

SOUTH ATLANTIC CONFERENCE INDOOR T&F CHAMPIONSHIPS

Winston-Salem, NC

JDL Fast Track

Weather: 68 degrees, no wind

Host: South Atlantic Conference

2/29/2020 - 3/1/2020

MEET OFFICIALS**Meet Director:**

Ali Bahr

Timing:

Rhodes Race Timing

**OFFICIAL MEET REPORT**

printed: 3/1/2020 2:38 PM

RESULTS**#5 Women's 60 Meters**

\$	JDL Fast Track	7.18	Barbara Pierre	Unattached	1/20/2013
!	College Facility	7.31	Kiara Grant	Norfolk State	2/16/2019
^^	South Atlantic Indoor	7.58	Nikia Squire	Queens (N.C.)	2018

Finals

PI	Name	Team	Time	Pts
1	Tillman, Jalesia	Lincoln Memorial	7.66	10
2	Lazare, Calene	Coker	7.67	8
3	Weatherly, Nyasia	Coker	7.72	6
4	Koehne, Jenny	Queens (NC)	7.74	5
5	Lowe, Amanda	Carson-Newman	7.84	4
6	Shealey, Jordan	Lenoir-Rhyne	7.87	3
7	Clerger, Christine	Lenoir-Rhyne	7.88	2
8	McNeill, Kierra	Catawba	7.89	1

Prelims

PI	Name	Team	Time	H(PI)
1	Koehne, Jenny	Queens (NC)	7.62Q	1(1)
2	Lazare, Calene	Coker	7.67Q	3(1)
3	Tillman, Jalesia	Lincoln Memorial	7.74Q	2(1)
4	McNeill, Kierra	Catawba	7.76q	1(2)
5	Weatherly, Nyasia	Coker	7.76q	3(2)
6	Lowe, Amanda	Carson-Newman	7.83q	2(2)
7	Shealey, Jordan	Lenoir-Rhyne	7.85q	3(3)
8	Clerger, Christine	Lenoir-Rhyne	7.88q	2(3)
9	Maxwell, Akeena	Catawba	7.91	1(3)
10	Davis, Tia	Carson-Newman	7.97	1(4)
11	Johnson, Emma	Newberry	7.99	2(4)
12	Hegarty, Abby	Carson-Newman	8.02	2(5)
13	Lottimore, Syriah	Coker	8.05	3(4)
14	Johnson, Charlotte	Newberry	8.05	2(6)
15	Butkovich, Brenna	Queens (NC)	8.05	2(7)
16	Variste, Elka	Newberry	8.10	1(5)
17	Carter, Kayneshia	Tusculum	8.14	3(5)
18	Mann, Iyana	Coker	8.24	1(6)
19	Bailey, Morgan	Carson-Newman	8.35	1(7)
20	English, Ayanna	Coker	8.38	3(6)
21	Griffin, Lainee	Carson-Newman	8.38	1(8)
22	Medlin, Emma	Mars Hill	9.07	3(7)
	Wagstaff, Zoe	Queens (NC)	DNS	2
	Barnett, Molly	Queens (NC)	DNS	3

SOUTH ATLANTIC CONFERENCE INDOOR T&F CHAMPIONSHIPS

Winston-Salem, NC

JDL Fast Track

Weather: 68 degrees, no wind

Host: South Atlantic Conference

2/29/2020 - 3/1/2020

MEET OFFICIALS

Meet Director:

Ali Bahr

Timing:

Rhodes Race Timing

**OFFICIAL MEET REPORT**

printed: 3/1/2020 2:38 PM

RESULTS**#11 Women's 200 Meters**

\$	JDL Fast Track	23.80	Danielle Williams	Johnson C. Smith	3/15/2014
!	College Facility	23.80	Danielle Williams	Johnson C Smith	3/15/2014
^^	South Atlantic Indoor	25.53	Justice Reeves	Wingate	2018

Finals

PI	Name	Team	Time	H(PI)	Pts
1	Koehne, Jenny	Queens (NC)	25.08	2(1)	10
2	Lazare, Calene	Coker	25.47	2(2)	8
3	Weatherly, Nyasia	Coker	25.49	1(1)	6
4	Hardwick, Saidah	Lenoir-Rhyne	25.77	1(2)	5
5	Hegarty, Abby	Carson-Newman	25.86	2(3)	4
6	Shealey, Jordan	Lenoir-Rhyne	25.86	1(3)	3
7	Covington, Jerrica	Lincoln Memorial	26.12	1(4)	2
8	Tillman, Jalesia	Lincoln Memorial	26.42	2(4)	1

Prelims

PI	Name	Team	Time	H(PI)
1	Koehne, Jenny	Queens (NC)	^^ 25.33q	7(1)
2	Lazare, Calene	Coker	^^ 25.48q	8(1)
3	Weatherly, Nyasia	Coker	25.80q	5(1)
4	Hardwick, Saidah	Lenoir-Rhyne	25.86q	6(1)
5	Hegarty, Abby	Carson-Newman	25.92q	2(1)
6	Shealey, Jordan	Lenoir-Rhyne	25.92q	4(1)
7	Tillman, Jalesia	Lincoln Memorial	26.04q	1(1)
8	Covington, Jerrica	Lincoln Memorial	26.12q	3(1)
9	Payne, Samantha	Catawba	26.19	8(2)
10	Watkins, Earthaiza	Tusculum	26.23	4(2)
11	Petit, Hachlaine	Tusculum	26.37	2(2)
12	Maxwell, Akeena	Catawba	26.52	6(2)
13	McMiller, Mye'Kelah	Tusculum	26.54	7(2)
14	Davis, Tia	Carson-Newman	26.54	6(3)
15	Carter, Kayneshia	Tusculum	26.63	3(2)
16	White, Trinity	Coker	26.74	1(2)
17	Lottimore, Syriah	Coker	26.82	1(3)
18	Welsing, Melanie	Queens (NC)	26.85	7(3)
19	Johnson, Charlotte	Newberry	26.93	5(2)
20	McNeill, Kierra	Catawba	27.00	3(3)
21	Johnson, Emma	Newberry	27.02	5(3)
22	Adderley, Aliyah	Tusculum	27.23	8(3)
23	Jones, Mya	Lenoir-Rhyne	27.60	7(4)
24	Lowe, Amanda	Carson-Newman	27.63	2(3)
25	Bailey, Morgan	Carson-Newman	28.02	5(4)
26	English, Ayanna	Coker	28.18	8(4)
27	Variste, Elka	Newberry	28.24	6(4)
28	Butkovich, Brenna	Queens (NC)	28.64	2(4)
29	Da'lesio, Danielle	Carson-Newman	29.82	4(3)
	Mcfarlane, Laquisha	Queens (NC)	DQ	3
	Barnett, Molly	Queens (NC)	DNS	1

SOUTH ATLANTIC CONFERENCE INDOOR T&F CHAMPIONSHIPS

Winston-Salem, NC

JDL Fast Track

Weather: 68 degrees, no wind

Host: South Atlantic Conference

2/29/2020 - 3/1/2020

MEET OFFICIALS

Meet Director:

Ali Bahr

Timing:

Rhodes Race Timing

**OFFICIAL MEET REPORT**

printed: 3/1/2020 2:38 PM

RESULTS**#11 Women's 200 Meters (cont'd)****Prelims**

PI Name	Team	Time	H(PI)
Johnston, D'Arion	Newberry	DNS	4

#3 Women's 400 Meters

\$	JDL Fast Track	52.96	Kayla Davis	Unattached	1/26/2019
!	College Facility	53.90	Kayon Robinson	Adams State	3/15/2014
^^	South Atlantic Indoor	57.88	Saidah Hardwick	Lenoir-Rhyne	2019

Finals

PI Name	Team	Time	H(PI)	Pts
1 Petit, Hachlaine	Tusculum	57.56	2(1)	10
2 Payne, Samantha	Catawba	57.68	2(2)	8
3 Hardwick, Saidah	Lenoir-Rhyne	58.04	1(1)	6
4 McMiller, Mye'Kelah	Tusculum	58.90	1(2)	5
5 Joseph, Tiyera	Wingate	59.28	1(3)	4
6 Stubbs, Kenisha	Tusculum	59.42	1(4)	3
7 Bailey, Tyauna	Wingate	59.76	2(3)	2
8 Watkins, Earthaiza	Tusculum	59.92	2(4)	1

Prelims

PI Name	Team	Time	H(PI)
1 Payne, Samantha	Catawba	58.27q	5(1)
2 Petit, Hachlaine	Tusculum	58.48q	7(1)
3 Stubbs, Kenisha	Tusculum	58.80q	1(1)
4 Hardwick, Saidah	Lenoir-Rhyne	58.82q	6(1)
5 Watkins, Earthaiza	Tusculum	59.72q	4(1)
6 McMiller, Mye'Kelah	Tusculum	59.88q	3(1)
7 Bailey, Tyauna	Wingate	1:00.11q	7(2)
8 Joseph, Tiyera	Wingate	1:00.31q	2(1)
9 Gutierrez, Gianna	Catawba	1:00.40	6(2)
10 Griffith, Kesia	Tusculum	1:00.75	2(2)
11 Crawford, Jordan	Lincoln Memorial	1:01.10	3(2)
12 Nelms, Faith	Carson-Newman	1:01.42	5(2)
13 Payne, Skylar	Catawba	1:01.44	2(3)
14 Mathis, Grace	Lincoln Memorial	1:01.75	5(3)
15 Martin, Tahleebah	Newberry	1:03.24	4(2)
16 Gibbs, Destiny	Lincoln Memorial	1:03.43	3(3)
17 Talbut-Smith, Holly	Carson-Newman	1:03.46	6(3)
18 Jones, Kierra	Catawba	1:04.00	6(4)
19 Meadows, Taylor	Lenoir-Rhyne	1:04.24	7(3)
20 Da'lesio, Danielle	Carson-Newman	1:07.88	1(2)
21 Johnson, Lydia	Anderson (SC)	1:08.66	5(4)
White, Trinity	Coker	DQ	1
Poole, Tyra	Lenoir-Rhyne	DNS	4
Growe, Olivia	Anderson (SC)	DNS	4
Emmerson, Siarra	Catawba	DNS	7

SOUTH ATLANTIC CONFERENCE INDOOR T&F CHAMPIONSHIPS

Winston-Salem, NC

JDL Fast Track

Weather: 68 degrees, no wind

Host: South Atlantic Conference

2/29/2020 - 3/1/2020

MEET OFFICIALS

Meet Director:

Ali Bahr

Timing:

Rhodes Race Timing

**OFFICIAL MEET REPORT**

printed: 3/1/2020 2:38 PM

RESULTS**#7 Women's 800 Meters**

\$	JDL Fast Track	1:59.26	Ajee' Wilson	Adidas	2/2/2019
!	College Facility	2:03.31	Hanna Green	Virginia Tech	2/4/2017
^^	South Atlantic Indoor	2:16.99	Paiton Fair	Lenoir-Rhyne	2019

Finals

PI	Name	Team	Time	Pts
1	Chellah, Maria	Lincoln Memorial	2:23.64	10
2	Kasitz, Gillian	Queens (NC)	2:23.73	8
3	Quartararo, Brianna	Anderson (SC)	2:23.77	6
4	Naude, Klara	Carson-Newman	2:24.10	5
5	Lawrence, Stevie	Queens (NC)	2:24.14	4
6	Webster, Madison	Queens (NC)	2:25.40	3
7	Arellano, Allyson	Queens (NC)	2:26.77	2
8	Rish, Olivia	Anderson (SC)	2:28.17	1

Prelims

PI	Name	Team	Time	H(PI)
1	Webster, Madison	Queens (NC)	2:22.04q	1(1)
2	Rish, Olivia	Anderson (SC)	2:23.42q	2(1)
3	Quartararo, Brianna	Anderson (SC)	2:23.47q	2(2)
4	Lawrence, Stevie	Queens (NC)	2:23.74q	3(1)
5	Arellano, Allyson	Queens (NC)	2:23.76q	1(2)
6	Naude, Klara	Carson-Newman	2:23.78q	2(3)
7	Kasitz, Gillian	Queens (NC)	2:24.05q	3(2)
8	Chellah, Maria	Lincoln Memorial	2:24.47q	3(3)
9	Bjerkness, Adie	Lenoir-Rhyne	2:24.51	1(3)
10	Beckett, Gabrielle	Tusculum	2:24.60	1(4)
11	Ward, Makayla	Catawba	2:25.16	3(4)
12	Ward, Rebecca	Anderson (SC)	2:25.18	1(5)
13	Bladen, Autumn	Anderson (SC)	2:25.83	2(4)
14	Ingram, Destiny	Coker	2:25.97	2(5)
15	Prestoey, Katinka	Queens (NC)	2:27.94	2(6)
16	Payne, Skylar	Catawba	2:31.46	2(7)
17	Stoddard, Aubrey	Anderson (SC)	2:31.89	3(5)
18	Flinch, Tashayna	Newberry	2:36.33	1(6)
19	Britt, Sydney	Mars Hill	2:36.81	3(6)
20	Fox, Rebecca	Lenoir-Rhyne	2:38.42	3(7)
21	Brown, Alexis	Carson-Newman	2:39.08	2(8)
22	Smith, Kenia	Newberry	2:41.27	3(8)
23	Dantzler, Kensley	Newberry	2:43.50	2(9)
24	Bowery, Brittany	Tusculum	2:47.49	1(7)
25	Efird, Hannah	Catawba	2:49.68	3(9)
26	Kirkley, Mandy	Newberry	2:53.59	1(8)

SOUTH ATLANTIC CONFERENCE INDOOR T&F CHAMPIONSHIPS

Winston-Salem, NC

JDL Fast Track

Weather: 68 degrees, no wind

Host: South Atlantic Conference

2/29/2020 - 3/1/2020

MEET OFFICIALS

Meet Director:

Ali Bahr

Timing:

Rhodes Race Timing

**OFFICIAL MEET REPORT**

printed: 3/1/2020 2:38 PM

RESULTS**#1 Women's 1 Mile Run**

\$	JDL Fast Track	4:22.66	Shannon Rowbury	Nike Oregon Project	1/31/2015
!	College Facility	4:36.10	Grace Barnett	Clemson	2/18/2017
^^	South Atlantic Indoor	5:06.43	Nicole McMillen	Tusculum	2019

Finals

PI	Name	Team	Time	Pts
1	Lawrence, Stevie	Queens (NC)	5:13.60	10
2	Webster, Madison	Queens (NC)	5:14.97	8
3	Arellano, Allyson	Queens (NC)	5:15.43	6
4	Rish, Olivia	Anderson (SC)	5:16.50	5
5	Kasitz, Gillian	Queens (NC)	5:18.80	4
6	Brickley, Zoe	Wingate	5:19.00	3
7	Dahlberg, Kylie	Lenoir-Rhyne	5:23.56	2
8	Mense, Tatjana	Wingate	5:24.50	1
9	Lowery, Madison	Catawba	5:27.63	
10	Tumey, Lauryn	Wingate	5:41.05	

Prelims

PI	Name	Team	Time	H(PI)
1	Arellano, Allyson	Queens (NC)	5:18.00q	1(1)
2	Kasitz, Gillian	Queens (NC)	5:18.14q	1(2)
3	Webster, Madison	Queens (NC)	5:18.18q	1(3)
4	Lowery, Madison	Catawba	5:18.84q	1(4)
5	Dahlberg, Kylie	Lenoir-Rhyne	5:21.02q	2(1)
6	Tumey, Lauryn	Wingate	5:21.17q	2(2)
7	Brickley, Zoe	Wingate	5:21.58q	1(5)
8	Mense, Tatjana	Wingate	5:21.63q	2(3)
9	Lawrence, Stevie	Queens (NC)	5:21.73q	2(4)
10	Rish, Olivia	Anderson (SC)	5:21.77q	2(5)
11	Cruce, Jordan	Lenoir-Rhyne	5:28.08	2(6)
12	D'Amelio, Christina	Catawba	5:29.48	1(6)
13	Lindquist, Alaya	Newberry	5:32.24	1(7)
14	Surian, Catie	Wingate	5:37.74	1(8)
15	McManus, Pierson	Lenoir-Rhyne	5:48.59	2(7)
16	Britt, Sydney	Mars Hill	6:00.98	1(9)
17	Dela Cruz, Angie	Carson-Newman	6:04.40	2(8)
18	Efird, Hannah	Catawba	6:05.70	1(10)
19	Silvey, Scotlyn	Lenoir-Rhyne	6:10.53	2(9)
20	Ardis, Natalie	Anderson (SC)	6:17.72	2(10)
21	Fanning, Olivia	Carson-Newman	6:17.74	2(11)
22	Mercer, Mia	Catawba	6:45.04	1(11)
	Gambrell, Lydia	Anderson (SC)	DNS	1
	Horner, Kelsey	Anderson (SC)	DNS	2

SOUTH ATLANTIC CONFERENCE INDOOR T&F CHAMPIONSHIPS

Winston-Salem, NC

JDL Fast Track

Weather: 68 degrees, no wind

Host: South Atlantic Conference

2/29/2020 - 3/1/2020

MEET OFFICIALS

Meet Director:

Ali Bahr

Timing:

Rhodes Race Timing

**OFFICIAL MEET REPORT**

printed: 3/1/2020 2:38 PM

RESULTS**#17 Women's 3000 Meters**

\$	JDL Fast Track	8:51.49	Jenny Simpson	New Balance	2/8/2020
!	College Facility	9:01.26	Wesley Frazier	NC State	1/30/2016
^^	South Atlantic Indoor	9:56.64	Hannah Wolkenhaur	Queens (N.C.)	2018

Pl	Name	Team	Time	H(Pl)	Pts
1	McMillen, Nicole	Tusculum	10:06.24	2(1)	10
2	Althaus, Franziska	Wingate	10:12.52	2(2)	8
3	Love, Haylee	Queens (NC)	10:23.91	2(3)	6
4	Webster, Madison	Queens (NC)	10:31.34	2(4)	5
5	Kwambai, Janet	Lenoir-Rhyne	10:33.01	2(5)	4
6	Arellano, Allyson	Queens (NC)	10:34.82	2(6)	3
7	Lawrence, Stevie	Queens (NC)	10:35.13	2(7)	2
8	Beach, Hannah	Anderson (SC)	10:38.18	2(8)	1
9	Deruytter, Natane	Queens (NC)	10:38.59	2(9)	
10	Strayer, Rachel	Carson-Newman	10:39.40	2(10)	
11	Jeske, Abby	Wingate	10:41.42	2(11)	
12	Thomson, Ashleigh	Wingate	10:45.94	1(1)	
13	Ward, Rebecca	Anderson (SC)	10:52.37	1(2)	
14	D'Amelio, Christina	Catawba	10:53.41	1(3)	
15	Lowery, Madison	Catawba	10:54.89	2(12)	
16	Mense, Tatjana	Wingate	10:57.12	2(13)	
17	Hulse, Emmaline	Tusculum	10:59.35	1(4)	
18	Hilliard, Caroline	Lenoir-Rhyne	11:00.06	2(14)	
19	Dahlberg, Kylie	Lenoir-Rhyne	11:02.04	2(15)	
20	Faller, Faith	Lenoir-Rhyne	11:03.93	1(5)	
21	Lindquist, Alaya	Newberry	11:17.64	1(6)	
22	Tumey, Lauryn	Wingate	11:19.72	2(16)	
23	Hunt, Patience	Catawba	11:43.45	1(7)	
24	Spence, Katharine	Coker	11:46.28	1(8)	
25	Strickland, Rachel	Mars Hill	11:48.37	1(9)	
26	Olson, Emily	Anderson (SC)	12:04.27	1(10)	
27	Bouwkamp, Anne	Newberry	12:12.00	1(11)	
28	Britt, Sydney	Mars Hill	12:22.09	1(12)	
29	Van Etten, Megan	Mars Hill	12:39.30	1(13)	
30	Jamerson, Alyssa	Mars Hill	12:40.15	1(14)	

#13 Women's 5000 Meters

\$	JDL Fast Track	15:41.63	Elly Henes	NC State	12/3/2018
!	College Facility	15:41.63	Elly Henes	NC State	12/3/2018
^^	South Atlantic Indoor	17:18.67	Hannah Wolkenhaur	Queens (N.C.)	2018

Pl	Name	Team	Time	Pts
1	McMillen, Nicole	Tusculum	17:36.92	10
2	Althaus, Franziska	Wingate	17:48.40	8
3	Strayer, Rachel	Carson-Newman	17:55.92	6
4	Kwambai, Janet	Lenoir-Rhyne	18:14.46	5
5	Deruytter, Natane	Queens (NC)	18:20.77	4
6	Hilliard, Caroline	Lenoir-Rhyne	18:25.58	3
7	Beach, Hannah	Anderson (SC)	18:30.20	2

SOUTH ATLANTIC CONFERENCE INDOOR T&F CHAMPIONSHIPS

Winston-Salem, NC

JDL Fast Track

Weather: 68 degrees, no wind

Host: South Atlantic Conference

2/29/2020 - 3/1/2020

MEET OFFICIALS

Meet Director:

Ali Bahr

Timing:

Rhodes Race Timing

**OFFICIAL MEET REPORT**

printed: 3/1/2020 2:38 PM

RESULTS**#13 Women's 5000 Meters (cont'd)**

PI	Name	Team	Time	Pts
8	Jeske, Abby	Wingate	18:37.42	1
9	Thomson, Ashleigh	Wingate	18:44.89	
10	Bash, Natalie	Queens (NC)	18:56.55	
11	Faller, Faith	Lenoir-Rhyne	19:16.34	
12	Diaz, Julie	Wingate	19:33.28	
13	Fearn, Jessica	Wingate	19:39.43	
14	D'Amelio, Christina	Catawba	20:07.77	
15	Zeman, Brooke	Lenoir-Rhyne	20:28.35	
16	Olson, Emily	Anderson (SC)	20:55.44	
17	Grantz, Jordan	Queens (NC)	21:04.62	
18	Bouwkamp, Anne	Newberry	21:59.39	

#9 Women's 60m Hurdles

\$	JDL Fast Track	7.95	Brianna Rollins	Nike	1/30/2016
\$	JDL Fast Track	7.95	Sharika Nelvis	adidas	1/31/2015
!	College Facility	8.12	Danielle Williams	Johnson C Smith	3/15/2014
^^	South Atlantic Indoor	8.80	Kaylah Ruff	Coker	2019

Finals

PI	Name	Team	Time	Pts
1	Koehne, Jenny	Queens (NC)	8.69	10
2	Welsing, Melanie	Queens (NC)	8.84	8
3	Ulseth, Elise	Queens (NC)	8.90	6
4	Newkirk, Essence	Lenoir-Rhyne	9.08	5
5	Watkins, Savannah	Lenoir-Rhyne	9.25	4
6	Johnson, Emma	Newberry	9.38	3
7	Stubbs, Kenisha	Tusculum	9.38	2
8	Venancio, Leticia	Lenoir-Rhyne	9.47	1

Prelims

PI	Name	Team	Time	H(PI)
1	Koehne, Jenny	Queens (NC)	^^ 8.71q	2(1)
2	Welsing, Melanie	Queens (NC)	9.00q	2(2)
3	Newkirk, Essence	Lenoir-Rhyne	9.04q	2(3)
4	Ulseth, Elise	Queens (NC)	9.05q	1(1)
5	Stubbs, Kenisha	Tusculum	9.16q	1(2)
6	Watkins, Savannah	Lenoir-Rhyne	9.27q	2(4)
7	Johnson, Emma	Newberry	9.30q	1(3)
8	Venancio, Leticia	Lenoir-Rhyne	9.44q	1(4)
9	Harrison, Jada	Lenoir-Rhyne	9.48	1(5)
10	Dunlap, Jasmine	Wingate	9.56	1(6)
11	Lee, Cerys	Queens (NC)	9.57	2(5)
12	Oats, Brianna	Tusculum	9.60	2(6)
13	Rice, Asante	Coker	9.67	2(7)
14	Bailey, Morgan	Carson-Newman	10.20	1(7)
	Barnett, Molly	Queens (NC)	DNS	1

SOUTH ATLANTIC CONFERENCE INDOOR T&F CHAMPIONSHIPS

Winston-Salem, NC

JDL Fast Track

Weather: 68 degrees, no wind

Host: South Atlantic Conference

2/29/2020 - 3/1/2020

MEET OFFICIALS

Meet Director:

Ali Bahr

Timing:

Rhodes Race Timing

**OFFICIAL MEET REPORT**

printed: 3/1/2020 2:38 PM

RESULTS**#19 Women's 4 x 400m Relay**

\$	JDL Fast Track	3:41.61	Cox, Brown, Dorr, Haye-Smith	GW Express/Nike	1/30/2016
!	College Facility	3:43.33	Elliott, Julius-Williams, Campbell,	Johnson C Smith	3/15/2014
^^	South Atlantic Indoor	3:55.23	Fair, Poole, Meadows, Hardwick	Lenoir-Rhyne	2019

PI	Team	Time	H(PI)	Pts
1	Tusculum (A)	^^ 3:54.33	2(1)	10
2	Catawba (A)	4:01.21	1(1)	8
3	Wingate (A)	4:01.63	2(2)	6
4	Lenoir-Rhyne (A)	4:02.44	2(3)	5
5	Carson-Newman (A)	4:03.54	1(2)	4
6	Coker (A)	4:08.78	1(3)	3
7	Anderson (SC) (A)	4:11.28	1(4)	2
8	Newberry (A)	4:30.95	1(5)	1
	Lincoln Memorial (A)	DQ	2	
	Queens (NC) (A)	DNS	2	

#15 Women's 4000m DMR

\$	JDL Fast Track	11:04.23	Gregory, Burks Magee, Byrnes, Werner	Arkansas	2/15/2019
!	College Facility	11:04.23	Gregory, Burks Magee, Byrnes, Werner	Arkansas	2/15/2019
^^	South Atlantic Indoor	12:56.63	Fair, Meadows, Bjerkness, Dahlberg	Lenoir-Rhyne	2019

PI	Team	Time	Pts
1	Tusculum (A)	^^ 12:43.08	10
2	Lenoir-Rhyne (A)	^^ 12:48.36	8
3	Anderson (SC) (A)	^^ 12:48.99	6
4	Catawba (A)	^^ 12:49.12	5
5	Queens (NC) (A)	^^ 12:55.62	4
6	Carson-Newman (A)	13:09.90	3
7	Wingate (A)	13:35.37	2
8	Lincoln Memorial (A)	13:43.43	1
9	Coker (A)	14:01.38	
	Newberry (A)	DNS	

#22 Women's High Jump

\$	JDL Fast Track	1.92m	Erika Kinsey	Puma	2/7/2020
!	College Facility	1.88m	Barbara Szabo	Western State	3/15/2015
^^	South Atlantic Indoor	1.71m	Vanisha Wilshire	Wingate	2018

PI	Name	Team	Mark	Pts
1	Koehne, Jenny	Queens (NC)	1.69m 5' 6 ¹ / ₂	10
2	Walliker, Lucy	Queens (NC)	1.69m 5' 6 ¹ / ₂	8
3	Schumacher, Nathalie	Carson-Newman	1.66m 5' 5 ¹ / ₄	6
4	Ulseth, Elise	Queens (NC)	1.61m 5' 3 ¹ / ₄	5
5	Gayton, Destiny	Lenoir-Rhyne	1.56m 5' 1 ¹ / ₄	4
6	Moorhouse, Hannah	Carson-Newman	1.56m 5' 1 ¹ / ₄	3
7	Conner, Kennedy	Lenoir-Rhyne	1.56m 5' 1 ¹ / ₄	2
8	Welsing, Melanie	Queens (NC)	1.51m 4' 11 ¹ / ₂	0.5
8	Bowman, Maigan	Lenoir-Rhyne	1.51m 4' 11 ¹ / ₂	0.5
10	Jordan, Olivia	Coker	1.51m 4' 11 ¹ / ₂	

SOUTH ATLANTIC CONFERENCE INDOOR T&F CHAMPIONSHIPS

Winston-Salem, NC

JDL Fast Track

Weather: 68 degrees, no wind

Host: South Atlantic Conference

2/29/2020 - 3/1/2020

MEET OFFICIALS

Meet Director:

Ali Bahr

Timing:

Rhodes Race Timing

**OFFICIAL MEET REPORT**

printed: 3/1/2020 2:38 PM

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

Pl	Name	Team	Mark	Pts
11	Peck, Kylee	Mars Hill	1.51m 4' 11 ¹ / ₂ "	
12	Noe, Tiffany	Carson-Newman	1.46m 4' 9 ¹ / ₂ "	
13	Wilson, Destini	Tusculum	1.46m 4' 9 ¹ / ₂ "	
14	Watkins, Savannah	Lenoir-Rhyne	1.41m 4' 7 ¹ / ₂ "	
	Price, Shacoya	Queens (NC)	NH	
	Grealis, Annelle	Lenoir-Rhyne	NH	

#24 Women's Pole Vault

\$	JDL Fast Track	4.61m	Katie Nageotte	Unattached	1/30/2016
!	College Facility	4.40m	Megan Clark	Duke	1/29/2016
^^	South Atlantic Indoor	3.72m	Tori Gaul	Carson-Newman	2018

Pl	Name	Team	Mark	Pts
1	Owens, Abby	Carson-Newman	3.25m 10' 8"	10
2	Triplett, Lacey	Lenoir-Rhyne	3.10m 10' 2"	8
3	Baker, Marlee	Carson-Newman	2.95m 9' 8"	6
4	Capps, Heather	Lenoir-Rhyne	2.65m 8' 8 ¹ / ₄ "	5
5	Johnson, Victoria	Lenoir-Rhyne	2.65m 8' 8 ¹ / ₄ "	4
6	DeAugustino, Emily	Queens (NC)	2.50m 8' 2 ¹ / ₂ "	3
7	Jordan, Olivia	Coker	2.50m 8' 2 ¹ / ₂ "	2
	Zadroga, Amy	Carson-Newman	NH	
	Conner, Kennedy	Lenoir-Rhyne	NH	

#26 Women's Long Jump

\$	JDL Fast Track	6.40m	Aliyah Whisby	Unattached	2/22/2020
!	College Facility	6.25m	Monae Nichols	Bethune-Cookman	2/11/2020
^^	South Atlantic Indoor	5.82m	Nikia Squire	Queens (N.C.)	2018

Pl	Name	Team	Mark	F(Pl)	Pts
1	Koehne, Jenny	Queens (NC)	^^ 5.97m 19' 7"	2(1)	10
2	White, MeKayla	Catawba	^^ 5.95m 19' 6 ¹ / ₄ "	2(2)	8
3	Ulseth, Elise	Queens (NC)	5.75m 18' 10 ¹ / ₂ "	2(3)	6
4	Price, Shacoya	Queens (NC)	5.39m 17' 8 ¹ / ₄ "	2(4)	5
5	Watkins, Savannah	Lenoir-Rhyne	5.35m 17' 6 ³ / ₄ "	2(5)	4
6	Lewis, Kayonna	Lenoir-Rhyne	5.30m 17' 4 ³ / ₄ "	2(6)	3
7	Variste, Elka	Newberry	5.08m 16' 8"	2(7)	2
8	Mann, Iyana	Coker	5.07m 16' 7 ³ / ₄ "	1(1)	1
9	Lottimore, Syriah	Coker	5.07m 16' 7 ³ / ₄ "	1(1)	
10	Reynolds, Shelby	Carson-Newman	5.01m 16' 5 ¹ / ₄ "	2(8)	
11	Nelson, Susan	Carson-Newman	4.94m 16' 2 ¹ / ₂ "	2(9)	
12	Portis, Nia	Wingate	4.82m 15' 9 ³ / ₄ "	1(3)	
13	Noe, Tiffany	Carson-Newman	4.78m 15' 8 ¹ / ₄ "	1(4)	
14	Gayton, Destiny	Lenoir-Rhyne	4.67m 15' 4"	1(5)	
15	Johnston, D'Arion	Newberry	4.63m 15' 2 ¹ / ₄ "	2(10)	
16	Conner, Kennedy	Lenoir-Rhyne	4.59m 15' 0 ³ / ₄ "	1(6)	
17	Lazare, Calene	Coker	4.59m 15' 0 ³ / ₄ "	1(6)	
18	Jones, Kierra	Catawba	4.57m 15' 0"	1(8)	
19	Cain, Gabrielle	Lenoir-Rhyne	4.01m 13' 2"	1(9)	

SOUTH ATLANTIC CONFERENCE INDOOR T&F CHAMPIONSHIPS

Winston-Salem, NC

JDL Fast Track

Weather: 68 degrees, no wind

Host: South Atlantic Conference

2/29/2020 - 3/1/2020

MEET OFFICIALS

Meet Director:

Ali Bahr

Timing:

Rhodes Race Timing

**OFFICIAL MEET REPORT**

printed: 3/1/2020 2:38 PM

RESULTS**#26 Women's Long Jump (cont'd)**

Pl	Name	Team	Mark	F(Pl)	Pts
20	Weatherly, Nyasia	Coker	3.88m 12' 8 ³ / ₄	1(10)	

#28 Women's Triple Jump

\$	JDL Fast Track	13.08m	Imani Oliver	Unattached	2/2/2019
!	College Facility	13.01m	Kearah Danville	Angelo State	3/15/2014
^^	South Atlantic Indoor	12.02m	Vanisha Wilshire	Wingate	2019

Pl	Name	Team	Mark	Pts
1	Stevens, Shaniqua	Mars Hill	11.92m 39' 1 ¹ / ₄	10
2	Ulseth, Elise	Queens (NC)	11.65m 38' 2 ³ / ₄	8
3	Salyers, Morgan	Lincoln Memorial	11.32m 37' 1 ³ / ₄	6
4	Lewis, Kayonna	Lenoir-Rhyne	11.19m 36' 8 ¹ / ₂	5
5	White, MeKayla	Catawba	11.17m 36' 7 ³ / ₄	4
6	Portis, Nia	Wingate	10.62m 34' 10 ¹ / ₄	3
7	Price, Shacoya	Queens (NC)	10.60m 34' 9 ¹ / ₂	2
8	Gayton, Destiny	Lenoir-Rhyne	10.47m 34' 4 ¹ / ₄	1
9	Conner, Kennedy	Lenoir-Rhyne	10.34m 33' 11 ¹ / ₄	
10	Bowman, Maigan	Lenoir-Rhyne	9.83m 32' 3"	
11	Cain, Gabrielle	Lenoir-Rhyne	9.33m 30' 7 ¹ / ₂	
	Tomkoski, Abby	Carson-Newman	NM	
	Johnston, D'Arion	Newberry	DNS	

#30 Women's Shot Put

\$	JDL Fast Track	17.84m	Raven Saunders	Nike	2/8/2020
!	College Facility	16.29m	Portious Warren	Central Arizona	3/5/2016
^^	South Atlantic Indoor	13.54m	Gabby Schultz	Queens (N.C.)	2019

Pl	Name	Team	Mark	F(Pl)	Pts
1	Drayton, Autumn	Lenoir-Rhyne	13.47m 44' 2 ¹ / ₂	3(1)	10
2	Holloway, Tiffany	Mars Hill	13.23m 43' 5"	3(2)	8
3	Crawford, Danielle	Wingate	12.95m 42' 6"	3(3)	6
4	Carmichael, To'mara	Queens (NC)	12.69m 41' 7 ³ / ₄	3(4)	5
5	Appleby, Regan	Anderson (SC)	12.61m 41' 4 ¹ / ₂	3(5)	4
6	Farmer, Alyssa	Tusculum	12.17m 39' 11 ¹ / ₄	3(6)	3
7	Gardin, Taylor	Lenoir-Rhyne	12.06m 39' 7"	3(7)	2
8	Jackson, Olivia	Lenoir-Rhyne	11.60m 38' 0 ³ / ₄	3(8)	1
9	Platt, Carly	Wingate	11.56m 37' 11 ¹ / ₄	3(9)	
10	Swepson, Candace	Catawba	11.36m 37' 3 ¹ / ₄	3(10)	
11	Hopkins, Avianna	Queens (NC)	11.19m 36' 8 ¹ / ₂	2(1)	
12	Landry, Katie	Anderson (SC)	10.86m 35' 7 ³ / ₄	2(2)	
13	Dubiel, Alexis	Queens (NC)	10.80m 35' 5 ¹ / ₄	1(1)	
14	Brown, Emerson	Lenoir-Rhyne	10.59m 34' 9"	2(3)	
15	Duke, Iris	Newberry	10.42m 34' 2 ¹ / ₄	2(4)	
16	Stevens, Mya	Newberry	10.35m 33' 11 ¹ / ₂	1(2)	
17	Taylor, Tiffany	Coker	10.34m 33' 11 ¹ / ₄	3(11)	
18	Smith, Lauren	Lincoln Memorial	10.27m 33' 8 ¹ / ₂	2(5)	
19	Long, Tatyana	Catawba	10.11m 33' 2"	2(6)	
20	Stewart, Tynaja	Tusculum	10.07m 33' 0 ¹ / ₂	2(7)	

SOUTH ATLANTIC CONFERENCE INDOOR T&F CHAMPIONSHIPS

Winston-Salem, NC

JDL Fast Track

Weather: 68 degrees, no wind

Host: South Atlantic Conference

2/29/2020 - 3/1/2020

MEET OFFICIALS

Meet Director:

Ali Bahr

Timing:

Rhodes Race Timing

**OFFICIAL MEET REPORT**

printed: 3/1/2020 2:38 PM

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

Pl	Name	Team	Mark	F(Pl)	Pts
21	Mueller, Heidi	Catawba	10.05m 32' 11 ³ / ₄	1(3)	
22	St. John, Sierra	Coker	9.99m 32' 9 ¹ / ₂	2(8)	
23	Abbott, Ashton	Carson-Newman	9.86m 32' 4 ¹ / ₄	2(9)	
24	Barkins, Cattera	Coker	9.19m 30' 2"	2(10)	
25	Kraft, Emily	Mars Hill	9.18m 30' 1 ¹ / ₂	1(4)	
26	Long, Faith	Carson-Newman	8.87m 29' 1 ¹ / ₄	1(5)	
27	Smith, Avonlea	Anderson (SC)	8.22m 26' 11 ³ / ₄	1(6)	
28	Clark, DeAnna	Mars Hill	8.14m 26' 8 ¹ / ₂	1(7)	
29	Barnes, Alexa	Queens (NC)	7.70m 25' 3 ¹ / ₄	1(8)	
30	Cain, Aubree	Lenoir-Rhyne	7.67m 25' 2"	1(9)	
31	Medlin, Emma	Mars Hill	7.61m 24' 11 ³ / ₄	1(10)	
32	Hickey, Rachel	Carson-Newman	7.58m 24' 10 ¹ / ₂	1(11)	
	Love, Emma	Queens (NC)	NM	2	

#32 Women's Weight Throw

\$	JDL Fast Track	23.58m	Amber Campbell	Unattached	1/29/2016
!	College Facility	21.18m	Marthaline Cooper	Winthrop	2/26/2017
^^	South Atlantic Indoor	17.30m	Hannah Hinson	Wingate	2019

Pl	Name	Team	Mark	F(Pl)	Pts
1	Carmichael, To'mara	Queens (NC)	^^ 17.71m 58' 1 ¹ / ₄	2(1)	10
2	Drayton, Autumn	Lenoir-Rhyne	16.65m 54' 7 ¹ / ₂	2(2)	8
3	Swepson, Candace	Catawba	15.59m 51' 1 ³ / ₄	2(3)	6
4	Platt, Carly	Wingate	15.35m 50' 4 ¹ / ₂	2(4)	5
5	Hopkins, Avianna	Queens (NC)	14.90m 48' 10 ³ / ₄	2(5)	4
6	Gardin, Taylor	Lenoir-Rhyne	14.78m 48' 6"	2(6)	3
7	Duke, Iris	Newberry	14.12m 46' 4"	2(7)	2
8	Love, Emma	Queens (NC)	14.07m 46' 2"	2(8)	1
9	Lowe, Jocelyn	Lenoir-Rhyne	13.84m 45' 5"	2(9)	
10	Dubiel, Alexis	Queens (NC)	13.76m 45' 1 ³ / ₄	2(10)	
11	Crawford, Danielle	Wingate	13.16m 43' 2 ¹ / ₄	1(1)	
12	Fenton, Tia	Newberry	12.62m 41' 5"	1(2)	
13	Appleby, Regan	Anderson (SC)	12.41m 40' 8 ³ / ₄	1(3)	
14	Farmer, Alyssa	Tusculum	12.23m 40' 1 ¹ / ₂	2(11)	
15	Abbott, Ashton	Carson-Newman	12.14m 39' 10"	1(4)	
16	Ortiz, Danielle	Catawba	12.12m 39' 9 ¹ / ₄	2(12)	
17	Brown, Emerson	Lenoir-Rhyne	11.89m 39' 0 ¹ / ₄	1(5)	
18	Jackson, Olivia	Lenoir-Rhyne	11.89m 39' 0 ¹ / ₄	2(13)	
19	Long, Tatyana	Catawba	11.39m 37' 4 ¹ / ₂	1(6)	
20	Barkins, Cattera	Coker	11.36m 37' 3 ¹ / ₄	1(7)	
21	Smith, Lauren	Lincoln Memorial	10.74m 35' 3"	1(8)	
22	Long, Faith	Carson-Newman	10.64m 34' 11"	1(9)	
23	St. John, Sierra	Coker	9.79m 32' 1 ¹ / ₂	1(10)	
24	Youssif, Monica	Queens (NC)	9.39m 30' 9 ³ / ₄	1(11)	
25	Smith, Avonlea	Anderson (SC)	8.22m 26' 11 ³ / ₄	1(12)	

SOUTH ATLANTIC CONFERENCE INDOOR T&F CHAMPIONSHIPS

Winston-Salem, NC

JDL Fast Track

Weather: 68 degrees, no wind

Host: South Atlantic Conference

2/29/2020 - 3/1/2020

MEET OFFICIALS

Meet Director:

Ali Bahr

Timing:

Rhodes Race Timing



OFFICIAL MEET REPORT

printed: 3/1/2020 2:38 PM

RESULTS

#33 Women's Indoor Pentathlon

PI	Name	Points	60H	High Jump	Shot Put	Long Jump	800
1	Welsing, Melanie Queens (NC)	3352	8.87	1.60m 5' 3"	8.86m 29' 1"	5.29m 17' 4 ¹ / ₄	2:39.03
	Team Points: 10		937	736	455	640	584
2	Lee, Cerys Queens (NC)	3155	9.27	1.54m 5' 0 ¹ / ₂	10.18m 33' 4 ³ / ₄	5.12m 16' 9 ³ / ₄	2:46.40
	Team Points: 8		854	666	541	592	502
3	Pernell, Lauren Anderson (SC)	2973	9.53	1.42m 4' 7 ³ / ₄	9.57m 31' 4 ³ / ₄	4.78m 15' 8 ¹ / ₄	2:34.64
	Team Points: 6		802	534	501	500	636
4	Landry, Katie Anderson (SC)	2955	9.97	1.39m 4' 6 ³ / ₄	11.64m 38' 2 ¹ / ₄	4.67m 15' 4"	2:35.50
	Team Points: 5		718	502	637	472	626
5	Gayton, Destiny Lenoir-Rhyne	2939	9.83	1.63m 5' 4 ¹ / ₄	9.00m 29' 6 ¹ / ₂	4.87m 15' 11 ³ / ₄	2:52.67
	Team Points: 4		744	771	464	524	436
6	Venancio, Leticia Lenoir-Rhyne	2812	9.36	1.48m 4' 10 ¹ / ₄	7.73m 25' 4 ¹ / ₂	4.60m 15' 1 ¹ / ₄	2:42.86
	Team Points: 3		836	599	382	454	541
7	Wilson, Destini Tusculum	2685	10.60	1.57m 5' 1 ³ / ₄	8.66m 28' 5"	4.78m 15' 8 ¹ / ₄	2:52.50
	Team Points: 2		604	701	442	500	438
8	Taylor, Tiffany Coker	2216	10.76	1.36m 4' 5 ¹ / ₂	10.61m 34' 9 ³ / ₄	4.08m 13' 4 ³ / ₄	3:10.46
	Team Points: 1		577	470	569	326	274

#33-1 Women's Indoor Pentathlon 60m Hurdles

\$	JDL Fast Track	7.95	Brianna Rollins	Nike	1/30/2016
\$	JDL Fast Track	7.95	Sharika Nelvis	adidas	1/31/2015
!	College Facility	8.12	Danielle Williams	Johnson C Smith	3/15/2014
^^	South Atlantic Indoor	8.80	Kaylah Ruff	Coker	2019

PI	Name	Team	Time	H(PI)	Pts
1	Welsing, Melanie	Queens (NC)	8.87	2(1)	937
2	Lee, Cerys	Queens (NC)	9.27	1(1)	854
3	Venancio, Leticia	Lenoir-Rhyne	9.36	2(2)	836
4	Pernell, Lauren	Anderson (SC)	9.53	1(2)	802
5	Gayton, Destiny	Lenoir-Rhyne	9.83	1(3)	744
6	Landry, Katie	Anderson (SC)	9.97	1(4)	718
7	Wilson, Destini	Tusculum	10.60	2(3)	604
8	Taylor, Tiffany	Coker	10.76	2(4)	577

Women's Indoor Pentathlon After 1 Events

PI	Athlete	Team	Points
1	Welsing, Melanie	Queens (NC)	937
2	Lee, Cerys	Queens (NC)	854
3	Venancio, Leticia	Lenoir-Rhyne	836
4	Pernell, Lauren	Anderson (SC)	802

SOUTH ATLANTIC CONFERENCE INDOOR T&F CHAMPIONSHIPS

Winston-Salem, NC

JDL Fast Track

Weather: 68 degrees, no wind

Host: South Atlantic Conference

2/29/2020 - 3/1/2020

MEET OFFICIALS

Meet Director:

Ali Bahr

Timing:

Rhodes Race Timing

**OFFICIAL MEET REPORT**

printed: 3/1/2020 2:38 PM

RESULTS**Women's Indoor Pentathlon After 1 Events (cont'd)**

PI	Athlete	Team	Points
5	Gayton, Destiny	Lenoir-Rhyne	744
6	Landry, Katie	Anderson (SC)	718
7	Wilson, Destini	Tusculum	604
8	Taylor, Tiffany	Coker	577

#33-2 Women's Indoor Pentathlon High Jump

\$	JDL Fast Track	1.92m	Erika Kinsey	Puma	2/7/2020
!	College Facility	1.88m	Barbara Szabo	Western State	3/15/2015
^^	South Atlantic Indoor	1.71m	Vanisha Wilshire	Wingate	2018

PI	Name	Team	Mark	Pts
1	Gayton, Destiny	Lenoir-Rhyne	1.63m 5' 4 ¹ / ₄	771
2	Welsing, Melanie	Queens (NC)	1.60m 5' 3"	736
3	Wilson, Destini	Tusculum	1.57m 5' 1 ³ / ₄	701
4	Lee, Cerys	Queens (NC)	1.54m 5' 0 ¹ / ₂	666
5	Venancio, Leticia	Lenoir-Rhyne	1.48m 4' 10 ¹ / ₄	599
6	Pernell, Lauren	Anderson (SC)	1.42m 4' 7 ³ / ₄	534
7	Landry, Katie	Anderson (SC)	1.39m 4' 6 ³ / ₄	502
8	Taylor, Tiffany	Coker	1.36m 4' 5 ¹ / ₂	470

Women's Indoor Pentathlon After 2 Events

PI	Athlete	Team	Points
1	Welsing, Melanie	Queens (NC)	1673
2	Lee, Cerys	Queens (NC)	1520
3	Gayton, Destiny	Lenoir-Rhyne	1515
4	Venancio, Leticia	Lenoir-Rhyne	1435
5	Pernell, Lauren	Anderson (SC)	1336
6	Wilson, Destini	Tusculum	1305
7	Landry, Katie	Anderson (SC)	1220
8	Taylor, Tiffany	Coker	1047

#33-3 Women's Indoor Pentathlon Shot Put

\$	JDL Fast Track	17.84m	Raven Saunders	Nike	2/8/2020
!	College Facility	16.29m	Portious Warren	Central Arizona	3/5/2016
^^	South Atlantic Indoor	13.54m	Gabby Schultz	Queens (N.C.)	2019

PI	Name	Team	Mark	Pts
1	Landry, Katie	Anderson (SC)	11.64m 38' 2 ¹ / ₄	637
2	Taylor, Tiffany	Coker	10.61m 34' 9 ³ / ₄	569
3	Lee, Cerys	Queens (NC)	10.18m 33' 4 ³ / ₄	541
4	Pernell, Lauren	Anderson (SC)	9.57m 31' 4 ³ / ₄	501
5	Gayton, Destiny	Lenoir-Rhyne	9.00m 29' 6 ¹ / ₂	464
6	Welsing, Melanie	Queens (NC)	8.86m 29' 1"	455
7	Wilson, Destini	Tusculum	8.66m 28' 5"	442
8	Venancio, Leticia	Lenoir-Rhyne	7.73m 25' 4 ¹ / ₂	382

SOUTH ATLANTIC CONFERENCE INDOOR T&F CHAMPIONSHIPS

Winston-Salem, NC

JDL Fast Track

Weather: 68 degrees, no wind

Host: South Atlantic Conference

2/29/2020 - 3/1/2020

MEET OFFICIALS

Meet Director:

Ali Bahr

Timing:

Rhodes Race Timing

**OFFICIAL MEET REPORT**

printed: 3/1/2020 2:38 PM

RESULTS**Women's Indoor Pentathlon After 3 Events**

PI	Athlete	Team	Points
1	Welsing, Melanie	Queens (NC)	2128
2	Lee, Cerys	Queens (NC)	2061
3	Gayton, Destiny	Lenoir-Rhyne	1979
4	Landry, Katie	Anderson (SC)	1857
5	Pernell, Lauren	Anderson (SC)	1837
6	Venancio, Leticia	Lenoir-Rhyne	1817
7	Wilson, Destini	Tusculum	1747
8	Taylor, Tiffany	Coker	1616

#33-4 Women's Indoor Pentathlon Long Jump

\$	JDL Fast Track	6.40m	Aliyah Whisby	Unattached	2/22/2020
!	College Facility	6.25m	Monae Nichols	Bethune-Cookman	2/11/2020
^^	South Atlantic Indoor	5.82m	Nikia Squire	Queens (N.C.)	2018

PI	Name	Team	Mark	Pts
1	Welsing, Melanie	Queens (NC)	5.29m 17' 4 ¹ / ₄	640
2	Lee, Cerys	Queens (NC)	5.12m 16' 9 ³ / ₄	592
3	Gayton, Destiny	Lenoir-Rhyne	4.87m 15' 11 ³ / ₄	524
4	Pernell, Lauren	Anderson (SC)	4.78m 15' 8 ¹ / ₄	500
5	Wilson, Destini	Tusculum	4.78m 15' 8 ¹ / ₄	500
6	Landry, Katie	Anderson (SC)	4.67m 15' 4"	472
7	Venancio, Leticia	Lenoir-Rhyne	4.60m 15' 1 ¹ / ₄	454
8	Taylor, Tiffany	Coker	4.08m 13' 4 ³ / ₄	326

Women's Indoor Pentathlon After 4 Events

PI	Athlete	Team	Points
1	Welsing, Melanie	Queens (NC)	2768
2	Lee, Cerys	Queens (NC)	2653
3	Gayton, Destiny	Lenoir-Rhyne	2503
4	Pernell, Lauren	Anderson (SC)	2337
5	Landry, Katie	Anderson (SC)	2329
6	Venancio, Leticia	Lenoir-Rhyne	2271
7	Wilson, Destini	Tusculum	2247
8	Taylor, Tiffany	Coker	1942

#33-5 Women's Indoor Pentathlon 800 Meters

\$	JDL Fast Track	1:59.26	Ajee' Wilson	Adidas	2/2/2019
!	College Facility	2:03.31	Hanna Green	Virginia Tech	2/4/2017
^^	South Atlantic Indoor	2:16.99	Paiton Fair	Lenoir-Rhyne	2019

PI	Name	Team	Time	Pts
1	Pernell, Lauren	Anderson (SC)	2:34.64	636
2	Landry, Katie	Anderson (SC)	2:35.50	626
3	Welsing, Melanie	Queens (NC)	2:39.03	584
4	Venancio, Leticia	Lenoir-Rhyne	2:42.86	541
5	Lee, Cerys	Queens (NC)	2:46.40	502
6	Wilson, Destini	Tusculum	2:52.50	438
7	Gayton, Destiny	Lenoir-Rhyne	2:52.67	436
8	Taylor, Tiffany	Coker	3:10.46	274

SOUTH ATLANTIC CONFERENCE INDOOR T&F CHAMPIONSHIPS

Winston-Salem, NC

JDL Fast Track

Weather: 68 degrees, no wind

Host: South Atlantic Conference

2/29/2020 - 3/1/2020

MEET OFFICIALS

Meet Director:

Ali Bahr

Timing:

Rhodes Race Timing

**OFFICIAL MEET REPORT**

printed: 3/1/2020 2:38 PM

RESULTS**Women's Indoor Pentathlon After 5 Events**

PI	Athlete	Team	Points
1	Welsing, Melanie	Queens (NC)	3352
2	Lee, Cerys	Queens (NC)	3155
3	Pernell, Lauren	Anderson (SC)	2973
4	Landry, Katie	Anderson (SC)	2955
5	Gayton, Destiny	Lenoir-Rhyne	2939
6	Venancio, Leticia	Lenoir-Rhyne	2812
7	Wilson, Destini	Tusculum	2685
8	Taylor, Tiffany	Coker	2216

#6 Men's 60 Meters

\$	JDL Fast Track	6.61	Ramon Gittens	Unattached	1/30/2016
\$	JDL Fast Track	6.61	Sean McLean	Nike	1/19/2015
!	College Facility	6.62	Keitavious Walter	Hinds CC	3/5/2016
^^	South Atlantic Indoor	6.77	Widchard Guervil	Tusculum	2018

Finals

PI	Name	Team	Time	H(PI)	Pts
1	Moore, Devon	Carson-Newman	6.76	2(1)	10
2	Lotharp, P.J.	Lenoir-Rhyne	6.80	2(2)	8
3	Guervil, Widchard	Tusculum	6.83	1(1)	6
4	McElveen, Tony	Coker	6.88	2(3)	5
5	Maddox, Kaynmon	Lenoir-Rhyne	6.94	2(4)	4
6	Noble, Rashaun	Catawba	6.96	1(2)	3
7	Davis, Marlin	Lenoir-Rhyne	6.97	1(3)	2
8	Turner Jr , Royce	Lenoir-Rhyne	7.10	1(4)	1
	Jennings, Emmanuel	Wingate	FS	1	

Prelims

PI	Name	Team	Time	H(PI)
1	Moore, Devon	Carson-Newman	^^ 6.74Q	5(1)
2	Lotharp, P.J.	Lenoir-Rhyne	6.83Q	3(1)
3	McElveen, Tony	Coker	6.84Q	2(1)
4	Maddox, Kaynmon	Lenoir-Rhyne	6.85Q	1(1)
5	Guervil, Widchard	Tusculum	6.87Q	4(1)
6	Davis, Marlin	Lenoir-Rhyne	6.89q	1(2)
7	Noble, Rashaun	Catawba	6.93q	3(2)
8	Turner Jr , Royce	Lenoir-Rhyne	6.95q	4(2)
8	Jennings, Emmanuel	Wingate	6.95	5(2)
10	Hearst, Gerard	Tusculum	6.97	1(3)
11	Wilkins , Thurlow	Tusculum	6.98	3(3)
12	Cook, Kalyn	Newberry	7.01	5(3)
13	Johnson, Toot	Carson-Newman	7.01	2(2)
14	Sebree, Davion	Coker	7.05	4(3)
15	Mumford, Jarrel	Coker	7.05	1(4)
16	Crowder, Antuan	Coker	7.06	2(3)
17	Gilmore, Denzal	Lenoir-Rhyne	7.08	5(4)
18	Hart, Devan	Tusculum	7.09	2(4)
19	Shouse, Christian	Carson-Newman	7.10	4(4)

SOUTH ATLANTIC CONFERENCE INDOOR T&F CHAMPIONSHIPS

Winston-Salem, NC

JDL Fast Track

Weather: 68 degrees, no wind

Host: South Atlantic Conference

2/29/2020 - 3/1/2020

MEET OFFICIALS

Meet Director:

Ali Bahr

Timing:

Rhodes Race Timing

**OFFICIAL MEET REPORT**

printed: 3/1/2020 2:38 PM

RESULTS**#6 Men's 60 Meters (cont'd)****Prelims**

PI	Name	Team	Time	H(PI)
20	Mack, Jeremiah	Newberry	7.11	4(5)
21	Patterson, Felix	Wingate	7.13	3(4)
22	Garrett, Courtavious	Carson-Newman	7.16	2(5)
23	Lowe, Trey	Lincoln Memorial	7.17	5(5)
24	Peters, Sam	Lincoln Memorial	7.18	3(5)
25	Purser, Giovanni	Tusculum	7.19	1(5)
26	Greer, Austin	Carson-Newman	7.19	2(6)
27	McMurray, Marcus	Catawba	7.20	5(6)
28	Parrish, Michael	Newberry	7.27	3(6)
29	Dejournett, Rodney	Mars Hill	7.28	3(7)
30	Gibson, Malik	Mars Hill	7.30	1(6)
31	Frost, Malik	Mars Hill	7.46	4(6)
32	Poole, Ashton	Queens (NC)	7.53	2(7)
33	Williams, Damion	Anderson (SC)	7.55	1(7)
34	Sessions, Ed	Queens (NC)	7.55	2(8)
35	Payeur, Ben	Queens (NC)	7.66	3(8)
	Merritt, Andre	Coker	DNF	1
	Rodgers, Justin	Newberry	DQ	5
	Collins, Edwards	Newberry	DNS	4

#12 Men's 200 Meters

\$	JDL Fast Track	21.08	Lamar Hargrove	Tiffin	3/15/2014
!	College Facility	21.08	Lamar Hargrove	Tiffin	3/15/2014
^^	South Atlantic Indoor	21.74	PJ Lotharp	Lenoir-Rhyne	2019

Finals

PI	Name	Team	Time	H(PI)	Pts
1	Moore, Devon	Carson-Newman	21.73	2(1)	10
2	Guervil, Widchard	Tusculum	21.99	2(2)	8
3	Davis, Marlin	Lenoir-Rhyne	22.23	1(1)	6
4	McElveen, Tony	Coker	22.32	1(2)	5
5	Johnson, Toot	Carson-Newman	22.35	2(3)	4
6	Besong, Lucas	Lenoir-Rhyne	22.61	2(4)	3
7	Lilly, Sage	Coker	22.78	1(3)	2
	Osifo, Tyler	Catawba	DQ	1	

Prelims

PI	Name	Team	Time	H(PI)
1	Guervil, Widchard	Tusculum	22.24q	10(1)
2	Moore, Devon	Carson-Newman	22.35q	11(1)
3	Davis, Marlin	Lenoir-Rhyne	22.40q	9(1)
4	McElveen, Tony	Coker	22.45q	8(1)
5	Johnson, Toot	Carson-Newman	22.48q	7(1)
6	Osifo, Tyler	Catawba	22.51q	6(1)
7	Besong, Lucas	Lenoir-Rhyne	22.54q	4(1)
8	Lilly, Sage	Coker	22.71q	9(2)

SOUTH ATLANTIC CONFERENCE INDOOR T&F CHAMPIONSHIPS

Winston-Salem, NC

JDL Fast Track

Weather: 68 degrees, no wind

Host: South Atlantic Conference

2/29/2020 - 3/1/2020

MEET OFFICIALS

Meet Director:

Ali Bahr

Timing:

Rhodes Race Timing

**OFFICIAL MEET REPORT**

printed: 3/1/2020 2:38 PM

RESULTS**#12 Men's 200 Meters (cont'd)****Prelims**

PI	Name	Team	Time	H(PI)
9	Walker , Jontavus	Tusculum	22.78	10(2)
10	Jennings, Emmanuel	Wingate	22.89	2(1)
11	Cook, Kalyn	Newberry	22.93	5(1)
11	Noble, Rashaun	Catawba	22.93	7(2)
13	Maddox, Kaynmon	Lenoir-Rhyne	23.00	2(2)
14	Drummond, Devine	Lenoir-Rhyne	23.08	8(2)
15	Sebree, Davion	Coker	23.09	3(1)
16	Jones Carter, Deondre	Wingate	23.12	1(1)
17	Smith, Chandon	Catawba	23.15	6(2)
18	Crowder, Antuan	Coker	23.19	3(2)
19	Peters, Sam	Lincoln Memorial	23.27	9(3)
20	Wiggins, Jamaal	Lincoln Memorial	23.30	7(3)
21	Sibanda, Dumoluhle	Wingate	23.34	1(2)
22	Gibson, Malik	Mars Hill	23.35	5(2)
23	Lowe, Trey	Lincoln Memorial	23.38	5(3)
24	Patterson, Felix	Wingate	23.43	1(3)
25	Mack, Jeremiah	Newberry	23.43	11(2)
26	Saruni, David	Tusculum	23.46	11(3)
27	Hart, Devan	Tusculum	23.58	4(2)
28	Jackson, Sherron	Carson-Newman	23.64	4(3)
29	Vereen, Joshua	Mars Hill	23.71	1(4)
30	Dejournett, Rodney	Mars Hill	23.73	10(3)
31	McCowan, Drake	Carson-Newman	23.75	3(3)
32	Gilmore, Denzal	Lenoir-Rhyne	23.81	8(3)
33	Rose, Gavin	Catawba	23.94	3(4)
34	McMurray, Marcus	Catawba	24.09	9(4)
35	Rodgers, Justin	Newberry	24.23	11(4)
36	Frost, Malik	Mars Hill	24.80	8(4)
37	Parrish, Michael	Newberry	24.82	6(3)
38	Sessions, Ed	Queens (NC)	25.00	5(4)
39	Payeur, Ben	Queens (NC)	25.08	7(4)
40	Williams, Damion	Anderson (SC)	25.22	4(4)
41	Ensley, Ross	Carson-Newman	25.58	2(3)
	Wilkins , Thurlow	Tusculum	DNS	2
	Poole, Ashton	Queens (NC)	DNS	6
	Brown, Casey	Newberry	DNS	10

SOUTH ATLANTIC CONFERENCE INDOOR T&F CHAMPIONSHIPS

Winston-Salem, NC

JDL Fast Track

Weather: 68 degrees, no wind

Host: South Atlantic Conference

2/29/2020 - 3/1/2020

MEET OFFICIALS

Meet Director:

Ali Bahr

Timing:

Rhodes Race Timing

**OFFICIAL MEET REPORT**

printed: 3/1/2020 2:38 PM

RESULTS**#4 Men's 400 Meters**

\$	JDL Fast Track	46.81	Dane Hyatt	Unattached	2/25/2012
!	College Facility	47.24	Josh Edmonds	St. Augustine's	2/25/2012
^^	South Atlantic Indoor	49.64	Niklas Klei	Queens (N.C.)	2019

Finals

PI	Name	Team	Time	H(PI)	Pts
1	Besong, Lucas	Lenoir-Rhyne	49.60	2(1)	10
2	Klei, Niklas	Queens (NC)	49.68	1(1)	8
3	Lilly, Sage	Coker	49.89	1(2)	6
4	Harrison, Kevin	Queens (NC)	50.06	2(2)	5
5	Douglass, Jaeden	Lincoln Memorial	50.62	2(3)	4
6	Ford, Braxton	Catawba	51.19	1(3)	3
7	Saruni, David	Tusculum	51.30	1(4)	2
8	Thompson, Frederick	Coker	52.77	2(4)	1

Prelims

PI	Name	Team	Time	H(PI)
1	Besong, Lucas	Lenoir-Rhyne	50.19q	4(1)
2	Harrison, Kevin	Queens (NC)	50.19q	7(1)
3	Klei, Niklas	Queens (NC)	50.38q	5(1)
4	Lilly, Sage	Coker	50.68q	6(1)
5	Douglass, Jaeden	Lincoln Memorial	50.90q	2(1)
6	Ford, Braxton	Catawba	50.93q	2(2)
7	Thompson, Frederick	Coker	51.01q	3(1)
8	Saruni, David	Tusculum	51.04q	8(1)
9	Pittman, Brien	Catawba	51.15	1(1)
10	Agee, Caleb	Carson-Newman	51.27	7(2)
11	Garrison, Granger	Newberry	51.36	3(2)
12	Walker, Jontavus	Tusculum	51.46	4(2)
13	Jean Pierre, Wilhemson	Coker	51.47	8(2)
14	Greene, Mahari	Coker	51.55	6(2)
15	Smith, Chandon	Catawba	52.07	4(3)
16	Elliott, Trevor	Carson-Newman	52.74	1(2)
17	Hall, Jaylen	Catawba	52.81	3(3)
18	Hybarger, Isaac	Tusculum	53.01	2(3)
19	Schittenhelm, Mark	Queens (NC)	53.61	6(3)
20	Hilliard, Tyree	Tusculum	53.81	1(3)
21	Ford, Brandon	Carson-Newman	54.01	8(3)
22	Ramos, Alejandro	Queens (NC)	54.20	5(2)
23	Elmore, Troy	Newberry	54.91	5(3)
24	Jones, Robert	Anderson (SC)	55.31	4(4)
25	Ingalls, Noah	Queens (NC)	55.60	6(4)
26	Julien, Jonathan	Tusculum	55.82	7(3)
27	Prince, Austin	Mars Hill	59.84	3(4)
28	Brown, Casey	Newberry	1:08.02	5(4)
	Mosley, William	Coker	DQ	8
	Henderson, Cameron	Newberry	DNS	7

SOUTH ATLANTIC CONFERENCE INDOOR T&F CHAMPIONSHIPS

Winston-Salem, NC

JDL Fast Track

Weather: 68 degrees, no wind

Host: South Atlantic Conference

2/29/2020 - 3/1/2020

MEET OFFICIALS**Meet Director:**

Ali Bahr

Timing:

Rhodes Race Timing

**OFFICIAL MEET REPORT**

printed: 3/1/2020 2:38 PM

RESULTS**#8 Men's 800 Meters**

\$	JDL Fast Track	1:45.92	Clayton Murphy	Nike Oregon Project	2/2/2019
!	College Facility	1:48.94	Eliud Rutto	Mid Tenn State	2/4/2017
^^	South Atlantic Indoor	1:55.12	Elijah Inuwa	Queens (N.C.)	2018

Finals

PI	Name	Team	Time	Pts
1	Anthony, Seb	Queens (NC)	1:56.05	10
2	Wammetsberger, Felix	Queens (NC)	1:56.34	8
3	Wright, Adam	Queens (NC)	1:56.37	6
4	Fajardo, Roberto	Lincoln Memorial	1:57.34	5
5	Aparicio, Antonio	Tusculum	1:58.43	4
6	Stamp, Chandelor	Lenoir-Rhyne	1:58.87	3
7	Joyce, Tom	Catawba	2:01.81	2
8	Koning, Aron	Wingate	2:02.94	1

Prelims

PI	Name	Team	Time	H(PI)
1	Wammetsberger, Felix	Queens (NC)	1:56.31q	2(1)
2	Wright, Adam	Queens (NC)	1:57.19q	4(1)
3	Stamp, Chandelor	Lenoir-Rhyne	1:57.30q	2(2)
4	Aparicio, Antonio	Tusculum	1:57.32q	4(2)
5	Fajardo, Roberto	Lincoln Memorial	1:58.42q	1(1)
6	Joyce, Tom	Catawba	1:58.85q	1(2)
7	Koning, Aron	Wingate	1:59.03q	1(3)
8	Anthony, Seb	Queens (NC)	1:59.09q	3(1)
9	Bemis, Ethan	Catawba	1:59.57	3(2)
10	Nevins, Laquavian	Wingate	1:59.58	4(3)
11	Burgess, Matthew	Anderson (SC)	2:00.19	3(3)
12	Ivackovic, Petar	Lenoir-Rhyne	2:00.52	1(4)
13	Andrews, Mahliqe	Coker	2:00.60	4(4)
14	Grubb, Jacob	Lenoir-Rhyne	2:01.05	3(4)
15	Tyndale, Jake	Wingate	2:01.17	4(5)
16	Brock, Benjamin	Mars Hill	2:01.87	3(5)
17	Hughes, Jonathan	Lincoln Memorial	2:02.72	2(3)
18	Stanley, Kyle	Tusculum	2:03.88	3(6)
19	Bezuidenhout, Gerhardus	Wingate	2:05.76	1(5)
20	Martinez, Leonardo	Lenoir-Rhyne	2:06.23	1(6)
21	Miller, Hunter	Carson-Newman	2:06.28	2(4)
22	Stanley, Chandler	Newberry	2:06.86	2(5)
23	Greene, Ricardo	Lincoln Memorial	2:07.17	3(7)
24	Whitehead, Jason	Lenoir-Rhyne	2:08.13	3(8)
25	Silvester, Cole	Anderson (SC)	2:09.45	1(7)
26	Castro, Justin	Newberry	2:09.48	4(6)
27	Ford, Braxton	Catawba	2:10.36	2(6)
28	Richter, Mike	Newberry	2:17.70	4(7)
29	McKinney, James	Newberry	2:21.24	2(7)
30	Grabeel, Jacey	Lincoln Memorial	2:25.82	1(8)
31	White, Ben	Carson-Newman	2:33.87	2(8)

SOUTH ATLANTIC CONFERENCE INDOOR T&F CHAMPIONSHIPS

Winston-Salem, NC

JDL Fast Track

Weather: 68 degrees, no wind

Host: South Atlantic Conference

2/29/2020 - 3/1/2020

MEET OFFICIALS

Meet Director:

Ali Bahr

Timing:

Rhodes Race Timing

**OFFICIAL MEET REPORT**

printed: 3/1/2020 2:38 PM

RESULTS**#2 Men's 1 Mile Run**

\$	JDL Fast Track	3:53.85	Edward Cheserek	Skechers	2/3/2018
!	College Facility	3:59.57	Vincent Ciattei	Virginia Tech	2/3/2018
^^	South Atlantic Indoor	4:14.30	Daniel Wallis	Queens (N.C.)	2018

Finals

PI	Name	Team	Time	Pts
1	Wammetsberger, Felix	Queens (NC)	4:18.77	10
2	Anthony, Seb	Queens (NC)	4:18.99	8
3	Bemis, Ethan	Catawba	4:19.50	6
4	Wright, Adam	Queens (NC)	4:21.11	5
5	Sutcliffe, Thomas	Anderson (SC)	4:25.02	4
6	Joyce, Tom	Catawba	4:25.08	3
7	Hodges, Kyler	Tusculum	4:26.46	2
8	Adkins, Josh	Lenoir-Rhyne	4:26.73	1
9	Similton, Daniel	Anderson (SC)	4:26.85	
10	Richards, Elliot	Wingate	4:32.74	

Prelims

PI	Name	Team	Time	H(PI)
1	Bemis, Ethan	Catawba	4:20.29Q	1(1)
2	Richards, Elliot	Wingate	4:20.41Q	1(2)
3	Wright, Adam	Queens (NC)	4:20.45Q	1(3)
4	Joyce, Tom	Catawba	4:20.50q	1(4)
5	Anthony, Seb	Queens (NC)	4:25.20Q	2(1)
6	Wammetsberger, Felix	Queens (NC)	4:25.32Q	2(2)
7	Sutcliffe, Thomas	Anderson (SC)	4:25.38Q	2(3)
8	Adkins, Josh	Lenoir-Rhyne	4:26.12q	1(5)
9	Similton, Daniel	Anderson (SC)	4:26.94q	2(4)
10	Hodges, Kyler	Tusculum	4:27.12q	2(5)
11	Tupps, T.J.	Tusculum	4:28.79	1(6)
12	Jakubek, Michael	Lincoln Memorial	4:29.01	1(7)
13	Wilson, Quinn	Newberry	4:34.80	2(6)
14	Incardona, Sean	Lenoir-Rhyne	4:34.92	2(7)
15	Race, Justin	Mars Hill	4:35.72	1(8)
16	Stanley, Jared	Mars Hill	4:36.21	1(9)
17	Logan, Kirby	Carson-Newman	4:36.57	2(8)
18	Teachout, Joey	Anderson (SC)	4:37.52	1(10)
19	Brock, Noah	Anderson (SC)	4:41.80	2(9)
20	Barbee, Bryan	Mars Hill	4:52.41	2(10)
21	Hunter, Breckyn	Coker	5:00.38	1(11)
22	Johnson, Tim	Carson-Newman	5:23.24	2(11)

SOUTH ATLANTIC CONFERENCE INDOOR T&F CHAMPIONSHIPS

Winston-Salem, NC

JDL Fast Track

Weather: 68 degrees, no wind

Host: South Atlantic Conference

2/29/2020 - 3/1/2020

MEET OFFICIALS

Meet Director:

Ali Bahr

Timing:

Rhodes Race Timing

**OFFICIAL MEET REPORT**

printed: 3/1/2020 2:38 PM

RESULTS**#18 Men's 3000 Meters**

\$	JDL Fast Track	7:45.49	Paul Chelimo	US Army	2/4/2017
!	College Facility	7:53.72	Peter Seufer	Virginia Tech	2/8/2020
^^	South Atlantic Indoor	8:27.31	Nepolian Patel	Wingate	2018

Pl	Name	Team	Time	H(Pl)	Pts
1	Duppich, Yannik	Queens (NC)	^^ 8:23.42	3(1)	10
2	Raftis, Anthony	Queens (NC)	8:34.23	3(2)	8
3	Wammetsberger, Felix	Queens (NC)	8:37.32	3(3)	6
4	Cronin, Will	Tusculum	8:38.57	3(4)	5
5	Ramirez-Ramos, Erick	Catawba	8:39.55	3(5)	4
6	Quillen, Philip	Anderson (SC)	8:42.45	3(6)	3
7	Kipchumba, Micah	Wingate	8:42.68	2(1)	2
8	Rhodes, Kyle	Catawba	8:44.60	3(7)	1
9	Vogelsang, Brett	Lenoir-Rhyne	8:47.31	3(8)	
10	Similton, Daniel	Anderson (SC)	8:51.08	3(9)	
11	Sotelo, Lance	Queens (NC)	8:57.02	3(10)	
12	Hodges, Kyler	Tusculum	8:57.60	2(2)	
13	Sutcliffe, Thomas	Anderson (SC)	9:00.63	2(3)	
14	Tupps, T.J.	Tusculum	9:00.90	2(4)	
15	Fowler, Matthew	Catawba	9:07.08	2(5)	
16	Jakubek, Michael	Lincoln Memorial	9:07.43	3(11)	
17	McCambridge, Conal	Carson-Newman	9:12.50	2(6)	
18	Johns, Mason	Lincoln Memorial	9:14.40	2(7)	
19	Burgess, Michael	Anderson (SC)	9:15.18	2(8)	
20	Snide, Austin	Catawba	9:15.59	2(9)	
21	Logan, Kirby	Carson-Newman	9:16.16	2(10)	
22	Richards, Elliot	Wingate	9:16.23	3(12)	
23	Walls, Carson	Tusculum	9:19.39	2(11)	
24	Perez, Alejandro	Tusculum	9:21.00	2(12)	
25	Mclain, Noah	Anderson (SC)	9:25.00	1(1)	
26	Incardona, Sean	Lenoir-Rhyne	9:26.20	3(13)	
27	Kipkemboi, Brian	Lenoir-Rhyne	9:33.05	1(2)	
28	Moran-Boothe, Channler	Carson-Newman	9:35.17	1(3)	
29	Calhoun, Harrison	Lincoln Memorial	9:36.06	2(13)	
30	Adkins, Josh	Lenoir-Rhyne	9:36.23	3(14)	
31	Stanley, Jared	Mars Hill	9:40.98	1(4)	
32	Hernandez, Carlos	Newberry	9:44.56	1(5)	
33	Johnson, Daniel	Lincoln Memorial	9:46.53	1(6)	
34	Freeman, Blake	Mars Hill	9:51.63	1(7)	
35	Snyder, Hunter	Mars Hill	10:07.84	1(8)	
36	Benik, James	Mars Hill	10:13.80	1(9)	
	Surratt, Brent	Wingate	DNF	2	
	Mota, Alan	Mars Hill	DNF	1	
	Kunze, Henning	Wingate	DNS	2	
	Wilson, Quinn	Newberry	DNS	2	
	Wright, Adam	Queens (NC)	DNS	3	
	Miles, Dalton	Wingate	DNS	3	

SOUTH ATLANTIC CONFERENCE INDOOR T&F CHAMPIONSHIPS

Winston-Salem, NC

JDL Fast Track

Weather: 68 degrees, no wind

Host: South Atlantic Conference

2/29/2020 - 3/1/2020

MEET OFFICIALS

Meet Director:

Ali Bahr

Timing:

Rhodes Race Timing

**OFFICIAL MEET REPORT**

printed: 3/1/2020 2:38 PM

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

\$	JDL Fast Track	14:06.24	Kevin Batt	Adams State	3/14/2014
!	College Facility	14:06.24	Kevin Batt	Adams State	3/14/2014
^^	South Atlantic Indoor	14:58.74	Luke Greer	Carson-Newman	2019

Pl	Name	Team	Time	H(Pl)	Pts
1	Raftis, Anthony	Queens (NC)	15:03.59	2(1)	10
2	Duppich, Yannik	Queens (NC)	15:04.10	2(2)	8
3	Cronin, Will	Tusculum	15:04.79	2(3)	6
4	Kipchumba, Micah	Wingate	15:11.12	2(4)	5
5	Quillen, Philip	Anderson (SC)	15:16.35	2(5)	4
6	Rhodes, Kyle	Catawba	15:19.18	2(6)	3
7	Ramirez-Ramos, Erick	Catawba	15:29.36	2(7)	2
8	Surratt, Brent	Wingate	15:39.89	2(8)	1
9	Walls, Carson	Tusculum	15:48.37	2(9)	
10	Lloyd-Perks, Sam	Lincoln Memorial	15:54.21	2(10)	
11	Snide, Austin	Catawba	15:55.22	2(11)	
12	McCambridge, Conal	Carson-Newman	16:08.83	2(12)	
13	Mclain, Noah	Anderson (SC)	16:17.68	1(1)	
14	Burgess, Michael	Anderson (SC)	16:25.57	2(13)	
15	Collard, Daniel	Wingate	16:26.58	1(2)	
16	Cantrell, Skyler	Mars Hill	16:34.06	1(3)	
17	Wilson, Brandon	Anderson (SC)	16:44.03	1(4)	
18	Tuten, Hayden	Anderson (SC)	16:50.05	1(5)	
19	Hernandez, Carlos	Newberry	16:58.32	1(6)	
20	Moran-Boothe, Channler	Carson-Newman	16:59.58	1(7)	
21	Freeman, Blake	Mars Hill	17:28.30	1(8)	
	Miles, Dalton	Wingate	DNF		2
	Kipkemei, Nick	Queens (NC)	DNS		1
	Middleman, Eli	Queens (NC)	DNS		1
	Sanchez, Erick	Queens (NC)	DNS		2
	Archer, Caleb	Tusculum	DNS		2

#10 Men's 60m Hurdles

\$	JDL Fast Track	7.55	Aleec Harris	adidas	1/31/2015
!	College Facility	7.63	Michael Dickson	North Carolina A&T	2/4/2017
^^	South Atlantic Indoor	8.29	Stefan Jungmichel	Queens (N.C.)	2019

Finals

Pl	Name	Team	Time	Pts
1	Graham, Javon	Wingate	7.97	10
2	Smith, Timothy	Lenoir-Rhyne	8.14	8
3	Fulmore, Elijah	Newberry	8.30	6
4	Jungmichel, Stefan	Queens (NC)	8.43	5
5	Nulty, Thomas	Wingate	8.57	4
6	Compton, Elijah	Wingate	8.61	3
7	Drummond, Devine	Lenoir-Rhyne	8.65	2
	Sibanda, Dumoluhle	Wingate	FS	

SOUTH ATLANTIC CONFERENCE INDOOR T&F CHAMPIONSHIPS

Winston-Salem, NC

JDL Fast Track

Weather: 68 degrees, no wind

Host: South Atlantic Conference

2/29/2020 - 3/1/2020

MEET OFFICIALS

Meet Director:

Ali Bahr

Timing:

Rhodes Race Timing

**OFFICIAL MEET REPORT**

printed: 3/1/2020 2:38 PM

RESULTS**#10 Men's 60m Hurdles (cont'd)****Prelims**

Pl	Name	Team	Time	H(Pl)
1	Graham, Javon	Wingate	^ 7.94Q	3(1)
2	Sibanda, Dumoluhle	Wingate	^^ 8.29Q	2(1)
3	Smith, Timothy	Lenoir-Rhyne	8.32q	2(2)
4	Nulty, Thomas	Wingate	8.39q	2(3)
5	Fulmore, Elijah	Newberry	8.45Q	1(1)
6	Jungmichel, Stefan	Queens (NC)	8.45q	3(2)
7	Drummond, Devine	Lenoir-Rhyne	8.46q	1(2)
8	Compton, Elijah	Wingate	8.48q	3(3)
9	Noble, Rashaun	Catawba	8.49	3(4)
10	Thompson, Jamire	Tusculum	8.55	2(4)
11	Claud, Tyrize	Mars Hill	8.65	2(5)
12	Pena, Jamikal	Coker	8.69	1(3)
13	Dunlap, Mekhi	Lenoir-Rhyne	8.71	1(4)
14	Kibonge, Seraphin	Coker	8.77	2(6)
15	Sawyers, Dewayne	Lenoir-Rhyne	8.80	3(5)
16	Vereen, Joshua	Mars Hill	8.87	3(6)
17	Valery, Richelieu	Coker	9.05	1(5)
18	Horcacitas-Martin, Carlos	Catawba	9.05	1(6)
19	Prince, Austin	Mars Hill	9.51	3(7)
	Surita, Keonte'	Lenoir-Rhyne	FS	2
	Collins, Edwards	Newberry	DNS	1

#20 Men's 4 x 400m Relay

\$	JDL Fast Track	3:11.12	Hyatt, Bingham, Gibson, Jackson	GW Express/Nike	1/31/2015
!	College Facility	3:12.35	Sutton, Alowonle, Ways, Lipsey	North Carolina	2/15/2014
^^	South Atlantic Indoor	3:22.83	Besong, Drummond, Stamp, Lotharp	Lenoir-Rhyne	2019

Pl	Team	Time	H(Pl)	Pts
1	Catawba (A)	^^ 3:22.31	1(1)	10
2	Lenoir-Rhyne (A)	^^ 3:22.54	2(1)	8
3	Queens (NC) (A)	3:23.52	2(2)	6
4	Wingate (A)	3:25.01	1(2)	5
5	Lincoln Memorial (A)	3:25.70	1(3)	4
6	Tusculum (A)	3:26.33	2(3)	3
7	Carson-Newman (A)	3:26.41	2(4)	2
8	Newberry (A)	3:36.12	1(4)	1
	Coker (A)	DNF	2	
	Anderson (SC) (A)	DNS	1	

#16 Men's 4000m DMR

\$	JDL Fast Track	9:34.24	Manahan, DeRay, Engels, Tobin	Ole Miss	2/18/2017
!	College Facility	9:34.24	Manahan, DeRay, Engels, Tobin	Ole Miss	2/18/2016
^^	South Atlantic Indoor	10:27.37	Ivackovic, Drummond, Stamp, Adkins	Lenoir-Rhyne	2019

Pl	Team	Time	Pts
1	Lenoir-Rhyne (A)	10:35.60	9
1	Catawba (A)	10:35.60	9

SOUTH ATLANTIC CONFERENCE INDOOR T&F CHAMPIONSHIPS

Winston-Salem, NC

JDL Fast Track

Weather: 68 degrees, no wind

Host: South Atlantic Conference

2/29/2020 - 3/1/2020

MEET OFFICIALS

Meet Director:

Ali Bahr

Timing:

Rhodes Race Timing

**OFFICIAL MEET REPORT**

printed: 3/1/2020 2:38 PM

RESULTS**#16 Men's 4000m DMR (cont'd)**

Pl	Team	Time	Pts
3	Anderson (SC) (A)	10:36.37	6
4	Tusculum (A)	10:36.45	5
5	Queens (NC) (A)	10:44.54	4
6	Wingate (A)	10:45.81	3
7	Carson-Newman (A)	10:59.95	2
8	Lincoln Memorial (A)	11:04.48	1
9	Mars Hill (A)	11:05.24	
10	Newberry (A)	11:05.60	

#21 Men's High Jump

\$	JDL Fast Track	2.24m	Kris Kornegay-Gober	NC State	12/1/2012
!	College Facility	2.24m	Kris Kornegay-Gober	NC State	12/1/2012
^^	South Atlantic Indoor	2.10m	Tanner Stepp	Carson-Newman	2018

Pl	Name	Team	Mark	Pts
1	Shouse, Christian	Carson-Newman	2.05m 6' 8 ³ / ₄	10
2	Stumpf, Christian	Carson-Newman	2.00m 6' 6 ³ / ₄	8
3	Riley, Tyler	Wingate	1.95m 6' 4 ³ / ₄	6
4	Smith, EJ	Carson-Newman	1.95m 6' 4 ³ / ₄	5
5	Cardoso, Danilo	Carson-Newman	1.90m 6' 2 ³ / ₄	4
6	Buchanan, Antonio	Newberry	1.90m 6' 2 ³ / ₄	3
7	Schronce, Jesse	Catawba	1.85m 6' 0 ³ / ₄	2
8	Berry, Alex	Coker	1.80m 5' 10 ³ / ₄	1
9	Sawyer, Cortez	Wingate	1.75m 5' 8 ³ / ₄	
10	Litsey, Dre	Coker	1.75m 5' 8 ³ / ₄	
	Jungmichel, Stefan	Queens (NC)	NH	
	Meckes, Ricko	Queens (NC)	NH	

#23 Men's Pole Vault

\$	JDL Fast Track	5.46m	Scott Houston	Unattached	2/2/2019
!	College Facility	5.35m	Keon Howe	Charlotte	12/8/2019
^^	South Atlantic Indoor	4.40m	Daniel Nicholson	Lenoir-Rhyne	2019

Pl	Name	Team	Mark	Pts
1	Nicholson, Daniel	Lenoir-Rhyne	4.32m 14' 2"	10
2	Reichenbach, Chris	Lenoir-Rhyne	4.32m 14' 2"	8
3	Shouse, Christian	Carson-Newman	4.32m 14' 2"	6
4	Adkinson, Zach	Lenoir-Rhyne	4.17m 13' 8 ¹ / ₄	5
5	Klei, Niklas	Queens (NC)	4.17m 13' 8 ¹ / ₄	4
6	Meckes, Ricko	Queens (NC)	4.17m 13' 8 ¹ / ₄	3
7	Jungmichel, Stefan	Queens (NC)	4.17m 13' 8 ¹ / ₄	2
8	Kopp, Andy	Wingate	3.87m 12' 8 ¹ / ₄	1
9	Danielsson, Gudmundur	Queens (NC)	3.72m 12' 2 ¹ / ₂	
10	Crotty, Stephen	Queens (NC)	3.57m 11' 8 ¹ / ₂	
	Davis, Kaleb	Lenoir-Rhyne	NH	
	Finchum, Josh	Carson-Newman	DNS	

SOUTH ATLANTIC CONFERENCE INDOOR T&F CHAMPIONSHIPS

Winston-Salem, NC

JDL Fast Track

Weather: 68 degrees, no wind

Host: South Atlantic Conference

2/29/2020 - 3/1/2020

MEET OFFICIALS

Meet Director:

Ali Bahr

Timing:

Rhodes Race Timing

**OFFICIAL MEET REPORT**

printed: 3/1/2020 2:38 PM

RESULTS**#25 Men's Long Jump**

\$	JDL Fast Track	7.81m	Mikese Morse	Unattached	11/16/2013
!	College Facility	7.76m	Andre Dorsey	Kennesaw State	2/21/2014
^^	South Atlantic Indoor	7.21m	Andrew Spence	Wingate	2018

PI	Name	Team	Mark	F(PI)	Pts
1	Shouse, Christian	Carson-Newman	^^ 7.36m 24' 1 ³ / ₄	2(1)	10
2	Devillard, Theo	Carson-Newman	7.00m 22' 11 ³ / ₄	2(2)	8
3	Weathers, Darius	Wingate	6.86m 22' 6 ¹ / ₄	2(3)	6
4	Klei, Niklas	Queens (NC)	6.83m 22' 5"	2(4)	5
5	Jungmichel, Stefan	Queens (NC)	6.76m 22' 2 ¹ / ₄	2(5)	4
6	Rose, Gavin	Catawba	6.58m 21' 7 ¹ / ₄	2(6)	3
7	Berry, Alex	Coker	6.51m 21' 4 ¹ / ₄	2(7)	2
8	Garrett, Courtavious	Carson-Newman	6.49m 21' 3 ¹ / ₂	2(8)	1
9	Irakunda, Murishi	Coker	6.47m 21' 2 ³ / ₄	2(9)	
10	Stumpf, Christian	Carson-Newman	6.21m 20' 4 ¹ / ₂	1(1)	
11	Greer, Austin	Carson-Newman	6.18m 20' 3 ¹ / ₂	1(2)	
12	Grant, Tyrese	Newberry	6.17m 20' 3"	2(10)	
13	Nulty, Thomas	Wingate	6.15m 20' 2 ¹ / ₄	2(11)	
14	Sawyer, Cortez	Wingate	6.09m 19' 11 ³ / ₄	1(3)	
15	Dupuy, Pierre	Tusculum	5.96m 19' 6 ³ / ₄	1(4)	
16	Talbert, Isaiah	Lenoir-Rhyne	5.88m 19' 3 ¹ / ₂	1(5)	
17	Howard, Antonio	Catawba	5.85m 19' 2 ¹ / ₂	2(12)	
18	Ngugi, Elijah	Newberry	5.79m 19' 0"	1(6)	
19	Graham, Marquis	Catawba	5.73m 18' 9 ³ / ₄	1(7)	
20	Prince, Austin	Mars Hill	5.71m 18' 9"	1(8)	
21	Buchanan, Antonio	Newberry	5.53m 18' 1 ³ / ₄	1(9)	
22	Thompson, Jamire	Tusculum	5.49m 18' 0 ¹ / ₄	1(10)	
23	Purser, Giovanni	Tusculum	5.34m 17' 6 ¹ / ₄	1(11)	
	Peters, Brendan	Catawba	NM	1	
	Pierson-Pace, Zahier	Lenoir-Rhyne	NM	2	

#27 Men's Triple Jump

\$	JDL Fast Track	15.85m	Michael Tiller	Unattached	2/3/2018
!	College Facility	15.83m	Anthony Campbell	Charlotte	12/5/2015
^^	South Atlantic Indoor	14.89m	Nathanael Patterson	Wingate	2018

PI	Name	Team	Mark	Pts
1	Irakunda, Murishi	Coker	14.36m 47' 1 ¹ / ₂	10
2	Weathers, Darius	Wingate	14.31m 46' 11 ¹ / ₂	8
3	Sibanda, Dumoluhle	Wingate	13.94m 45' 9"	6
4	Buchanan, Antonio	Newberry	13.89m 45' 7"	5
5	Garrett, Courtavious	Carson-Newman	13.26m 43' 6"	4
6	Horcacas-Martin, Carlos	Catawba	13.13m 43' 1"	3
7	Sawyer, Cortez	Wingate	13.07m 42' 10 ³ / ₄	2
8	Dupuy, Pierre	Tusculum	13.03m 42' 9"	1
9	Graham, Marquis	Catawba	12.58m 41' 3 ¹ / ₄	
10	Trukawka, Dennis	Wingate	12.27m 40' 3 ¹ / ₄	
11	Ngugi, Elijah	Newberry	12.23m 40' 1 ¹ / ₂	
12	Grant, Tyrese	Newberry	12.20m 40' 0 ¹ / ₂	

SOUTH ATLANTIC CONFERENCE INDOOR T&F CHAMPIONSHIPS

Winston-Salem, NC

JDL Fast Track

Weather: 68 degrees, no wind

Host: South Atlantic Conference

2/29/2020 - 3/1/2020

MEET OFFICIALS

Meet Director:

Ali Bahr

Timing:

Rhodes Race Timing

**OFFICIAL MEET REPORT**

printed: 3/1/2020 2:38 PM

RESULTS**#27 Men's Triple Jump (cont'd)**

PI	Name	Team	Mark	Pts
13	Berry, Alex	Coker	12.19m 40' 0"	
14	Talbert, Isaiah	Lenoir-Rhyne	12.07m 39' 7 ¹ / ₄	
15	Danielsson, Gudmundur	Queens (NC)	12.05m 39' 6 ¹ / ₂	
	Wilson, James	Carson-Newman	DNS	

#29 Men's Shot Put

\$	JDL Fast Track	19.50m	Wesley Lavong	Adams State	3/15/2014
!	College Facility	19.50m	Wesley Lavong	Adams State	3/15/2014
^	South Atlantic Indoor	17.15m	Martin Knauer	Queens (N.C.)	2019

PI	Name	Team	Mark	F(PI)	Pts
1	Zirwas, Elliot	Wingate	16.19m 53' 1 ¹ / ₂	2(1)	10
2	Mullis, Tucker	Wingate	15.01m 49' 3"	2(2)	8
3	Poe, Jason	Lenoir-Rhyne	14.08m 46' 2 ¹ / ₂	2(3)	6
4	Holloway, Tyler	Mars Hill	13.75m 45' 1 ¹ / ₂	2(4)	5
5	Pender, Logan	Carson-Newman	13.53m 44' 4 ³ / ₄	2(5)	4
6	Waluga, Amadeus	Queens (NC)	13.47m 44' 2 ¹ / ₂	2(6)	3
7	Jureidini-Wyche, Trayzel	Carson-Newman	13.31m 43' 8"	2(7)	2
8	Osborne, Ben	Queens (NC)	13.22m 43' 4 ¹ / ₂	2(8)	1
9	Gramann, Austin	Carson-Newman	13.17m 43' 2 ¹ / ₂	2(9)	
10	Wright, Evans	Queens (NC)	13.05m 42' 9 ³ / ₄	2(10)	
11	Edwards, Billy	Wingate	12.91m 42' 4 ¹ / ₄	2(11)	
12	Lane, Zachary	Tusculum	12.68m 41' 7 ¹ / ₄	1(1)	
13	Hatley, Dalton	Lenoir-Rhyne	12.58m 41' 3 ¹ / ₄	2(12)	
14	Peppin, Michael	Tusculum	12.22m 40' 1 ¹ / ₄	1(2)	
15	Green, Draven	Carson-Newman	12.16m 39' 10 ³ / ₄	2(13)	
16	Higgins, Alex	Tusculum	12.07m 39' 7 ¹ / ₄	2(14)	
17	Horton, Ellis	Lenoir-Rhyne	11.97m 39' 3 ¹ / ₄	2(15)	
18	Crowell, Kegan	Newberry	11.74m 38' 6 ¹ / ₄	1(3)	
19	Goodlett, Ben	Mars Hill	11.49m 37' 8 ¹ / ₂	1(4)	
20	Smith, Luke	Carson-Newman	11.45m 37' 6 ³ / ₄	1(5)	
21	Bee, Jacob	Queens (NC)	11.43m 37' 6"	1(6)	
22	Grooms, Evan	Tusculum	11.32m 37' 1 ³ / ₄	1(7)	
23	Prescott, Lee	Mars Hill	11.29m 37' 0 ¹ / ₂	1(8)	
24	Wheatley, Connor	Anderson (SC)	10.79m 35' 5"	1(9)	
25	Sanford, Scott	Anderson (SC)	10.62m 34' 10 ¹ / ₄	1(10)	
26	Francis, Evan	Anderson (SC)	10.52m 34' 6 ¹ / ₄	1(11)	
27	Basnight, Cole	Queens (NC)	10.31m 33' 10"	1(12)	
28	Williams, Jon	Newberry	9.56m 31' 4 ¹ / ₂	1(13)	
	McClinton, Thomas	Catawba	NM	1	
	Mitchell, Kayshon	Newberry	NM	1	

SOUTH ATLANTIC CONFERENCE INDOOR T&F CHAMPIONSHIPS

Winston-Salem, NC
 JDL Fast Track
 Weather: 68 degrees, no wind
 Host: South Atlantic Conference
 2/29/2020 - 3/1/2020

MEET OFFICIALS

Meet Director:
 Ali Bahr
 Timing:
 Rhodes Race Timing



OFFICIAL MEET REPORT
 printed: 3/1/2020 2:38 PM

RESULTS

#31 Men's Weight Throw

\$	JDL Fast Track	23.24m	Josh Davis	NC State	12/3/2017
!	College Facility	23.24m	Josh Davis	NC State	12/3/2017
^^	South Atlantic Indoor	17.39m	Eliot Zirwas	Wingate	2018

Pl	Name	Team	Mark	F(Pl)	Pts
1	Zirwas, Elliot	Wingate	17.35m 56' 11 ¹ / ₄	2(1)	10
2	Wright, Evans	Queens (NC)	16.49m 54' 1 ¹ / ₄	2(2)	8
3	Edwards, Billy	Wingate	15.79m 51' 9 ³ / ₄	2(3)	6
4	Osborne, Ben	Queens (NC)	15.33m 50' 3 ¹ / ₂	1(1)	5
5	Bee, Jacob	Queens (NC)	15.28m 50' 1 ³ / ₄	2(4)	4
6	Mullis, Tucker	Wingate	15.02m 49' 3 ¹ / ₂	2(5)	3
7	Sigmon, Dawson	Lenoir-Rhyne	14.77m 48' 5 ¹ / ₂	2(6)	2
8	Hatley, Dalton	Lenoir-Rhyne	14.76m 48' 5 ¹ / ₄	1(2)	1
9	Gramann, Austin	Carson-Newman	14.18m 46' 6 ¹ / ₄	2(7)	
10	Horton, Ellis	Lenoir-Rhyne	14.07m 46' 2"	2(8)	
11	Wheatley, Connor	Anderson (SC)	13.69m 44' 11"	2(9)	
12	Crowell, Kegan	Newberry	13.16m 43' 2 ¹ / ₄	1(3)	
13	Basnight, Cole	Queens (NC)	13.03m 42' 9"	1(4)	
14	Gross, Austin	Lenoir-Rhyne	12.84m 42' 1 ¹ / ₂	1(5)	
15	Grooms, Evan	Tusculum	12.77m 41' 10 ³ / ₄	1(6)	
16	Waluga, Amadeus	Queens (NC)	12.62m 41' 5"	1(7)	
17	Francis, Evan	Anderson (SC)	12.39m 40' 7 ³ / ₄	1(8)	
18	Williams, Jon	Newberry	11.53m 37' 10"	1(9)	
	Mitchell, Kayshon	Newberry	NM	2	

#34 Men's Indoor Heptathlon

Pl	Name	Points	60	Long Jump	Shot Put	High Jump	60H	Pole Vault	1000
1	Meckes, Ricko	4505	7.44	6.22m	13.24m	1.82m	8.86	3.70m	3:17.89
	Queens (NC)			20' 5"	43' 5 ¹ / ₄	5' 11 ¹ / ₂		12' 1 ¹ / ₂	
	Team Points: 10		732	635	682	644	777	535	500
2	Trukawka, Dennis	4349	7.34	6.76m	10.26m	1.73m	8.85	3.50m	3:18.33
	Wingate			22' 2 ¹ / ₄	33' 8"	5' 8"		11' 5 ³ / ₄	
	Team Points: 8		765	757	501	569	779	482	496
3	Nabe, Kyle	4227	7.45	5.73m	11.37m	1.73m	8.66	3.00m	3:01.21
	Lincoln Memorial			18' 9 ³ / ₄	37' 3 ³ / ₄	5' 8"		9' 10"	
	Team Points: 6		729	529	568	569	823	357	652
4	Brown, Anthony	4174	7.27	6.41m	13.14m	1.73m	8.67	2.40m	3:27.10
	Lenoir-Rhyne			21' 0 ¹ / ₂	43' 1 ¹ / ₂	5' 8"		7' 10 ¹ / ₂	
	Team Points: 5		789	677	676	569	820	220	423
5	Chilton, Nolan	4166	7.37	6.08m	10.28m	1.70m	9.76	3.60m	2:59.92
	Catawba			19' 11 ¹ / ₂	33' 8 ³ / ₄	5' 7"		11' 9 ³ / ₄	
	Team Points: 4		755	604	502	544	587	509	665
6	Schronce, Jesse	4044	7.49	6.06m	9.15m	1.88m	9.63	3.10m	3:06.42
	Catawba			19' 10 ³ / ₄	30' 0 ¹ / ₄	6' 2"		10' 2"	
	Team Points: 3		716	600	435	696	613	381	603
7	Jackson, Deandre	3831	7.74	5.74m	9.68m	1.67m	9.12	3.30m	3:14.86
	Lenoir-Rhyne			18' 10"	31' 9 ¹ / ₄	5' 5 ³ / ₄		10' 10"	
	Team Points: 2		637	531	466	520	720	431	526

SOUTH ATLANTIC CONFERENCE INDOOR T&F CHAMPIONSHIPS

Winston-Salem, NC
 JDL Fast Track
 Weather: 68 degrees, no wind
 Host: South Atlantic Conference
 2/29/2020 - 3/1/2020

MEET OFFICIALS

Meet Director:
 Ali Bahr
 Timing:
 Rhodes Race Timing



OFFICIAL MEET REPORT
 printed: 3/1/2020 2:38 PM

RESULTS

#34 Men's Indoor Heptathlon (cont'd)

PI	Name	Points	60	Long Jump	Shot Put	High Jump	60H	Pole Vault	1000
8	Danielsson, Gudmu Queens (NC)	3793	7.87	6.05m 19' 10 ¹ / ₄	11.08m 36' 4 ¹ / ₄	1.67m 5' 5 ³ / ₄	9.69	3.70m 12' 1 ¹ / ₂	3:31.23
	Team Points: 1		598	597	551	520	601	535	391
9	Litsey, Dre Coker	3346	7.28	6.02m 19' 9"	9.04m 29' 8"	1.88m 6' 2"	10.20	NH	3:37.76
			785	591	428	696	504		342
10	Helberg, Harris Queens (NC)	2560	7.90	5.45m 17' 10 ³ / ₄	7.66m 25' 1 ³ / ₄	NH	11.79	2.30m 7' 6 ¹ / ₂	2:56.25
			589	471	346		254	199	701
	Bobbitt, Tommy Queens (NC)	DNF	7.67	4.52m 14' 10"	9.09m 29' 10"	NH	DNS	DNS	
			659	294	431				

#34-1 Men's Indoor Heptathlon 60 Meters

\$	JDL Fast Track	6.61	Ramon Gittens	Unattached	1/30/2016
\$	JDL Fast Track	6.61	Sean McLean	Nike	1/19/2015
!	College Facility	6.62	Keitavious Walter	Hinds CC	3/5/2016
^^	South Atlantic Indoor	6.77	Widchard Guervil	Tusculum	2018

PI	Name	Team	Time	H(PI)	Pts
1	Brown, Anthony	Lenoir-Rhyne	7.27	2(1)	789
2	Litsey, Dre	Coker	7.28	1(1)	785
3	Trukawka, Dennis	Wingate	7.34	1(2)	765
4	Chilton, Nolan	Catawba	7.37	2(2)	755
5	Meckes, Ricko	Queens (NC)	7.44	2(3)	732
6	Nabe, Kyle	Lincoln Memorial	7.45	1(3)	729
7	Schronce, Jesse	Catawba	7.49	2(4)	716
8	Bobbitt, Tommy	Queens (NC)	7.67	2(5)	659
9	Jackson, Deandre	Lenoir-Rhyne	7.74	1(4)	637
10	Danielsson, Gudmundur	Queens (NC)	7.87	2(6)	598
11	Helberg, Harris	Queens (NC)	7.90	1(5)	589

Men's Indoor Heptathlon After 1 Events

PI	Athlete	Team	Points
1	Brown, Anthony	Lenoir-Rhyne	789
2	Litsey, Dre	Coker	785
3	Trukawka, Dennis	Wingate	765
4	Chilton, Nolan	Catawba	755
5	Meckes, Ricko	Queens (NC)	732
6	Nabe, Kyle	Lincoln Memorial	729
7	Schronce, Jesse	Catawba	716
8	Bobbitt, Tommy	Queens (NC)	659
9	Jackson, Deandre	Lenoir-Rhyne	637
10	Danielsson, Gudmu	Queens (NC)	598
11	Helberg, Harris	Queens (NC)	589

SOUTH ATLANTIC CONFERENCE INDOOR T&F CHAMPIONSHIPS

Winston-Salem, NC

JDL Fast Track

Weather: 68 degrees, no wind

Host: South Atlantic Conference

2/29/2020 - 3/1/2020

MEET OFFICIALS

Meet Director:

Ali Bahr

Timing:

Rhodes Race Timing

**OFFICIAL MEET REPORT**

printed: 3/1/2020 2:38 PM

RESULTS**#34-2 Men's Indoor Heptathlon Long Jump**

\$	JDL Fast Track	7.81m	Mikese Morse	Unattached	11/16/2013
!	College Facility	7.76m	Andre Dorsey	Kennesaw State	2/21/2014
^^	South Atlantic Indoor	7.21m	Andrew Spence	Wingate	2018

Pl	Name	Team	Mark	Pts
1	Trukawka, Dennis	Wingate	6.76m 22' 2 ¹ / ₄	757
2	Brown, Anthony	Lenoir-Rhyne	6.41m 21' 0 ¹ / ₂	677
3	Meckes, Ricko	Queens (NC)	6.22m 20' 5"	635
4	Chilton, Nolan	Catawba	6.08m 19' 11 ¹ / ₂	604
5	Schronce, Jesse	Catawba	6.06m 19' 10 ³ / ₄	600
6	Danielsson, Gudmundur	Queens (NC)	6.05m 19' 10 ¹ / ₄	597
7	Litsey, Dre	Coker	6.02m 19' 9"	591
8	Jackson, Deandre	Lenoir-Rhyne	5.74m 18' 10"	531
9	Nabe, Kyle	Lincoln Memorial	5.73m 18' 9 ³ / ₄	529
10	Helberg, Harris	Queens (NC)	5.45m 17' 10 ³ / ₄	471
11	Bobbitt, Tommy	Queens (NC)	4.52m 14' 10"	294

Men's Indoor Heptathlon After 2 Events

Pl	Athlete	Team	Points
1	Trukawka, Dennis	Wingate	1522
2	Brown, Anthony	Lenoir-Rhyne	1466
3	Litsey, Dre	Coker	1376
4	Meckes, Ricko	Queens (NC)	1367
5	Chilton, Nolan	Catawba	1359
6	Schronce, Jesse	Catawba	1316
7	Nabe, Kyle	Lincoln Memorial	1258
8	Danielsson, Gudmu	Queens (NC)	1195
9	Jackson, Deandre	Lenoir-Rhyne	1168
10	Helberg, Harris	Queens (NC)	1060
11	Bobbitt, Tommy	Queens (NC)	953

#34-3 Men's Indoor Heptathlon Shot Put

\$	JDL Fast Track	19.50m	Wesley Lavong	Adams State	3/15/2014
!	College Facility	19.50m	Wesley Lavong	Adams State	3/15/2014
^^	South Atlantic Indoor	17.15m	Martin Knauer	Queens (N.C.)	2019

Pl	Name	Team	Mark	Pts
1	Meckes, Ricko	Queens (NC)	13.24m 43' 5 ¹ / ₄	682
2	Brown, Anthony	Lenoir-Rhyne	13.14m 43' 1 ¹ / ₂	676
3	Nabe, Kyle	Lincoln Memorial	11.37m 37' 3 ³ / ₄	568
4	Danielsson, Gudmundur	Queens (NC)	11.08m 36' 4 ¹ / ₄	551
5	Chilton, Nolan	Catawba	10.28m 33' 8 ³ / ₄	502
6	Trukawka, Dennis	Wingate	10.26m 33' 8"	501
7	Jackson, Deandre	Lenoir-Rhyne	9.68m 31' 9 ¹ / ₄	466
8	Schronce, Jesse	Catawba	9.15m 30' 0 ¹ / ₄	435
9	Bobbitt, Tommy	Queens (NC)	9.09m 29' 10"	431
10	Litsey, Dre	Coker	9.04m 29' 8"	428
11	Helberg, Harris	Queens (NC)	7.66m 25' 1 ³ / ₄	346

SOUTH ATLANTIC CONFERENCE INDOOR T&F CHAMPIONSHIPS

Winston-Salem, NC

JDL Fast Track

Weather: 68 degrees, no wind

Host: South Atlantic Conference

2/29/2020 - 3/1/2020

MEET OFFICIALS

Meet Director:

Ali Bahr

Timing:

Rhodes Race Timing

**OFFICIAL MEET REPORT**

printed: 3/1/2020 2:38 PM

RESULTS**Men's Indoor Heptathlon After 3 Events**

PI	Athlete	Team	Points
1	Brown, Anthony	Lenoir-Rhyne	2142
2	Meckes, Ricko	Queens (NC)	2049
3	Trukawka, Dennis	Wingate	2023
4	Chilton, Nolan	Catawba	1861
5	Nabe, Kyle	Lincoln Memorial	1826
6	Litsey, Dre	Coker	1804
7	Schronce, Jesse	Catawba	1751
8	Danielsson, Gudmu	Queens (NC)	1746
9	Jackson, Deandre	Lenoir-Rhyne	1634
10	Helberg, Harris	Queens (NC)	1406
11	Bobbitt, Tommy	Queens (NC)	1384

#34-4 Men's Indoor Heptathlon High Jump

\$	JDL Fast Track	2.24m	Kris Kornegay-Gober	NC State	12/1/2012
!	College Facility	2.24m	Kris Kornegay-Gober	NC State	12/1/2012
^^	South Atlantic Indoor	2.10m	Tanner Stepp	Carson-Newman	2018

PI	Name	Team	Mark	Pts
1	Schronce, Jesse	Catawba	1.88m 6' 2"	696
2	Litsey, Dre	Coker	1.88m 6' 2"	696
3	Meckes, Ricko	Queens (NC)	1.82m 5' 11 ¹ / ₂	644
4	Brown, Anthony	Lenoir-Rhyne	1.73m 5' 8"	569
5	Trukawka, Dennis	Wingate	1.73m 5' 8"	569
6	Nabe, Kyle	Lincoln Memorial	1.73m 5' 8"	569
7	Chilton, Nolan	Catawba	1.70m 5' 7"	544
8	Jackson, Deandre	Lenoir-Rhyne	1.67m 5' 5 ³ / ₄	520
9	Danielsson, Gudmundur	Queens (NC)	1.67m 5' 5 ³ / ₄	520
	Bobbitt, Tommy	Queens (NC)	NH	
	Helberg, Harris	Queens (NC)	NH	

Men's Indoor Heptathlon After 4 Events

PI	Athlete	Team	Points
1	Brown, Anthony	Lenoir-Rhyne	2711
2	Meckes, Ricko	Queens (NC)	2693
3	Trukawka, Dennis	Wingate	2592
4	Litsey, Dre	Coker	2500
5	Schronce, Jesse	Catawba	2447
6	Chilton, Nolan	Catawba	2405
7	Nabe, Kyle	Lincoln Memorial	2395
8	Danielsson, Gudmu	Queens (NC)	2266
9	Jackson, Deandre	Lenoir-Rhyne	2154
10	Helberg, Harris	Queens (NC)	1406
11	Bobbitt, Tommy	Queens (NC)	1384

SOUTH ATLANTIC CONFERENCE INDOOR T&F CHAMPIONSHIPS

Winston-Salem, NC

JDL Fast Track

Weather: 68 degrees, no wind

Host: South Atlantic Conference

2/29/2020 - 3/1/2020

MEET OFFICIALS

Meet Director:

Ali Bahr

Timing:

Rhodes Race Timing

**OFFICIAL MEET REPORT**

printed: 3/1/2020 2:38 PM

RESULTS**#34-5 Men's Indoor Heptathlon 60m Hurdles**

\$	JDL Fast Track	7.55	Aleec Harris	adidas	1/31/2015
!	College Facility	7.63	Michael Dickson	North Carolina A&T	2/4/2017
^^	South Atlantic Indoor	8.29	Stefan Jungmichel	Queens (N.C.)	2019

Pl	Name	Team	Time	H(Pl)	Pts
1	Nabe, Kyle	Lincoln Memorial	8.66	1(1)	823
2	Brown, Anthony	Lenoir-Rhyne	8.67	3(1)	820
3	Trukawka, Dennis	Wingate	8.85	3(2)	779
4	Meckes, Ricko	Queens (NC)	8.86	2(1)	777
5	Jackson, Deandre	Lenoir-Rhyne	9.12	1(2)	720
6	Schronce, Jesse	Catawba	9.63	1(3)	613
7	Danielsson, Gudmundur	Queens (NC)	9.69	3(3)	601
8	Chilton, Nolan	Catawba	9.76	2(2)	587
9	Litsey, Dre	Coker	10.20	2(3)	504
10	Helberg, Harris	Queens (NC)	11.79	2(4)	254
	Bobbitt, Tommy	Queens (NC)	DNS	1	

Men's Indoor Heptathlon After 5 Events

Pl	Athlete	Team	Points
1	Brown, Anthony	Lenoir-Rhyne	3531
2	Meckes, Ricko	Queens (NC)	3470
3	Trukawka, Dennis	Wingate	3371
4	Nabe, Kyle	Lincoln Memorial	3218
5	Schronce, Jesse	Catawba	3060
6	Litsey, Dre	Coker	3004
7	Chilton, Nolan	Catawba	2992
8	Jackson, Deandre	Lenoir-Rhyne	2874
9	Danielsson, Gudmu	Queens (NC)	2867
10	Helberg, Harris	Queens (NC)	1660

#34-6 Men's Indoor Heptathlon Pole Vault

\$	JDL Fast Track	5.46m	Scott Houston	Unattached	2/2/2019
!	College Facility	5.35m	Keon Howe	Charlotte	12/8/2019
^^	South Atlantic Indoor	4.40m	Daniel Nicholson	Lenoir-Rhyne	2019

Pl	Name	Team	Mark	Pts
1	Danielsson, Gudmundur	Queens (NC)	3.70m 12' 1½"	535
2	Meckes, Ricko	Queens (NC)	3.70m 12' 1½"	535
3	Chilton, Nolan	Catawba	3.60m 11' 9¾"	509
4	Trukawka, Dennis	Wingate	3.50m 11' 5¾"	482
5	Jackson, Deandre	Lenoir-Rhyne	3.30m 10' 10"	431
6	Schronce, Jesse	Catawba	3.10m 10' 2"	381
7	Nabe, Kyle	Lincoln Memorial	3.00m 9' 10"	357
8	Brown, Anthony	Lenoir-Rhyne	2.40m 7' 10½"	220
9	Helberg, Harris	Queens (NC)	2.30m 7' 6½"	199
	Litsey, Dre	Coker	NH	
	Bobbitt, Tommy	Queens (NC)	DNS	

SOUTH ATLANTIC CONFERENCE INDOOR T&F CHAMPIONSHIPS

Winston-Salem, NC

JDL Fast Track

Weather: 68 degrees, no wind

Host: South Atlantic Conference

2/29/2020 - 3/1/2020

MEET OFFICIALS

Meet Director:

Ali Bahr

Timing:

Rhodes Race Timing

**OFFICIAL MEET REPORT**

printed: 3/1/2020 2:38 PM

RESULTS**Men's Indoor Heptathlon After 6 Events**

Pl	Athlete	Team	Points
1	Meckes, Ricko	Queens (NC)	4005
2	Trukawka, Dennis	Wingate	3853
3	Brown, Anthony	Lenoir-Rhyne	3751
4	Nabe, Kyle	Lincoln Memorial	3575
5	Chilton, Nolan	Catawba	3501
6	Schronce, Jesse	Catawba	3441
7	Danielsson, Gudmu	Queens (NC)	3402
8	Jackson, Deandre	Lenoir-Rhyne	3305
9	Litsey, Dre	Coker	3004
10	Helberg, Harris	Queens (NC)	1859

#34-7 Men's Indoor Heptathlon 1000 Meters

\$	JDL Fast Track	2:25.64	Quamel Prince	District Track Club	2/8/2020
!	College Facility	2:27.47	Thomas Bojanowski	Wake Forest	12/1/2012

Pl	Name	Team	Time	Pts
1	Helberg, Harris	Queens (NC)	2:56.25	701
2	Chilton, Nolan	Catawba	2:59.92	665
3	Nabe, Kyle	Lincoln Memorial	3:01.21	652
4	Schronce, Jesse	Catawba	3:06.42	603
5	Jackson, Deandre	Lenoir-Rhyne	3:14.86	526
6	Meckes, Ricko	Queens (NC)	3:17.89	500
7	Trukawka, Dennis	Wingate	3:18.33	496
8	Brown, Anthony	Lenoir-Rhyne	3:27.10	423
9	Danielsson, Gudmundur	Queens (NC)	3:31.23	391
10	Litsey, Dre	Coker	3:37.76	342

Men's Indoor Heptathlon After 7 Events

Pl	Athlete	Team	Points
1	Meckes, Ricko	Queens (NC)	4505
2	Trukawka, Dennis	Wingate	4349
3	Nabe, Kyle	Lincoln Memorial	4227
4	Brown, Anthony	Lenoir-Rhyne	4174
5	Chilton, Nolan	Catawba	4166
6	Schronce, Jesse	Catawba	4044
7	Jackson, Deandre	Lenoir-Rhyne	3831
8	Danielsson, Gudmu	Queens (NC)	3793
9	Litsey, Dre	Coker	3346
10	Helberg, Harris	Queens (NC)	2560

Men's Scores

Pl	Team	Code	Score
1	Queens (NC)	QUEE	167
2	Wingate	WING	108
3	Lenoir-Rhyne	LERH	104
4	Carson-Newman	CANE	90
5	Catawba	CATA	61
6	Tusculum	TUSC	42

**SOUTH ATLANTIC CONFERENCE INDOOR T&F
CHAMPIONSHIPS**

Winston-Salem, NC

JDL Fast Track

Weather: 68 degrees, no wind

Host: South Atlantic Conference

2/29/2020 - 3/1/2020

MEET OFFICIALS

Meet Director:

Ali Bahr

Timing:

Rhodes Race Timing



OFFICIAL MEET REPORT

printed: 3/1/2020 2:38 PM

RESULTS

Men's Scores (cont'd)

Pl	Team	Code	Score
7	Coker	COKE	32
8	Lincoln Memorial	LITN	20
9	Anderson (SC)	ANDE	17
10	Newberry	NESC	15
11	Mars Hill	MAHI	5

Women's Scores

Pl	Team	Code	Score
1	Queens (NC)	QUEE	203.5
2	Lenoir-Rhyne	LERH	123.5
3	Tusculum	TUSC	66
4	Carson-Newman	CANE	51
5	Wingate	WING	49
6	Catawba	CATA	40
7	Anderson (SC)	ANDE	38
8	Coker	COKE	35
9	Lincoln Memorial	LITN	30
10	Mars Hill	MAHI	18
11	Newberry	NESC	8