

**JDL Flat Is Fast Invitational - 1/21/2024****JDL Fast Track****Results****Women 60 M**

Name	Year School	Prelims	H#
Preliminaries			
1 Benloss, Brianna	Winston-Salem St.	7.59Q	4
2 Abumere, Sarah	Newberry	7.74Q	5
3 Pittman, Jada	Gardner-Webb	7.83Q	2 7.825
4 Bryant, Hayleigh	Winston-Salem St.	7.84Q	3
5 Tutt, Keiarra	Barton	8.08Q	1
6 Chapple, Lydia	Winston-Salem St.	7.79q	4
7 Tudor, Ronee	Winston-Salem St.	7.83q	5 7.828
8 Sherman, Katlin	Unattached	7.87q	3
9 Salmon, Paula	Unattached	7.90	2
10 Spencer, Anna	Gardner-Webb	8.03	3
11 Love, Cheyenne	Unattached	8.04	4
12 Allen, Sydney	Livingstone	8.19	1
13 Shaw, Ashante	Columbia (S.C.)	8.20	5
14 Ferrell, Kayla	Columbia (S.C.)	8.23	4
15 Marks, Kwamecia	Columbia (S.C.)	8.32	5
16 Johnson, Jasmine	Brenau	8.33	1
17 Richardson, Heaven	Guilford	8.34	2
18 Martin, Kendra	Brenau	8.37	4
19 Walker, Ziya	Newberry	8.43	1
20 Bonnett, Makayla	Queens (N.C.)	8.44	2
21 Blankenship, Coutney	Newberry	8.45	4
22 Smith, Inshan-Nae	Livingstone	8.47	5
23 Croft, Diamond	Spartanburg	8.54	5
24 Howard, Genysis	Queens (N.C.)	8.65	5
25 Hawkins, Quierra	Methodist	8.72	5
26 Johnson, Alanna	Queens (N.C.)	8.79	1
27 Woods, Kate	Queens (N.C.)	8.85	1
28 Neal, Erykalyn	Methodist	8.86	3
29 King, Aspen	Pfeiffer	8.87	4
30 Moody, Alaina	Winston-Salem St.	8.97	2
31 Evans, Jniyah	Bluefield	9.66	3
32 Dalton, Kaleigh	Barton	9.82	2

**Women 60 M**

Name	Year School	Finals
Finals		
1 Benloss, Brianna	Winston-Salem St.	7.59
2 Abumere, Sarah	Newberry	7.65
3 Sherman, Katlin	Unattached	7.75
4 Tudor, Ronee	Winston-Salem St.	7.75
5 Chapple, Lydia	Winston-Salem St.	7.76
6 Pittman, Jada	Gardner-Webb	7.83
7 Bryant, Hayleigh	Winston-Salem St.	7.98
8 Tutt, Keiarra	Barton	8.08

**Women 200 M**

Name	Year School	Finals	H#
1 Bryant, Hayleigh	Winston-Salem St.	25.00	1

**JDL Flat Is Fast Invitational - 1/21/2024****JDL Fast Track****Results****...Women 200 M**

2	Benloss, Brianna	Winston-Salem St.	25.73	1	
3	Lee, Daijion	Winston-Salem St.	25.94	2	
4	Tudor, Ronee	Winston-Salem St.	25.98	1	
5	Chapple, Lydia	Winston-Salem St.	26.31	1	
6	Allen, Sydney	Livingstone	26.84	4	
7	Austin, Amira	Gardner-Webb	27.51	3	
8	Ferrell, Kayla	Columbia (S.C.)	27.61	4	
9	Chambliss, Kamryn	Brenau	28.00	2	
10	Eugene, Alyiah	Gardner-Webb	28.04	3	
11	Martin, Kendra	Brenau	28.13	8	
12	Reece, Kendall	Gardner-Webb	28.33	3	28.321
13	Davis, Shaunajah	Newberry	28.33	8	28.327
14	Bonnett, Makayla	Queens (N.C.)	28.46	4	
15	Starkie, Tania	Livingstone	28.49	5	
16	Richardson, Heaven	Guilford	28.58	6	
17	Clemons, Teandra	Gardner-Webb	28.75	4	
18	Johnson, Alanna	Queens (N.C.)	29.44	6	
19	Montgomery, Brittiany	Newberry	29.47	8	
20	Moore, Natalie	Guilford	29.52	6	
21	Hawkins, Quierra	Methodist	29.55	5	
22	lopez, mila	Unattached	29.59	7	
23	Woods, Kate	Queens (N.C.)	30.04	6	
24	Neal, Erykalyn	Methodist	30.26	5	
25	Cervantes, Alyssa	Methodist	31.28	7	
26	Adams, Myah	Spartanburg	32.98	9	
27	Dalton, Kaleigh	Barton	33.23	7	
28	Covin, Nadia	Methodist	35.37	9	

**Women 400 M**

Name	Year	School	Finals	H#	
1		Love, Cheyenne	Unattached	1:00.10	1
2		Ivanov, Alena	Gardner-Webb	1:00.19	2
3		Marlow, Deborah	Gardner-Webb	1:00.21	1
4		Tolbert, Rachel	Unattached	1:00.41	1
5		Canty, Ajah	N. Carolina A&T	1:01.19	3
6		Bumbry, Trinity	Livingstone	1:01.63	2
7		Austin, Amira	Gardner-Webb	1:02.41	2
8		Tillman, Briyana	Winston-Salem St.	1:02.70	1
9		Lentz, Katelyn	Pfeiffer	1:03.79	4
10		Powell, I'Sheondra	Winston-Salem St.	1:03.93	3
11		Reece, Kendall	Gardner-Webb	1:04.03	4
12		McGregor, Sadiyah	Winston-Salem St.	1:04.60	2
13		Miller, Kelis	Winston-Salem St.	1:05.47	4
14		King, Ameerah	Columbia (S.C.)	1:05.77	6
15		Chambliss, Kamryn	Brenau	1:05.79	3
16		Outhous, Sophia	Spartanburg	1:05.94	7
17		Gabriel, Malaysia	Winston-Salem St.	1:06.45	5
18		Shaw, Ashante	Columbia (S.C.)	1:06.73	6
19		Borst, Makayla	Pfeiffer	1:07.69	5
20		Martin, Addison	Columbia (S.C.)	1:08.28	7
21		Welborn, Micah	Pfeiffer	1:08.49	5
22		Morrison, Katena	Methodist	1:08.90	6
23		Quimby, Nia	Newberry	1:08.98	6

**JDL Flat Is Fast Invitational - 1/21/2024****JDL Fast Track****Results****...Women 400 M**

24	Hayes, Mikhailah	Brenau	1:09.72	7
25	Kee, Imani	Methodist	1:12.22	7
26	Croft, Diamond	Spartanburg	1:13.06	6
27	Marks, Kwamecia	Columbia (S.C.)	1:13.39	7
28	Whilden, Ansley	Barton	1:13.73	4
29	Evans, Jniyah	Bluefield	1:16.08	5

**Women 600 M**

Name	Year	School	Finals	H#
1 Perriello, Jessica		Gardner-Webb	1:40.56	1
2 Castillo, Isabela		Gardner-Webb	1:41.34	1
3 Bour, Teryn		Gardner-Webb	1:43.41	1
4 Deloatch, Saa'Naudia		Livingstone	1:46.64	2
5 Collins, Charity		Livingstone	1:48.16	2
6 Womack, Tanniya		Livingstone	1:48.23	1
7 Robison, Charmaine		Methodist	2:09.06	2

**Women 800 M**

Name	Year	School	Finals	H#
1 Herring, Camille		N. Carolina A&T	2:22.33	1
2 Karmanocky, Emily		Charlotte	2:22.59	1
3 Prioleau, Ryan		N. Carolina A&T	2:23.16	1
4 Campbell, Ania		N. Carolina A&T	2:23.25	1
5 Suarez Vega, Lucia		Unattached	2:36.87	2
6 Bradley, Sarah		Queens (N.C.)	2:37.40	1
7 Geel, Kayleigh		Newberry	2:39.46	2
8 Busch, Patti		Methodist	2:40.90	2
9 Nelson, Jaiyah		Winston-Salem St.	2:41.35	1
10 Reales-Pruano, Victoria		Bluefield	2:49.19	2
11 Skeen, Angel		Pfeiffer	3:00.08	2
12 Vance, Averi		Spartanburg	3:05.17	2
13 Boone, Nia		Guilford	3:07.29	2
14 Gallimore, Heather		Pfeiffer	3:21.67	2
-- Grooms, Abigail		Newberry	DNF	2

**Women 1000 M**

Name	Year	School	Finals
1 Bumbry, Trinity		Livingstone	3:13.89
2 Averie, Akin		Brenau	3:16.97
3 Lindquist, Alaya		Newberry	3:20.67
4 Valcent, Thomyka		Livingstone	3:21.22
5 Bradley, Sarah		Queens (N.C.)	3:25.40
6 Michaud, Riley		Oglethorpe	3:27.85
7 Malancea, Elina		Oglethorpe	3:36.05
8 Gladys, Blanco Choque		Brenau	3:48.81
9 Swanson, Alex		Oglethorpe	3:52.68
10 Johnson, Niya		Methodist	4:20.99

**JDL Flat Is Fast Invitational - 1/21/2024****JDL Fast Track****Results****Women 1 Mile**

Name	Year School	Finals	H#
1 Wells, Anna	Charlotte	5:07.32	1
2 Lowery, Madison	Pfeiffer	5:14.76	1
3 Kayzar, Jackie	Unattached	5:18.33	1
4 Widmann, Chloe	Queens (N.C.)	5:18.54	1
5 Heft, Austin	Charlotte	5:18.76	1
6 Franklin, Jenna	Charlotte	5:19.09	1
7 Kohler, Kiersten	Charlotte	5:23.67	1
8 Anderson, Kathryn	Unc Pembroke	5:24.15	1
9 Kimaiyo, Moureen	Unc Pembroke	5:26.64	1
10 McCall, Ella	Unattached	5:29.54	1
11 Bryant, Elicia	Winston-Salem St.	5:36.32	2
12 Gentille, Savannah	Unattached	5:38.05	1
13 Hite, Beatty Grace	Queens (N.C.)	5:48.60	2
14 Pena, Leticia	Unc Pembroke	5:50.04	3
15 Hladik, Maddie	Pfeiffer	5:51.79	2
16 Davis, Tinasia	Winston-Salem St.	5:53.32	2
17 Zarzyski, Madelyne	Queens (N.C.)	5:53.96	2
18 McDaniel, Chloe	Gardner-Webb	5:54.05	2
19 Escalera, Jennifer	Gardner-Webb	5:54.11	2
20 Jones, Vanessa	Winston-Salem St.	5:57.52	2
21 Bennewitz, Malea	Unc Pembroke	6:00.16	3
22 Piro, Karen	Unc Pembroke	6:11.11	3
23 Mars, Gianna	Queens (N.C.)	6:13.19	3
24 Borst, Hayley	Pfeiffer	6:20.39	3
25 Fogarty, Brynn	Queens (N.C.)	6:24.25	3
26 Vance, Averi	Spartanburg	6:28.00	3
27 McMahan, Madi	Brenau	6:28.98	3
-- Wilms, Makalyn	Methodist	DNF	3
-- Skeen, Angel	Pfeiffer	DNF	3
-- McCauley, Allison	Newberry	DNF	3

**Women 3000 M**

Name	Year School	Finals	H#
1 Lowery, Madison	Pfeiffer	10:26.14	1
2 Kimaiyo, Moureen	Unc Pembroke	10:38.81	1
3 Young, Samantha	Unattached	10:41.82	1
4 Glavan, Lori	Charlotte	10:50.32	1
5 Kosgei, Jackline	Unc Pembroke	10:59.36	1
6 Averie, Akin	Brenau	11:10.62	1
7 Kravitz, Angeline	Columbia (S.C.)	11:23.61	1
8 Pena, Leticia	Unc Pembroke	11:32.25	2
9 Hansen, Katie	Barton	11:43.36	2
10 Bennewitz, Malea	Unc Pembroke	11:43.56	2
11 Shearer, Lucy	Unattached	12:12.23	2
12 Fretwell, Anna	Barton	12:14.54	2
13 Borst, Hayley	Pfeiffer	12:18.88	2
14 Gladys, Blanco Choque	Brenau	12:19.88	2
-- Langtry, Josie	Newberry	DNF	1
-- Wilms, Makalyn	Methodist	DNF	2
-- Culver, Haley	Newberry	DNF	2
-- Weber, Jade	Newberry	DNF	2

**JDL Flat Is Fast Invitational - 1/21/2024****JDL Fast Track****Results****Women 60 M Hurdles**

Name	Year School	Prelims	H#
Preliminaries			
1 Salmon, Paula	Unattached	8.38Q	1
2 Simpson, Layla	Winston-Salem St.	9.09Q	2
3 Reid, Charnessa	Winston-Salem St.	9.12q	1
4 Pringle, Mackenzie	Columbia (S.C.)	9.17q	1
5 Murray, Amiyah	Winston-Salem St.	9.46q	2
6 van Sintemaatensdijk, Is	Gardner-Webb	9.59q	2
7 Barcnas, Carolina	Unattached	10.99q	2
8 Jones, Cassidi	Brenau	11.14q	1
9 Outhous, Sophia	Spartanburg	11.55	2
10 Moody, Alaina	Winston-Salem St.	11.71	2

**Women 60 M Hurdles**

Name	Year School	Finals
Finals		
1 Salmon, Paula	Unattached	8.37
2 Pringle, Mackenzie	Columbia (S.C.)	9.19
3 Reid, Charnessa	Winston-Salem St.	9.36
4 Murray, Amiyah	Winston-Salem St.	9.37
5 van Sintemaatensdijk, Is	Gardner-Webb	9.53
6 Simpson, Layla	Winston-Salem St.	9.82
7 Barcnas, Carolina	Unattached	10.61
8 Jones, Cassidi	Brenau	15.85

**Women 4x400 M Relay**

School	Finals	H#
1 Winston-Salem St. 'A'	4:06.34	1
1) Bryant, Hayleigh	2) Chapple, Lydia	
3) Tudor, Ronee	4) Benloss, Brianna	
2 Gardner-Webb 'A'	4:06.74	1
1) Ivanov, Alena	2) Cross, Traci	
3) Spencer, Anna	4) Marlow, Deborah	
3 Newberry 'A'	4:23.22	2
1) Abumere, Sarah	2) Dianiso, Mia	
3) Montgomery, Brittiany	4) Quimby, Nia	
4 Pfeiffer 'A'	4:28.44	2
1) Lowery, Madison	2) Borst, Makayla	
3) Lentz, Katelyn	4) Welborn, Micah	
5 Methodist 'A'	4:28.98	2
1) Busch, Patti	2) Rosario-Watson, Treazure	
3) Kee, Imani	4) Gardner, Brandi	
6 Columbia (S.C.) 'A'	4:56.12	2
1) King, Ameerah	2) Fuel, Carly	
3) Colino, Ainhoa	4) Shull, Mina	

**JDL Flat Is Fast Invitational - 1/21/2024****JDL Fast Track****Results****Women 4x800 M Relay**

School	Finals
1 Winston-Salem St. 'A'	10:01.55
1) Bryant, Elicia	2) Davis, Tinasia
3) Tillman, Briyana	4) Jones, Vanessa
2 Pfeiffer 'A'	10:21.28
1) Borst, Makayla	2) Welborn, Micah
3) Lentz, Katelyn	4) Hladik, Maddie
3 Oglethorpe 'A'	10:56.29
1) Michaud, Riley	2) Rhodes, Hannah
3) Malancea, Elina	4) Swanson, Alex
-- Newberry 'A'	DNF
1) Geel, Kayleigh	2) Langtry, Josie
3) King, Kenya	4) Lindquist, Alaya

**Women High Jump**

Name	Year School	Finals
1 Eugene, Alyiah	Gardner-Webb	1.63m
2 Alexander, Kennedy	Winston-Salem St.	1.58m
3 van Sintemaatensdijk, Is	Gardner-Webb	J1.58m
4 Bryant, Hayleigh	Winston-Salem St.	J1.58m
5 Clemons, Teandra	Gardner-Webb	1.48m
6 Wright, Hailey	Oglethorpe	J1.48m
-- Smith, Inshan-Nae	Livingstone	NH
-- Pitt, Lauryn	Barton	NH

**Women Pole Vault**

Name	Year School	Finals
1 McCoury, Talia	Charlotte	3.20m
2 Duff, Hannah	Charlotte	3.05m
3 Fiore, Eleni	Unattached	J3.05m
4 Rychlik, Jacklyn	Charlotte	2.75m
5 Prevet, Peggy	Queens (N.C.)	2.45m
-- Jones, Cassidi	Brenau	NH
-- Chambliss, Kamryn	Brenau	NH
-- Hansen, Ruby	Newberry	NH

**Women Long Jump**

Name	Year School	Finals	H#
1 Heckstall, Aniya	Barton	5.56m	2
2 Pittman, Jada	Gardner-Webb	5.52m	2
3 van Sintemaatensdijk, Is	Gardner-Webb	5.19m	2
4 Gardner, Janiyah	Newberry	5.08m	2
5 Gardner, Brandi	Methodist	5.06m	2
6 Simpson, Layla	Winston-Salem St.	4.82m	2
7 Walker, Ziya	Newberry	4.81m	1
8 Ferrell, Kayla	Columbia (S.C.)	4.66m	1
8 Lust, Peyton	Queens (N.C.)	4.66m	1
10 Collins, Charity	Livingstone	4.63m	2

**JDL Flat Is Fast Invitational - 1/21/2024****JDL Fast Track****Results****...Women Long Jump**

11 Johnson, Jasmine	Brenau	4.60m	1
12 Douglas, Camella	Charlotte	4.54m	1
13 Bowens, Trinity	Newberry	4.49m	1
14 Blango, Makayla	Columbia (S.C.)	4.45m	2
15 Castillo, Isabela	Gardner-Webb	4.44m	2
16 King, Aspen	Pfeiffer	4.39m	1
17 Jones, Cassidi	Brenau	4.37m	1
18 Ilesanmi, Sarah	Bluefield	4.15m	1
19 Skaar, Emily	Queens (N.C.)	3.87m	2
-- Schrader, Jazmyn	Queens (N.C.)	FOUL	2

**Women Triple Jump**

Name	Year School	Finals
1 Barrow, Kyndall	Winston-Salem St.	10.63m
2 Higgins, Jasmine	Winston-Salem St.	10.40m
3 Walker, Ziya	Newberry	10.34m
4 Gardner, Janiyah	Newberry	9.93m
5 Blankenship, Coutney	Newberry	9.84m
6 Johnson, Jasmine	Brenau	9.82m
7 Hester, Nia	Winston-Salem St.	9.80m
8 Lust, Peyton	Queens (N.C.)	9.62m
9 Schrader, Jazmyn	Queens (N.C.)	9.25m
-- Skaar, Emily	Queens (N.C.)	FOUL

**Women Shot Put**

Name	Year School	Finals	H#
1 Reagor, Taylor	N. Carolina A&T	12.93m	2
2 Brown, Natalie	Unattached	12.37m	2
3 Lampe, Asia	Winston-Salem St.	12.01m	2
4 Samuels, Leonie	Newberry	12.00m	2
5 Butler, Kiori	Newberry	11.46m	2
6 Marshall, ShaNadia	Newberry	11.33m	2
7 Johnson, Zoie	Gardner-Webb	10.69m	2
8 Holmes, Azia	Columbia (S.C.)	10.51m	2
9 Wallace, Maeghan	Winston-Salem St.	10.32m	1
10 Heyison, Samantha	Unattached	9.98m	2
11 Wideman, Qusondra	Columbia (S.C.)	9.43m	2
12 Olaleye, Jenella	Unc Pembroke	9.42m	1
13 Barrow, Kelcey	Winston-Salem St.	9.36m	1
14 Jones, Elizabeth	Pfeiffer	9.32m	2
15 Puac, Melvia	Unc Pembroke	8.95m	1
16 Decker, Janie	Pfeiffer	8.50m	1
17 Reed, Laila	Brenau	8.13m	1
18 Pecorella, Jordan	Methodist	7.68m	1
19 Vandusen, Makayla	Unc Pembroke	6.45m	1
-- Coleman, Adrionna	Gardner-Webb	FOUL	2
-- Floyd, Ma'Kiah	Columbia (S.C.)	FOUL	1
-- Alexander, Daijah Lynn	Pfeiffer	FOUL	1

**JDL Flat Is Fast Invitational - 1/21/2024****JDL Fast Track****Results****Women Weight Throw**

Name	Year School	Finals	H#
1 Taylor, Karmen	Gardner-Webb	17.58m	2
2 Watson-Perez, Irma	Newberry	16.37m	2
3 McNair, Cameron	N. Carolina A&T	16.11m	2
4 Pascual Rivera, Andrea	Newberry	14.07m	2
5 Brown, Natalie	Unattached	13.97m	1
6 Jones, Elizabeth	Pfeiffer	13.60m	2
7 Myers, Kennedy	Newberry	13.56m	2
8 Johnson, Zoie	Gardner-Webb	13.35m	2
9 Marshall, ShaNadia	Newberry	13.21m	2
10 Holcombe, Selah	Gardner-Webb	12.72m	2
11 Agwu, Comfort	Unc Pembroke	11.31m	1
12 Decker, Janie	Pfeiffer	11.11m	1
13 Robinson, Jada	Columbia (S.C.)	10.91m	1
14 McCollough, Ikia	Columbia (S.C.)	10.74m	1
15 Vandusen, Makayla	Unc Pembroke	8.37m	1
16 Puac, Melvia	Unc Pembroke	8.36m	1
-- Pecorella, Jordan	Methodist	FOUL	1
-- Boyd, Madison	Gardner-Webb	FOUL	2
-- Pitt, Lauryn	Barton	FOUL	1

**Women 3000 M Race Walk**

Name	Year School	Finals
1 Tuttle, Madison	Unattached	16:34.18
2 Colino, Ainhoa	Columbia (S.C.)	16:46.85
3 Shull, Mina	Columbia (S.C.)	21:06.84
4 Martin, Addison	Columbia (S.C.)	23:48.67
5 Fuel, Carly	Columbia (S.C.)	24:05.78

**Men 60 M**

Name	Year School	Prelims	H#
Preliminaries			
1 Street, Semaj	Unattached	7.02Q	1
2 Durham, Jacques	Barton	7.04Q	2
3 Lee, Jaidan	Barton	7.05Q	3 7.042
4 Suttles, William	N. Carolina A&T	7.08Q	4
5 Crumpton, Jalen	Newberry	7.05q	2 7.042
6 Francis, Nicholas	Johnson C. Smith	7.07q	3
7 Bradford, David	Livingstone	7.10q	1 7.092
8 Hutchinson, Justin	Livingstone	7.10q	2 7.097
9 Henry, Makhel	Unc Pembroke	7.10	1 7.099
10 Meadows, Noah	Gardner-Webb	7.11	3
11 Bobbitt, Jordan	Barton	7.12	3
12 Brown, Romeo	Spartanburg	7.13	1
13 Ellerbe, Joshua	Unc Pembroke	7.14	4
14 Fontaine, Braxton	Barton	7.21	4
15 Stewart, Tydrick	Methodist	7.22	2 7.212
16 Mcneal, Amarion	Newberry	7.22	2 7.220
17 Calcano, Willy	Columbia (S.C.)	7.25	2
18 Puranda, Elijah	Livingstone	7.27	3



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19 Wallis, Quentin	Unattached	7.28	1
20 Boake-Boaten, Barfuo	N. Carolina A&T	7.31	3
21 Black, DJ	Gardner-Webb	7.33	4 7.322
22 Seger, Javion	Unc Pembroke	7.33	4 7.329
23 McKenzie, Jermaine	Unc Pembroke	7.34	1
24 Mungo, Jayden	Livingstone	7.35	3
25 Sanders, Troy	Unattached	7.37	4
26 Patton, Benjamin	Unattached	7.43	2
27 Little-davis, Isaiah	Unattached	7.45	3
-- Wright-Phillips, Nico	Gardner-Webb	DNF	2

**Men 60 M**

Name	Year School	Finals
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## Finals

1 Crumpton, Jalen	Newberry	6.92
2 Street, Semaj	Unattached	6.96
3 Lee, Jaidan	Barton	6.99
4 Francis, Nicholas	Johnson C. Smith	7.00
5 Durham, Jacquez	Barton	7.01
6 Suttles, William	N. Carolina A&T	7.02
7 Hutchinson, Justin	Livingstone	7.03
8 Bradford, David	Livingstone	7.07

**Men 200 M**

Name	Year School	Finals	H#
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1 Bradford, David	Livingstone	22.43	1
2 Morgan, Shamar	N. Carolina A&T	22.89	1
3 Lee, Jaidan	Barton	23.11	3
4 Turner, Xavier	Bluefield	23.15	12
5 Tilby, Bradley	Columbia (S.C.)	23.26	4
6 Jordan, Eric	Newberry	23.31	1
7 Linton, Lamarion	Livingstone	23.39	13
8 Wright, Davison	Newberry	23.53	2
9 Ellerbe, Joshua	Unc Pembroke	23.57	5
10 Calcano, Willy	Columbia (S.C.)	23.57	6
11 Bobbitt, Jordan	Barton	23.58	2
12 Mason, Caleb	Unc Pembroke	23.61	7
13 Woods, Josiyah	Methodist	23.64	5
14 Frye, Jack	Unc Pembroke	23.68	6
15 Sanders, Troy	Unattached	23.80	3
16 Bonds, Anthony	Oglethorpe	23.90	7
17 Tobias, Calvin	Newberry	24.06	4
18 Boake-Boaten, Barfuo	N. Carolina A&T	24.20	3
19 O'Cain, Addison	Newberry	24.21	8
20 Heard, Jr, David	Guilford	24.23	7
21 Reid, James	Livingstone	24.56	6
22 Woodard, Jamarlin	Barton	24.64	9
23 Torain, Trenton	Guilford	24.66	8
24 Rouseau, Jeffrey	Oglethorpe	24.79	8
25 Smith, Marques	Pfeiffer	24.81	12
26 Claytor, Christian	Unattached	25.01	5

**JDL Flat Is Fast Invitational - 1/21/2024****JDL Fast Track****Results****...Men 200 M**

27	Quigley, Michael	Queens (N.C.)	25.03	9
28	Robinson, Michael	Queens (N.C.)	25.03	8
29	Generlette, Jahmare	Methodist	25.09	12
30	Moore, Jerome	Guilford	25.76	10
31	Brothers, Zamir	Columbia (S.C.)	26.17	9
32	Abdul-Haqq, Ahmaad	Guilford	26.40	10
33	Schienebeck, Andrew	Methodist	26.60	11
34	DiMantova, Shane	Queens (N.C.)	27.16	11
35	Bogard, Daniel	Oglethorpe	27.22	11
36	Job, Malik	Spartanburg	27.99	13

**Men 400 M**

Name	Year	School	Finals	H#
1	Linton, Lamarion	Livingstone	51.16	3
2	Strader, Keilan	Livingstone	51.28	1
3	Crumpton, Devan	Unattached	51.34	1
4	Copper, Justin	Barton	52.23	1
5	Linen, Xavier	Columbia (S.C.)	52.43	3
6	White, Darrell	Livingstone	52.68	2
7	White, Kimarje	Columbia (S.C.)	52.69	4
8	Bailey, Caleb	Columbia (S.C.)	52.80	2
9	Canty, Justin	Newberry	52.93	4
10	Jordan, Braden	N. Carolina A&T	53.36	2
11	Harris, Christian	Columbia (S.C.)	53.60	3
12	Frye, Jack	Unc Pembroke	53.61	4
13	Eaton, Tucker	Barton	53.78	4
14	Waller, Joe	Gardner-Webb	54.12	3
15	Williams, Torrey	Methodist	54.19	8
16	Beaumont, Malik	Unc Pembroke	55.10	6
17	Heard, Jr, David	Guilford	55.26	7
18	Baez, Jose	Pfeiffer	55.42	6
19	Torain, Trenton	Guilford	55.84	5
20	Hillman, Ja Narris	Newberry	55.93	6
21	Antoine, Joshua	Methodist	56.15	8
22	Daley, Shevaun	Pfeiffer	56.34	5
23	Hawkes, Caleb	Newberry	56.81	5
24	Phyall, Chance	Unc Pembroke	57.12	5
25	Valle, Issac	Barton	57.95	6
26	Jefferson, Damian	Methodist	58.27	7
27	Freeman, Joshua	Livingstone	58.30	5
28	Scott, Ty	Spartanburg	59.67	7
29	Bogard, Daniel	Oglethorpe	1:00.01	7
30	Schienebeck, Andrew	Methodist	1:00.78	8
31	Yanez, Joseph	Guilford	1:03.84	7
--	Crosby, Jayden	N. Carolina A&T	DNF	1

**Men 600 M**

Name	Year	School	Finals	H#
1	Cremin, Nathan	Gardner-Webb	1:23.05	1
2	Griffin, Dae'Shawn	N. Carolina A&T	1:24.70	1
3	Turner, Xavier	Bluefield	1:28.72	2

**JDL Flat Is Fast Invitational - 1/21/2024****JDL Fast Track****Results****...Men 600 M**

4	Lacefield, Xzavier	Columbia (S.C.)	1:28.98	1
5	Awarieta, Ugoh	Oglethorpe	1:31.93	1
6	McLeod, Evan	Columbia (S.C.)	1:35.75	2
7	Mixtega, Marc	Spartanburg	1:46.10	2

**Men 800 M**

Name	Year	School	Finals	H#
1	Martin, Kaeden	Barton	2:02.40	1
2	Morrison, Gabrel	Barton	2:02.93	1
3	Huffman, Andrew	Pfeiffer	2:03.13	1
4	Polite, Damaion	Columbia (S.C.)	2:04.07	1
5	Ezzell, Austin	Methodist	2:04.90	1
6	Scott, Larry	Newberry	2:06.36	1
7	Den Adel, Asher	Unattached	2:06.69	1
8	Young, Marcelo	Unattached	2:13.47	2
9	Witte, Ethan	Pfeiffer	2:16.65	2
10	Streat, Montreal	Bluefield	2:23.44	2
11	Smith, Joseph	Pfeiffer	2:33.23	2
12	Degnan, Lloyd	Unattached	2:35.99	2
13	Yanez, Joseph	Guilford	2:37.26	2

**Men 1000 M**

Name	Year	School	Finals	H#
1	Deriso, Ashton	Oglethorpe	2:36.61	1
2	Morita, Ryan	Gardner-Webb	2:36.88	1
3	Topoly, Alex	Methodist	2:38.21	1
4	Graffius, Stephen	Oglethorpe	2:39.04	1
5	Shumate, Tyler	Newberry	2:40.35	1
6	James, Beck	Oglethorpe	2:41.99	1
7	Rivers, Trent	Pfeiffer	2:42.25	1
8	Pratt, Kaden	Gardner-Webb	2:44.02	1
9	Arredondo, Anthony	Oglethorpe	2:44.91	1
10	Sotelo, Lance	Queens (N.C.)	2:45.91	1
11	Demmerle, Connor	Unattached	2:46.00	1
12	Lacefield, Xzavier	Columbia (S.C.)	2:46.49	2
13	Oliver, Jacob	Barton	2:47.96	2
14	Taranto, Adrian	Livingstone	2:53.59	1
15	Sanchez, Kristian	Columbia (S.C.)	2:56.56	2
16	Casey, Adam	Barton	2:58.21	2
17	McLeod, Evan	Columbia (S.C.)	2:58.43	2
18	Frenette, Gilles	Unattached	3:01.06	2
19	Antunez, Luis	Barton	3:03.23	2
20	Crane, Guy	Barton	3:04.39	2
21	Nunn, Jonathan	Livingstone	3:05.54	2
22	Vrooman, Nolan	Spartanburg	3:09.15	2
23	Faircloth, Landon	Methodist	3:12.74	2
24	Ridenhour, Timothy	Livingstone	3:13.47	2
25	Blanchette, Lucas	Barton	3:22.62	2
--	Mungo, Jayden	Livingstone	DNF	1

**JDL Flat Is Fast Invitational - 1/21/2024****JDL Fast Track****Results****Men 1 Mile**

Name	Year School	Finals	H#
1 Potter, Nick	Queens (N.C.)	4:26.23	1
2 Willis, Kylan	N. Carolina A&T	4:27.30	1
3 Scheerer, Alec	Unattached	4:30.45	1
4 Simpson, Tyler	Unattached	4:37.54	1
5 Blackwelder, Gabriel	Unc Pembroke	4:37.62	1
6 Kigen, Antony	Unc Pembroke	4:38.73	1
7 Sotelo, Lance	Queens (N.C.)	4:39.12	1
8 Sabo, Kevin	Unattached	4:39.72	2
9 Helms, Sawyer	Pfeiffer	4:40.19	1
10 Bruins, Colin	Unattached	4:41.41	1
11 Mattison, Truth	Livingstone	4:43.25	2
12 Gray, Will	Methodist	4:43.29	2
13 Lenham, Henry	Unattached	4:43.47	2
14 Jeffers, Brandon	Livingstone	4:43.66	2
15 Thompson, Tavarian	Newberry	4:43.67	1
16 Timmerman, Patrick	Columbia (S.C.)	4:44.11	2
17 Powell, Cannon	Pfeiffer	4:44.17	1
18 Bruins, Jackson	Unattached	4:44.96	1
19 Ruiz, Branden	Queens (N.C.)	4:47.09	2
20 Reeder, Kaden	Columbia (S.C.)	4:47.35	2
21 Williams, Logan	Methodist	4:48.09	2
22 Swartzwelder, Zachary	Unattached	4:48.75	2
23 Huggins, Coleman	Pfeiffer	4:49.39	2
24 Shilengitha, Rafael	Methodist	4:49.58	3
25 Todd, Sean	Unc Pembroke	4:50.67	3
26 Wendland, Jonah	Newberry	4:51.59	2
27 Bull, William	Columbia (S.C.)	4:53.25	3
28 Benson, Drew	Newberry	4:54.06	2
29 Barriger, Jackson	Methodist	4:54.77	1
30 Thompson, Cooper	Queens (N.C.)	4:57.51	2
31 Muller, Colin	Queens (N.C.)	4:57.96	3
32 Witte, Ethan	Pfeiffer	4:58.72	3
33 Kochanowicz, Luke	Spartanburg	5:06.25	3
34 Mcneal, James	Livingstone	5:06.40	2
35 Hunter, Ryan	Spartanburg	5:07.28	3
36 Long, Jase	Newberry	5:08.64	3
37 Mangum, Charlie	Unattached	5:09.53	3
38 Mullen, Seth	Spartanburg	5:17.09	3
39 Lawing, Peter	Unattached	5:17.17	3
40 Mishak, Hayden	Pfeiffer	5:27.14	3
41 Kokinda, Jacob	Unattached	5:35.93	3

**Men 3000 M**

Name	Year School	Finals	H#
1 McKee, Finn	Charlotte	8:36.62	1
2 Gantt, Preston	Queens (N.C.)	8:48.65	1
3 Jones, Elijah	Charlotte	8:51.08	1
4 Benner, Zachary	Oglethorpe	9:01.92	1
5 Navarro, Josh	Unattached	9:03.41	1
6 Helms, Sawyer	Pfeiffer	9:05.17	1
7 Palamenti, Luca	Unattached	9:05.55	1

**JDL Flat Is Fast Invitational - 1/21/2024****JDL Fast Track****Results****...Men 3000 M**

8 Bell, Naim	Queens (N.C.)	9:07.88	1
9 Lewis, Payden	Unc Pembroke	9:08.34	1
10 Kigen, Antony	Unc Pembroke	9:08.99	1
11 Powell, Cannon	Pfeiffer	9:09.22	1
12 Epps, Nicholas	Queens (N.C.)	9:09.90	1
13 Clancey, Will	Unc Pembroke	9:12.66	1
14 Adams, Nate	Queens (N.C.)	9:17.92	1
15 Oliver, Jacob	Barton	9:24.30	2
16 Baker, Tyler	Unattached	9:25.74	1
17 Reeder, Kaden	Columbia (S.C.)	9:27.08	2
18 Phillips, Caleb	Unattached	9:28.31	1
19 Thomas, Lee	Barton	9:32.32	2
20 Nolan, Harold	Columbia (S.C.)	9:37.13	2
21 Huggins, Coleman	Pfeiffer	9:38.15	2
22 Bacon, Jalen	Barton	9:48.26	2
23 Shilengitha, Rafael	Methodist	9:48.32	2
24 Metcalf, Nathan	Barton	9:51.77	2
25 Langhorst, Joey	Unattached	9:55.88	2
26 Barriger, Jackson	Methodist	9:57.86	2
27 Denoncourt, Matthew	Unattached	10:01.61	2
28 Patel, Carson	Unattached	10:11.54	2
29 Salicco, Timothy	Queens (N.C.)	10:11.93	1
30 Reier, Braylon	Newberry	10:15.75	2
-- Carter, Noah	Methodist	DNF	2
-- Faircloth, Landon	Methodist	DNF	2
-- Mishak, Hayden	Pfeiffer	DNF	2
-- Arredondo, Anthony	Oglethorpe	DNF	1

**Men 60 M Hurdles**

Name	Year School	Prelims	H#
Preliminaries			
1 Wray, Amontae	Johnson C. Smith	8.38Q	1
2 Peebles, TJ	Gardner-Webb	8.44Q	2
3 Eaton, Tucker	Barton	8.57q	2
4 Schultz, Tyler	Johnson C. Smith	8.67q	1
5 O'Cain, Addison	Newberry	8.79q	1
6 Mungo, Deshawn	Columbia (S.C.)	8.99q	1
7 Wilson, Quinton	Pfeiffer	9.29q	2
8 Evenson, Jamie	Unattached	9.33q	1
9 Robinson, Michael	Queens (N.C.)	9.54	1
10 White, Kimarje	Columbia (S.C.)	9.56	2
11 Jones, Mason	Gardner-Webb	9.63	1
12 Linen, Xavier	Columbia (S.C.)	10.31	2
13 Fulwood, Daniel	Columbia (S.C.)	10.48	2
-- McDaniel, Caleb	Unattached	DQ	2 pushed hurdle w hand

**Men 60 M Hurdles**

Name	Year School	Finals
Finals		
1 Wray, Amontae	Johnson C. Smith	8.29
2 Eaton, Tucker	Barton	8.47

**JDL Flat Is Fast Invitational - 1/21/2024****JDL Fast Track****Results****...Men 60 M Hurdles**

3	Peebles, TJ	Gardner-Webb	8.49
4	Schultz, Tyler	Johnson C. Smith	8.67
5	O'Cain, Addison	Newberry	8.92
6	Mungo, Deshawn	Columbia (S.C.)	9.02
7	Wilson, Quinton	Pfeiffer	9.31
8	Evenson, Jamie	Unattached	9.43

**Men 4x400 M Relay**

School	Finals	H#
1 Newberry 'A'	3:34.13	1
1) Brown, Shamar	2) Crumpton, Jalen	
3) Cook, Kalyn	4) Canty, Justin	
2 Columbia (S.C.) 'A'	3:35.67	2
1) Bailey, Caleb	2) Linen, Xavier	
3) White, Kimarje	4) Mungo, Deshawn	
3 Methodist 'A'	3:35.73	1
1) Antoine, Joshua	2) Ezzell, Austin	
3) Woods, Josiyah	4) Williams, Torrey	
4 Pfeiffer 'A'	3:39.66	2
1) Baez, Jose	2) Daley, Shevaun	
3) Huffman, Andrew	4) Rivers, Trent	
5 Queens (N.C.) 'A'	3:41.15	2
1) Muller, Colin	2) Ruiz, Branden	
3) Salicco, Timothy	4) Potter, Nick	
6 Newberry 'B'	3:43.04	1
1) Jordan, Eric	2) Tobias, Calvin	
3) Raymond, Jareed	4) Tucker, Landon	

**Men 4x800 M Relay**

School	Finals
1 Oglethorpe 'A'	8:07.14
1) Benner, Zachary	2) Graffius, Stephen
3) Deriso, Ashton	4) James, Beck
2 Methodist 'A'	8:26.00
1) Gray, Will	2) Topoly, Alex
3) Williams, Logan	4) Ezzell, Austin
-- Spartanburg Methodist 'A'	DNF
1) Kimble, Devon	2) Kochanowicz, Luke
3) Hunter, Ryan	4) Pacheco, Jose
-- Newberry 'A'	DQ out of zone
1) Thompson, Tavarian	2) Benson, Drew
3) Scott, Larry	4) Shumate, Tyler

**Men High Jump**

Name	Year School	Finals
1 Asiedu, Noel	Newberry	2.08m
2 Timpson, Jonathan	Gardner-Webb	1.98m
3 Jones, carland	Unattached	1.93m
4 Akogo, Komla	Methodist	1.83m

**JDL Flat Is Fast Invitational - 1/21/2024****JDL Fast Track****Results****...Men High Jump**

5	Morris, Rainey	Oglethorpe	1.78m
5	Fontaine, Braxton	Barton	1.78m
7	Wetherington, Connor	Charlotte	J1.78m
--	Keene, Devin	Pfeiffer	NH
--	Cuesta, Eliel	Gardner-Webb	NH
--	Cuthrell, Isaiah	Methodist	NH
--	Jones, Mason	Gardner-Webb	NH

**Men Pole Vault**

Name	Year	School	Finals
1	Field, Jason	Unattached	4.55m
2	Wetherington, Connor	Charlotte	4.25m
3	Ehorn, Brody	Charlotte	4.10m
4	Boisvert, Max	Newberry	3.80m
5	Phan, Steven	Newberry	3.65m
6	Barnette, Elijah	Unc Pembroke	J3.65m
--	Duke, Tommy	Charlotte	NH
--	Johnson, Colin	Charlotte	NH
--	Camacho, Daniel	Charlotte	NH
--	Halverson, Bill	Unattached	NH

**Men Long Jump**

Name	Year	School	Finals	H#
1	Lucas, Kaleb	N. Carolina A&T	6.90m	2
2	Yves Thiemele Marco, Jea	Livingstone	6.85m	2
3	Hearn Jr., John	Bluefield	6.61m	2
4	Fontaine, Braxton	Barton	6.57m	2
5	Timpson, Jonathan	Gardner-Webb	6.39m	2
6	Wetherington, Connor	Charlotte	6.32m	1
7	Quigley, Michael	Queens (N.C.)	6.30m	2
8	Driver, Ethan	Unattached	6.23m	2
9	Dennis, David	Pfeiffer	6.05m	1
10	Abdul-Haqq, Ahmaad	Guilford	6.03m	1
11	Freeman, Jeremiah	Methodist	6.02m	1
12	Jones, Mason	Gardner-Webb	6.00m	2
13	Frierson, Elijah	Johnson C. Smith	5.94m	1
14	Anderson, Jackson	Williams	5.91m	2
15	Cuesta, Eliel	Gardner-Webb	5.89m	1
16	Akogo, Komla	Methodist	5.88m	1
17	McCorvey, Micah	Methodist	5.79m	2
18	Mason, Caleb	Unc Pembroke	5.76m	2
19	Ridenhour, Timothy	Livingstone	5.71m	1
20	Steele, Joshua	Newberry	5.47m	1
21	Best, Jamar	Unc Pembroke	5.30m	1
22	Brothers, Zamir	Columbia (S.C.)	4.96m	1
--	Claytor, Christian	Unattached	FOUL	1
--	Wright, Davison	Newberry	FOUL	2

**JDL Flat Is Fast Invitational - 1/21/2024****JDL Fast Track****Results****Men Triple Jump**

Name	Year School	Finals
1 Azar-Moise, Luis	Livingstone	14.16m
2 Theodoropoulos, Eli	Unattached	13.37m
3 Hearn Jr., John	Bluefield	13.24m
4 Frierson, Elijah	Johnson C. Smith	12.71m
5 McCorvey, Micah	Methodist	12.61m
6 Steele, Joshua	Newberry	12.47m
7 Cuthrell, Isaiah	Methodist	12.06m
8 Dennis, David	Pfeiffer	12.01m
9 Bunker, David	Unc Pembroke	10.64m

**Men Shot Put**

Name	Year School	Finals	H#
1 Johnson, Jacoby	Gardner-Webb	15.39m	2
2 Peterson, Quentin	Gardner-Webb	14.56m	2
3 Busato, Enrico	Queens (N.C.)	14.41m	2
4 Nutzel, Jakob	Queens (N.C.)	14.07m	2
5 Gordy, Luke	Gardner-Webb	13.18m	2
6 Alexis, Justin	Livingstone	11.54m	1
7 Holmes, Jaylen	Bluefield	11.42m	2
8 Sturdivant, Cameron	Pfeiffer	11.27m	2
9 Rice, Gavin	Columbia (S.C.)	10.90m	2
9 Bowser, Tristan	Methodist	10.90m	1
11 Brooks, Andriquez	Guilford	10.74m	2
12 Gattison, Jhayden	Newberry	10.66m	2
13 Everett, Derrick	Unc Pembroke	10.63m	1
14 Hazley, Sho	Methodist	10.42m	2
15 Thibodeaux, Travis	Unc Pembroke	10.23m	1
16 Davis, Andre	Pfeiffer	10.00m	1
17 Belk, Romone	Methodist	9.97m	1
18 Davis, Jonathan	Columbia (S.C.)	9.91m	1
19 Hayes, Isaiah	Pfeiffer	9.86m	1
20 Sackey, Konotay	Guilford	9.28m	1
21 Monroe, Charlie	Oglethorpe	8.99m	1
-- Smith, Daevohn	Unc Pembroke	FOUL	1
-- Athey, Seth	Guilford	FOUL	2
-- Thaj, Guruveer	Columbia (S.C.)	FOUL	1

**Men Weight Throw**

Name	Year School	Finals	H#
1 Johnson, Jacoby	Gardner-Webb	15.80m	2
2 Peterson, Quentin	Gardner-Webb	14.96m	2
3 Crowell, Kegan	Newberry	14.93m	2
4 Pitts, Parker	Newberry	14.80m	2
5 Gordy, Luke	Gardner-Webb	13.96m	2
6 Flores, Walker	Newberry	13.66m	2
7 Price, Sean	Newberry	12.76m	2
8 Everett, Derrick	Unc Pembroke	12.53m	2
9 Mcdonald, Daylon	Columbia (S.C.)	11.53m	2
10 Athey, Seth	Guilford	11.11m	1



**JDL Flat Is Fast Invitational - 1/21/2024****JDL Fast Track****Results****...Men Weight Throw**

11 Strickland, Alex	Methodist	10.92m	1
12 Tobias, Geonathan	Columbia (S.C.)	10.82m	2
13 Johnson, Hunter	Pfeiffer	10.62m	1
14 Smith, Daevohn	Unc Pembroke	10.52m	1
15 Herbert, E'Manuel	Methodist	10.32m	1
16 Steele, Jonathon	Methodist	10.21m	1
17 Thibodeaux, Travis	Unc Pembroke	10.07m	2
18 Brooks, Andriquez	Guilford	10.06m	1
19 Davis, Andre	Pfeiffer	9.99m	1
20 Sturdivant, Cameron	Pfeiffer	9.21m	1
21 Sackey, Konotay	Guilford	5.73m	1

**Men 3000 M Race Walk**

Name	Year School	Finals
1 Farmer, Blake	Unattached	16:43.43
2 Outlaw, Evan	Unattached	20:19.57
3 Paliotti, Juan	Unattached	20:19.92
4 Racic, Dorde	Columbia (S.C.)	20:34.60

**Men 60 M Qualifying**

Name	Year School	Finals	H#
1 Brown, Romeo	Spartanburg	7.10	3
2 Stewart, Tydrick	Methodist	7.15	4
3 Wray, Amontae	Johnson C. Smith	7.18	4
4 Bonds, Anthony	Oglethorpe	7.23	1
5 Fulwood, Daniel	Columbia (S.C.)	7.31	1
6 Daley, Shevaun	Pfeiffer	7.33	2
7 Turner, Xavier	Bluefield	7.35	4
8 Tobias, Calvin	Newberry	7.39	1 7.385
8 Anderson, Taylor	Bluefield	7.39	3 7.385
8 Bailey, Caleb	Columbia (S.C.)	7.39	1 7.385
11 Mainer, A'Jani	Methodist	7.39	4 7.386
12 Woodard, Jamarlin	Barton	7.41	1 7.403
13 Wade, Logan	Methodist	7.41	4 7.410
14 Heard, Jr, David	Guilford	7.42	3
15 Dennis, David	Pfeiffer	7.45	1
16 Holman, Nile	Newberry	7.47	2
17 Moore, Jerome	Guilford	7.55	2
18 Schultz, Tyler	Johnson C. Smith	7.56	1 7.553
19 Nunn, Jonathan	Livingstone	7.56	2 7.560
20 Rousseau, Jeffrey	Oglethorpe	7.63	2
21 Aiken, Lavon	Methodist	7.64	4
22 Adams-Beaver, Jaz	Guilford	8.02	2
23 DiMantova, Shane	Queens (N.C.)	8.19	2
24 Job, Malik	Spartanburg	8.33	3
25 Graham, Ellijah	Methodist	8.48	3
-- Steele, Joshua	Newberry	FS	3
-- Evenson, Jamie	Unattached	FS	3