME
5	Molly McGrath	SO-2	Lenoir-Rhyne	25.37
7	Eshone Cofield-Jackson	SR-4	Lees-McRae	25.44 +
9	Kimberley Owens	SR-4	Lenoir-Rhyne	25.87
10	Jani Day	SO-2	Lenoir-Rhyne	25.89
13	Sekyah Chestnut	SR-4	Belmont Abbey	26.49

Women's 200 Meters Section 3

W: 0.2

PL	NAME	YEAR	TEAM	TIME
11	Makayla Bonnett	SO-2	Queens (N.C.)	26.16
14	Natalie Pinzan	SO-2	Wingate	26.53
15	Landri Martinka	FR-1	Lees-McRae	26.73

PL	NAME	YEAR	TEAM	TIME
16	Kyra Jackson	SO-2	Lenoir-Rhyne	26.83
18	Tonia Osaji	SR-4	Lenoir-Rhyne	27.10
19	Kaitlin Denton	SR-4	Queens (N.C.)	27.13
20	Amaya Spence	FR-1	Johnson C. Smith	27.37

Women's 200 Meters Section 4

W: 1.6

PL	NAME	YEAR	TEAM	TIME
17	Alanna Johnson	FR-1	Queens (N.C.)	26.95
21	Jaida Ansari	SO-2	Lenoir-Rhyne	27.49
22	Kaitlyn Greene	SO-2	High Point	27.87

23	Makenzi Brannon	SO-2	Belmont Abbey	27.99
24	Ava Bugenhagen	FR-1	High Point	28.05

Women's 200 Meters Section 5

W: 1.8

PL	NAME	YEAR	TEAM	TIME
25	Illiana Matos	FR-1	Belmont Abbey	28.62
26	Shanekera Faulk	SR-4	Belmont Abbey	28.95
27	Lacey Soles	FR-1	Lenoir-Rhyne	29.50
28	Macy Landis	SO-2	Lenoir-Rhyne	31.02

Women's 400 Meters

Top↑

PL	NAME	YEAR	TEAM	TIME	SC
1	Kimberley Owens	SR-4	Lenoir-Rhyne	59.36	10
2	Jani Day	SO-2	Lenoir-Rhyne	1:00.55	8
3	Natalie Pinzan	SO-2	Wingate	1:01.17	6
4	Landri Martinka	FR-1	Lees-McRae	1:01.37	5
5	Sekyah Chestnut	SR-4	Belmont Abbey	1:02.42	4
6	Makayla Bonnett	SO-2	Queens (N.C.)	1:02.45	3
7	Maura Baird	SO-2	Belmont Abbey	1:03.28	2
8	Kyra Jackson	SO-2	Lenoir-Rhyne	1:03.69	1

PL	NAME	YEAR	TEAM	TIME	SC
9	Amaya Spence	FR-1	Johnson C. Smith	1:04.39	-
10	Sophia Olivarez	FR-1	Belmont Abbey	1:04.55	-
11	Makennzi Brannon	SO-2	Belmont Abbey	1:06.56	-
12	Illiana Matos	FR-1	Belmont Abbey	1:07.66	-
13	Caitlin Keghlian	SO-2	Belmont Abbey	1:09.77	-
14	Macy Landis	SO-2	Lenoir-Rhyne	1:11.45	-

Women's 400 Meters Section 1

PL	NAME	YEAR	TEAM	TIME
1	Kimberley Owens	SR-4	Lenoir-Rhyne	59.36
2	Jani Day	SO-2	Lenoir-Rhyne	1:00.55
3	Natalie Pinzan	SO-2	Wingate	1:01.17
4	Landri Martinka	FR-1	Lees-McRae	1:01.37
5	Sekyah Chestnut	SR-4	Belmont Abbey	1:02.42
7	Maura Baird	SO-2	Belmont Abbey	1:03.28
8	Kyra Jackson	SO-2	Lenoir-Rhyne	1:03.69

Women's 400 Meters Section 2

PL	NAME	YEAR	TEAM	TIME
6	Makayla Bonnett	SO-2	Queens (N.C.)	1:02.45
9	Amaya Spence	FR-1	Johnson C. Smith	1:04.39
10	Sophia Olivarez	FR-1	Belmont Abbey	1:04.55
11	Makennzi Brannon	SO-2	Belmont Abbey	1:06.56
12	Illiana Matos	FR-1	Belmont Abbey	1:07.66
13	Caitlin Keghlian	SO-2	Belmont Abbey	1:09.77
14	Macy Landis	SO-2	Lenoir-Rhyne	1:11.45

Women's 800 Meters

[Top↑](#)

PL	NAME	YEAR	TEAM	TIME	SC
1	Carolyn Fuehren	JR-3	Lenoir-Rhyne	2:11.11 +	10
2	Evie Brooks	FR-1	Wingate	2:15.12	8
3	Olivia Overholt	SO-2	Lenoir-Rhyne	2:18.10	6

PL	NAME	YEAR	TEAM	TIME	SC
4	Maddie Quinn	SO-2	Lees-McRae	2:25.09 +	5
5	Amber Scott	SR-4	Wingate	2:31.89	4
6	Erica Schulz	JR-3	Lenoir-Rhyne	2:35.28	3
7	Elisabeth Ronnstad	FR-1	Lenoir-Rhyne	2:39.10	2
8	Melissa Delgado	JR-3	Queens (N.C.)	2:44.25	1
9	Tori Thompson	SO-2	Belmont Abbey	2:48.37	-
10	Blair Taylor	FR-1	Queens (N.C.)	2:50.53	-
11	Brynn Fogarty	FR-1	Queens (N.C.)	2:52.82	-
12	Kaitlyn Rowe	SO-2	Lees-McRae	2:54.68	-
	Emily Grabow	FR-1	Lenoir-Rhyne	DNF	-

Women's 800 Meters Section 1

PL	NAME	YEAR	TEAM	TIME
1	Carolyn Fuehren	JR-3	Lenoir-Rhyne	2:11.11 +
2	Evie Brooks	FR-1	Wingate	2:15.12
3	Olivia Overholt	SO-2	Lenoir-Rhyne	2:18.10
4	Maddie Quinn	SO-2	Lees-McRae	2:25.09 +
5	Amber Scott	SR-4	Wingate	2:31.89
6	Erica Schulz	JR-3	Lenoir-Rhyne	2:35.28

Women's 800 Meters Section 2

PL	NAME	YEAR	TEAM	TIME
7	Elisabeth Ronnstad	FR-1	Lenoir-Rhyne	2:39.10
8	Melissa Delgado	JR-3	Queens (N.C.)	2:44.25
9	Tori Thompson	SO-2	Belmont Abbey	2:48.37
10	Blair Taylor	FR-1	Queens (N.C.)	2:50.53
11	Brynn Fogarty	FR-1	Queens (N.C.)	2:52.82
12	Kaitlyn Rowe	SO-2	Lees-McRae	2:54.68
	Emily Grabow	FR-1	Lenoir-Rhyne	DNF

Women's 1500 Meters

Top↑

PL	NAME	YEAR	TEAM	TIME	SC
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PL	NAME	YEAR	TEAM	TIME	SC
1	Rowan Shannon	FR-1	Queens (N.C.)	5:02.72	10
2	Deanna Betzer	SR-4	Lees-McRae	5:10.17 +	8
3	Campbell Dille	SO-2	Lees-McRae	5:11.30 +	6
4	Amber Scott	SR-4	Wingate	5:11.44	5
5	Hope Julian	8	Unattached	5:14.55	4
6	Sarah Bradley	FR-1	Queens (N.C.)	5:23.16	3
7	Kaylee Kraver	SO-2	Lees-McRae	5:33.79	2
8	Savannah Willis	JR-3	Belmont Abbey	5:34.38	1
9	Gianna Mars	FR-1	Queens (N.C.)	5:35.97	-
10	Madelyne Zarzyski	FR-1	Queens (N.C.)	5:46.20	-
11	Priscilla Cuevas	FR-1	Belmont Abbey	6:14.01	-
12	Francesca DiNapoli	JR-3	Belmont Abbey	6:17.61	-
13	Clare Bruno	FR-1	Belmont Abbey	6:36.51	-

Women's 5000 Meters

Top↑

PL	NAME	YEAR	TEAM	TIME	SC
1	Anna Torras	JR-3	Wingate	18:19.13	10
2	Enora Toupin	JR-3	Wingate	18:26.10	8
3	Riya Keshaw	FR-1	Wingate	19:26.62	6
4	Nanette Nikolajsen	JR-3	Lenoir-Rhyne	19:35.14	5
5	Teresa Vesely	SR-4	Lenoir-Rhyne	19:35.71	4
6	Zoila Sicilia	FR-1	Lenoir-Rhyne	19:53.66	3
7	Meghan Little	SR-4	Belmont Abbey	21:33.97	2
8	Alice Wray	FR-1	Belmont Abbey	23:47.00	1
9	Savannah Willis	JR-3	Belmont Abbey	23:47.12	-
	Meike Zimmerman	FR-1	Wingate	DNF	-

Women's 10,000 Meters

Top↑

PL	NAME	YEAR	TEAM	TIME	SC
1	Sabrina Fleig	SO-2	Lenoir-Rhyne	36:57.77	10
2	Paige Ewald	SR-4	Lenoir-Rhyne	37:58.69	8

PL	NAME	YEAR	TEAM	TIME	SC
3	Eliska Rihova	SO-2	Lenoir-Rhyne	38:14.48	6
4	Tara Migliaccio	SO-2	Wingate	38:22.52	5
5	Tea Geary	FR-1	Wingate	40:20.38	4

Women's 100 Hurdles Finals

W: 0.9

PL	NAME	YEAR	TEAM	TIME
1	Melody Jones	JR-3	Lenoir-Rhyne	13.94 +
2	Dounia Routbi	SO-2	Wingate	14.36
3	Sharonda Priester	FR-1	Lenoir-Rhyne	14.65
4	Heloise Louiset	JR-3	Queens (N.C.)	15.07
5	McKenzie Connor	JR-3	Wingate	15.13

Women's 100 Hurdles Preliminaries

Top↑

PL	NAME	YEAR	TEAM	TIME
1	Melody Jones	JR-3	Lenoir-Rhyne	14.09 +
2	Isabelle Flores	JR-3	Belmont Abbey	14.30 +
3	Dounia Routbi	SO-2	Wingate	14.42
4	Sharonda Priester	FR-1	Lenoir-Rhyne	14.66
5	Heloise Louiset	JR-3	Queens (N.C.)	14.95
5	Hoyane Esper	SO-2	Wingate	14.95
7	Karolina Colon	JR-3	Belmont Abbey	15.05 +
8	McKenzie Connor	JR-3	Wingate	15.54
9	Alexandra Thomas	FR-1	Belmont Abbey	15.66 +
10	Ava Bugenhagen	FR-1	High Point	16.48
11	Kaitlyn Greene	SO-2	High Point	17.20
12	Kamile Bickute	SO-2	Queens (N.C.)	18.20
13	Taylor Daniels	SO-2	Wingate	22.41

Women's 100 Hurdles Preliminaries Heat 1

W: 4.6

PL	NAME	YEAR	TEAM	TIME
1	Melody Jones	JR-3	Lenoir-Rhyne	14.09 +
4	Sharonda Priester	FR-1	Lenoir-Rhyne	14.66

PL	NAME	YEAR	TEAM	TIME
5	Heloise Louiset	JR-3	Queens (N.C.)	14.95
7	Karolina Colon	JR-3	Belmont Abbey	15.05 +
8	McKenzie Connor	JR-3	Wingate	15.54
10	Ava Bugenhagen	FR-1	High Point	16.48
11	Kaitlyn Greene	SO-2	High Point	17.20

Women's 100 Hurdles Preliminaries Heat 2

W: 3.2

PL	NAME	YEAR	TEAM	TIME
2	Isabelle Flores	JR-3	Belmont Abbey	14.30 +
3	Dounia Routbi	SO-2	Wingate	14.42

5	Hoyane Esper	SO-2	Wingate	14.95
9	Alexandra Thomas	FR-1	Belmont Abbey	15.66 +
12	Kamile Bickute	SO-2	Queens (N.C.)	18.20
13	Taylor Daniels	SO-2	Wingate	22.41

Women's 400 Hurdles

Top↑

PL	NAME	YEAR	TEAM	TIME	SC
1	Isabelle Flores	JR-3	Belmont Abbey	1:01.88 + +	10
2	Dounia Routbi	SO-2	Wingate	1:02.75	8
3	Sharonda Priester	FR-1	Lenoir-Rhyne	1:03.33	6
4	Hoyane Esper	SO-2	Wingate	1:03.70	5
5	Olivia White	JR-3	Belmont Abbey	1:05.99 +	4
6	Heloise Louiset	JR-3	Queens (N.C.)	1:06.88	3
7	Karolina Colon	JR-3	Belmont Abbey	1:11.74	2
8	Kamile Bickute	SO-2	Queens (N.C.)	1:13.25	1
	Mathilde Etienne	JR-3	Lenoir-Rhyne	DNF	-

Women's 400 Hurdles Section 1

PL	NAME	YEAR	TEAM	TIME
1	Isabelle Flores	JR-3	Belmont Abbey	1:01.88 + +
2	Dounia Routbi	SO-2	Wingate	1:02.75

PL	NAME	YEAR	TEAM	TIME
3	Sharonda Priester	FR-1	Lenoir-Rhyne	1:03.33
4	Hoyane Esper	SO-2	Wingate	1:03.70
5	Olivia White	JR-3	Belmont Abbey	1:05.99 +
	Mathilde Etienne	JR-3	Lenoir-Rhyne	DNF

Women's 400 Hurdles Section 2

PL	NAME	YEAR	TEAM	TIME
6	Heloise Louiset	JR-3	Queens (N.C.)	1:06.88
7	Karolina Colon	JR-3	Belmont Abbey	1:11.74

8	Kamile Bickute	SO-2	Queens (N.C.)	1:13.25
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Women's 3000 Steeplechase

Top↑

PL	NAME	YEAR	TEAM	TIME	SC
1	Enora Toupin	JR-3	Wingate	11:21.05	10
2	Elizabeth Kessler	SR-4	Lenoir-Rhyne	11:47.01	8
3	Maria Chacha	FR-1	Wingate	12:01.08	6
4	Claudia Teran-Romagosa	SO-2	Lenoir-Rhyne	12:17.90	5
5	Paula Schonbucher	FR-1	Wingate	12:53.00	4
6	Meghan Little	SR-4	Belmont Abbey	13:06.16 +	3
7	Caydence Lindsey	FR-1	Belmont Abbey	15:12.60	2
	Meg Rapley	SR-4	Wingate	DNF	-

Women's 4 x 100 Relay

Top↑

PL	TEAM	SQUAD	ATHLETES	TIME	SC
1	Lenoir-Rhyne	A	Melody Jones, Victoria Aransiola, Holly Kone, Alexis Brown	45.23 +	10
2	Lenoir-Rhyne	B	Jordan Shealey, Damyja Alejandro-Ortiz, Molly McGrath, Zanetta Udo-Obong	47.65	8
3	Queens (N.C.)	A	Kaitlin Denton, Makayla Bonnett, Alanna Johnson, Genysis Howard	50.08	6
4	Belmont Abbey	A	Haley Kells, Priya Murray, Sekyah Chestnut, Sophia Olivarez	50.84	5

Women's 4 x 400 Relay

Top↑

PL	TEAM	SQUAD	ATHLETES	TIME	SC
1	Lenoir-Rhyne	A	Sharonda Priestester, Carolin Fuehren, Damyja Alejandro-Ortiz, Holly Kone	3:57.82	10
2	Belmont Abbey	A	Sekyah Chestnut, Karolina Colon, Olivia White, Sophia Olivarez	4:11.12	8
3	Lenoir-Rhyne	B	Kimberley Owens, Olivia Overholt, Jordan Shealey, Jani Day	4:19.50	6

Women's High Jump

Top↑

PL	NAME	YEAR	TEAM	MARK	CONV	SC
1	Assiya Elhafyan	FR-1	Wingate	1.65m	5' 5"	10
1.35	1.40 P 1.45 P 1.50 P 1.55 O 1.60 XXO 1.65 O 1.68 XXX					
2	Kyarra Newton	JR-3	Wingate	1.60m	5' 3"	8
1.35	1.40 P 1.45 P 1.50 P 1.55 O 1.60 O 1.65 XXX					
3	Sofia Lanina	SO-2	Lenoir-Rhyne	1.60m	5' 3"	5.5
1.35	1.40 P 1.45 P 1.50 O 1.55 O 1.60 XXO 1.65 XXX					
3	Ally Holmberg	FR-1	Wingate	1.60m	5' 3"	5.5
1.35	1.40 P 1.45 P 1.50 P 1.55 O 1.60 XXO 1.65 XXX					
5	Marissa Klamorick	FR-1	Queens (N.C.)	1.60m	5' 3"	4
1.35	1.40 P 1.45 P 1.50 XXO 1.55 O 1.60 XXO 1.65 XXX					
6	Haley Kells	JR-3	Belmont Abbey	1.50m +	4' 11"	3
1.35	1.40 XO 1.45 O 1.50 XXO 1.55 XXX					
7	Amelia Moreland	SO-2	High Point	1.45m	4' 9"	2
1.35	1.40 O 1.45 O 1.50 XXX					
8	Caydence Lindsey	FR-1	Belmont Abbey	1.45m	4' 9"	0.5
1.35	1.40 XO 1.45 XO 1.50 XXX					
8	Maren Hester	FR-1	Lees-McRae	1.45m	4' 9"	0.5
1.35	1.40 O 1.45 XO 1.50 XXX					
10	Shelda Jordan	FR-1	Johnson C. Smith	1.40m	4' 7"	-
1.35	1.40 XO 1.45 XXX					
	Chloe Lowder	FR-1	Belmont Abbey	NH	NH	-

PL	NAME	YEAR	TEAM	MARK	CONV	SC
1.35 P	1.40 XXX					
	Kamile Bickute	SO-2	Queens (N.C.)	NH	NH	-
1.35 XXX						
	Sara Sandric	FR-1	Queens (N.C.)	NH	NH	-
1.35 P	1.40 P	1.45 P	1.50 P	1.55 P	1.60 XXX	
	Judith Vaquero	SO-2	Wingate	NH	NH	-
1.35 P	1.40 P	1.45 P	1.50 P	1.55 XXX		

Women's Pole Vault

Top↑

PL	NAME	YEAR	TEAM	MARK	CONV	SC
1	Pearl Ballard	JR-3	Lenoir-Rhyne	3.08m	10' 1.25"	10
2.33 PPP	2.48 PPP	2.63 PPP	2.78 PPP	2.93 O	3.08 XXO	3.25 XXX
2	Jordyn Horan	Senior	Unattached	2.93m	9' 7.25"	8
2.33 PPP	2.48 PPP	2.63 O	2.78 XO	2.93 XO	3.08 XXX	
3	Jocelyn walker	SO-2	Lees-McRae	2.78m +	9' 1.5"	6
2.33 PPP	2.48 PPP	2.63 XO	2.78 O	2.93 XXX		
4	Sydney Keller	JR-3	Belmont Abbey	2.63m +	8' 7.5"	5
2.33 O	2.48 XO	2.63 O	2.78 XXX			
5	Tori Thompson	SO-2	Belmont Abbey	2.48m	8' 1.5"	3
2.33 O	2.48 O	2.63 XXX				
5	Adair Dupree	SO-2	Lenoir-Rhyne	2.48m	8' 1.5"	3
2.33 PPP	2.48 O	2.63 XXX				
5	Melena Howell	SR-4	Lenoir-Rhyne	2.48m	8' 1.5"	3
2.33 O	2.48 O	2.63 XXX				
8	Taylor Reeping	SO-2	Belmont Abbey	2.33m	7' 7.75"	1
2.33 XXO	2.48 XXX					
	Tyra Mitchell	SO-2	Lees-McRae	NH	NH	-
2.33 XXX						

PL	NAME	YEAR	TEAM	MARK	CONV	SC
	Fatima Soria	SO-2	Wingate	NH	NH	-
2.33 XXX						

Women's Long Jump

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PL	NAME	YEAR	TEAM	MARK	CONV	SC
1	Lora Dillon	SO-2	Lees-McRae	5.68m +	18' 7.75"	10
5.56 (1.0) FOUL 5.44 (2.1) FOUL FOUL 5.68 (0.6)						
2	Melody Jones	JR-3	Lenoir-Rhyne	5.56m	18' 3"	8
5.56 (2.0) 5.35 (2.4) 5.50 (0.4) 5.11 (3.0) 5.51 (1.6) 5.38 (1.5)						
3	Holly Kone	JR-3	Lenoir-Rhyne	5.48m	17' 11.75"	6
5.19 (3.1) 4.93 (0.9) 5.24 (2.5) 5.36 (1.9) 5.46 (2.8) 5.48 (3.4)						
4	Mathilde Etienne	JR-3	Lenoir-Rhyne	5.43m	17' 9.75"	5
5.43 (2.8) 5.41 (0.8) 5.38 (0.2) 5.32 (5.2) FOUL 5.36 (2.9)						
5	Janiya Swinton	FR-1	Wingate	5.42m	17' 9.5"	4
5.26 (1.3) 5.29 (2.0) 5.35 (1.5) 5.00 (3.6) 5.42 (2.8) 5.18 (1.2)						
6	Sofia Ulanday	SO-2	Lenoir-Rhyne	5.32m	17' 5.5"	2.5
FOUL 5.32 (1.1) FOUL PASS PASS PASS						
6	Amy Jonathan	FR-1	Wingate	5.32m	17' 5.5"	2.5
5.06 (1.5) FOUL 5.32 (1.4) FOUL 5.32 (2.4) 5.14 (2.4)						
8	Priya Murray	SO-2	Belmont Abbey	5.16m	16' 11.25"	1
5.16 (+0.0) 4.96 (3.6) 4.73 (3.6) 4.98 (2.4) FOUL 4.62 (1.3)						
9	Kimberly Navarrete	SO-2	Wingate	5.09m	16' 8.5"	-
FOUL 5.09 (0.9) FOUL						
10	Genysis Howard	FR-1	Queens (N.C.)	4.94m	16' 2.5"	-
FOUL 4.94 (3.0) 4.71 (1.0)						
11	Jalena Curbeam	SR-4	Queens (N.C.)	4.85m	15' 11"	-
FOUL FOUL 4.85 (0.5)						
12	Taylor Daniels	SO-2	Wingate	4.50m	14' 9.25"	-
4.37 (1.9) 4.50 (2.3) 4.37 (0.9)						
13	Emily Skaar	FR-1	Queens (N.C.)	4.39m	14' 5"	-

PL	NAME	YEAR	TEAM	MARK	CONV	SC
4.32 (+0.0) 4.07 (0.5) 4.39 (0.8)						
14	Kennedy Conner	SR-4	Lenoir-Rhyne	4.27m	14' 0.25"	-
FOUL FOUL 4.27 (3.2)						
15	Makennzi Brannon	SO-2	Belmont Abbey	4.07m	13' 4.25"	-
3.97 (0.9) 4.07 (0.3) FOUL						
	Peyton Lust	FR-1	Queens (N.C.)	FOUL	NM	-
FOUL FOUL FOUL						
	Mia Williams	FR-1	Belmont Abbey	FOUL	NM	-
FOUL FOUL FOUL						

Women's Long Jump Flight 1

PL	NAME	YEAR	TEAM	MARK
5	Janiya Swinton	FR-1	Wingate	5.42m
6	Amy Jonathan	FR-1	Wingate	5.32m
8	Priya Murray	SO-2	Belmont Abbey	5.16m
10	Genysis Howard	FR-1	Queens (N.C.)	4.94m
12	Taylor Daniels	SO-2	Wingate	4.50m
13	Emily Skaar	FR-1	Queens (N.C.)	4.39m
15	Makennzi Brannon	SO-2	Belmont Abbey	4.07m
	Mia Williams	FR-1	Belmont Abbey	FOUL
	Peyton Lust	FR-1	Queens (N.C.)	FOUL

Women's Long Jump Flight 2

PL	NAME	YEAR	TEAM	MARK
1	Lora Dillon	SO-2	Lees-McRae	5.68m +
2	Melody Jones	JR-3	Lenoir-Rhyne	5.56m
3	Holly Kone	JR-3	Lenoir-Rhyne	5.48m
4	Mathilde Etienne	JR-3	Lenoir-Rhyne	5.43m
6	Sofia Ulanday	SO-2	Lenoir-Rhyne	5.32m
9	Kimberly Navarrete	SO-2	Wingate	5.09m
11	Jalena Curbeam	SR-4	Queens (N.C.)	4.85m
14	Kennedy Conner	SR-4	Lenoir-Rhyne	4.27m

Women's Triple Jump

Top↑

PL	NAME	YEAR	TEAM	MARK	CONV	SC
1	Holly Kone	JR-3	Lenoir-Rhyne	11.97m +	39' 3.25"	10
	FOUL	FOUL	11.86 (2.0)	11.97 (1.0)	11.90 (3.4)	FOUL
2	Lora Dillon	SO-2	Lees-McRae	11.49m +	37' 8.5"	8
	FOUL	11.28 (1.4)	FOUL	FOUL	11.49 (2.8)	
3	Amy Jonathan	FR-1	Wingate	11.20m	36' 9"	6
	11.20 (1.5)	11.18 (0.8)	11.06 (3.2)	9.79 (3.3)	FOUL	11.11 (3.9)
4	Haley Kells	JR-3	Belmont Abbey	11.10m +	36' 5"	5
	10.81 (4.0)	10.91 (3.3)	10.61 (0.8)	10.53 (2.0)	FOUL	11.10 (2.6)
5	Sharonda Priester	FR-1	Lenoir-Rhyne	10.91m	35' 9.5"	4
	10.60 (4.2)	10.48 (0.4)	10.91 (2.8)	PASS	PASS	PASS
6	Sofia Ulanday	SO-2	Lenoir-Rhyne	10.52m	34' 6.25"	3
	10.52 (0.4)	10.15 (0.1)	10.35 (2.9)	FOUL	FOUL	PASS
7	Kimberly Navarrete	SO-2	Wingate	10.33m	33' 10.75"	2
	FOUL	10.33 (2.2)	FOUL	10.18 (1.0)	FOUL	FOUL
8	Kennedy Conner	SR-4	Lenoir-Rhyne	10.07m	33' 0.5"	1
	FOUL	9.99 (0.7)	10.07 (1.6)	PASS	PASS	PASS
9	Peyton Lust	FR-1	Queens (N.C.)	9.68m	31' 9.25"	-
	9.48 (1.9)	9.44 (1.9)	9.60 (3.8)	9.68 (0.5)	FOUL	FOUL
10	Taylor Daniels	SO-2	Wingate	9.55m	31' 4"	-
	9.23 (+0.0)	9.55 (2.3)	9.38 (2.7)			
11	Emily Skaar	FR-1	Queens (N.C.)	9.54m	31' 3.75"	-
	9.54 (1.1)	9.25 (1.1)	9.07 (3.3)			
	Jalena Curbeam	SR-4	Queens (N.C.)	FOUL	NM	-
	FOUL	FOUL	FOUL			
	Ennessey Sorrells	SR-4	Wingate	FOUL	NM	-
	FOUL	FOUL	FOUL			

Women's Shot Put

Top↑

PL	NAME	YEAR	TEAM	MARK	CONV	SC
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PL	NAME	YEAR	TEAM	MARK	CONV	SC
1	Fedra Florentin	JR-3	Wingate	14.15m +	46' 5.25"	10
14.15	FOUL	FOUL	13.40	13.83	13.64	
2	Danielle Crawford	SR-4	Wingate	12.86m	42' 2.25"	8
12.86	11.79	12.31	FOUL	11.99	12.63	
3	Trinity Holder	SR-4	Wingate	12.56m	41' 2.5"	6
12.22	12.56	11.89	11.64	FOUL	11.43	
4	Olivia Jackson	SR-4	Lenoir-Rhyne	11.31m	37' 1.25"	5
11.31	10.97	10.72	10.51	FOUL	10.17	
5	Savannah Nippa	SR-4	Lenoir-Rhyne	10.99m	36' 0.75"	4
8.17	10.99	10.44	10.25	10.03	9.80	
6	Morgan Gray	FR-1	Lees-McRae	10.99m +	36' 0.75"	3
9.27	9.33	8.70	9.55	10.99	9.29	
7	Marlesia Walker	JR-3	Lenoir-Rhyne	10.78m	35' 4.5"	2
10.01	9.60	9.95	10.78	10.58	10.48	
8	Michaela Bowman	FR-1	Johnson C. Smith	9.91m	32' 6.25"	1
9.35	9.43	9.85	9.44	9.28	9.91	
9	Thialand Smith	JR-3	Lees-McRae	9.65m	31' 8"	-
8.88	9.11	9.53	FOUL	9.44	9.65	
10	Elizabeth Woodruff	SO-2	Belmont Abbey	9.03m	29' 7.5"	-
9.03	9.01	8.92				
11	Devon Davis	SO-2	Lees-McRae	8.99m	29' 6"	-
FOUL	7.40	8.99				
12	Liza Nikitsenka	FR-1	High Point	8.91m	29' 2.75"	-
8.78	8.71	8.91				
13	Katie Branch	SR-4	Belmont Abbey	8.74m	28' 8.25"	-
8.66	8.74	8.42				
14	Summer Bartlett	JR-3	Wingate	8.28m	27' 2"	-
8.28	FOUL	FOUL				

PL	NAME	YEAR	TEAM	MARK	CONV	SC
15	Sandryne Camire	FR-1	Lees-McRae	7.67m	25' 2"	-
7.54	7.67	7.61				
16	Laniya Smith	FR-1	Johnson C. Smith	7.31m	23' 11.75"	-
6.81	6.70	7.31				

Women's Shot Put Flight 1

PL	NAME	YEAR	TEAM	MARK
11	Devon Davis	SO-2	Lees-McRae	8.99m
12	Liza Nikitsenka	FR-1	High Point	8.91m
13	Katie Branch	SR-4	Belmont Abbey	8.74m
15	Sandryne Camire	FR-1	Lees-McRae	7.67m
16	Laniya Smith	FR-1	Johnson C. Smith	7.31m

Women's Shot Put Flight 2

PL	NAME	YEAR	TEAM	MARK
1	Fedra Florentin	JR-3	Wingate	14.15m +
2	Danielle Crawford	SR-4	Wingate	12.86m
3	Trinity Holder	SR-4	Wingate	12.56m
4	Olivia Jackson	SR-4	Lenoir-Rhyne	11.31m
5	Savannah Nippa	SR-4	Lenoir-Rhyne	10.99m
6	Morgan Gray	FR-1	Lees-McRae	10.99m +
7	Marlesia Walker	JR-3	Lenoir-Rhyne	10.78m
8	Michaela Bowman	FR-1	Johnson C. Smith	9.91m
9	Thialand Smith	JR-3	Lees-McRae	9.65m
10	Elizabeth Woodruff	SO-2	Belmont Abbey	9.03m
14	Summer Bartlett	JR-3	Wingate	8.28m

Women's Discus

Top↑

PL	NAME	YEAR	TEAM	MARK	CONV	SC
1	Amanda Scattergood	SR-4	High Point	42.52m	139' 6"	10
42.52	FOUL	FOUL	38.60	FOUL	38.92	

PL	NAME	YEAR	TEAM	MARK	CONV	SC
2	Judith Vaquero	SO-2	Wingate	41.05m	134' 8"	8
39.24	40.01	38.42	39.91	40.58	41.05	
3	Amber Lawless	SO-2	Wingate	39.70m	130' 3"	6
FOUL	38.57	38.61	38.58	FOUL	39.70	
4	Lexie May	JR-3	Wingate	35.35m	116' 0"	5
34.79	FOUL	FOUL	34.57	FOUL	35.35	
5	Savannah Nippa	SR-4	Lenoir-Rhyne	35.21m	115' 6"	4
30.51	33.19	31.52	35.21	32.50	29.28	
6	Elizabeth Woodruff	SO-2	Belmont Abbey	35.11m +	115' 2"	3
35.11	34.43	33.52	35.07	33.64	FOUL	
7	Olivia Jackson	SR-4	Lenoir-Rhyne	35.03m	114' 11"	2
31.05	28.96	29.41	35.03	31.77	32.47	
8	Devon Davis	SO-2	Lees-McRae	34.92m +	114' 7"	1
31.75	FOUL	30.82	34.92	27.16	FOUL	
9	Marlesia Walker	JR-3	Lenoir-Rhyne	32.49m	106' 7"	-
FOUL	23.88	32.49	27.54	31.25	30.52	
10	Thialand Smith	JR-3	Lees-McRae	29.81m	97' 10"	-
29.81	26.94	29.33				
11	Morgan Gray	FR-1	Lees-McRae	29.18m	95' 9"	-
24.79	29.18	FOUL				
12	Gracie Stinson	SO-2	Wingate	27.78m	91' 2"	-
25.27	27.78	24.61				
13	Mikalyn Freeman	FR-1	High Point	27.55m	90' 5"	-
26.57	27.32	27.55				
14	Ethaliah Edouard	FR-1	Johnson C. Smith	16.50m	54' 2"	-
16.14	16.50	14.66				
15	Laniya Smith	FR-1	Johnson C. Smith	14.76m	48' 5"	-

PL	NAME	YEAR	TEAM	MARK	CONV	SC
14.76	FOUL FOUL					
16	Kaylee Messick	JR-3	Lees-McRae	14.74m	48' 4"	-
	FOUL 14.74 13.20					
17	Ariana Schofield	FR-1	Johnson C. Smith	13.53m	44' 5"	-
13.53	FOUL FOUL					

Women's Discus Flight 1

PL	NAME	YEAR	TEAM	MARK
11	Morgan Gray	FR-1	Lees-McRae	29.18m
12	Gracie Stinson	SO-2	Wingate	27.78m
13	Mikalyn Freeman	FR-1	High Point	27.55m
14	Ethaliah Edouard	FR-1	Johnson C. Smith	16.50m
15	Laniya Smith	FR-1	Johnson C. Smith	14.76m
16	Kaylee Messick	JR-3	Lees-McRae	14.74m
17	Ariana Schofield	FR-1	Johnson C. Smith	13.53m

Women's Discus Flight 2

PL	NAME	YEAR	TEAM	MARK
1	Amanda Scattergood	SR-4	High Point	42.52m
2	Judith Vaquero	SO-2	Wingate	41.05m
3	Amber Lawless	SO-2	Wingate	39.70m
4	Lexie May	JR-3	Wingate	35.35m
5	Savannah Nippa	SR-4	Lenoir-Rhyne	35.21m
6	Elizabeth Woodruff	SO-2	Belmont Abbey	35.11m +
7	Olivia Jackson	SR-4	Lenoir-Rhyne	35.03m
8	Devon Davis	SO-2	Lees-McRae	34.92m +
9	Marlesia Walker	JR-3	Lenoir-Rhyne	32.49m
10	Thialand Smith	JR-3	Lees-McRae	29.81m

Women's Hammer

Top↑

PL	NAME	YEAR	TEAM	MARK	CONV	SC
1	Olivia Jackson	SR-4	Lenoir-Rhyne	45.52m	149' 4"	10

PL	NAME	YEAR	TEAM	MARK	CONV	SC
41.89	43.34	FOUL	42.10	45.52	44.15	
2	Amanda Scattergood	SR-4	High Point	43.08m	141' 4"	8
43.08	FOUL	42.52	41.53	39.10	FOUL	
3	Mikalyn Freeman	FR-1	High Point	41.08m	134' 9"	6
FOUL	FOUL	40.88	41.08	38.92	FOUL	
4	Rachael Turner	SO-2	Wingate	39.31m	129' 0"	5
39.31	FOUL	FOUL	FOUL	FOUL	FOUL	
5	Savannah Nippa	SR-4	Lenoir-Rhyne	38.32m	125' 9"	4
FOUL	37.22	38.32	FOUL	36.64	35.05	
6	Marlesia Walker	JR-3	Lenoir-Rhyne	38.22m	125' 5"	3
38.11	38.22	38.19	FOUL	FOUL	31.77	
7	Amber Lawless	SO-2	Wingate	37.92m	124' 5"	2
37.92	36.79	36.75	34.84	37.72	33.86	
8	Elizabeth Woodruff	SO-2	Belmont Abbey	34.61m	113' 6"	1
34.61	FOUL	FOUL	34.22	33.82	FOUL	
9	Liza Nikitsenka	FR-1	High Point	33.96m	111' 5"	-
32.82	33.66	33.96	FOUL	29.74	33.32	
10	Lexie May	JR-3	Wingate	17.60m	57' 9"	-
17.60	FOUL	FOUL	FOUL			
	Fedra Florentin	JR-3	Wingate	FOUL	NM	-
FOUL	FOUL	FOUL				

Women's Javelin

Top↑

PL	NAME	YEAR	TEAM	MARK	CONV	SC
1	Kelly Chaballa	JR-3	High Point	36.34m	119' 3"	10
33.76	32.68	33.02	36.34	34.96	FOUL	
2	Miranda Anderson	FR-1	Belmont Abbey	32.85m +	107' 9"	8
30.89	32.85	32.33	29.77	FOUL	FOUL	
3	Lexie May	JR-3	Wingate	31.29m	102' 8"	6
31.29	30.74	29.81	PASS	PASS	PASS	

PL	NAME	YEAR	TEAM	MARK	CONV	SC
4	Haley Kells	JR-3	Belmont Abbey	30.47m +	100' 0"	5
	30.47	FOUL	FOUL	26.62	27.69	29.43
5	Gracie Stinson	SO-2	Wingate	28.77m	94' 5"	4
	27.88	28.77	22.12	25.67	17.17	24.49
6	Amber Lawless	SO-2	Wingate	27.19m	89' 2"	3
	26.80	24.11	25.46	26.56	25.27	27.19
7	Sydney Keller	JR-3	Belmont Abbey	26.61m	87' 4"	2
	24.52	FOUL	FOUL	26.61	FOUL	23.27
8	Tabitha Harris	FR-1	Wingate	25.92m	85' 0"	1
	23.95	25.92	25.34	21.83	22.19	21.92
9	Savannah Nippa	SR-4	Lenoir-Rhyne	24.63m	80' 10"	-
	24.63	20.97	22.49	23.48	22.92	24.31
10	Alexandra Oxaal	SO-2	Belmont Abbey	24.51m	80' 5"	-
	21.41	24.51	23.09			
11	Mathilde Etienne	JR-3	Lenoir-Rhyne	22.60m	74' 2"	-
	22.60	21.14	FOUL			
12	Kamile Bickute	SO-2	Queens (N.C.)	22.44m	73' 7"	-
	18.62	17.81	22.44			
13	Mia Williams	FR-1	Belmont Abbey	21.47m	70' 5"	-
	20.38	21.47	21.28			
14	Michaela Bowman	FR-1	Johnson C. Smith	19.43m	63' 9"	-
	16.10	14.12	19.43			
15	Ethaliah Edouard	FR-1	Johnson C. Smith	16.41m	53' 10"	-
	15.06	16.41	15.22			
16	Emily Grabow	FR-1	Lenoir-Rhyne	16.17m	53' 1"	-
	16.17	14.97	15.33			
17	Jordan Williams	RS/Una	UNAT-Lenoir-Rhyne	13.24m	43' 5"	-
	11.09	13.24	11.45			

PL	NAME	YEAR	TEAM	MARK	CONV	SC
18	Kaylee Messick	JR-3	Lees-McRae	12.63m	41' 5"	-
9.13	FOUL	12.63				
19	Lindsey Thompson	FR-1	Johnson C. Smith	11.57m	37' 11"	-
11.57	10.59	11.09				

Women's Javelin Flight 1

PL	NAME	YEAR	TEAM	MARK
10	Alexandra Oxaal	SO-2	Belmont Abbey	24.51m
12	Kamile Bickute	SO-2	Queens (N.C.)	22.44m
13	Mia Williams	FR-1	Belmont Abbey	21.47m
15	Ethaliah Edouard	FR-1	Johnson C. Smith	16.41m
16	Emily Grabow	FR-1	Lenoir-Rhyne	16.17m
17	Jordan Williams	RS/Una	UNAT-Lenoir-Rhyne	13.24m
18	Kaylee Messick	JR-3	Lees-McRae	12.63m
19	Lindsey Thompson	FR-1	Johnson C. Smith	11.57m

Women's Javelin Flight 2

PL	NAME	YEAR	TEAM	MARK
1	Kelly Chaballa	JR-3	High Point	36.34m
2	Miranda Anderson	FR-1	Belmont Abbey	32.85m +
3	Lexie May	JR-3	Wingate	31.29m
4	Haley Kells	JR-3	Belmont Abbey	30.47m +
5	Gracie Stinson	SO-2	Wingate	28.77m
6	Amber Lawless	SO-2	Wingate	27.19m
7	Sydney Keller	JR-3	Belmont Abbey	26.61m
8	Tabitha Harris	FR-1	Wingate	25.92m
9	Savannah Nippa	SR-4	Lenoir-Rhyne	24.63m
11	Mathilde Etienne	JR-3	Lenoir-Rhyne	22.60m
14	Michaela Bowman	FR-1	Johnson C. Smith	19.43m

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