

Mondo College Invitational

January 15, 2022


JDL Fast Track - Winston-Salem, NC 200m (Flat)

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

Events:

Women's 60 Meters Finals

Top↑

| PL | NAME | YEAR | TEAM | TIME |
|----|----------------------------------|----------|----------------------------------|--|
| 1. | Gray-Williams, Ai'yana | | Unattached | 7.71 |
| 2. | Dominique , Nina | Freshman | Unattached | 7.73 |
| 3. | Reeves, Jaylin | JR-3 | Mount Olive | 7.74  |
| 4. | Wilcox, Meghan | FR-1 | Elon | 7.78 |
| 5. | Blair, Armani | FR-1 | Western Carolina | 7.81 |
| 6. | Woodruff, Aniya | Senior | Unattached | 7.85 |
| 7. | Woodruff, Jaila | Freshman | Unattached | 7.89 |
| 8. | Lazare, Calene | JR-3 | Coker | 7.94 |

Women's 60 Meters Preliminaries

Top↑

| PL | NAME | YEAR | TEAM | TIME |
|----|----------------------------------|----------|----------------------------------|--|
| 1. | Gray-Williams, Ai'yana | | Unattached | 7.70 |
| 2. | Wilcox, Meghan | FR-1 | Elon | 7.79 |
| 3. | Dominique , Nina | Freshman | Unattached | 7.80 |
| 4. | Woodruff, Aniya | Senior | Unattached | 7.82 |
| 5. | Reeves, Jaylin | JR-3 | Mount Olive | 7.76  |
| 6. | Blair, Armani | FR-1 | Western Carolina | 7.88 |
| 7. | Lazare, Calene | JR-3 | Coker | 7.90 |

| PL | NAME | YEAR | TEAM | TIME |
|-----|-------------------|----------|-------------------|--|
| 8. | Woodruff, Jaila | Freshman | Unattached | 7.91 |
| 9. | Fryer, Allysa | FR-1 | Livingstone | 7.93 |
| 10. | Little, Kayla | JR-3 | Bowie State | 7.96 |
| 11. | Mcneill, Kierra | JR-3 | Mount Olive | 8.00  |
| 12. | Haywood , Jordan | JR-3 | Elon | 8.01 |
| 13. | Howell, Jamesha | FR-1 | Mount Olive | 8.04 |
| 14. | Donaldson, Brene' | SO-2 | Johnson C. Smith | 8.04 |
| 15. | Mason, Amiri | FR-1 | Columbia (S.C.) | 8.04 |
| 16. | Miller, Meghann | SR-4 | Columbia Int'l | 8.07  |
| 17. | Tudor, Alexandra | JR-3 | Elon | 8.07 |
| 18. | Exum, Nya | SO-2 | Coker | 8.10 |
| 19. | Ryan, Jazmine | FR-1 | William Peace | 8.11 |
| 20. | Oguamena, Kendra | SO-2 | Eastern Mennonite | 8.14 |
| 21. | Lane, Jaylyn | JR-3 | Virginia Wesleyan | 8.16 |
| 22. | Jonas, Michaelia | JR-3 | Fayetteville St. | 8.17 |
| 23. | Smith, Inshan-Nae | FR-1 | Livingstone | 8.19 |
| 24. | Mark, Alexa | FR-1 | Elon | 8.20 |
| 25. | Moody, Jaiden | JR-3 | Mount Olive | 8.22 |
| 26. | Polk, Rekia | JR-3 | Columbia (S.C.) | 8.22 |
| 27. | Hazelwood, Daneen | SR-4 | Columbia Int'l | 8.23  |
| 28. | Kimble , Ty-lisha | FR-1 | Johnson C. Smith | 8.24 |
| 29. | Anderson, Nizejai | FR-1 | Fayetteville St. | 8.46 |
| 30. | Johnson, Morgan | FR-1 | Columbia Int'l | 8.53 |

60 Meters Preliminaries Heat 1

| PL | NAME | YEAR | TEAM | TIME |
|-----|------------------------|----------|-------------|--|
| 1. | Gray-Williams, Ai'yana | | Unattached | 7.70 |
| 5. | Reeves, Jaylin | JR-3 | Mount Olive | 7.76  |
| 8. | Woodruff, Jaila | Freshman | Unattached | 7.91 |
| 10. | Little, Kayla | JR-3 | Bowie State | 7.96 |

| PL | NAME | YEAR | TEAM | TIME |
|-----|-------------------|------|------------------|------|
| 15. | Mason, Amiri | FR-1 | Columbia (S.C.) | 8.04 |
| 17. | Tudor, Alexandra | JR-3 | Elon | 8.07 |
| 24. | Mark, Alexa | FR-1 | Elon | 8.20 |
| 29. | Anderson, Nizejai | FR-1 | Fayetteville St. | 8.46 |

60 Meters Preliminaries Heat 2

| PL | NAME | YEAR | TEAM | TIME |
|-----|-----------------|--------|-------------------|------|
| 4. | Woodruff, Aniya | Senior | Unattached | 7.82 |
| 6. | Blair, Armani | FR-1 | Western Carolina | 7.88 |
| 13. | Howell, Jamesha | FR-1 | Mount Olive | 8.04 |
| 21. | Lane, Jaylyn | JR-3 | Virginia Wesleyan | 8.16 |

| | | | | |
|-----|-------------------|------|------------------|--------|
| 22. | Jonas, Michaelia | JR-3 | Fayetteville St. | 8.17 |
| 27. | Hazelwood, Daneen | SR-4 | Columbia Int'l | 8.23 + |

60 Meters Preliminaries Heat 3

| PL | NAME | YEAR | TEAM | TIME |
|-----|-------------------|----------|------------------|--------|
| 3. | Dominique , Nina | Freshman | Unattached | 7.80 |
| 12. | Haywood , Jordan | JR-3 | Elon | 8.01 |
| 14. | Donaldson, Brene' | SO-2 | Johnson C. Smith | 8.04 |
| 16. | Miller, Meghann | SR-4 | Columbia Int'l | 8.07 + |
| 18. | Exum, Nya | SO-2 | Coker | 8.10 |
| 19. | Ryan, Jazmine | FR-1 | William Peace | 8.11 |
| 26. | Polk, Rekia | JR-3 | Columbia (S.C.) | 8.22 |
| 30. | Johnson, Morgan | FR-1 | Columbia Int'l | 8.53 |

60 Meters Preliminaries Heat 4

| PL | NAME | YEAR | TEAM | TIME |
|-----|-----------------|------|-------------|--|
| 2. | Wilcox, Meghan | FR-1 | Elon | 7.79 |
| 7. | Lazare, Calene | JR-3 | Coker | 7.90 |
| 9. | Fryer, Allysa | FR-1 | Livingstone | 7.93 |
| 11. | Mcneill, Kierra | JR-3 | Mount Olive | 8.00  |

| PL | NAME | YEAR | TEAM | TIME |
|-----|-------------------|------|-------------------|------|
| 20. | Oguamena, Kendra | SO-2 | Eastern Mennonite | 8.14 |
| 23. | Smith, Inshan-Nae | FR-1 | Livingstone | 8.19 |
| 25. | Moody, Jaiden | JR-3 | Mount Olive | 8.22 |
| 28. | Kimble , Ty-lisha | FR-1 | Johnson C. Smith | 8.24 |

Women's 60 Meters Qualifying Finals

Top↑

| PL | NAME | YEAR | TEAM | TIME |
|-----|----------------------|--------|-------------------|------|
| 1. | Mason, Amiri | FR-1 | Columbia (S.C.) | 8.09 |
| 2. | Exum, Nya | SO-2 | Coker | 8.15 |
| 3. | Lane, Jaylyn | JR-3 | Virginia Wesleyan | 8.21 |
| 4. | Skinner, Katelyn | Senior | Unattached | 8.23 |
| 5. | Dyer, Danielle | FR-1 | Elon | 8.24 |
| 6. | Jackson, Alera | SO-2 | Coker | 8.28 |
| 7. | West, Layna | Senior | Unattached | 8.28 |
| 8. | Reed, Talayna | SR-4 | Johnson C. Smith | 8.29 |
| 9. | Faucette, Jydia | FR-1 | Johnson C. Smith | 8.32 |
| 10. | Fox, Aalliya | FR-1 | Barton | 8.35 |
| 11. | Blackwell, Bethany | SO-2 | Barton | 8.36 |
| 12. | Jones, Kevona | JR-3 | Bowie State | 8.37 |
| 13. | Dubois, Ashantayye | FR-1 | Virginia Wesleyan | 8.39 |
| 14. | Morris, Jullia | SR-4 | Cumberlands | 8.39 |
| 15. | Perryman, Nia | SO-2 | Montreat | 8.42 |
| 16. | Villanueva, Cristina | JR-3 | Belmont Abbey | 8.43 |
| 17. | Ross, Madison | 7 | Unattached | 8.47 |
| 18. | Chestnut, Sekyah | SO-2 | Belmont Abbey | 8.50 |
| 19. | Baker-Morgan, Seire | FR-1 | Columbia (S.C.) | 8.50 |
| 20. | Jones, Crystal | SR-4 | Columbia Int'l | 8.55 |
| 21. | Davis, Danielle | FR-1 | Fayetteville St. | 8.59 |
| 22. | Bivens, Kennedy | FR-1 | Livingstone | 8.60 |
| 23. | Wilson , Tiara | FR-1 | Johnson C. Smith | 8.60 |
| 24. | Olufemi-Ajayi, Grace | SO-2 | Meredith | 8.67 |

| PL | NAME | YEAR | TEAM | TIME |
|-----|-------------------|--------|---------------|------|
| 25. | Colon, Karolina | FR-1 | Belmont Abbey | 8.81 |
| 26. | Pate, Jada | Junior | Unattached | 8.88 |
| 27. | Faulk, Shanekera | SO-2 | Belmont Abbey | 8.97 |
| 28. | Surprenant, Lydia | FR-1 | Meredith | 8.98 |
| 29. | Taylor, Shaniya | SR-4 | Meredith | 9.20 |
| 30. | Melton, Adriana | FR-1 | Meredith | 9.28 |

60 Meters Qualifying Finals Section 1

| PL | NAME | YEAR | TEAM | TIME |
|-----|----------------------|------|-------------------|------|
| 2. | Exum, Nya | SO-2 | Coker | 8.15 |
| 3. | Lane, Jaylyn | JR-3 | Virginia Wesleyan | 8.21 |
| 8. | Reed, Talayna | SR-4 | Johnson C. Smith | 8.29 |
| 12. | Jones, Kevona | JR-3 | Bowie State | 8.37 |
| 14. | Morris, Jullia | SR-4 | Cumberlands | 8.39 |
| 15. | Perryman, Nia | SO-2 | Montreat | 8.42 |
| 16. | Villanueva, Cristina | JR-3 | Belmont Abbey | 8.43 |

60 Meters Qualifying Finals Section 2

| PL | NAME | YEAR | TEAM | TIME |
|-----|--------------------|--------|------------------|------|
| 4. | Skinner, Katelyn | Senior | Unattached | 8.23 |
| 5. | Dyer, Danielle | FR-1 | Elon | 8.24 |
| 10. | Fox, Aaliya | FR-1 | Barton | 8.35 |
| 11. | Blackwell, Bethany | SO-2 | Barton | 8.36 |
| 18. | Chestnut, Sekyah | SO-2 | Belmont Abbey | 8.50 |
| 21. | Davis, Danielle | FR-1 | Fayetteville St. | 8.59 |

60 Meters Qualifying Finals Section 3

| PL | NAME | YEAR | TEAM | TIME |
|-----|--------------------|--------|-------------------|------|
| 6. | Jackson, Alera | SO-2 | Coker | 8.28 |
| 7. | West, Layna | Senior | Unattached | 8.28 |
| 13. | Dubois, Ashantayye | FR-1 | Virginia Wesleyan | 8.39 |
| 17. | Ross, Madison | 7 | Unattached | 8.47 |

| PL | NAME | YEAR | TEAM | TIME |
|-----|--------------------------------------|------|--------------------------|------|
| 24. | Olufemi-Ajayi, Grace | SO-2 | Meredith | 8.67 |
| 28. | Surprenant, Lydia | FR-1 | Meredith | 8.98 |
| 29. | Taylor, Shaniya | SR-4 | Meredith | 9.20 |

60 Meters Qualifying Finals Section 4

| PL | NAME | YEAR | TEAM | TIME |
|-----|---------------------------------|------|----------------------------------|------|
| 1. | Mason, Amiri | FR-1 | Columbia (S.C.) | 8.09 |
| 9. | Faucette, Jydia | FR-1 | Johnson C. Smith | 8.32 |
| 20. | Jones, Crystal | SR-4 | Columbia Int'l | 8.55 |
| 23. | Wilson , Tiara | FR-1 | Johnson C. Smith | 8.60 |

| | | | | |
|-----|----------------------------------|--------|-------------------------------|------|
| 26. | Pate, Jada | Junior | Unattached | 8.88 |
| 27. | Faulk, Shanekera | SO-2 | Belmont Abbey | 8.97 |

60 Meters Qualifying Finals Section 5

| PL | NAME | YEAR | TEAM | TIME |
|-----|-------------------------------------|------|---------------------------------|------|
| 19. | Baker-Morgan, Seire | FR-1 | Columbia (S.C.) | 8.50 |
| 22. | Bivens, Kennedy | FR-1 | Livingstone | 8.60 |
| 25. | Colon, Karolina | FR-1 | Belmont Abbey | 8.81 |
| 30. | Melton, Adriana | FR-1 | Meredith | 9.28 |

Women's 200 Meters Finals

Top↑

| PL | NAME | YEAR | TEAM | TIME |
|----|-----------------------------------|-----------|---------------------------------|---|
| 1. | Reeves, Jaylin | JR-3 | Mount Olive | 25.83  |
| 2. | Haywood , Jordan | JR-3 | Elon | 25.86 |
| 3. | Forte, Sania | Sophomore | Unattached | 25.89 |
| 4. | Fryer, Allysa | FR-1 | Livingstone | 26.36 |
| 5. | Little, Kayla | JR-3 | Bowie State | 26.44 |
| 6. | Middleton, Camara | SO-2 | Columbia (S.C.) | 26.48 |
| 7. | Ortiz, Damyja | Senior | Unattached | 26.70 |
| 8. | Moody, Jaiden | JR-3 | Mount Olive | 26.81 |

| PL | NAME | YEAR | TEAM | TIME |
|-----|----------------------|--------|-------------------|-------|
| 9. | Mcneill, Kierra | JR-3 | Mount Olive | 26.83 |
| 10. | Smith, Jasmine | Senior | Unattached | 26.93 |
| 11. | Briggs, Vinesha | FR-1 | Mount Olive | 26.94 |
| 12. | Heinbaugh, Amelia | FR-1 | Elon | 27.09 |
| 13. | Fair, Asia'Lee | FR-1 | Livingstone | 27.21 |
| 14. | Reed, Jaida | FR-1 | Cumberlands | 27.21 |
| 15. | Deloatch, Saa'Naudia | FR-1 | Livingstone | 27.25 |
| 16. | Oguamena, Kendra | SO-2 | Eastern Mennonite | 27.36 |
| 17. | Skinner, Katelyn | Senior | Unattached | 27.42 |
| 18. | Ryan, Jazmine | FR-1 | William Peace | 27.45 |
| 19. | Fox, Aaliya | FR-1 | Barton | 27.47 |
| 20. | O'Neal, Taryn | JR-3 | Livingstone | 27.50 |
| 21. | Smith, Inshan-Nae | FR-1 | Livingstone | 27.51 |
| 22. | Dyer, Danielle | FR-1 | Elon | 27.54 |
| 23. | Dubois, Ashantayye | FR-1 | Virginia Wesleyan | 27.54 |
| 24. | Exum, Nya | SO-2 | Coker | 27.63 |
| 25. | Chestnut, Sekyah | SO-2 | Belmont Abbey | 27.68 |
| 26. | Hinson, Ayani | FR-1 | Cumberlands | 27.80 |
| 27. | Thompson , Bryanna | Junior | Unattached | 27.89 |
| 28. | Rowe, Nathalia | FR-1 | Brenau | 27.98 |
| 29. | Ross, Madison | 7 | Unattached | 28.08 |
| 30. | Mboob, Agi | FR-1 | Bowie State | 28.16 |
| 31. | West, Layna | Senior | Unattached | 28.17 |
| 32. | White, Olivia | FR-1 | Belmont Abbey | 28.28 |
| 33. | Jones, Kevona | JR-3 | Bowie State | 28.35 |
| 34. | Weeks, Sinaii | FR-1 | Columbia Int'l | 28.39 |
| 35. | Perryman, Nia | SO-2 | Montreat | 28.46 |
| 36. | Blackwell, Bethany | SO-2 | Barton | 28.51 |
| 37. | Hogan, Kristin | | UNC-Greensboro | 28.76 |

| PL | NAME | YEAR | TEAM | TIME |
|-----|----------------------|------|------------------|-------|
| 38. | Jackson, Alera | SO-2 | Coker | 28.88 |
| 39. | Williams, Arianna | FR-1 | Coker | 28.93 |
| 40. | Olufemi-Ajayi, Grace | SO-2 | Meredith | 29.03 |
| 41. | Baker-Morgan, Seire | FR-1 | Columbia (S.C.) | 29.05 |
| 42. | Mason, Amiri | FR-1 | Columbia (S.C.) | 29.07 |
| 43. | O'Neal, Taylor | FR-1 | Meredith | 29.07 |
| 44. | Colon, Karolina | FR-1 | Belmont Abbey | 29.20 |
| 45. | McDonald, Sue | | Unattached | 29.92 |
| 46. | Lubamba, Gloriest | SO-2 | Columbia Int'l | 30.25 |
| 47. | Frye, Shelby | FR-1 | Meredith | 30.62 |
| 48. | Faulk, Shanekera | SO-2 | Belmont Abbey | 30.80 |
| 49. | Overby, Julianna | FR-1 | Patrick Henry CC | 31.31 |
| 50. | Surprenant, Lydia | FR-1 | Meredith | 31.40 |
| 51. | Carson, Josalynn | FR-1 | Columbia (S.C.) | 35.68 |

200 Meters Finals Section 1

W:

| PL | NAME | YEAR | TEAM | TIME |
|-----|---------------|-----------|-------------|-------|
| 3. | Forte, Sania | Sophomore | Unattached | 25.89 |
| 5. | Little, Kayla | JR-3 | Bowie State | 26.44 |
| 7. | Ortiz, Damyja | Senior | Unattached | 26.70 |
| 19. | Fox, Aalliya | FR-1 | Barton | 27.47 |


200 Meters Finals Section 2

W:

| PL | NAME | YEAR | TEAM | TIME |
|-----|--------------------|------|-------------------|-------|
| 9. | Mcneill, Kierra | JR-3 | Mount Olive | 26.83 |
| 23. | Dubois, Ashantayye | FR-1 | Virginia Wesleyan | 27.54 |
| 36. | Blackwell, Bethany | SO-2 | Barton | 28.51 |

200 Meters Finals Section 3

W:

| PL | NAME | YEAR | TEAM | TIME |
|----|-----------------|------|-------------|---|
| 1. | Reeves, Jaylin | JR-3 | Mount Olive | 25.83  |
| 2. | Haywood, Jordan | JR-3 | Elon | 25.86 |

| PL | NAME | YEAR | TEAM | TIME |
|-----|----------------|--------|------------|-------|
| 10. | Smith, Jasmine | Senior | Unattached | 26.93 |
| 28. | Rowe, Nathalia | FR-1 | Brenau | 27.98 |

200 Meters Finals Section 4

W:

| PL | NAME | YEAR | TEAM | TIME |
|----|-------------------|------|-----------------|-------|
| 6. | Middleton, Camara | SO-2 | Columbia (S.C.) | 26.48 |
| 8. | Moody, Jaiden | JR-3 | Mount Olive | 26.81 |

| | | | | |
|-----|-------------------|------|-------------|-------|
| 12. | Heinbaugh, Amelia | FR-1 | Elon | 27.09 |
| 14. | Reed, Jaida | FR-1 | Cumberlands | 27.21 |

200 Meters Finals Section 5

W:

| PL | NAME | YEAR | TEAM | TIME |
|-----|------------------|--------|-------------------|-------|
| 11. | Briggs, Vinesha | FR-1 | Mount Olive | 26.94 |
| 16. | Oguamena, Kendra | SO-2 | Eastern Mennonite | 27.36 |
| 17. | Skinner, Katelyn | Senior | Unattached | 27.42 |
| 20. | O'Neal, Taryn | JR-3 | Livingstone | 27.50 |

200 Meters Finals Section 6

W:

| PL | NAME | YEAR | TEAM | TIME |
|-----|-------------------|------|-----------------|-------|
| 21. | Smith, Inshan-Nae | FR-1 | Livingstone | 27.51 |
| 34. | Weeks, Sinaii | FR-1 | Columbia Int'l | 28.39 |
| 42. | Mason, Amiri | FR-1 | Columbia (S.C.) | 29.07 |

200 Meters Finals Section 7

W:

| PL | NAME | YEAR | TEAM | TIME |
|-----|----------------|------|---------------|-------|
| 4. | Fryer, Allysa | FR-1 | Livingstone | 26.36 |
| 18. | Ryan, Jazmine | FR-1 | William Peace | 27.45 |
| 22. | Dyer, Danielle | FR-1 | Elon | 27.54 |
| 24. | Exum, Nya | SO-2 | Coker | 27.63 |

200 Meters Finals Section 8

W:

| PL | NAME | YEAR | TEAM | TIME |
|-----|----------------|------|-------------|-------|
| 13. | Fair, Asia'Lee | FR-1 | Livingstone | 27.21 |

| PL | NAME | YEAR | TEAM | TIME |
|-----|---------------|------|-------------|-------|
| 26. | Hinson, Ayani | FR-1 | Cumberlands | 27.85 |
| 33. | Jones, Kevona | JR-3 | Bowie State | 28.35 |
| 35. | Perryman, Nia | SO-2 | Montreat | 28.46 |

200 Meters Finals Section 9

W:

| PL | NAME | YEAR | TEAM | TIME |
|-----|--------------------|--------|---------------|-------|
| 25. | Chestnut, Sekyah | SO-2 | Belmont Abbey | 27.68 |
| 27. | Thompson , Bryanna | Junior | Unattached | 27.89 |
| 29. | Ross, Madison | 7 | Unattached | 28.08 |
| 30. | Mboob, Agi | FR-1 | Bowie State | 28.16 |
| 43. | O'Neal, Taylor | FR-1 | Meredith | 29.07 |

200 Meters Finals Section 10

W:

| PL | NAME | YEAR | TEAM | TIME |
|-----|-------------------|--------|----------------|-------|
| 31. | West, Layna | Senior | Unattached | 28.17 |
| 37. | Hogan, Kristin | | UNC-Greensboro | 28.76 |
| 39. | Williams, Arianna | FR-1 | Coker | 28.93 |
| 44. | Colon, Karolina | FR-1 | Belmont Abbey | 29.20 |

200 Meters Finals Section 11

W:

| PL | NAME | YEAR | TEAM | TIME |
|-----|----------------------|------|----------------|-------|
| 38. | Jackson, Alera | SO-2 | Coker | 28.88 |
| 40. | Olufemi-Ajayi, Grace | SO-2 | Meredith | 29.03 |
| 45. | McDonald, Sue | | Unattached | 29.92 |
| 46. | Lubamba, Gloriest | SO-2 | Columbia Int'l | 30.25 |

200 Meters Finals Section 12

W:

| PL | NAME | YEAR | TEAM | TIME |
|-----|------------------|------|------------------|-------|
| 47. | Frye, Shelby | FR-1 | Meredith | 30.62 |
| 48. | Faulk, Shanekera | SO-2 | Belmont Abbey | 30.80 |
| 49. | Overby, Julianna | FR-1 | Patrick Henry CC | 31.31 |
| 51. | Carson, Josalynn | FR-1 | Columbia (S.C.) | 35.68 |

200 Meters Finals Section 13

W:

| PL | NAME | YEAR | TEAM | TIME |
|----|------|------|------|------|
|----|------|------|------|------|

| PL | NAME | YEAR | TEAM | TIME |
|-----|--------------------------------------|------|---------------------------------|-------|
| 15. | Deloatch, Saa'Naudia | FR-1 | Livingstone | 27.25 |
| 32. | White, Olivia | FR-1 | Belmont Abbey | 28.28 |
| 41. | Baker-Morgan, Seire | FR-1 | Columbia (S.C.) | 29.05 |
| 50. | Surprenant, Lydia | FR-1 | Meredith | 31.40 |

Women's 200 Meters Seeded Finals

Top↑

| PL | NAME | YEAR | TEAM | TIME |
|----|------------------------------------|--------|----------------------------------|---------|
| 1. | Garrett, Akala | Junior | Unattached | 25.27 |
| 2. | Woodruff, Aniya | Senior | Unattached | 25.73 |
| 3. | Pate, Jaylin | Senior | Unattached | 26.04 |
| 4. | Wilcox, Meghan | FR-1 | Elon | 26.20 |
| 5. | Hunter, Kathryn | SO-2 | Cumberlands | 26.60 |
| 6. | Miller, Meghann | SR-4 | Columbia Int'l | 27.22 + |
| 7. | Thring, Jacqueline | JR-3 | Mount Olive | 28.03 |
| 8. | Kimble , Ty-lisha | FR-1 | Johnson C. Smith | 28.41 |

200 Meters Seeded Finals Section 1

W:

| PL | NAME | YEAR | TEAM | TIME |
|----|---------------------------------|--------|------------|-------|
| 1. | Garrett, Akala | Junior | Unattached | 25.27 |
| 2. | Woodruff, Aniya | Senior | Unattached | 25.73 |
| 3. | Pate, Jaylin | Senior | Unattached | 26.04 |

200 Meters Seeded Finals Section 2

W:

| PL | NAME | YEAR | TEAM | TIME |
|----|-----------------------------------|------|----------------------------------|-------|
| 5. | Hunter, Kathryn | SO-2 | Cumberlands | 26.60 |
| 8. | Kimble , Ty-lisha | FR-1 | Johnson C. Smith | 28.41 |

200 Meters Seeded Finals Section 3

W:

| PL | NAME | YEAR | TEAM | TIME |
|----|------------------------------------|------|--------------------------------|---------|
| 4. | Wilcox, Meghan | FR-1 | Elon | 26.20 |
| 6. | Miller, Meghann | SR-4 | Columbia Int'l | 27.22 + |
| 7. | Thring, Jacqueline | JR-3 | Mount Olive | 28.03 |

Women's 400 Meters Finals

Top↑

| PL | NAME | YEAR | TEAM | TIME |
|-----|-----------------------|----------|-------------------|---------|
| 1. | DiPierdomenico, Tessa | JR-3 | Elon | 58.09 |
| 2. | Laws, Lydia | Senior | Unattached | 58.81 |
| 3. | Drometer, Riley | SO-2 | Elon | 59.89 |
| 4. | Smith, Jasmine | Senior | Unattached | 1:00.46 |
| 5. | Woodruff, Jaila | Freshman | Unattached | 1:00.92 |
| 6. | Gaspie, Takeitha | JR-3 | Barton | 1:01.48 |
| 7. | Flores, Isabelle | FR-1 | Belmont Abbey | 1:02.13 |
| 8. | Kozlova, Anna | FR-1 | Elon | 1:02.37 |
| 9. | Dominique , Nina | Freshman | Unattached | 1:02.53 |
| 10. | Wright, Grace | JR-3 | Columbia (S.C.) | 1:03.58 |
| 11. | Crocker, Niya | JR-3 | Virginia Wesleyan | 1:04.33 |
| 12. | Forrester, Stephani | FR-1 | Coker | 1:04.49 |
| 13. | Ross, Madison | 7 | Unattached | 1:04.50 |
| 14. | Reitmeyer, Malia | FR-1 | Belmont Abbey | 1:04.82 |
| 15. | McDonald, Sue | | Unattached | 1:05.09 |
| 16. | Mickens, Shawntez | SR-4 | William Peace | 1:05.22 |
| 17. | Stedman, Casey | FR-1 | Virginia Wesleyan | 1:05.56 |
| 18. | O'Neal, Taylor | FR-1 | Meredith | 1:06.13 |
| 19. | Brown, Kerri | SO-2 | Columbia (S.C.) | 1:06.40 |
| 20. | Blackwell, Bethany | SO-2 | Barton | 1:07.00 |
| 21. | Fox, Aalliya | FR-1 | Barton | 1:07.08 |
| 22. | Turner, Ashanta | FR-1 | Bowie State | 1:07.20 |
| 23. | Mack, Jaida | FR-1 | Columbia (S.C.) | 1:07.62 |
| 24. | Rice, Jalynn | FR-1 | Johnson C. Smith | 1:07.73 |
| 25. | Willingham , Lauren | JR-3 | Elon | 1:07.81 |
| 26. | Collins, Charity | FR-1 | Livingstone | 1:08.61 |
| 27. | Ellis, Tamiya | SO-2 | Belmont Abbey | 1:08.67 |
| 28. | Brown, Kaylia | SR-4 | Bowie State | 1:09.09 |
| 29. | Odom, Johneia | FR-1 | Columbia (S.C.) | 1:11.23 |

| PL | NAME | YEAR | TEAM | TIME |
|-----|---------------|------|----------|---------|
| 30. | Reyes, Jazmin | SO-2 | Meredith | 1:16.20 |
| 31. | Martin, Emma | FR-1 | Meredith | 1:24.24 |

400 Meters Finals Section 1

| PL | NAME | YEAR | TEAM | TIME |
|----|-----------------------|----------|---------------|---------|
| 1. | DiPierdomenico, Tessa | JR-3 | Elon | 58.09 |
| 2. | Laws, Lydia | Senior | Unattached | 58.81 |
| 4. | Smith, Jasmine | Senior | Unattached | 1:00.46 |
| 5. | Woodruff, Jaila | Freshman | Unattached | 1:00.92 |
| 7. | Flores, Isabelle | FR-1 | Belmont Abbey | 1:02.13 |

400 Meters Finals Section 2

| PL | NAME | YEAR | TEAM | TIME |
|-----|-------------------|------|-----------------|---------|
| 3. | Drometer, Riley | SO-2 | Elon | 59.89 |
| 6. | Glaspie, Takeitha | JR-3 | Barton | 1:01.48 |
| 10. | Wright, Grace | JR-3 | Columbia (S.C.) | 1:03.58 |
| 13. | Ross, Madison | 7 | Unattached | 1:04.50 |
| 21. | Fox, Aaliya | FR-1 | Barton | 1:07.08 |

400 Meters Finals Section 3

| PL | NAME | YEAR | TEAM | TIME |
|-----|---------------------|------|-------------------|---------|
| 8. | Kozlova, Anna | FR-1 | Elon | 1:02.37 |
| 11. | Crocker, Niya | JR-3 | Virginia Wesleyan | 1:04.33 |
| 12. | Forrester, Stephani | FR-1 | Coker | 1:04.49 |
| 17. | Stedman, Casey | FR-1 | Virginia Wesleyan | 1:05.56 |
| 18. | O'Neal, Taylor | FR-1 | Meredith | 1:06.13 |

400 Meters Finals Section 4

| PL | NAME | YEAR | TEAM | TIME |
|-----|--------------------|------|-----------------|---------|
| 15. | McDonald, Sue | | Unattached | 1:05.09 |
| 19. | Brown, Kerri | SO-2 | Columbia (S.C.) | 1:06.40 |
| 25. | Willingham, Lauren | JR-3 | Elon | 1:07.81 |

400 Meters Finals Section 5

| PL | NAME | YEAR | TEAM | TIME |
|-----|--------------------|------|---------------|---------|
| 16. | Mickens, Shawntez | SR-4 | William Peace | 1:05.22 |
| 20. | Blackwell, Bethany | SO-2 | Barton | 1:07.00 |
| 27. | Ellis, Tamiya | SO-2 | Belmont Abbey | 1:08.67 |
| 28. | Brown, Kaylia | SR-4 | Bowie State | 1:09.09 |

400 Meters Finals Section 6

| PL | NAME | YEAR | TEAM | TIME |
|-----|------------------|----------|------------------|---------|
| 9. | Dominique , Nina | Freshman | Unattached | 1:02.53 |
| 14. | Reitmeyer, Malia | FR-1 | Belmont Abbey | 1:04.82 |
| 24. | Rice, Jalynn | FR-1 | Johnson C. Smith | 1:07.73 |
| 26. | Collins, Charity | FR-1 | Livingstone | 1:08.61 |
| 29. | Odom, Johneia | FR-1 | Columbia (S.C.) | 1:11.23 |

400 Meters Finals Section 7

| PL | NAME | YEAR | TEAM | TIME |
|-----|-----------------|------|-----------------|---------|
| 22. | Turner, Ashanta | FR-1 | Bowie State | 1:07.20 |
| 23. | Mack, Jaida | FR-1 | Columbia (S.C.) | 1:07.62 |
| 30. | Reyes, Jazmin | SO-2 | Meredith | 1:16.20 |
| 31. | Martin, Emma | FR-1 | Meredith | 1:24.24 |

Women's 400 Meters Seeded Finals

Top↑

| PL | NAME | YEAR | TEAM | TIME |
|----|------------------|-----------|------------------|---------|
| 1. | Garrett, Akala | Junior | Unattached | 56.38 |
| 2. | Moore, T'sheylah | Junior | Unattached | 59.10 |
| 3. | Barrows , Aliya | SO-2 | Elon | 59.17 |
| 4. | Jons, Piper | FR-1 | Elon | 59.31 |
| 5. | Pate, Jaylin | Senior | Unattached | 59.48 |
| 6. | Ingram, Shania | JR-3 | Fayetteville St. | 1:01.21 |
| 7. | Forte, Sania | Sophomore | Unattached | 1:01.23 |
| 8. | Ortiz, Damyja | Senior | Unattached | 1:02.39 |
| | Bell, Teanna | FR-1 | Fayetteville St. | DQ |

400 Meters Seeded Finals Section 1

| PL | NAME | YEAR | TEAM | TIME |
|----|------------------|--------|------------------|-------|
| 1. | Garrett, Akala | Junior | Unattached | 56.38 |
| 2. | Moore, T'sheylah | Junior | Unattached | 59.10 |
| 3. | Barrows , Aliya | SO-2 | Elon | 59.17 |
| 4. | Jons, Piper | FR-1 | Elon | 59.31 |
| | Bell, Teanna | FR-1 | Fayetteville St. | DQ |

400 Meters Seeded Finals Section 2

| PL | NAME | YEAR | TEAM | TIME |
|----|----------------|-----------|------------------|---------|
| 5. | Pate, Jaylin | Senior | Unattached | 59.48 |
| 6. | Ingram, Shania | JR-3 | Fayetteville St. | 1:01.21 |
| 7. | Forte, Sania | Sophomore | Unattached | 1:01.23 |
| 8. | Ortiz, Damyja | Senior | Unattached | 1:02.39 |

Women's 600 Meters Finals

Top↑

| PL | NAME | YEAR | TEAM | TIME |
|-----|--------------------|------|------------------|---------|
| 1. | Belle, Tia-Adana | | Unattached | 1:35.59 |
| 2. | Dunston, Cierra | | Unattached | 1:35.62 |
| 3. | Majors, Felecia | | Unattached | 1:36.19 |
| 4. | Ingram, Shanae | JR-3 | Fayetteville St. | 1:40.26 |
| 5. | Johnson, Mya | JR-3 | Fayetteville St. | 1:42.27 |
| 6. | Rowe, Nathalia | FR-1 | Brenau | 1:45.09 |
| 7. | Standifer, Emily | FR-1 | Montreat | 1:45.14 |
| 8. | Bogdanova, Valeria | JR-3 | Columbia (S.C.) | 1:46.97 |
| 9. | Terry, Ashley | FR-1 | Cumberlands | 1:47.27 |
| 10. | Berkemeyer , Mercy | FR-1 | Columbia Int'l | 1:48.14 |
| 11. | Peele, Madison | SO-2 | Flagler | 1:48.31 |
| 12. | Suitte, Alayna | FR-1 | Western Carolina | 1:48.64 |
| 13. | Ingram, Destiny | SO-2 | Coker | 1:48.87 |
| 14. | Kempf, Marissa | FR-1 | Flagler | 1:49.86 |
| 15. | Ekundayo, Esther | JR-3 | Columbia (S.C.) | 1:51.53 |
| 16. | Kapwadi, Keren | SR-4 | Brenau | 1:51.59 |

| PL | NAME | YEAR | TEAM | TIME |
|-----|--------------------|------|------------------|---------|
| 17. | Hood, Maddi | FR-1 | Flagler | 1:52.05 |
| 18. | Reed, Rosemary | SO-2 | Columbia Int'l | 1:52.14 |
| 19. | Esselborn, Lauren | SO-2 | Western Carolina | 1:52.18 |
| 20. | Head, Jordyn | FR-1 | Johnson C. Smith | 1:52.97 |
| 21. | Bernard, Micah | JR-3 | Fayetteville St. | 1:55.94 |
| 22. | Manno, Tory | SO-2 | Belmont Abbey | 1:57.68 |
| 23. | Womack, Tanniya | FR-1 | Livingstone | 1:57.98 |
| 24. | Pratt, Ariana | JR-3 | Columbia (S.C.) | 2:03.13 |
| 25. | Millner, Kylie | FR-1 | Montreat | 2:04.89 |
| 26. | Voss, Kaitlyn | FR-1 | Pfeiffer | 2:08.80 |
| 27. | Jones, Madison | SR-4 | Belmont Abbey | 2:10.17 |
| 28. | Tammineni, Keerthi | FR-1 | Meredith | 2:48.89 |

600 Meters Finals Section 1

| PL | NAME | YEAR | TEAM | TIME |
|----|------------------|------|------------------|---------|
| 1. | Belle, Tia-Adana | | Unattached | 1:35.59 |
| 2. | Dunston, Cierra | | Unattached | 1:35.62 |
| 3. | Majors, Felecia | | Unattached | 1:36.19 |
| 5. | Johnson, Mya | JR-3 | Fayetteville St. | 1:42.27 |
| 7. | Standifer, Emily | FR-1 | Montreat | 1:45.14 |

600 Meters Finals Section 2

| PL | NAME | YEAR | TEAM | TIME |
|-----|----------------|------|------------------|---------|
| 4. | Ingram, Shanae | JR-3 | Fayetteville St. | 1:40.26 |
| 6. | Rowe, Nathalia | FR-1 | Brenau | 1:45.09 |
| 9. | Terry, Ashley | FR-1 | Cumberlands | 1:47.27 |
| 20. | Head, Jordyn | FR-1 | Johnson C. Smith | 1:52.97 |
| 21. | Bernard, Micah | JR-3 | Fayetteville St. | 1:55.94 |

600 Meters Finals Section 3

| PL | NAME | YEAR | TEAM | TIME |
|----|--------------------|------|-----------------|---------|
| 8. | Bogdanova, Valeria | JR-3 | Columbia (S.C.) | 1:46.97 |

| PL | NAME | YEAR | TEAM | TIME |
|-----|------------------------------------|------|----------------------------------|---------|
| 10. | Berkemeyer , Mercy | FR-1 | Columbia Int'l | 1:48.14 |
| 12. | Suitte, Alayna | FR-1 | Western Carolina | 1:48.64 |
| 18. | Reed, Rosemary | SO-2 | Columbia Int'l | 1:52.14 |

600 Meters Finals Section 4

| PL | NAME | YEAR | TEAM | TIME |
|-----|---------------------------------|------|-----------------------|---------|
| 13. | Ingram, Destiny | SO-2 | Coker | 1:48.87 |

| | | | | |
|-----|-----------------------------------|------|----------------------------------|---------|
| 15. | Ekundayo, Esther | JR-3 | Columbia (S.C.) | 1:51.53 |
| 19. | Esselborn, Lauren | SO-2 | Western Carolina | 1:52.18 |
| 23. | Womack, Tanniya | FR-1 | Livingstone | 1:57.98 |
| 24. | Pratt, Ariana | JR-3 | Columbia (S.C.) | 2:03.13 |

600 Meters Finals Section 5

| PL | NAME | YEAR | TEAM | TIME |
|-----|------------------------------------|------|-------------------------------|---------|
| 16. | Kapwadi, Keren | SR-4 | Brenau | 1:51.59 |
| 17. | Hood, Maddi | FR-1 | Flagler | 1:52.05 |
| 22. | Manno, Tory | SO-2 | Belmont Abbey | 1:57.68 |
| 26. | Voss, Kaitlyn | FR-1 | Pfeiffer | 2:08.80 |
| 28. | Tammineni, Keerthi | FR-1 | Meredith | 2:48.89 |


600 Meters Finals Section 6

| PL | NAME | YEAR | TEAM | TIME |
|-----|--------------------------------|------|-------------------------------|---------|
| 11. | Peele, Madison | SO-2 | Flagler | 1:48.31 |
| 14. | Kempf, Marissa | FR-1 | Flagler | 1:49.86 |
| 25. | Millner, Kylie | FR-1 | Montreat | 2:04.89 |
| 27. | Jones, Madison | SR-4 | Belmont Abbey | 2:10.17 |

Women's 800 Meters Finals

[Top↑](#)

| PL | NAME | YEAR | TEAM | TIME |
|----|-----------------------------------|-----------|-----------------------------|---------|
| 1. | Custrini, Alice | Sophomore | Unattached | 2:26.76 |
| 2. | Sanderson, Lauren | FR-1 | Cumberlands | 2:28.46 |

| PL | NAME | YEAR | TEAM | TIME |
|-----|-----------------------|------|-------------------|---|
| 3. | Russell, Hailey | JR-3 | Barton | 2:29.90  |
| 4. | Carlson, Camille | | UNC-Greensboro | 2:33.33 |
| 5. | Warren, Nevaeh | FR-1 | Cumberlands | 2:34.27 |
| 6. | Manfre, Bella | | UNC-Greensboro | 2:36.56 |
| 7. | Hetzel, Grace | SR-4 | Belmont Abbey | 2:37.75 |
| 8. | Santeufemio, Isabella | FR-1 | Flagler | 2:38.17 |
| 9. | Morgan, Alana | JR-3 | William Peace | 2:38.24 |
| 10. | Pratt, Mylasia | JR-3 | Fayetteville St. | 2:40.10 |
| 11. | Lucason, Morgan | FR-1 | Cumberlands | 2:41.46 |
| 12. | Aten, Cecelia | FR-1 | Virginia Wesleyan | 2:44.27 |
| 13. | Larios, Hannah | FR-1 | Montreat | 2:44.76 |
| 14. | Smith, Raquel | SO-2 | Montreat | 2:44.84 |
| 15. | Beasley, Sierra | JR-3 | Fayetteville St. | 2:45.49 |
| 16. | Spencer, Kaylee | JR-3 | Meredith | 2:46.23 |
| 17. | Beasley, Kierra | SO-2 | Fayetteville St. | 2:48.75 |
| 18. | Manning, Emily | FR-1 | Flagler | 2:54.69 |
| 19. | Rodriguez, Madeline | FR-1 | Flagler | 2:55.84 |
| 20. | Voss, Kaitlyn | FR-1 | Pfeiffer | 2:56.55 |
| 21. | Saunders, Aaliyah | FR-1 | Fayetteville St. | 2:56.81 |
| 22. | Gladdis, Michelle | JR-3 | Meredith | 2:57.39 |
| 23. | Miller, Claire | SO-2 | Meredith | 2:57.78 |
| 24. | Jenkins, Heaven | FR-1 | Bowie State | 2:59.72 |
| 25. | Williams, Jaquia | FR-1 | Virginia Wesleyan | 3:01.35 |
| 26. | Leegins, Caroline | SO-2 | Barton | 3:07.22 |
| 27. | Terry , Lillian | FR-1 | Patrick Henry CC | 3:11.92 |
| 28. | Hansen, Katie | SO-2 | Barton | 3:12.64 |

800 Meters Finals Section 1

| PL | NAME | YEAR | TEAM | TIME |
|----|-----------------|-----------|------------|---------|
| 1. | Custrini, Alice | Sophomore | Unattached | 2:26.76 |

| PL | NAME | YEAR | TEAM | TIME |
|-----|-------------------|------|-------------------|---------|
| 2. | Sanderson, Lauren | FR-1 | Cumberlands | 2:28.46 |
| 3. | Russell, Hailey | JR-3 | Barton | 2:29.90 |
| 4. | Carlson, Camille | | UNC-Greensboro | 2:33.33 |
| 6. | Manfre, Bella | | UNC-Greensboro | 2:36.56 |
| 10. | Pratt, Mylasia | JR-3 | Fayetteville St. | 2:40.10 |
| 15. | Beasley, Sierra | JR-3 | Fayetteville St. | 2:45.49 |
| 25. | Williams, Jaquia | FR-1 | Virginia Wesleyan | 3:01.35 |

800 Meters Finals Section 2

| PL | NAME | YEAR | TEAM | TIME |
|----|----------------|------|-------------|---------|
| 5. | Warren, Nevaeh | FR-1 | Cumberlands | 2:34.27 |

| | | | | |
|-----|-------------------|------|-------------------|---------|
| 7. | Hetzel, Grace | SR-4 | Belmont Abbey | 2:37.75 |
| 11. | Lucason, Morgan | FR-1 | Cumberlands | 2:41.46 |
| 12. | Aten, Cecelia | FR-1 | Virginia Wesleyan | 2:44.27 |
| 13. | Larios, Hannah | FR-1 | Montreat | 2:44.76 |
| 17. | Beasley, Kierra | SO-2 | Fayetteville St. | 2:48.75 |
| 21. | Saunders, Aaliyah | FR-1 | Fayetteville St. | 2:56.81 |

800 Meters Finals Section 3

| PL | NAME | YEAR | TEAM | TIME |
|-----|-------------------|------|-------------|---------|
| 14. | Smith, Raquel | SO-2 | Montreat | 2:44.84 |
| 16. | Spencer, Kaylee | JR-3 | Meredith | 2:46.23 |
| 23. | Miller, Claire | SO-2 | Meredith | 2:57.78 |
| 24. | Jenkins, Heaven | FR-1 | Bowie State | 2:59.72 |
| 26. | Leegins, Caroline | SO-2 | Barton | 3:07.22 |
| 28. | Hansen, Katie | SO-2 | Barton | 3:12.64 |

800 Meters Finals Section 4

| PL | NAME | YEAR | TEAM | TIME |
|----|-----------------------|------|---------------|---------|
| 8. | Santeufemio, Isabella | FR-1 | Flagler | 2:38.17 |
| 9. | Morgan, Alana | JR-3 | William Peace | 2:38.24 |

| PL | NAME | YEAR | TEAM | TIME |
|-----|---------------------|------|------------------|---------|
| 18. | Manning, Emily | FR-1 | Flagler | 2:54.69 |
| 19. | Rodriguez, Madeline | FR-1 | Flagler | 2:55.84 |
| 20. | Voss, Kaitlyn | FR-1 | Pfeiffer | 2:56.55 |
| 22. | Gladdis, Michelle | JR-3 | Meredith | 2:57.39 |
| 27. | Terry, Lillian | FR-1 | Patrick Henry CC | 3:11.92 |

Women's 1000 Meters Finals

Top↑

| PL | NAME | YEAR | TEAM | TIME |
|-----|-----------------------|-----------|------------------|---------|
| 1. | Charles, Ericka | Senior | Unattached | 2:55.66 |
| 2. | Tolbert, Lauren | Senior | Unattached | 2:56.96 |
| 3. | Garcia, Dylan | FR-1 | Montreat | 3:06.34 |
| 4. | Weaver, Corrine | SO-2 | Meredith | 3:07.43 |
| 5. | Churchill, Megan | FR-1 | Flagler | 3:13.09 |
| 6. | Castellanos, Yessenia | FR-1 | Montreat | 3:14.30 |
| 7. | Kubai, Monika | FR-1 | Flagler | 3:15.23 |
| 8. | Mescal, Jessie | JR-3 | Flagler | 3:17.49 |
| 9. | Wong, Sofia | Sophomore | Unattached | 3:18.92 |
| 10. | Savel, Enola | FR-1 | Flagler | 3:20.39 |
| 11. | Terry, Ashley | FR-1 | Cumberlands | 3:20.84 |
| 12. | Duffield, Madelynn | FR-1 | Western Carolina | 3:23.93 |
| 13. | Slack, Catherine | FR-1 | Montreat | 3:24.28 |
| 14. | Hasty, Kilia | FR-1 | Montreat | 3:24.29 |
| 15. | Suitte, Alayna | FR-1 | Western Carolina | 3:27.88 |
| 16. | Le, Lyann | | Unattached | 3:28.43 |
| 17. | DeYoung, Savanna | FR-1 | Flagler | 3:35.37 |
| 18. | Cann, Catherine | SO-2 | Coker | 3:35.51 |
| 19. | Sanderford, Kaelin | JR-3 | Meredith | 3:36.81 |
| 20. | Manno, Tory | SO-2 | Belmont Abbey | 3:37.20 |
| 21. | Serna, Amaranta | FR-1 | Brenau | 3:43.97 |

1000 Meters Finals Section 1

W:

| PL | NAME | YEAR | TEAM | TIME |
|----|------|------|------|------|
|----|------|------|------|------|

| PL | NAME | YEAR | TEAM | TIME |
|-----|-----------------------|-----------|------------------|---------|
| 1. | Charles, Ericka | Senior | Unattached | 2:55.66 |
| 2. | Tolbert, Lauren | Senior | Unattached | 2:56.96 |
| 3. | Garcia, Dylan | FR-1 | Montreat | 3:06.34 |
| 4. | Weaver, Corrine | SO-2 | Meredith | 3:07.43 |
| 6. | Castellanos, Yessenia | FR-1 | Montreat | 3:14.30 |
| 9. | Wong, Sofia | Sophomore | Unattached | 3:18.92 |
| 11. | Terry, Ashley | FR-1 | Cumberlands | 3:20.84 |
| 12. | Duffield, Madelynn | FR-1 | Western Carolina | 3:23.93 |
| 13. | Slack, Catherine | FR-1 | Montreat | 3:24.28 |
| 14. | Hasty, Kilia | FR-1 | Montreat | 3:24.29 |
| 15. | Suitte, Alayna | FR-1 | Western Carolina | 3:27.88 |

1000 Meters Finals Section 2

W:


| PL | NAME | YEAR | TEAM | TIME |
|----|------|------|------|------|
|----|------|------|------|------|

| | | | | |
|-----|--------------------|------|---------------|---------|
| 5. | Churchill, Megan | FR-1 | Flagler | 3:13.09 |
| 7. | Kubai, Monika | FR-1 | Flagler | 3:15.23 |
| 8. | Mescal, Jessie | JR-3 | Flagler | 3:17.49 |
| 10. | Savel, Enola | FR-1 | Flagler | 3:20.39 |
| 16. | Le, Lyann | | Unattached | 3:28.43 |
| 17. | DeYoung, Savanna | FR-1 | Flagler | 3:35.37 |
| 18. | Cann, Catherine | SO-2 | Coker | 3:35.51 |
| 19. | Sanderford, Kaelin | JR-3 | Meredith | 3:36.81 |
| 20. | Manno, Tory | SO-2 | Belmont Abbey | 3:37.20 |
| 21. | Serna, Amaranta | FR-1 | Brenau | 3:43.97 |

Women's Mile Finals

Top↑

| PL | NAME | YEAR | TEAM | TIME |
|----|--------------------|------|----------------|---------|
| 1. | McCaslin, Chandler | | UNC-Greensboro | 5:16.56 |
| 2. | Edwards, Anna | 8 | Unattached | 5:20.06 |
| 3. | Boehm, Alli | FR-1 | Wake Forest | 5:20.45 |

| PL | NAME | YEAR | TEAM | TIME |
|-----|---------------------|----------|-----------------|---|
| 4. | Soukup, Shay | | UNC-Greensboro | 5:23.09 |
| 5. | Abouzaid, Laila | FR-1 | Mount Olive | 5:27.81  |
| 6. | Mchan, Lauren | SR-4 | Cumberlands | 5:28.73 |
| 7. | Tonon, Julie | JR-3 | Meredith | 5:30.25 |
| 8. | Whiteman, Monique | SO-2 | Mount Olive | 5:31.80  |
| 9. | Hollifield, Makayla | JR-3 | Columbia (S.C.) | 5:34.83 |
| 10. | Forgey, Kinsey | JR-3 | Cumberlands | 5:36.37 |
| 11. | Warren, Taylor | JR-3 | Cumberlands | 5:40.14 |
| 12. | Shelton, Vennise | FR-1 | Mount Olive | 5:44.52  |
| 13. | Elstun, Meredith | SO-2 | Cumberlands | 5:45.06 |
| 14. | Mallory, Jenna | SO-2 | Montreat | 5:46.60 |
| 15. | Macdonald, Sydney | SO-2 | Mount Olive | 5:49.41 |
| 16. | Strauel, Lydiah | FR-1 | Cumberlands | 5:50.69 |
| 17. | Pallozzi, Makenna | SO-2 | Belmont Abbey | 5:52.12 |
| 18. | Huggins, Gabrielle | JR-3 | Columbia (S.C.) | 5:53.85 |
| 19. | Frantz, Emerson | | Unattached | 5:55.99 |
| 20. | Buser, Ashleigh | SO-2 | Meredith | 5:57.56 |
| 21. | Henderson, Serena | | UNC-Greensboro | 5:57.78 |
| 22. | Connick, Amy | Senior | Unattached | 6:10.15 |
| 23. | Roberts, Meredith | | UNC-Greensboro | 6:16.14 |
| 24. | Larios, Hannah | FR-1 | Montreat | 6:18.02 |
| 25. | Gardner, Zoie | SR-4 | Brenau | 6:24.70 |
| 26. | Myer, Andrea | Freshman | Unattached | 6:33.35 |
| | Wempner, Lahna | FR-1 | Brenau | DNF |

Mile Finals Section 1

| PL | NAME | YEAR | TEAM | TIME |
|----|--------------------|------|----------------|---------|
| 1. | McCaslin, Chandler | | UNC-Greensboro | 5:16.56 |
| 2. | Edwards, Anna | 8 | Unattached | 5:20.06 |
| 3. | Boehm, Alli | FR-1 | Wake Forest | 5:20.45 |

| PL | NAME | YEAR | TEAM | TIME |
|-----|-------------------|------|----------------|---|
| 4. | Soukup, Shay | | UNC-Greensboro | 5:23.09 |
| 5. | Abouzaid, Laila | FR-1 | Mount Olive | 5:27.81  |
| 6. | Mchan, Lauren | SR-4 | Cumberlands | 5:28.73 |
| 8. | Whiteman, Monique | SO-2 | Mount Olive | 5:31.80  |
| 10. | Forgey, Kinsey | JR-3 | Cumberlands | 5:36.37 |
| 11. | Warren, Taylor | JR-3 | Cumberlands | 5:40.14 |
| 13. | Elstun, Meredith | SO-2 | Cumberlands | 5:45.06 |
| 14. | Mallory, Jenna | SO-2 | Montreat | 5:46.60 |
| 16. | Strauel, Lydiah | FR-1 | Cumberlands | 5:50.69 |

Mile Finals Section 2

| PL | NAME | YEAR | TEAM | TIME |
|-----|---------------------|------|-----------------|---|
| 7. | Tonon, Julie | JR-3 | Meredith | 5:30.25 |
| 9. | Hollifield, Makayla | JR-3 | Columbia (S.C.) | 5:34.83 |
| 12. | Shelton, Vennise | FR-1 | Mount Olive | 5:44.52  |

| | | | | |
|-----|-------------------|--------|----------------|---------|
| 21. | Henderson, Serena | | UNC-Greensboro | 5:57.78 |
| 22. | Connick, Amy | Senior | Unattached | 6:10.15 |
| 23. | Roberts, Meredith | | UNC-Greensboro | 6:16.14 |
| 24. | Larios, Hannah | FR-1 | Montreat | 6:18.02 |

Mile Finals Section 3

| PL | NAME | YEAR | TEAM | TIME |
|-----|--------------------|----------|-----------------|---------|
| 15. | Macdonald, Sydney | SO-2 | Mount Olive | 5:49.41 |
| 17. | Pallozzi, Makenna | SO-2 | Belmont Abbey | 5:52.12 |
| 18. | Huggins, Gabrielle | JR-3 | Columbia (S.C.) | 5:53.85 |
| 19. | Frantz, Emerson | | Unattached | 5:55.99 |
| 20. | Buser, Ashleigh | SO-2 | Meredith | 5:57.56 |
| 25. | Gardner, Zoie | SR-4 | Brenau | 6:24.70 |
| 26. | Myer, Andrea | Freshman | Unattached | 6:33.35 |

| PL | NAME | YEAR | TEAM | TIME |
|----|----------------|------|--------|------|
| | Wempner, Lahna | FR-1 | Brenau | DNF |

Women's 3000 Meters Finals




Top↑

| PL | NAME | YEAR | TEAM | TIME |
|-----|-----------------------|-----------|------------------|--|
| 1. | Kopchak, Rylee | JR-3 | Wake Forest | 10:08.98 |
| 2. | Stone, Taylor | FR-1 | Wake Forest | 10:11.00 |
| 3. | Evans, Georgia | JR-3 | Wake Forest | 10:12.15 |
| 4. | Abouzaid, Laila | FR-1 | Mount Olive | 10:34.88  |
| 5. | Runyan, Sydney | FR-1 | Western Carolina | 10:36.78 |
| 6. | Mchan, Lauren | SR-4 | Cumberlands | 10:42.23 |
| 7. | Edwards, Anna | 8 | Unattached | 10:44.85 |
| 8. | Whiteman, Monique | SO-2 | Mount Olive | 10:51.35  |
| 9. | Forgey, Kinsey | JR-3 | Cumberlands | 10:59.21 |
| 10. | Josiah-Tanner, Euleen | | Unattached | 11:02.16 |
| 11. | Caldwell, Alesea | FR-1 | Western Carolina | 11:02.55 |
| 12. | lounes, cici | Sophomore | Unattached | 11:05.61 |
| 13. | Klemm, Sara | FR-1 | Western Carolina | 11:06.82 |
| 14. | Warren, Taylor | JR-3 | Cumberlands | 11:14.15 |
| 15. | Pallozzi, Makenna | SO-2 | Belmont Abbey | 11:19.46  |
| 16. | Camino, Carmen | SO-2 | WVU Tech | 11:20.96 |
| 17. | Elstun, Meredith | SO-2 | Cumberlands | 11:21.09 |
| 18. | Mallory, Jenna | SO-2 | Montreat | 11:21.30 |
| 19. | Shelton, Vennise | FR-1 | Mount Olive | 11:23.28  |
| 20. | Wong, Sofia | Sophomore | Unattached | 11:25.94 |
| 21. | Macdonald, Sydney | SO-2 | Mount Olive | 11:25.99  |
| 22. | Schlosser, Amy | SO-2 | Montreat | 12:00.09 |
| 23. | Reed, Isabel | FR-1 | Barton | 12:18.09 |
| 24. | Allen, Michelle | | Unattached | 12:22.30 |
| | Willis, Savannah | FR-1 | Belmont Abbey | DNF |
| | Lodge, Kayleigh | FR-1 | Columbia (S.C.) | DNF |

3000 Meters Finals Section 1

| PL | NAME | YEAR | TEAM | TIME |
|-----|-------------------|-----------|------------------|--|
| 1. | Kopchak, Rylee | JR-3 | Wake Forest | 10:08.98 |
| 2. | Stone, Taylor | FR-1 | Wake Forest | 10:11.00 |
| 3. | Evans, Georgia | JR-3 | Wake Forest | 10:12.15 |
| 4. | Abouzaid, Laila | FR-1 | Mount Olive | 10:34.88  |
| 5. | Runyan, Sydney | FR-1 | Western Carolina | 10:36.78 |
| 6. | Mchan, Lauren | SR-4 | Cumberlands | 10:42.23 |
| 7. | Edwards, Anna | 8 | Unattached | 10:44.85 |
| 8. | Whiteman, Monique | SO-2 | Mount Olive | 10:51.35  |
| 9. | Forgey, Kinsey | JR-3 | Cumberlands | 10:59.21 |
| 11. | Caldwell, Alesea | FR-1 | Western Carolina | 11:02.55 |
| 13. | Klemm, Sara | FR-1 | Western Carolina | 11:06.82 |
| 17. | Elstun, Meredith | SO-2 | Cumberlands | 11:21.09 |
| 20. | Wong, Sofia | Sophomore | Unattached | 11:25.94 |

3000 Meters Finals Section 2

| PL | NAME | YEAR | TEAM | TIME |
|-----|-----------------------|-----------|-----------------|--|
| 10. | Josiah-Tanner, Euleen | | Unattached | 11:02.16 |
| 12. | lounes, cici | Sophomore | Unattached | 11:05.61 |
| 14. | Warren, Taylor | JR-3 | Cumberlands | 11:14.15 |
| 15. | Pallozzi, Makenna | SO-2 | Belmont Abbey | 11:19.46  |
| 16. | Camino, Carmen | SO-2 | WVU Tech | 11:20.96 |
| 18. | Mallory, Jenna | SO-2 | Montreat | 11:21.30 |
| 19. | Shelton, Vennise | FR-1 | Mount Olive | 11:23.28  |
| 21. | Macdonald, Sydney | SO-2 | Mount Olive | 11:25.99  |
| 22. | Schlosser, Amy | SO-2 | Montreat | 12:00.09 |
| 23. | Reed, Isabel | FR-1 | Barton | 12:18.09 |
| 24. | Allen, Michelle | | Unattached | 12:22.30 |
| | Willis, Savannah | FR-1 | Belmont Abbey | DNF |
| | Lodge, Kayleigh | FR-1 | Columbia (S.C.) | DNF |

Women's 3000 Race Walk Finals

[Top↑](#)

| PL | NAME | YEAR | TEAM | TIME |
|----|--------------------------|------|-----------------|--------------|
| 1. | Heiser-Whatley, Jessica | JR-3 | Columbia (S.C.) | 15:53.34 * * |
| 2. | Heiser-Whatley, Victoria | JR-3 | Columbia (S.C.) | 15:56.55 * * |
| 3. | Meacham, Stefanie | | Unattached | 16:03.44 |
| 4. | Winn, Shelby | SR-4 | Columbia (S.C.) | 17:28.62 * |
| 5. | Grogan, Jenna | SO-2 | Cumberlands | 17:32.32 * |
| 6. | Huggins, Gabrielle | JR-3 | Columbia (S.C.) | 20:42.10 |
| 7. | Todd, Tara | JR-3 | Cumberlands | 22:18.53 |
| 8. | Blatz, Isabelle | FR-1 | Cumberlands | 24:30.29 |

Women's 60 Hurdles Finals

[Top↑](#)

| PL | NAME | YEAR | TEAM | TIME |
|----|---------------------|--------|-------------------|---------|
| 1. | Garrett, Akala | Junior | Unattached | 8.53 |
| 2. | Sandy, Alyssa | SR-4 | Elon | 8.98 |
| 3. | Laws, Lydia | Senior | Unattached | 9.11 |
| 4. | Flores, Isabelle | FR-1 | Belmont Abbey | 9.33 🇺🇸 |
| 5. | Yeoman, Keyana | SO-2 | Voorhees | 9.36 |
| | Bouton, Amalie | FR-1 | Belmont Abbey | DQ |
| | Washington, Shirell | SO-2 | Virginia Wesleyan | DNF |

Women's 60 Hurdles Preliminaries

[Top↑](#)

| PL | NAME | YEAR | TEAM | TIME |
|----|---------------------|--------|-------------------|---------|
| 1. | Garrett, Akala | Junior | Unattached | 8.56 |
| 2. | Sandy, Alyssa | SR-4 | Elon | 8.88 |
| 3. | Laws, Lydia | Senior | Unattached | 9.19 |
| 4. | Yeoman, Keyana | SO-2 | Voorhees | 9.30 |
| 5. | Bouton, Amalie | FR-1 | Belmont Abbey | 10.33 |
| 6. | Flores, Isabelle | FR-1 | Belmont Abbey | 9.33 🇺🇸 |
| 7. | Connor, Mckenzie | SO-2 | Mount Olive | 9.47 🇺🇸 |
| 8. | Washington, Shirell | SO-2 | Virginia Wesleyan | 9.60 |
| 9. | Hazelwood, Daneen | SR-4 | Columbia Int'l | 9.64 + |

| PL | NAME | YEAR | TEAM | TIME |
|-----|--------------------|--------|-------------------|---|
| 10. | Reed, Talayna | SR-4 | Johnson C. Smith | 9.64 |
| 11. | Bivens, Kennedy | FR-1 | Livingstone | 9.84 |
| 12. | Colon, Karolina | FR-1 | Belmont Abbey | 9.85  |
| 13. | Ehirm, Destiny | FR-1 | Bowie State | 9.91 |
| 14. | White, Olivia | FR-1 | Belmont Abbey | 9.99  |
| 15. | Thompson , Bryanna | Junior | Unattached | 10.06 |
| 16. | Evans, Destini | FR-1 | Virginia Wesleyan | 10.10 |
| 17. | Maddox, Tyleeah | SR-4 | Brenau | 10.11 |
| 18. | Woodruff, Aniya | Senior | Unattached | 10.15 |
| 19. | Johnson, Morgan | FR-1 | Columbia Int'l | 10.33  |
| 20. | Williams, Arianna | FR-1 | Coker | 10.35 |
| 21. | Rowe, Nathalia | FR-1 | Brenau | 10.36 |
| 22. | Jackson, Aanykka | FR-1 | Virginia Wesleyan | 10.58 |
| 23. | Simon, Skylar | JR-3 | Brenau | 10.59 |
| 24. | Pate, Jada | Junior | Unattached | 10.76 |
| 25. | Kells, Haley | FR-1 | Belmont Abbey | 11.09 |
| 26. | Starks, Jasmine | SO-2 | Columbia (S.C.) | 11.21 |
| 27. | Davis, Zykirah | SO-2 | Columbia (S.C.) | 11.24 |
| | Donaldson, Brene' | SO-2 | Johnson C. Smith | DNF |

60 Hurdles Preliminaries Heat 1

| PL | NAME | YEAR | TEAM | TIME |
|-----|---------------------|--------|-------------------|--|
| 1. | Garrett, Akala | Junior | Unattached | 8.56 |
| 8. | Washington, Shirell | SO-2 | Virginia Wesleyan | 9.60 |
| 9. | Hazelwood, Daneen | SR-4 | Columbia Int'l | 9.64  |
| 11. | Bivens, Kennedy | FR-1 | Livingstone | 9.84 |
| 17. | Maddox, Tyleeah | SR-4 | Brenau | 10.11 |
| 24. | Pate, Jada | Junior | Unattached | 10.76 |

60 Hurdles Preliminaries Heat 2

| PL | NAME | YEAR | TEAM | TIME |
|----|-------------|--------|------------|------|
| 3. | Laws, Lydia | Senior | Unattached | 9.19 |

| PL | NAME | YEAR | TEAM | TIME |
|-----|------------------|------|-------------------|-------|
| 6. | Flores, Isabelle | FR-1 | Belmont Abbey | 9.33 |
| 7. | Connor, Mckenzie | SO-2 | Mount Olive | 9.47 |
| 16. | Evans, Destini | FR-1 | Virginia Wesleyan | 10.10 |
| 19. | Johnson, Morgan | FR-1 | Columbia Int'l | 10.33 |
| 23. | Simon, Skylar | JR-3 | Brenau | 10.59 |

60 Hurdles Preliminaries Heat 3

| PL | NAME | YEAR | TEAM | TIME |
|-----|-------------------|------|------------------|-------|
| 5. | Bouton, Amalie | FR-1 | Belmont Abbey | 10.33 |
| 20. | Williams, Arianna | FR-1 | Coker | 10.35 |
| 26. | Starks, Jasmine | SO-2 | Columbia (S.C.) | 11.21 |
| 27. | Davis, Zykirah | SO-2 | Columbia (S.C.) | 11.24 |
| | Donaldson, Brene' | SO-2 | Johnson C. Smith | DNF |

60 Hurdles Preliminaries Heat 4

| PL | NAME | YEAR | TEAM | TIME |
|-----|--------------------|--------|---------------|-------|
| 4. | Yeoman, Keyana | SO-2 | Voorhees | 9.30 |
| 13. | Ehirm, Destiny | FR-1 | Bowie State | 9.91 |
| 14. | White, Olivia | FR-1 | Belmont Abbey | 9.99 |
| 15. | Thompson , Bryanna | Junior | Unattached | 10.06 |
| 18. | Woodruff, Aniya | Senior | Unattached | 10.15 |
| 21. | Rowe, Nathalia | FR-1 | Brenau | 10.36 |

60 Hurdles Preliminaries Heat 5

| PL | NAME | YEAR | TEAM | TIME |
|-----|------------------|------|-------------------|-------|
| 2. | Sandy, Alyssa | SR-4 | Elon | 8.88 |
| 10. | Reed, Talayna | SR-4 | Johnson C. Smith | 9.64 |
| 12. | Colon, Karolina | FR-1 | Belmont Abbey | 9.85 |
| 22. | Jackson, Aanykka | FR-1 | Virginia Wesleyan | 10.58 |
| 25. | Kells, Haley | FR-1 | Belmont Abbey | 11.09 |

Women's 4 x 400 Relay Finals

Top↑

| PL | TEAM | SQUAD | ATHLETES | TIME |
|----|------|-------|----------|------|
|----|------|-------|----------|------|

| PL | TEAM | SQUAD | ATHLETES | TIME |
|----|-------------------|-------|---|---------|
| 1. | Elon | A | Aliya Barrows, Tessa DiPierdomenico, Riley Drometer, Piper Jons | 3:59.08 |
| 2. | Fayetteville St. | A | Mya Johnson, Bianca Belfon, Shania Ingram, Shanae Ingram | 4:12.09 |
| 3. | Belmont Abbey | A | Malia Reitmeyer, Sekyah Chestnut, Olivia White, Isabelle Flores | 4:17.74 |
| 4. | Virginia Wesleyan | A | Niya Crocker, Cecelia Aten, Casey Stedman, Jaylyn Lane | 4:24.26 |
| 5. | Cumberlands | A | Jaida Reed, Ayani Hinson, Kathryn Hunter, Nevaeh Warren | 4:27.22 |
| 6. | Columbia (S.C.) | A | Kerri Brown, Jaida Mack, Camara Middleton, Grace Wright | 4:28.29 |
| 7. | Fayetteville St. | B | Micah Bernard, Kierra Beasley, Sierra Beasley, Danielle Davis | 4:35.56 |
| 8. | Bowie State | A | Ashanta Turner, Agi Mboob, Kaylia Brown, Destiny Ehirn | 4:41.00 |

4 x 400 Relay Finals Section 1

| PL | TEAM | ATHLETES | TIME |
|----|-----------------|---|---------|
| 1. | Elon | Barrows, DiPierdomenico, Drometer, Jons | 3:59.08 |
| 6. | Columbia (S.C.) | Brown, Mack, Middleton, Wright | 4:28.29 |

4 x 400 Relay Finals Section 2

| PL | TEAM | ATHLETES | TIME |
|----|-------------------|------------------------------------|---------|
| 3. | Belmont Abbey | Reitmeyer, Chestnut, White, Flores | 4:17.74 |
| 4. | Virginia Wesleyan | Crocker, Aten, Stedman, Lane | 4:24.26 |
| 5. | Cumberlands | Reed, Hinson, Hunter, Warren | 4:27.22 |

4 x 400 Relay Finals Section 3

| PL | TEAM | ATHLETES | TIME |
|----|----------------------|----------------------------------|---------|
| 2. | Fayetteville St. | Johnson, Belfon, Ingram, Ingram | 4:12.09 |
| 7. | Fayetteville St. (B) | Bernard, Beasley, Beasley, Davis | 4:35.56 |
| 8. | Bowie State | Turner, Mboob, Brown, Ehirn | 4:41.00 |

Women's 4 x 800 Relay Finals


Top↑

| PL | TEAM | ATHLETES | TIME |
|----|----------|---|----------|
| 1. | Montreat | Yessenia Castellanos, Catherine Slack, Kilia Hasty, Emily Standifer | 10:19.15 |

| PL | TEAM | ATHLETES | TIME |
|----|-----------------|--|----------|
| 2. | Columbia (S.C.) | Ariana Pratt, Valeria Bogdanova, Esther Ekundayo, Makayla Hollifield | 10:41.96 |

Women's High Jump Finals

Top↑

| PL | NAME | YEAR | TEAM | MARK | CONV |
|-----|--|--------|-------------------|---|----------|
| 1. | Williamson, Jazmine | Senior | Unattached | 1.72m | 5' 7.75" |
| | 1.42 PPP 1.47 PPP 1.52 PPP 1.57 PPP 1.62 O 1.67 O 1.72 XXO 1.73 XXX | | | | |
| 2. | O'Malley, Meghan | SO-2 | Wake Forest | 1.62m | 5' 3.75" |
| | 1.42 PPP 1.47 PPP 1.52 PPP 1.57 O 1.62 O 1.67 XXX | | | | |
| 2. | Berry, Addison | FR-1 | Wake Forest | 1.62m | 5' 3.75" |
| | 1.42 PPP 1.47 PPP 1.52 PPP 1.57 O 1.62 O 1.67 XXX | | | | |
| 4. | McBride, Omare | FR-1 | Western Carolina | 1.57m | 5' 1.75" |
| | 1.42 XO 1.47 XO 1.52 XXO 1.57 XO 1.62 XXX | | | | |
| 5. | Maddox, Tyleeah | SR-4 | Brenau | 1.47m | 4' 9.75" |
| | 1.42 O 1.47 O 1.52 XXX | | | | |
| 5. | Jones, Soljala | JR-3 | Bowie State | 1.47m | 4' 9.75" |
| | 1.42 O 1.47 O 1.52 XXX | | | | |
| 5. | Sims, Macie | SO-2 | Belmont Abbey | 1.47m  | 4' 9.75" |
| | 1.42 PPP 1.47 O 1.52 XXX | | | | |
| 8. | Smith, Inshan-Nae | FR-1 | Livingstone | 1.47m | 4' 9.75" |
| | 1.42 XO 1.47 O 1.52 XXX | | | | |
| 9. | Thring, Jacqueline | JR-3 | Mount Olive | 1.47m  | 4' 9.75" |
| | 1.42 O 1.47 XO 1.52 XXX | | | | |
| 10. | Jackson, Aanykka | FR-1 | Virginia Wesleyan | 1.42m | 4' 7.75" |
| | 1.42 O 1.47 XXX | | | | |
| 10. | Wright, Grace | JR-3 | Columbia (S.C.) | 1.42m | 4' 7.75" |
| | 1.42 O 1.47 XXX | | | | |
| 10. | Siler, Mikkah | FR-1 | Cumberlands | 1.42m | 4' 7.75" |
| | 1.42 O 1.47 XXX | | | | |

| PL | NAME | YEAR | TEAM | MARK | CONV |
|-------------|---------------------------|------|------------------|-------|----------|
| 10. | Phillips, Sophie | FR-1 | Meredith | 1.42m | 4' 7.75" |
| 1.42 O | 1.47 XXX | | | | |
| 10. | Newby, Paige | FR-1 | Cumberlands | 1.42m | 4' 7.75" |
| 1.42 O | 1.47 XXX | | | | |
| 15. | Weeks, Sinaii | FR-1 | Columbia Int'l | 1.42m | 4' 7.75" |
| 1.42 XO | 1.47 XXX | | | | |
| 15. | Alejandro-Ortiz, Dajaneen | FR-1 | Livingstone | 1.42m | 4' 7.75" |
| 1.42 XO | 1.47 XXX | | | | |
| 17. | Morse, Katrina | SO-2 | Belmont Abbey | 1.42m | 4' 7.75" |
| 1.42 XXO | 1.47 XXX | | | | |
| | Drummonds, Kinley | SR-4 | Western Carolina | NH | |
| 1.42 XXX | | | | | |
| | Goode, Aria | FR-1 | Johnson C. Smith | NH | |
| 1.42 XXX | | | | | |
| | Davis, Zykirah | SO-2 | Columbia (S.C.) | NH | |
| 1.42 XXX | | | | | |
| | Simon, Skylar | JR-3 | Brenau | NH | |
| 1.42 XXX | | | | | |
| | Bouton, Amalie | FR-1 | Belmont Abbey | NH | |
| 1.42 XXX | | | | | |

Women's Pole Vault Finals

Top↑

| PL | NAME | YEAR | TEAM | MARK | CONV | | | | | |
|-------------|-------------------|-------------|----------------|-----------|-------------|-----------|------------|-------------|--|--|
| 1. | George, Madison | SO-2 | Elon | 3.85m | 12' 7.5" | | | | | |
| 2.80 PPP | 2.95 PPP | 3.10 PPP | 3.25 PPP | 3.40 O | 3.55 O | 3.70 O | 3.85 XO | 3.98 XXX | | |
| 2. | Goode, Sarah | Senior | Unattached | 3.40m | 11' 1.75" | | | | | |
| 2.80 PPP | 2.95 PPP | 3.10 O | 3.25 O | 3.40 O | 3.55 XXX | | | | | |
| 3. | Harding, Ashleigh | SR-4 | Columbia Int'l | 3.40m + | 11' 1.75" | | | | | |

| PL | NAME | YEAR | TEAM | MARK | CONV |
|-------------|-------------------|-------------|------------------|-------------|-------------|
| 2.80 PPP | 2.95 PPP | 3.10 PPP | 3.25 XO | 3.40 O | 3.55 XXX |
| 4. | Unger, Carter | JR-3 | Western Carolina | 3.40m | 11' 1.75" |
| 2.80 PPP | 2.95 PPP | 3.10 PPP | 3.25 XO | 3.40 XO | 3.55 XXX |
| 5. | Hill, Ana | Senior | Unattached | 3.25m | 10' 8" |
| 2.80 PPP | 2.95 PPP | 3.10 O | 3.25 O | 3.40 XXX | |
| 5. | Roeder, Elaina | JR-3 | Wake Forest | 3.25m | 10' 8" |
| 2.80 PPP | 2.95 O | 3.10 O | 3.25 O | 3.40 XXX | |
| 7. | Hehmeyer , Blythe | JR-3 | Elon | 3.25m | 10' 8" |
| 2.80 PPP | 2.95 PPP | 3.10 PPP | 3.25 XO | 3.40 XXX | |
| 8. | Anderson, Jessica | JR-3 | Elon | 3.25m | 10' 8" |
| 2.80 PPP | 2.95 XO | 3.10 XXO | 3.25 XXO | 3.40 XXX | |
| 9. | Gallant, Sydney | FR-1 | Western Carolina | 3.10m | 10' 2" |
| 2.80 O | 2.95 O | 3.10 XO | 3.25 XXX | | |
| 10. | Tully, Abigail | Senior | Unattached | 3.10m | 10' 2" |
| 2.80 O | 2.95 XXO | 3.10 XXO | 3.25 XXX | | |
| 11. | Sherwood, Maddy | FR-1 | Western Carolina | 2.95m | 9' 8" |
| 2.80 O | 2.95 O | 3.10 XXX | | | |
| | Hunter, Cassidy | SO-2 | Brenau | NH | |
| 2.80 XXX | | | | | |
| | Buller, Hannah | JR-3 | Brenau | NH | |
| 2.80 XXX | | | | | |
| | Keller, Sydney | FR-1 | Belmont Abbey | NH | |
| 2.80 XXX | | | | | |
| | O'Sullivan, Sofia | FR-1 | Belmont Abbey | NH | |
| 2.80 XXX | | | | | |
| | Scarrow, Peyton | Freshman | Unattached | NH | |
| 2.80 XXX | | | | | |

Women's Long Jump Finals

Top↑

| PL | NAME | YEAR | TEAM | MARK | CONV | |
|-----|--------------------------------------|-----------|----------------------------------|---|-----------|-------|
| 1. | Tudor, Alexandra | JR-3 | Elon | 5.46m | 17' 11" | |
| | FOUL | 5.25m | 5.35m | 5.38m | 5.41m | 5.46m |
| 2. | Forte, Sania | Sophomore | Unattached | 5.40m | 17' 8.75" | |
| | 5.19m | 5.09m | 5.27m | 5.40m | FOUL | FOUL |
| 3. | Faucette, Jydia | FR-1 | Johnson C. Smith | 5.31m | 17' 5.25" | |
| | FOUL | 5.29m | 5.31m | FOUL | 5.30m | FOUL |
| 3. | Gillespie, Alaya | Junior | Unattached | 5.31m | 17' 5.25" | |
| | 5.15m | 5.19m | 5.20m | FOUL | 5.31m | 5.22m |
| 5. | Mackey, Brandy | SO-2 | Voorhees | 5.27m | 17' 3.5" | |
| | 5.00m | 5.12m | 5.27m | 5.05m | 5.15m | 4.70m |
| 6. | Fryer, Allysa | FR-1 | Livingstone | 5.22m | 17' 1.5" | |
| | 5.22m | FOUL | FOUL | FOUL | FOUL | 5.22m |
| 7. | Mark, Alexa | FR-1 | Elon | 5.19m | 17' 0.5" | |
| | 5.19m | 4.94m | 5.19m | 4.73m | 5.02m | 5.19m |
| 8. | Villanueva, Cristina | JR-3 | Belmont Abbey | 5.18m  | 17' 0" | |
| | 5.04m | 5.11m | 5.09m | 5.11m | 5.18m | 4.93m |
| 9. | Blair, Armani | FR-1 | Western Carolina | 4.97m | 16' 3.75" | |
| | 4.87m | 4.97m | 4.93m | 4.75m | FOUL | 4.60m |
| 10. | Currie, Derica | FR-1 | Western Carolina | 4.95m | 16' 3" | |
| | 4.95m | 4.88m | 4.88m | | | |
| 11. | Gakeri, Jessica | FR-1 | Montreat | 4.92m | 16' 1.75" | |
| | 4.72m | 4.92m | 4.92m | | | |
| 12. | Sims, Macie | SO-2 | Belmont Abbey | 4.76m | 15' 7.5" | |
| | 4.55m | 4.76m | 4.62m | | | |
| 13. | Wilson , Tiara | FR-1 | Johnson C. Smith | 4.75m | 15' 7" | |
| | 4.46m | 4.68m | 4.75m | | | |
| 14. | Howell, Jamesha | FR-1 | Mount Olive | 4.72m | 15' 6" | |
| | FOUL | FOUL | 4.72m | | | |

| PL | NAME | YEAR | TEAM | MARK | CONV |
|-----|--------------------|--------|-------------------|-------|------------|
| 15. | Kells, Haley | FR-1 | Belmont Abbey | 4.70m | 15' 5" |
| | FOUL 4.58m 4.70m | | | | |
| 16. | John, Oluwatomisin | JR-3 | Brenau | 4.69m | 15' 4.75" |
| | 4.49m 4.58m 4.69m | | | | |
| 17. | Ehirm, Destiny | FR-1 | Bowie State | 4.64m | 15' 2.75" |
| | 4.64m 4.33m 4.42m | | | | |
| 18. | Le'Det, Lydia | FR-1 | Cumberlands | 4.57m | 15' 0" |
| | 4.57m 4.56m 4.54m | | | | |
| 19. | Hatchett, Kiana | FR-1 | Mount Olive | 4.56m | 14' 11.5" |
| | 4.56m FOUL 4.41m | | | | |
| 20. | Tastinger, Anna | FR-1 | Montreat | 4.43m | 14' 6.5" |
| | 4.43m 4.39m 4.27m | | | | |
| 21. | Smith , Johnnyce | FR-1 | Johnson C. Smith | 4.34m | 14' 3" |
| | 4.22m 4.26m 4.34m | | | | |
| 22. | Crawford, Tamia | SO-2 | Voorhees | 4.32m | 14' 2.25" |
| | FOUL FOUL 4.32m | | | | |
| 23. | Drummonds, Kinley | SR-4 | Western Carolina | 4.31m | 14' 1.75" |
| | FOUL FOUL 4.31m | | | | |
| 24. | Lubamba, Gloriest | SO-2 | Columbia Int'l | 4.30m | 14' 1.25" |
| | 4.30m 4.16m FOUL | | | | |
| 24. | Bulluck, Sy'mone | FR-1 | Livingstone | 4.30m | 14' 1.25" |
| | FOUL 4.12m 4.30m | | | | |
| 26. | Evans, Destini | FR-1 | Virginia Wesleyan | 4.26m | 13' 11.75" |
| | 4.26m 4.13m 4.15m | | | | |
| 27. | Pate, Jada | Junior | Unattached | 4.14m | 13' 7" |
| | 4.14m 4.14m FOUL | | | | |
| 28. | Fair, Asia'Lee | FR-1 | Livingstone | 3.99m | 13' 1.25" |
| | FOUL 3.99m FOUL | | | | |
| 29. | Watkins, Darien | JR-3 | Columbia (S.C.) | 3.78m | 12' 5" |

| PL | NAME | YEAR | TEAM | MARK | CONV |
|-----|-----------------|-------|----------|-------|-----------|
| | 3.76m | 3.78m | 3.67m | | |
| 30. | Taylor, Shaniya | SR-4 | Meredith | 3.70m | 12' 1.75" |
| | 3.70m | 3.63m | 3.64m | | |
| 31. | Reyes, Jazmin | SO-2 | Meredith | 3.35m | 11' 0" |
| | 3.27m | 3.30m | 3.35m | | |
| 32. | Melton, Adriana | FR-1 | Meredith | 3.29m | 10' 9.5" |
| | FOUL | 3.29m | FOUL | | |

Long Jump Finals Flight 1

| PL | NAME | YEAR | TEAM | MARK |
|-----|-------------------|--------|-------------------|-------|
| 19. | Hatchett, Kiana | FR-1 | Mount Olive | 4.56m |
| 20. | Tastinger, Anna | FR-1 | Montreat | 4.43m |
| 24. | Lubamba, Gloriest | SO-2 | Columbia Int'l | 4.30m |
| 24. | Bulluck, Sy'mone | FR-1 | Livingstone | 4.30m |
| 26. | Evans, Destini | FR-1 | Virginia Wesleyan | 4.26m |
| 27. | Pate, Jada | Junior | Unattached | 4.14m |
| 28. | Fair, Asia'Lee | FR-1 | Livingstone | 3.99m |
| 29. | Watkins, Darien | JR-3 | Columbia (S.C.) | 3.78m |
| 30. | Taylor, Shaniya | SR-4 | Meredith | 3.70m |
| 31. | Reyes, Jazmin | SO-2 | Meredith | 3.35m |
| 32. | Melton, Adriana | FR-1 | Meredith | 3.29m |

Long Jump Finals Flight 2

| PL | NAME | YEAR | TEAM | MARK |
|-----|-----------------|------|------------------|-------|
| 6. | Fryer, Allysa | FR-1 | Livingstone | 5.22m |
| 7. | Mark, Alexa | FR-1 | Elon | 5.19m |
| 9. | Blair, Armani | FR-1 | Western Carolina | 4.97m |
| 10. | Currie, Derica | FR-1 | Western Carolina | 4.95m |
| 11. | Gakeri, Jessica | FR-1 | Montreat | 4.92m |
| 12. | Sims, Macie | SO-2 | Belmont Abbey | 4.76m |
| 15. | Kells, Haley | FR-1 | Belmont Abbey | 4.70m |
| 17. | Fhirm, Destiny | FR-1 | Bowie State | 4.64m |

| PL | NAME | YEAR | TEAM | MARK |
|-----|-------------------|------|------------------|-------|
| 18. | Le'Det, Lydia | FR-1 | Cumberlands | 4.57m |
| 23. | Drummonds, Kinley | SR-4 | Western Carolina | 4.31m |

Long Jump Finals Flight 3

| PL | NAME | YEAR | TEAM | MARK |
|-----|----------------------|-----------|------------------|---|
| 1. | Tudor, Alexandra | JR-3 | Elon | 5.46m |
| 2. | Forte, Sania | Sophomore | Unattached | 5.40m |
| 3. | Faucette, Jydia | FR-1 | Johnson C. Smith | 5.31m |
| 3. | Gillespie, Alaya | Junior | Unattached | 5.31m |
| 5. | Mackey, Brandy | SO-2 | Voorhees | 5.27m |
| 8. | Villanueva, Cristina | JR-3 | Belmont Abbey | 5.18m  |
| 13. | Wilson , Tiara | FR-1 | Johnson C. Smith | 4.75m |
| 14. | Howell, Jamesha | FR-1 | Mount Olive | 4.72m |
| 16. | John, Oluwatomisin | JR-3 | Brenau | 4.69m |
| 21. | Smith , Johnnyce | FR-1 | Johnson C. Smith | 4.34m |
| 22. | Crawford, Tamia | SO-2 | Voorhees | 4.32m |

Women's Triple Jump Finals

Top↑

| PL | NAME | YEAR | TEAM | MARK | CONV |
|---|----------------|------|-------------------|--------|------------|
| 1. | Goode, Aria | FR-1 | Johnson C. Smith | 11.56m | 37' 11.25" |
| 11.32m 11.20m FOUL 11.56m 11.46m 11.39m | | | | | |
| 2. | Lane, Jaylyn | JR-3 | Virginia Wesleyan | 11.52m | 37' 9.5" |
| 11.18m FOUL 10.74m 10.58m 11.00m 11.52m | | | | | |
| 3. | Mumford, Ija | | Unattached | 11.21m | 36' 9.5" |
| PASS 11.21m 10.76m 11.07m 10.85m 11.07m | | | | | |
| 4. | McBride, Omare | FR-1 | Western Carolina | 11.20m | 36' 9" |
| 11.20m PASS PASS PASS PASS PASS | | | | | |
| 5. | Wilson , Tiara | FR-1 | Johnson C. Smith | 11.06m | 36' 3.5" |
| FOUL FOUL 10.60m 10.81m 11.06m 10.60m | | | | | |
| 6. | Morris, Jullia | SR-4 | Cumberlands | 10.80m | 35' 5.25" |
| FOUL 10.69m FOUL 10.80m 10.66m FOUL | | | | | |
| 7. | Currie, Derica | FR-1 | Western Carolina | 10.79m | 35' 5" |

| PL | NAME | YEAR | TEAM | MARK | CONV |
|-----|--|--------|-------------------|--|------------|
| | 10.64m 10.76m FOUL 10.79m FOUL FOUL | | | | |
| 8. | O'Neal, Taryn | JR-3 | Livingstone | 10.76m | 35' 3.75" |
| | 10.76m FOUL FOUL PASS PASS PASS | | | | |
| 9. | Hatchett, Kiana | FR-1 | Mount Olive | 10.49m  | 34' 5" |
| | 10.10m 9.92m 10.49m 10.21m 10.31m 10.49m | | | | |
| 10. | Tudor, Alexandra | JR-3 | Elon | 10.38m | 34' 0.75" |
| | FOUL FOUL 10.38m | | | | |
| 11. | John, Oluwatomisin | JR-3 | Brenau | 10.18m | 33' 4.75" |
| | 9.85m 10.18m FOUL | | | | |
| 11. | Washington, Shirell | SO-2 | Virginia Wesleyan | 10.18m | 33' 4.75" |
| | FOUL 9.90m 10.18m | | | | |
| 13. | Le'Det, Lydia | FR-1 | Cumberlands | 10.03m | 32' 11" |
| | FOUL 9.64m 10.03m | | | | |
| 14. | Villanueva, Cristina | JR-3 | Belmont Abbey | 9.86m | 32' 4.25" |
| | 9.58m FOUL 9.86m | | | | |
| 15. | Kells, Haley | FR-1 | Belmont Abbey | 9.79m | 32' 1.5" |
| | FOUL FOUL 9.79m | | | | |
| 16. | Sims, Macie | SO-2 | Belmont Abbey | 9.61m | 31' 6.5" |
| | 9.52m 9.61m 9.24m | | | | |
| 17. | Littleton, Kieana | SO-2 | Voorhees | 9.60m | 31' 6" |
| | 9.48m 9.48m 9.60m | | | | |
| 18. | Pate, Jada | Junior | Unattached | 9.47m | 31' 1" |
| | FOUL 8.82m 9.47m | | | | |
| 19. | Bulluck, Sy'mone | FR-1 | Livingstone | 9.43m | 30' 11.25" |
| | FOUL 9.06m 9.43m | | | | |
| | Watkins, Darien | JR-3 | Columbia (S.C.) | FOUL | |
| | FOUL FOUL FOUL | | | | |
| | Smith, Johnnyce | FR-1 | Johnson C. Smith | FOUL | |
| | FOUL FOUL FOUL | | | | |

Triple Jump Finals Flight 1

| PL | NAME | YEAR | TEAM | MARK |
|-----|----------------------|--------|-------------------|--|
| 9. | Hatchett, Kiana | FR-1 | Mount Olive | 10.49m  |
| 11. | John, Oluwatomisin | JR-3 | Brenau | 10.18m |
| 11. | Washington, Shirell | SO-2 | Virginia Wesleyan | 10.18m |
| 13. | Le'Det, Lydia | FR-1 | Cumberlands | 10.03m |
| 14. | Villanueva, Cristina | JR-3 | Belmont Abbey | 9.86m |
| 15. | Kells, Haley | FR-1 | Belmont Abbey | 9.79m |
| 16. | Sims, Macie | SO-2 | Belmont Abbey | 9.61m |
| 18. | Pate, Jada | Junior | Unattached | 9.47m |
| 19. | Bulluck, Sy'mone | FR-1 | Livingstone | 9.43m |
| | Watkins, Darien | JR-3 | Columbia (S.C.) | FOUL |

Triple Jump Finals Flight 2

| PL | NAME | YEAR | TEAM | MARK |
|-----|-------------------|------|-------------------|--------|
| 1. | Goode, Aria | FR-1 | Johnson C. Smith | 11.56m |
| 2. | Lane, Jaylyn | JR-3 | Virginia Wesleyan | 11.52m |
| 3. | Mumford, Ija | | Unattached | 11.21m |
| 4. | McBride, Omare | FR-1 | Western Carolina | 11.20m |
| 5. | Wilson , Tiara | FR-1 | Johnson C. Smith | 11.06m |
| 6. | Morris, Jullia | SR-4 | Cumberlands | 10.80m |
| 7. | Currie, Derica | FR-1 | Western Carolina | 10.79m |
| 8. | O'Neal, Taryn | JR-3 | Livingstone | 10.76m |
| 10. | Tudor, Alexandra | JR-3 | Elon | 10.38m |
| 17. | Littleton, Kieana | SO-2 | Voorhees | 9.60m |
| | Smith , Johnnyce | FR-1 | Johnson C. Smith | FOUL |

Women's Shot Put Finals

Top↑

| PL | NAME | YEAR | TEAM | MARK | CONV |
|----|---|------|-------------|--------|----------|
| 1. | Gera, Isabella | FR-1 | Wake Forest | 14.49m | 47' 6.5" |
| | 12.65m 12.26m 12.54m 13.32m 14.49m 14.20m | | | | |
| 2. | Dawson, Chanel | SR-4 | Wake Forest | 14.03m | 46' 0.5" |

| PL | NAME | YEAR | TEAM | MARK | CONV |
|-----|-----------------------------|--------|-----------------|--------|---------------|
| | 13.08m 13.22m 14.03m 13.69m | FOUL | FOUL | | |
| 3. | Giles, Ashlyn | FR-1 | Wake Forest | 13.78m | 45' 2.5" |
| | FOUL | FOUL | 13.53m | FOUL | 13.78m 13.69m |
| 4. | Carlton, Lauryn | SO-2 | Elon | 13.16m | 43' 2.25" |
| | 12.55m 13.16m 11.94m | FOUL | FOUL | 13.05m | |
| 5. | Bromell, Aleah | SR-4 | Columbia (S.C.) | 12.72m | 41' 8.75" |
| | 11.24m 12.72m 12.72m 11.66m | 11.78m | 12.35m | | |
| 6. | McGoogan, Kaitlin | JR-3 | Elon | 11.78m | 38' 7.75" |
| | 11.27m | FOUL | FOUL | 11.78m | FOUL |
| 7. | Travis, Summer | JR-3 | Cumberlands | 11.76m | 38' 7" |
| | 11.60m 11.46m 11.25m | FOUL | 11.76m | 11.56m | |
| 8. | Morse, Katrina | SO-2 | Belmont Abbey | 11.00m | 36' 1.25" |
| | 10.27m 10.19m 11.00m 10.28m | 9.94m | 10.59m | | |
| 9. | Kendrick, Jailyn | JR-3 | Brenau | 10.96m | 35' 11.5" |
| | 10.73m 10.96m 10.68m 10.08m | FOUL | FOUL | | |
| 10. | Dawson, Darci | FR-1 | Columbia (S.C.) | 10.87m | 35' 8" |
| | 10.87m 9.97m 8.78m | | | | |
| 11. | Pickens, Kloey | FR-1 | Columbia Int'l | 10.78m | 35' 4.5" |
| | 9.41m 10.29m 10.78m | | | | |
| 12. | Dempaire-Salomon, Sariah | SO-2 | Livingstone | 10.38m | 34' 0.75" |
| | 10.38m | FOUL | FOUL | | |
| 13. | Sutton, Kaliya | SO-2 | Mount Olive | 10.20m | 33' 5.75" |
| | 10.20m | FOUL | FOUL | | |
| 14. | Carson, Zaida | JR-3 | Columbia (S.C.) | 10.17m | 33' 4.5" |
| | 10.15m 9.37m 10.17m | | | | |
| 15. | Hunt, Acoya | FR-1 | Columbia Int'l | 10.08m | 33' 1" |
| | 9.95m 9.51m 10.08m | | | | |
| 16. | Jones, Crystal | SR-4 | Columbia Int'l | 9.58m | 31' 5.25" |



| PL | NAME | YEAR | TEAM | MARK | CONV |
|-----|----------------------|----------|-------------------|-------|---------------|
| | 8.39m 9.58m FOUL | | | | |
| 17. | Davis, Alexa | FR-1 | Belmont Abbey | 9.56m | 31' 4.5" |
| | 9.56m 9.53m 9.54m | | | | |
| 18. | Smith, Majesty | FR-1 | William Peace | 9.50m | 31' 2" |
| | 9.36m 9.27m 9.50m | | | | |
| 19. | Brown, Tylena | SR-4 | Meredith | 9.46m | 31' 0.5" |
| | 9.34m FOUL 9.46m | | | | |
| 20. | Diallo, Mariama | JR-3 | Virginia Wesleyan | 9.40m | 30' 10.25" |
| | 8.26m 8.67m 9.40m | | | | |
| 21. | Thomas, Aaliyah | SR-4 | Pfeiffer | 9.18m | 30' 1.5" |
| | 9.04m 9.18m FOUL | | | | |
| 22. | Riggs, Ella | Freshman | Unattached | 8.79m | 28' 10.25" |
| | 8.79m 8.76m 8.26m | | | | |
| 23. | Barbee, Kate | SR-4 | Columbia Int'l | 8.67m | 28' 5.5" |
| | 8.67m 7.86m 7.51m | | | | |
| 24. | Ford, Tonishea | SR-4 | Pfeiffer | 8.48m | 27' 10" |
| | 8.19m 8.47m 8.48m | | | | |
| 25. | Simon, Skylar | JR-3 | Brenau | 8.39m | 27' 6.5" |
| | 8.39m 8.36m 8.04m | | | | |
| 26. | Roper, Zykharria | SR-4 | Johnson C. Smith | 8.29m | 27' 2.5" |
| | 7.88m 8.29m 8.06m | | | | |
| 27. | Robinson , Dasani | FR-1 | Bowie State | 8.18m | 26' 10" |
| | 7.79m 8.18m FOUL | | | | |
| 28. | Grumbles, Lillian | FR-1 | Columbia Int'l | 7.39m | 24' 3" |
| | 7.39m 6.84m 6.36m | | | | |
| 29. | Branch, Katie | SO-2 | Belmont Abbey | 6.91m | 22' 8" |
| | 6.41m 6.48m 6.91m | | | | |
| 30. | Sparks, Hannah Grace | FR-1 | Columbia Int'l | 6.64m | 21' 9.5" |

| PL | NAME | YEAR | TEAM | MARK | CONV |
|-----|-------------------|------|----------|-------|--------|
| | 6.64m FOUL 6.22m | | | | |
| 31. | Black, Abby | JR-3 | Meredith | 6.55m | 21' 6" |
| | 5.63m 6.55m 5.96m | | | | |

Shot Put Finals Flight 1

| PL | NAME | YEAR | TEAM | MARK |
|-----|----------------------|------|-------------------|-------|
| 18. | Smith, Majesty | FR-1 | William Peace | 9.50m |
| 19. | Brown, Tylene | SR-4 | Meredith | 9.46m |
| 20. | Diallo, Mariama | JR-3 | Virginia Wesleyan | 9.40m |
| 23. | Barbee, Kate | SR-4 | Columbia Int'l | 8.67m |
| 24. | Ford, Tonishea | SR-4 | Pfeiffer | 8.48m |
| 27. | Robinson , Dasani | FR-1 | Bowie State | 8.18m |
| 28. | Grumbles, Lillian | FR-1 | Columbia Int'l | 7.39m |
| 29. | Branch, Katie | SO-2 | Belmont Abbey | 6.91m |
| 30. | Sparks, Hannah Grace | FR-1 | Columbia Int'l | 6.64m |
| 31. | Black, Abby | JR-3 | Meredith | 6.55m |

Shot Put Finals Flight 2




| PL | NAME | YEAR | TEAM | MARK |
|-----|--------------------------|----------|------------------|--|
| 8. | Morse, Katrina | SO-2 | Belmont Abbey | 11.00m  |
| 10. | Dawson, Darci | FR-1 | Columbia (S.C.) | 10.87m |
| 11. | Pickens, Kloey | FR-1 | Columbia Int'l | 10.78m  |
| 12. | Dempaire-Salomon, Sariah | SO-2 | Livingstone | 10.38m |
| 15. | Hunt, Acoya | FR-1 | Columbia Int'l | 10.08m |
| 16. | Jones, Crystal | SR-4 | Columbia Int'l | 9.58m |
| 17. | Davis, Alexa | FR-1 | Belmont Abbey | 9.56m |
| 21. | Thomas, Aaliyah | SR-4 | Pfeiffer | 9.18m |
| 22. | Riggs, Ella | Freshman | Unattached | 8.79m |
| 25. | Simon, Skylar | JR-3 | Brenau | 8.39m |
| 26. | Roper, Zykharria | SR-4 | Johnson C. Smith | 8.29m |



Shot Put Finals Flight 3

| PL | NAME | YEAR | TEAM | MARK |
|-----|-------------------|------|-----------------|--------|
| 1. | Gera, Isabella | FR-1 | Wake Forest | 14.49m |
| 2. | Dawson, Chanel | SR-4 | Wake Forest | 14.03m |
| 3. | Giles, Ashlyn | FR-1 | Wake Forest | 13.78m |
| 4. | Carlton, Lauryn | SO-2 | Elon | 13.16m |
| 5. | Bromell, Aleah | SR-4 | Columbia (S.C.) | 12.72m |
| 6. | McGoogan, Kaitlin | JR-3 | Elon | 11.78m |
| 7. | Travis, Summer | JR-3 | Cumberlands | 11.76m |
| 9. | Kendrick, Jailyn | JR-3 | Brenau | 10.96m |
| 13. | Sutton, Kaliya | SO-2 | Mount Olive | 10.20m |
| 14. | Carson, Zaida | JR-3 | Columbia (S.C.) | 10.17m |

Women's Weight Throw Finals

Top↑

| PL | NAME | YEAR | TEAM | MARK | CONV | |
|----|---------------------|--------|-----------------|--|------------|--------|
| 1. | McGoogan, Kaitlin | JR-3 | Elon | 18.14m | 59' 6.25" | |
| | 18.02m | 17.62m | FOUL | FOUL | 18.14m | 17.91m |
| 2. | Carlton, Lauryn | SO-2 | Elon | 16.62m | 54' 6.5" | |
| | 15.78m | 16.62m | 16.04m | FOUL | 16.41m | 16.43m |
| 3. | Andreassen, Katrina | SO-2 | Wake Forest | 15.85m | 52' 0" | |
| | FOUL | 15.74m | 15.62m | 15.85m | FOUL | 15.60m |
| 4. | Lockett, Candy | SR-4 | Mount Olive | 15.77m  | 51' 9" | |
| | 14.47m | 14.98m | 15.03m | FOUL | 15.77m | FOUL |
| 5. | Keck, Mary Brigid | SR-4 | Mount Olive | 15.64m  | 51' 3.75" | |
| | 14.78m | 14.48m | FOUL | FOUL | 15.64m | FOUL |
| 6. | Bromell, Aleah | SR-4 | Columbia (S.C.) | 15.10m | 49' 6.5" | |
| | 14.89m | 15.10m | FOUL | 14.59m | 14.14m | FOUL |
| 7. | Sutton, Kaliya | SO-2 | Mount Olive | 15.08m  | 49' 5.75" | |
| | 13.71m | 14.82m | FOUL | 14.04m | 15.08m | 14.80m |
| 8. | Strazdite, Kristine | JR-3 | Elon | 14.93m | 48' 11.75" | |
| | 14.93m | FOUL | 14.46m | FOUL | FOUL | FOUL |
| 9. | Travis, Summer | JR-3 | Cumberlands | 14.59m | 47' 10.5" | |

| PL | NAME | YEAR | TEAM | MARK | CONV |
|-----|------------------------------------|------|-------------------|--|------------|
| | 14.19m 14.59m 13.67m 13.96m 13.98m | | | FOUL | |
| 10. | Morse, Katrina | SO-2 | Belmont Abbey | 13.83m  | 45' 4.5" |
| | 13.83m 13.52m 12.14m | | | | |
| 11. | Kendrick, Jailyn | JR-3 | Brenau | 13.65m | 44' 9.5" |
| | 13.65m 13.42m 12.22m | | | | |
| 12. | Giles, Ashlyn | FR-1 | Wake Forest | 13.28m | 43' 7" |
| | 13.28m FOUL FOUL | | | | |
| 13. | Barbee, Kate | SR-4 | Columbia Int'l | 13.13m  | 43' 1" |
| | 11.82m 13.09m 13.13m | | | | |
| 14. | Carson, Zaida | JR-3 | Columbia (S.C.) | 13.12m | 43' 0.5" |
| | 11.42m 10.67m 13.12m | | | | |
| 15. | Coyne, Meghan | FR-1 | Elon | 12.63m | 41' 5.25" |
| | 12.31m 12.63m 12.10m | | | | |
| 16. | Jones, Elizabeth | FR-1 | Pfeiffer | 12.26m | 40' 2.75" |
| | 12.26m 12.12m FOUL | | | | |
| 17. | Thomas, Aaliyah | SR-4 | Pfeiffer | 12.08m | 39' 7.75" |
| | 11.23m 11.27m 12.08m | | | | |
| 18. | Ford, Tonishea | SR-4 | Pfeiffer | 11.99m | 39' 4" |
| | FOUL 11.99m FOUL | | | | |
| 19. | Pickens, Kloey | FR-1 | Columbia Int'l | 11.58m | 38' 0" |
| | 11.11m 11.58m FOUL | | | | |
| 20. | Hinton, Dazanni | SO-2 | Columbia Int'l | 10.73m | 35' 2.5" |
| | FOUL FOUL 10.73m | | | | |
| 21. | Banks, Kristen | JR-3 | Columbia (S.C.) | 10.45m | 34' 3.5" |
| | 10.45m 10.37m FOUL | | | | |
| 22. | Diallo, Mariama | JR-3 | Virginia Wesleyan | 10.34m | 33' 11.25" |
| | 10.34m FOUL 9.76m | | | | |
| 23. | Hunt, Acoya | FR-1 | Columbia Int'l | 8.80m | 28' 10.5" |
| | 8.80m 8.47m FOUL | | | | |



| PL | NAME | YEAR | TEAM | MARK | CONV |
|-----|----------------------|------|----------------|-------|-----------|
| 24. | Grumbles, Lillian | FR-1 | Columbia Int'l | 8.31m | 27' 3.25" |
| | 8.03m 8.31m FOUL | | | | |
| 25. | Pitt, Lauryn | FR-1 | Barton | 8.09m | 26' 6.5" |
| | FOUL 8.08m 8.09m | | | | |
| 26. | Sparks, Hannah Grace | FR-1 | Columbia Int'l | 7.41m | 24' 3.75" |
| | FOUL 7.41m FOUL | | | | |

Weight Throw Finals Flight 1

| PL | NAME | YEAR | TEAM | MARK |
|-----|----------------------|------|-------------------|--------|
| 14. | Carson, Zaida | JR-3 | Columbia (S.C.) | 13.12m |
| 15. | Coyne, Meghan | FR-1 | Elon | 12.63m |
| 16. | Jones, Elizabeth | FR-1 | Pfeiffer | 12.26m |
| 19. | Pickens, Kloey | FR-1 | Columbia Int'l | 11.58m |
| 20. | Hinton, Dazanni | SO-2 | Columbia Int'l | 10.73m |
| 21. | Banks, Kristen | JR-3 | Columbia (S.C.) | 10.45m |
| 22. | Diallo, Mariama | JR-3 | Virginia Wesleyan | 10.34m |
| 23. | Hunt, Acoya | FR-1 | Columbia Int'l | 8.80m |
| 24. | Grumbles, Lillian | FR-1 | Columbia Int'l | 8.31m |
| 25. | Pitt, Lauryn | FR-1 | Barton | 8.09m |
| 26. | Sparks, Hannah Grace | FR-1 | Columbia Int'l | 7.41m |

Weight Throw Finals Flight 2

| PL | NAME | YEAR | TEAM | MARK |
|----|---------------------|------|-----------------|--|
| 1. | McGoogan, Kaitlin | JR-3 | Elon | 18.14m |
| 2. | Carlton, Lauryn | SO-2 | Elon | 16.62m |
| 3. | Andreassen, Katrina | SO-2 | Wake Forest | 15.85m |
| 4. | Lockett, Candy | SR-4 | Mount Olive | 15.77m  |
| 5. | Keck, Mary Brigid | SR-4 | Mount Olive | 15.64m  |
| 6. | Bromell, Aleah | SR-4 | Columbia (S.C.) | 15.10m |
| 7. | Sutton, Kaliya | SO-2 | Mount Olive | 15.08m  |
| 8. | Strazdite, Kristine | JR-3 | Elon | 14.93m |
| 9. | Travis, Summer | ID-3 | Cumberland | 14.50m |

| PL | NAME | YEAR | TEAM | MARK |
|-----|------------------|------|----------------|--|
| 9. | Travis, Summer | JR-3 | Cumberland | 14.39m |
| 10. | Morse, Katrina | SO-2 | Belmont Abbey | 13.83m  |
| 11. | Kendrick, Jailyn | JR-3 | Brenau | 13.65m |
| 12. | Giles, Ashlyn | FR-1 | Wake Forest | 13.28m |
| 13. | Barbee, Kate | SR-4 | Columbia Int'l | 13.13m  |
| 17. | Thomas, Aaliyah | SR-4 | Pfeiffer | 12.08m |
| 18. | Ford, Tonishea | SR-4 | Pfeiffer | 11.99m |

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