

# 2016 SOUTH CAROLINA MEN'S OUTDOOR TRACK & FIELD TOP FIVE PERFORMERS

## 100-METER (School Record: 10.04, Terrence Trammel, 2000)

Date	Meet	Athlete	Mark
4/9	Spec Towns Invitational	Ncincillii Titi	10.29 (1.2)
4/1	Florida Relays	David Winters	10.34 (1.7)
4/9	Spec Towns Invitational	DeVon Lewis	10.47 (1.2)
3/18	Shamrock Invite	Yohance Thomas	10.73 (2.0) - Q
4/6	Bulldog Multis	Alex Asselin	11.20 (2.6) - D

## 200-METER (School Record: 20.34, Rodney Martin, 2005)

Date	Meet	Athlete	Mark
5/28	NCAA East Regional	Ncincillii Titi	20.55 (3.6)
5/12	SEC Outdoor Championships	David Winters	20.82 (1.9)
3/19	Shamrock Invite	Ryan Bermudez	21.27 (1.4)
4/9	Spec Towns Invitational	DeVon Lewis	21.28 (1.4)
4/16	Seminole Invite	Greg Chiles	21.42 (0.8)

## 400-METER (School Record: 44.57, Otis Harris, 2003)

Date	Meet	Athlete	Mark
4/1	Florida Relays	Ryan Bermudez	47.08
4/16	Seminole Invite	Otis Jones	48.32
5/12	SEC Outdoor Championships	Alex Asselin	49.39 - D
3/19	Shamrock Invite	Darryl Dunham	50.49
3/17	Shamrock Invite	Simon Gyllensten	51.26 - D

## 800-METER (School Record: 1:44.47, Otukile Lekote, 2001)

Date	Meet	Athlete	Mark
5/12	SEC Outdoor Championships	Otis Jones	1:48.52
4/15	Seminole Invite	Drew Galang	1:55.52
4/15	Seminole Invite	Michael Elwood	1:55.99
3/19	Shamrock Invite	David Yang	1:57.54
3/26	Yellow Jacket Invite	Alex Sullivan	1:58.79

## 1500-METER (School Record: 3:42.48, Jim Schaper, 1974)

Date	Meet	Athlete	Mark
5/13	SEC Outdoor Championships	Alex Sullivan	3:54.01
4/9	Spec Towns Invitational	David Parker	4:15.62
5/13	SEC Outdoor Championships	Alex Asselin	4:32.28 - D
3/18	Shamrock Invite	Simon Gyllensten	4:46.97 - D
3/18	Shamrock Invite	Bryce Simpson	5:12.93 - D

## MILE (School Record: 4:06.47, Robert Razick, 2013 Indoors)

Date	Meet	Athlete	Mark
3/19	Shamrock Invite	Alex Sullivan	4:22.08
3/19	Shamrock Invite	David Parker	4:34.07

## 3000-METER

Date	Meet	Athlete	Mark
4/8	Spec Towns Invitational	Drew Trusty	8:50.57

## 5000-METER (School Record: 14:06.54, Tom Howe, 1987)

Date	Meet	Athlete	Mark
4/28	Penn Relays	Drew Trusty	14:52.67
3/18	Shamrock Invite	Chad Evans	15:55.26
3/18	Shamrock Invite	Carson Strom	16:03.29

## 10,000-METER (School Record: 30:05.24, Rob Devlin, 1986)

Date	Meet	Athlete	Mark
3/25	Raleigh Relays	Drew Trusty	31:46.18

## STEEPLECHASE (School Record: 8:57.96, Andy Foster, 1988)

Date	Meet	Athlete	Mark
3/18	Shamrock Invite	Kyle Mook	10:11.16

## 110-METER HURDLES (School Record: 13.19, Terrence Trammel, 2000)

Date	Meet	Athlete	Mark
5/28	NCAA East Regional	Dondre Echols	13.35 (2.1) - F
4/1	Florida Relays	Isaiah Moore	13.54 (2.3)
5/28	NCAA East Regional	Jemaine Collier	13.61 (3.0) - F
4/8	Spec Towns Invitational	Greg Chiles	14.97 (1.9)
5/13	SEC Outdoor Championships	Alex Asselin	15.09 (0.7) - D

## 400-METER HURDLES (School Record: 47.63, Johnny Dutch, 2010)

Date	Meet	Athlete	Mark
5/27	NCAA East Regional	Jussi Kanervo	49.87
5/27	NCAA East Regional	Greg Chiles	51.40
3/26	Yellow Jacket Invite	Dondre Echols	52.20

## HIGH JUMP (School Record: 7' 3.25", Paul Wiechern, 1988)

Date	Meet	Athlete	Mark
3/19	Shamrock Invite	Tye Williams	2.10m   6-10 3/4
3/17	Shamrock Invite	Simon Gyllensten	1.88m   6-2 - D
4/6	Bulldog Multis	Alex Asselin	1.85m   6-0 3/4 - D
3/17	Shamrock Invite	Bryce Simpson	1.61m   5-3 1/4 - D

## LONG JUMP (School Record: 27' 4.25", Tony Allmond, 2004)

Date	Meet	Athlete	Mark
3/18	Shamrock Invite	Tye Williams	7.33m   24-0 3/4 (1.1)
4/8	Spec Towns Invitational	Michael Wamer	7.31m   23-11 3/4 (1.2)
4/6	Bulldog Multis	Alex Asselin	7.18m   23-6 - D
4/8	Spec Towns Invitational	Isaiah Moore	7.16m   23-6 (0.2)
3/17	Shamrock Invite	Simon Gyllensten	6.34m   20-9 3/4 - D

## TRIPLE JUMP (School Record: 54' 0.5", Michael Wamer, 2015)

Date	Meet	Athlete	Mark
4/9	Spec Towns Invitational	Michael Wamer	16.00m   52-6 (0.5)

## POLE VAULT (School Record: 18' 1", Marvin Reitze, 2012)

Date	Meet	Athlete	Mark
4/8	Spec Towns Invitational	Simon Gyllensten	5.11m   16-9 1/4
4/8	Spec Towns Invitational	Armand Woodley	4.66m   15-3 1/2
4/7	Bulldog Multis	Alex Asselin	4.55m   14-11 - D
3/19	Shamrock Invite	Chris Cochran	4.30m   14-1 1/2

## SHOT PUT (School Record: 67' 3.5", Brad Snyder, 1999)

Date	Meet	Athlete	Mark
6/8	NCAA Outdoor Championships	Josh Awotunde	19.43m   63-9
5/12	SEC Outdoor Championships	Alex Asselin	12.83m   42-1 3/4 - D
3/17	Shamrock Invite	Simon Gyllensten	10.09m   33-1 1/4 - D
3/17	Shamrock Invite	Bryce Simpson	8.20m   26-11 - D

## HAMMER THROW (School Record: 222' 4", John Stoikos, 1995)

Date	Meet	Athlete	Mark
3/31	Florida Relays	Clarence Gallop	65.45m   214-9

## DISCUS (School Record: 196' 10", Ryan Harrison, 1999)

Date	Meet	Athletes	Mark
5/27	NCAA East Regional	Josh Awotunde	56.31m   184-9
5/13	SEC Outdoor Championships	Alex Asselin	38.83m   127-4 - D
3/18	Shamrock Invite	Simon Gyllensten	22.35m   73-4 - D
3/18	Shamrock Invite	Bryce Simpson	19.62m   64-4 - D

## JAVELIN (School Record: 238' 6", Josh Suttmeier, 2012)

Date	Meet	Athletes	Mark
5/13	SEC Outdoor Championships	Kaleb Zuidema	71.07m   233-2
3/18	Shamrock Invite	Jordan Raper	51.52m   169-0
4/7	Bulldog Multis	Alex Asselin	48.74m   159-11 - D
3/18	Shamrock Invite	Simon Gyllensten	46.98m   154-1 - D
3/18	Shamrock Invite	Bryce Simpson	25.93m   85-1 - D

## DECATHLON (School Record: 7,598, Phillippe Williams, 1990)

Date	Meet	Athletes	Mark
5/13	SEC Outdoor Championships	Alex Asselin	7,219
3/18	Shamrock Invite	Simon Gyllensten	5,950
3/18	Shamrock Invite	Bryce Simpson	3,688

## 4X100 RELAY (School Record: 38.45, Crenshaw, Trammel, Hackley, Howard, 2000)

Date	Meet	Athletes	Mark
4/29	Penn Relays	Winters, Echols, Lewis, Titi	39.54
5/28	NCAA East Regional	Winters, Echols, Titi, Lewis	39.63
4/9	Spec Towns Invitational	Winters, Titi, Echols, Lewis	39.71
4/2	Florida Relays	Winters, Titi, Echols, Bermudez	39.75
3/26	Yellow Jacket Invite	Winters, Titi, Bermudez, Lewis	40.11

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**4X200 RELAY** (School Record: 1:21.60, Ngwigwa, Sales, Moore, Anderson, 2009)

Date	Meet	Athletes	Mark
4/2	Florida Relays	Bermudez, Collier, Titi, Winters	1:21.93
4/30	Penn Relays	Winters, Bermudez, Lewis, Titi	1:22.38
3/18	Shamrock Invite	Winters, Robbins, Bermudez, Titi	1:23.26

**4X400 RELAY** (School Record: 3:02.16, Law, Lekote, Harris, Fortenberry, 2002)

Date	Meet	Athletes	Mark
4/2	Florida Relays	Echols, Kanervo, Chiles, Collier	3:08.84
5/14	SEC Outdoor Championships	Echols, Kanervo, Jones, Bermudez	3:09.67
3/19	Shamrock Invite	Bermudez, Kanervo, Chiles, Collier	3:09.72
4/16	Seminole Invite	Bermudez, Kanervo, Jones, Chiles	3:10.96
3/26	Yellow Jacket Invite	Bermudez, Kanervo, Chiles, Winters	3:11.89

**4X800 RELAY** (School Record: 7:24.94, Sheley, J. Brown, D. Brown, Schaper, 1974)

Date	Meet	Athletes	Mark
4/30	Penn Relays	Jones, Galang, Sullivan, Elwood	7:41.16
3/18	Shamrock Invite	Jones, Elwood, Kanervo, Galang	7:41.82
4/2	Florida Relays	Elwood, Galang, Sullivan, Jones	7:47.50

**SHUTTLE HURDLE RELAY** (School Record: 53.94, Taylor, Townsend, Ryan, Ferguson, 2003)

Date	Meet	Athletes	Mark
4/2	Florida Relays	Echols, Collier, Moore, Asselin	56.63
4/29	Penn Relays	Echols, Kanervo, Asselin, Collier	59.12

**SPRINT MEDLEY RELAY** (School Record: 3:13.00, Price, Trammell, Dempers, Watts, 1998)

Date	Meet	Athletes	Mark
4/2	Florida Relays	Lewis, Chiles, Kanervo, Jones	3:26.22
4/29	Penn Relays	Thomas, Asselin, Jones, Elwood	3:39.79

Q - Qualifiers | F - Finals | D - Decathlon

# 2016 SOUTH CAROLINA MEN'S OUTDOOR TRACK & FIELD PROGRESSIONS

## ALEX ASSELIN • JR. • MERIGNIES, FRANCE

Date	Meet	Event	Finish	Time/Mark
March 17	Shamrock Invite	100m	5th - D	11.34
April 6	Bulldog Multis	100m	11th - D	11.20 (2.6)
May 12	SEC Outdoors	100m	11th - D	11.37 (0.6)
April 6	Bulldog Multis	400m	9th - D	50.68
May 12	SEC Outdoors	400m	4th - D	49.39
April 7	Bulldog Multis	1500m	6th - D	4:45.72
May 13	SEC Outdoors	1500m	3rd - D	4:32.28
March 26	Yellow Jacket Invite	110m Hurdles	19th	15.75 (0.7)
April 7	Bulldog Multis	110m Hurdles	13th - D	15.35 (1.1)
May 13	SEC Outdoors	110m Hurdles	10th - D	15.09 (0.7)
April 6	Bulldog Multis	High Jump	12th - D	1.85m   6-0 3/4
May 12	SEC Outdoors	High Jump	14th - D	1.78m   5-10
March 17	Shamrock Invite	Long Jump	3rd - D	6.84m   22-5 1/4
March 26	Yellow Jacket Invite	Long Jump	11th	6.77m   22-2 1/2
April 6	Bulldog Multis	Long Jump	9th - D	7.18m   23-6 3/4
April 29	Penn Relays	Long Jump	28th	6.50m   21-4
May 12	SEC Outdoors	Long Jump	10th - D	7.01m   23-0 (1.7)
April 7	Bulldog Multis	Pole Vault	11th - D	4.55m   14-11
May 13	SEC Outdoors	Pole Vault	8th - D	4.45m   14-7 1/4
April 7	Bulldog Multis	Discus	15th - D	34.94m   114-7
May 13	SEC Outdoors	Discus	7th - D	38.83m   127-4
April 7	Bulldog Multis	Javelin	12th - D	48.74m   159-11
May 13	SEC Outdoors	Javelin	9th - D	47.83   156-11
April 6	Bulldog Multis	Shot Put	13th - D	12.74m   41-9 3/4
May 12	SEC Outdoors	Shot Put	9th - D	12.83m   42-1 3/4
April 7	Bulldog Multis	Decathlon	12th	7,110
May 13	SEC Outdoors	Decathlon	9th	7,219

## JOSH AWOTUNDE • SO. • FRANKLINVILLE, N.J.

Date	Meet	Event	Finish	Time/Mark
March 19	Shamrock Invite	Discus	1st	56.25m   184-6
May 14	SEC Outdoors	Discus	8th	53.52m   175-7
May 27	NCAA East Regional	Discus	13th	56.31m   184-9
March 19	Shamrock Invite	Shot Put	2nd	18.89m   61-11 3/4
March 26	Yellow Jacket Invite	Shot Put	2nd	17.14m   56-3
May 13	SEC Outdoors	Shot Put	4th	18.81m   61-8 1/2
May 27	NCAA East Regional	Shot Put	9th	18.67m   61-3
June 8	NCAA Championship	Shot Put	7th	19.43m   63-9

## RYAN BERMEDEZ • JR. • MIAMI, FLA.

Date	Meet	Event	Finish	Time/Mark
March 19	Shamrock Invite	200m	2nd	21.47 (1.4)
March 19	Shamrock Invite	400m	7th	47.98
March 26	Yellow Jacket Invite	400m	5th	48.11
April 1	Florida Relays	400m	11th	47.08
April 9	Spec Towns Invite	400m	1st	47.73
April 16	Seminole Invite	400m	3rd	47.40
May 13	SEC Outdoors	400m	20th - Q	47.63
May 26	NCAA East Regional	400m	40th - Q	47.22

## GREGORY CHILES • SO. • RICHMOND, VA.

Date	Meet	Event	Finish	Time/Mark
April 16	Seminole Invite	200m	20th	21.42 (0.8)
April 8	Spec Towns Invite	110m Hurdles	4th	14.97 (1.9)
April 16	Seminole Invite	110m Hurdles	7th	15.09 (-0.2)
March 19	Shamrock Invite	400m Hurdles	10th	53.83
March 26	Yellow Jacket Invite	400m Hurdles	6th	52.79
April 1	Florida Relays	400m Hurdles	15th	52.44
April 9	Spec Towns Invite	400m Hurdles	2nd	53.83
May 12	SEC Outdoors	400m Hurdles	10th - Q	52.13
May 26	NCAA East Regional	400m Hurdles	15th - Q	51.63
May 27	NCAA East Regional	400m Hurdles	14th - F	51.40

## CHRIS COCHRAN • SO. • WINFIELD, W.V.

Date	Meet	Event	Finish	Time/Mark
March 19	Shamrock Invite	Pole Vault	1st	4.30m   14-1 1/2

## JERMAINE COLLIER • SR. • TRENTON, N.J.

Date	Meet	Event	Finish	Time/Mark
March 18	Shamrock Invite	110m Hurdles	5th - Q	14.25 (1.0)
March 19	Shamrock Invite	110m Hurdles	3rd - F	14.12 (0.4)
March 26	Yellow Jacket Invite	110m Hurdles	9th	14.44 (0.7)
April 1	Florida Relays	110m Hurdles	22nd	13.96 (2.3)
April 29	Penn Relays	110m Hurdles	8th - Q	14.07 (1.2)
April 30	Penn Relays	110m Hurdles	7th - F	14.37 (0.1)
May 13	SEC Outdoors	110m Hurdles	6th - Q	13.83 (-0.6)
May 14	SEC Outdoors	110m Hurdles	5th - F	13.92 (1.2)
May 27	NCAA East Regional	110m Hurdles	11th - Q	13.86 (0.9)
May 28	NCAA East Regional	110m Hurdles	10th - F	13.61 (3.0)
June 8	NCAA Championship	110m Hurdles	15th - Q	13.80 (1.0)

## DARRYL DUNHAM • JR. • RICHMOND HILL, GA.

Date	Meet	Event	Finish	Time/Mark
March 19	Shamrock Invite	400m	31st	50.49
March 18	Shamrock Invite	800m	6th	1:59.77

## DONDRE ECHOLS • SR. • OXON HILL, MD.

Date	Meet	Event	Finish	Time/Mark
April 8	Spec Towns Invite	110m Hurdles	3rd	14.49 (1.9)
April 16	Seminole Invite	110m Hurdles	2nd	14.04 (-1.2)
April 29	Penn Relays	110m Hurdles	1st - Q	13.73 (1.2)
April 30	Penn Relays	110m Hurdles	4th - F	13.97 (0.1)
May 13	SEC Outdoors	110m Hurdles	2nd - Q	13.74 (-0.6)
May 14	SEC Outdoors	110m Hurdles	2nd - F	13.54 (1.2)
May 27	NCAA East Regional	110m Hurdles	1st - Q	13.58 (0.5)
May 27	NCAA East Regional	110m Hurdles	1st - F	13.35 (2.1)
June 8	NCAA Championship	110m Hurdles	6th - Q	13.67 (1.0)
June 10	NCAA Championship	110m Hurdles	7th - F	13.84 (-0.9)
March 26	Yellow Jacket Invite	400m Hurdles	3rd	52.20

## MICHAEL ELWOOD • SO. • GREENSBORO, N.C.

Date	Meet	Event	Finish	Time/Mark
March 19	Shamrock Invite	800m	29th	2:08.58
March 26	Yellow Jacket Invite	800m	12th	1:56.27
April 9	Spec Towns Invite	800m	13th	1:57.34
April 15	Seminole Invite	800m	15th	1:55.99

## CHAD EVANS • FR. • HADDONFIELD, N.J.

Date	Meet	Event	Finish	Time/Mark
March 18	Shamrock Invite	5000m	24th	15:55.26

## DREW GALANG • SR. • CLEVELAND, OHIO

Date	Meet	Event	Finish	Time/Mark
March 19	Shamrock Invite	800m	10th	1:55.78
March 26	Yellow Jacket Invite	800m	13th	1:57.40
April 9	Spec Towns Invite	800m	14th	2:00.30
April 15	Seminole Invite	800m	13th	1:55.52

## CLARENCE GALLOP • JR. • PROVIDENCE, R.I.

Date	Meet	Event	Finish	Time/Mark
March 17	Shamrock Invite	Hammer	2nd	64.42m   211-4
March 25	Yellow Jacket Invite	Hammer	3rd	64.85m   212-9
March 31	Florida Relays	Hammer	1st	65.45m   214-9
April 8	Spec Towns Invite	Hammer	3rd	61.56m   202-0
April 15	Seminole Invite	Hammer	2nd	63.38m   207-11
April 30	Penn Relays	Hammer	7th	62.96m   206-6
May 12	SEC Outdoors	Hammer	9th	64.47m   211-6
May 26	NCAA East Regional	Hammer	18th	64.45m   211-5

# 2016 SOUTH CAROLINA MEN'S OUTDOOR TRACK & FIELD PROGRESSIONS

## SIMON GYLLENSTEN • JR. • GOTHENBURG, SWEDEN

Date	Meet	Event	Finish	Time/Mark
March 17	Shamrock Invite	100m	8th - D	11.49
March 17	Shamrock Invite	400m	6th - D	51.26
March 18	Shamrock Invite	1500m	1st - D	4:46.97
March 18	Shamrock Invite	110m Hurdles	5th - D	18.95
March 17	Shamrock Invite	High Jump	4th - D	1.88m   6-2
March 17	Shamrock Invite	Long Jump	8th - D	6.34m   20-9 3/4
March 18	Shamrock Invite	Pole Vault	4th - D	3.70m   12-1 1/2
April 2	Florida Relays	Pole Vault	7th	5.00m   16-4 3/4
April 8	Spec Towns Invite	Pole Vault	3rd	5.11m   16-9 1/4
May 14	SEC Outdoors	Pole Vault	8th	5.06m   16-7 1/4
May 26	NCAA East Regional	Pole Vault	t-21st	5.00m   16-4 3/4
March 18	Shamrock Invite	Discus	6th - D	22.35m   73-4
March 18	Shamrock Invite	Javelin	4th - D	46.98m   154-1
March 17	Shamrock Invite	Shot Put	7th - D	10.09m   33-1 1/4
March 18	Shamrock Invite	Decathlon	5th	5,950

## OTIS JONES • FR. • SUMTER, S.C.

Date	Meet	Event	Finish	Time/Mark
April 16	Seminole Invite	400m	7th	48.32
March 19	Shamrock Invite	800m	3rd	1:51.66
March 26	Yellow Jacket Invite	800m	3rd	1:50.86
April 1	Florida Relays	800m	32nd	1:51.13
April 9	Spec Towns Invite	800m	4th	1:51.31
April 15	Seminole Invite	800m	4th	1:49.81
May 12	SEC Outdoors	800m	10th - Q	1:48.52
May 27	NCAA East Regional	800m	23rd - Q	1:48.91

## JUSSI KANERVO • JR. • ESPOO, FINLAND

Date	Meet	Event	Finish	Time/Mark
March 19	Shamrock Invite	400m Hurdles	2nd	50.58
March 26	Yellow Jacket Invite	400m Hurdles	1st	50.81
April 1	Florida Relays	400m Hurdles	2nd	50.44
April 9	Spec Towns Invite	400m Hurdles	1st	51.34
April 16	Seminole Invite	400m Hurdles	1st	50.10
April 29	Penn Relays	400m Hurdles	1st	50.54
May 12	SEC Outdoors	400m Hurdles	2nd - Q	50.31
May 26	NCAA East Regional	400m Hurdles	10th - Q	51.16
May 27	NCAA East Regional	400m Hurdles	5th - F	49.87
June 8	NCAA Championship	400m Hurdles	9th - Q	50.64
June 10	NCAA Championship	400m Hurdles	8th - F	52.11

## DEVON LEWIS • SO. • FAYETTEVILLE, GA.

Date	Meet	Event	Finish	Time/Mark
March 18	Shamrock Invite	100m	7th - Q	10.63 (2.3)
March 19	Shamrock Invite	100m	5th - F	10.90 (-0.8)
March 26	Yellow Jacket Invite	100m	7th	10.71 (0.8)
April 9	Spec Towns Invite	100m	2nd	10.47 (1.2)
April 16	Seminole Invite	100m	10th	10.61 (0.1)
May 13	SEC Outdoors	100m	26th - Q	10.85 (-0.1)
May 26	NCAA East Regional	100m	38th - Q	10.70 (-0.7)
April 9	Spec Towns Invite	200m	8th	21.28 (1.4)
April 16	Seminole Invite	200m	24th	21.63 (0.5)
May 12	SEC Outdoors	200m	36th - Q	21.62 (1.3)

## KYLE MOOK • FR. • GREER, S.C.

Date	Meet	Event	Finish	Time/Mark
March 18	Shamrock Invite	Steeplechase	8th	10:11.16

## ISIAH MOORE • SO. • BURLINGTON, N.C.

Date	Meet	Event	Finish	Time/Mark
March 26	Yellow Jacket Invite	110m Hurdles	2nd	13.81 (0.7)
April 1	Florida Relays	110m Hurdles	6th	13.54 (2.3)
April 8	Spec Towns Invite	110m Hurdles	1st	13.85 (1.9)
May 13	SEC Outdoors	110m Hurdles	3rd	13.75 (0.6)
May 14	SEC Outdoors	110m Hurdles	6th - F	13.97 (1.2)
May 27	NCAA East Regional	110m Hurdles	4th - Q	13.68 (0.3)
March 18	Shamrock Invite	Long Jump	9th	7.09m   23-3 1/4 (0.4)
March 26	Yellow Jacket Invite	Long Jump	16th	6.47m   21-2 3/4
April 8	Spec Towns Invite	Long Jump	6th	7.16m   23-6 (0.2)

## DAVID PARKER • FR. • WILMINGTON, N.C.

Date	Meet	Event	Finish	Time/Mark
April 9	Spec Towns Invite	1500m	8th	4:15.62
March 19	Shamrock Invite	Mile	23rd	4:34.07

## JORDAN RAPER • JR. • CONCORD, N.C.

Date	Meet	Event	Finish	Time/Mark
March 18	Shamrock Invite	Javelin	23rd	51.52m   169-0
April 9	Spec Towns Invite	Javelin	11th	46.96m   154-1
April 16	Seminole Invite	Javelin	7th	48.81m   160-1

## BRYCE SIMPSON • FR. • MECHANICSVILLE, VA.

Date	Meet	Event	Finish	Time/Mark
March 17	Shamrock Invite	100m	11th - D	12.28
March 17	Shamrock Invite	400m	10th - D	57.04
March 18	Shamrock Invite	1500m	6th - D	5:12.93
March 18	Shamrock Invite	110m Hurdles	7th - D	20.73
March 17	Shamrock Invite	High Jump	4th - D	1.61m   5-3 1/4
March 17	Shamrock Invite	Long Jump	11th - D	5.06m   16-7 1/4
March 18	Shamrock Invite	Discus	7th - D	19.62m   64-4
March 18	Shamrock Invite	Javelin	6th - D	25.93m   85-1
March 17	Shamrock Invite	Shot Put	9th - D	8.20m   26-11
March 18	Shamrock Invite	Decathlon	7th	3,688

## CARSON STROM • FR. • GREENWOOD, S.C.

Date	Meet	Event	Finish	Time/Mark
March 18	Shamrock Invite	5000m	26th	16:03.29

## ALEX SULLIVAN • SR. • NORTHAMPTON, MASS.

Date	Meet	Event	Finish	Time/Mark
March 26	Yellow Jacket Invite	800m	18th	1:58.79
March 26	Yellow Jacket Invite	1500m	19th	4:01.29
April 9	Spec Towns Invite	1500m	6th	4:00.93
April 16	Seminole Invite	1500m	12th	3:54.36
May 13	SEC Outdoors	1500m	27th - Q	3:54.01
March 19	Shamrock Invite	Mile	9th	4:22.08

## YOHANCE THOMAS • FR. • FLORENCE, S.C.

Date	Meet	Event	Finish	Time/Mark
March 18	Shamrock Invite	100m	13th - Q	10.73 (2.0)
April 1	Florida Relays	100m	64th	10.89 (2.9)
April 9	Spec Towns Invite	100m	11th	10.81 (1.2)
April 16	Seminole Invite	100m	20th	10.95 (1.2)
March 26	Yellow Jacket Invite	200m	31st	22.34 (0.3)
April 9	Spec Towns Invite	200m	16th	22.06 (0.6)
April 16	Seminole Invite	200m	27th	21.86 (2.5)

## NCINCILILI TITI • JR. • BUTTERWORTH, SOUTH AFRICA

Date	Meet	Event	Finish	Time/Mark
April 9	Spec Towns Invite	100m	1st	10.29 (1.2)
May 13	SEC Outdoors	100m	21st - Q	10.67 (-0.2)
May 27	NCAA East Regional	100m	19th - Q	10.51 (-0.6)
May 27	NCAA East Regional	100m	21st - F	10.51 (1.3)
March 26	Yellow Jacket Invite	200m	2nd	20.78
April 1	Florida Relays	200m	5th	20.68 (2.0)
May 12	SEC Outdoors	200m	11th - Q	20.74 (1.9)
May 27	NCAA East Regional	200m	16th - Q	20.77 (1.0)
May 28	NCAA East Regional	200m	11th - F	20.55 (3.6)
June 8	NCAA Championship	200m	16th - Q	20.88 (0.3)

## DREW TRUSTY • GR. • SYCAMORE, OHIO

Date	Meet	Event	Finish	Time/Mark
April 8	Spec Towns Invite	3000m	8th	8:50.57
April 15	Seminole Invite	5000m	2nd	15:03.63
April 28	Penn Relays	5000m	56th	14:52.67
March 25	Raleigh Relays	10,000m	70th	31:46.18
May 12	SEC Outdoors	10,000m	19th	33:05.24

# 2016 SOUTH CAROLINA MEN'S OUTDOOR TRACK & FIELD PROGRESSIONS

## MICHAEL WAMER • JR. • ST. GEORGE, S.C.

Date	Meet	Event	Finish	Time/Mark
March 18	Shamrock Invite	Long Jump	6th	7.29m   23-11 (1.8)
March 26	Yellow Jacket Invite	Long Jump	8th	6.92m   22-8 1/2
April 1	Florida Relays	Long Jump	10th	7.04m   23-1 1/4
April 8	Spec Towns Invite	Long Jump	5th	7.31m   23-11 3/4
April 15	Seminole Invite	Long Jump	6th	7.19m   23-7 1/4
April 29	Penn Relays	Long Jump	8th	6.95m   22-9 3/4
March 19	Shamrock Invite	Triple Jump	2nd	15.26m   50-0 3/4
March 26	Yellow Jacket Invite	Triple Jump	4th	15.09m   49-6 1/4
April 2	Florida Relays	Triple Jump	4th	15.89m   52-1 3/4
April 9	Spec Towns Invite	Triple Jump	1st	16.00m   52-6 (0.5)
April 16	Seminole Invite	Triple Jump	4th	15.78m   51-9 1/4
April 30	Penn Relays	Triple Jump	4th	15.81m   51-10 1/2

## TYE WILLIAMS • SO. • CLYO, GA.

Date	Meet	Event	Finish	Time/Mark
March 18	Shamrock Invite	Long Jump	5th	7.33m   24-0 3/4 (1.1)
March 26	Yellow Jacket Invite	Long Jump	6th	7.00m   22-11 3/4
April 29	Penn Relays	Long Jump	25th	6.60m   21-8
March 19	Shamrock Invite	High Jump	2nd	2.10m   6-10 3/4
March 26	Yellow Jacket Invite	High Jump	3rd	2.05m   6-8 3/4
April 2	Florida Relays	High Jump	13th	2.01m   6-7
April 9	Spec Towns Invite	High Jump	3rd	2.05m   6-8 3/4
April 29	Penn Relays	High Jump	8th	2.04m   6-8 1/4
May 14	SEC Outdoors	High Jump	10th	2.05m   6-8 3/4

## DAVID WINTERS • JR. • CAPITOL HEIGHTS, MD.

Date	Meet	Event	Finish	Time/Mark
March 26	Yellow Jacket Invite	100m	1st	10.46 (-0.1)
April 1	Florida Relays	100m	14th	10.34 (1.7)
May 13	SEC Outdoors	100m	10th - Q	10.46 (-0.2)
May 26	NCAA East Regional	100m	7th - Q	10.37 (-0.6)
May 27	NCAA East Regional	100m	19th - F	10.47 (0.4)
April 9	Spec Towns Invite	200m	4th	21.07 (0.8)
May 12	SEC Outdoors	200m	15th - Q	20.82 (1.9)
May 27	NCAA East Regional	200m	27th - Q	21.00 (1.2)

## ARMAND WOODLEY • FR. • ORLANDO, FLA.

Date	Meet	Event	Finish	Time/Mark
April 8	Spec Towns Invite	Pole Vault	9th	4.66m   15-3 1/2
April 16	Seminole Invite	Pole Vault	5th	4.62m   15-1 3/4

## DAVID YANG • JR. • CHARLOTTE, N.C.

Date	Meet	Event	Finish	Time/Mark
March 19	Shamrock Invite	800m	22nd	1:57.54

## KALEB ZUIDEMA • R-JR. • MIDLAND PARK, N.J.

Date	Meet	Event	Finish	Time/Mark
March 18	Shamrock Invite	Javelin	4th	69.58m   228-3
March 31	Florida Relays	Javelin	4th	67.13m   220-3
April 9	Spec Towns Invite	Javelin	2nd	67.35m   220-11
April 16	Seminole Invite	Javelin	2nd	68.32m   224-2
May 13	SEC Outdoors	Javelin	4th	71.07m   233-2
May 27	NCAA East Regional	Javelin	11th	67.98m   223-0
June 8	NCAA Championship	Javelin	20th	69.32m   227-5

## 4X100M RELAY

Date	Meet	Team	Finish	Time
March 19	Shamrock Invite	Titi, Winters Bermudez, Collier	3rd	40.36
March 19	Shamrock Invite	Thomas, Lewis Chiles, Moore	8th	41.25
March 26	Yellow Jacket Invite	Winters, Titi Bermudez, Lewis	4th	40.11
March 26	Yellow Jacket Invite	Thomas, Chiles Collier, Moore	6th	41.14
April 2	Florida Relays	Winters, Titi Echols, Bermudez	7th	39.75
April 9	Spec Towns Invite	Winters, Titi Echols, Lewis	1st	39.71
April 16	Seminole Invite	Lewis, Echols Bermudez, Thomas	2nd	40.29

April 29	Penn Relays	Winters, Echols Lewis, Titi	2nd - Q	40.27
April 30	Penn Relays	Winters, Echols Lewis, Titi	3rd - F	39.54
May 14	SEC Outdoors	Winters, Echols Lewis, Titi	7th	39.74
May 28	NCAA East Regional	Winters, Echols Titi, Lewis	8th	39.63

## 4X200M RELAY

Date	Meet	Team	Finish	Time
March 18	Shamrock Invite	Winters, Robbins Bermudez, Titi	1st	1:23.26
April 2	Florida Relays	Bermudez, Collier Titi, Winters	3rd	1:21.93
April 29	Penn Relays	Winters, Bermudez Lewis, Titi	1st - Q	1:24.56
April 30	Penn Relays	Winters, Bermudez Lewis Titi	1st - F	1:22.38

## 4X400M RELAY

Date	Meet	Team	Finish	Time
March 19	Shamrock Invite	Bermudez, Kanervo Chiles, Collier	1st	3:09.72
March 19	Shamrock Invite	Thomas, Jones Moore, Elwood	8th	3:19.03
March 19	Shamrock Invite	Yang, Dunham Galang, Sullivan	16th	3:27.32
March 26	Yellow Jacket Invite	Bermudez, Kanervo Chiles, Winters	5th	3:11.89
March 26	Yellow Jacket Invite	Asselin, Jones Elwood, Galang	12th	3:21.11
April 2	Florida Relays	Echols, Kanervo Chiles, Collier	6th	3:08.84
April 9	Spec Towns Invite	Bermudez, Chiles Kanervo, Titi	1st	3:11.91
April 16	Seminole Invite	Bermudez, Kanervo Jones, Chiles	5th	3:10.96
April 29	Penn Relays	Bermudez, Jones Kanervo, Winters	14th - Q	3:13.50
April 30	Penn Relays	Echols, Titi Kanervo, Bermudez	5th - F	3:13.20
May 14	SEC Outdoors	Echols, Kanervo Jones, Bermudez	8th	3:09.67

## 4X800M RELAY

Date	Meet	Team	Finish	Time
March 18	Shamrock Invite	Jones, Elwood Kanervo, Galang	3rd	7:41.82
April 2	Florida Relays	Elwood, Galang Sullivan, Jones	8th	7:47.50
April 30	Penn Relays	Jones, Galang Sullivan, Elwood	19th	7:41.16

## SHUTTLE HURDLE RELAY

Date	Meet	Team	Finish	Time
April 2	Florida Relays	Echols, Collier Moore, Asselin	1st	56.63
April 29	Penn Relays	Echols, Kanervo Asselin, Collier	4th	59.12

## SPRINT MEDLEY RELAY

Date	Meet	Team	Finish	Time
April 2	Florida Relays	Lewis, Chiles Kanervo, Jones	7th	3:26.22
April 29	Penn Relays	Thomas, Asselin Jones, Elwood	23rd	3:39.79

Q - Qualifiers | F - Finals | D - Decathlon

# 2016 SOUTH CAROLINA WOMEN'S OUTDOOR TRACK & FIELD TOP FIVE PERFORMERS

## 100-METER (School Record: 11.02, LaKya Brookins, 2011)

Date	Meet	Athlete	Mark
4/9	Spec Towns Invitational	Alexis Murphy	11.62 (4.2)
4/9	Spec Towns Invitational	Gabby Gray	11.70 (1.8)
4/16	Seminole Invite	Makyla Stanley	11.91 (3.7)
4/1	Florida Relays	Maiya Dendy	11.98 (2.4)
3/18	Shamrock Invite	Taranisha Taylor	12.06 (1.0) - Q

## 200-METER (School Record: 22.36, Shalonda Solomon, 2006)

Date	Meet	Athlete	Mark
3/19	Shamrock Invite	Briana Haith	23.65 (1.3)
3/19	Shamrock Invite	Aliyah Abrams	23.92 (1.3)
5/12	SEC Outdoor Championships	Ahty Johnson	24.25 (1.5) - Q
3/26	Yellow Jacket Invite	Marisa Bellamy	24.29 (0.7)
3/19	Shamrock Invite	Gabby Gray	24.34 (1.5)

## 400-METER (School Record: 49.84, Natasha Hastings, 2007)

Date	Meet	Athlete	Mark
5/14	SEC Outdoor Championships	Aliyah Abrams	52.04 - F
4/1	Florida Relays	Briana Haith	53.03
5/26	NCAA East Regional	Erika Rucker	53.09 - Q
5/26	NCAA East Regional	Precious Holmes	53.54 - Q
4/9	Spec Towns Invitational	Marisa Bellamy	54.27

## 800-METER (School Record: 2:02.91, Charmaine Howell, 1998)

Date	Meet	Athlete	Mark
3/26	Yellow Jacket Invite	Allie Mueller	2:14.09
5/12	SEC Outdoor Championships	Irene Vian	2:14.57 - Q
4/9	Spec Towns Invitational	Maya Evans	2:17.85
3/26	Yellow Jacket Invite	Ashley Miller	2:18.40
4/7	Bulldog Multis	Sarah Graham	2:19.25 - H

## 1500-METER (School Record: 4:26.36, Tracey Capper, 1996)

Date	Meet	Athlete	Mark
5/13	SEC Outdoor Championships	Meri Heneage	4:36.23 - Q
4/16	Seminole Invite	Alexis Malmberg	4:38.41
4/16	Seminole Invite	Allie Sprague	4:40.18
5/13	SEC Outdoor Championships	Allie Mueller	4:40.35 - Q
4/9	Spec Towns Invitational	Christine Kent	4:44.45

## MILE (School Record: 4:43.90, Tracey Capper, 1996 Indoor)

Date	Meet	Athlete	Mark
3/19	Shamrock Invite	Alexis Malmberg	5:13.09
3/19	Shamrock Invite	Anna McElrath	5:28.93
3/19	Shamrock Invite	Caitlin Potter	5:38.02

## 3000-METER (School Record: 9:43.62, Tracey Capper, 1994)

Date	Meet	Athlete	Mark
4/8	Spec Towns Invitational	Christine Kent	9:55.92
4/8	Spec Towns Invitational	Mary Reiser	9:56.49
3/19	Shamrock Invite	Monica York	10:14.11
4/8	Spec Towns Invitational	Kaylee Wessel	10:15.22
3/19	Shamrock Invite	Allie Sprague	10:29.53

## 5000-METER (School Record: 16:42.83, Sue McGhie, 1994)

Date	Meet	Athlete	Mark
4/28	Penn Relays	Mary Reiser	16:47.24
4/28	Penn Relays	Christine Kent	16:59.40
4/28	Penn Relays	Monica York	17:15.11
4/15	Seminole Invite	Kaylee Wessel	17:42.66
3/26	Yellow Jacket Invite	Allie Sprague	18:04.35

## 10,000-METER (School Record: 33:43.95, Kayla Lampe, 2013)

Date	Meet	Athlete	Mark
5/12	SEC Outdoor Championships	Mary Reiser	35:41.08
5/12	SEC Outdoor Championships	Christine Kent	36:38.20

## 3K STEEPLECHASE (School Record: 10:13.81, Beatrice Biwott, 2012)

Date	Meet	Athlete	Mark
3/18	Shamrock Invite	Sarah Falta	12:05.62

## 100-METER HURDLES (School Record: 12.81, Ellakisha Williamson, 2000)

Date	Meet	Athlete	Mark
4/8	Spec Towns Invitational	Chalese Davis	13.56 (1.4)
4/16	Seminole Invite	Taranisha Taylor	13.84 (-1.9)
4/8	Spec Towns Invitational	Funlayo Oluwole	13.91 (4.5)
4/6	Bulldog Multis	Sarah Graham	13.92 (3.8) - H
4/8	Spec Towns Invitational	Milan Parks	13.95 (4.5)

## 400-METER HURDLES (School Record: 53.43, Lashinda Demus, 2004)

Date	Meet	Athlete	Mark
5/27	NCAA East Regional	Tyler Brockington	56.45 - F
3/19	Shamrock Invite	Morgan Hubbard	1:01.02

## HIGH JUMP (School Record: 6' 4.75", Jeannelle Scheper, 2015)

Date	Meet	Athlete	Mark
4/6	Bulldog Multis	Sarah Graham	1.78m   5-10 - H

## LONG JUMP (School Record: 21' 6.75", Chelsea Hammond, 2004)

Date	Meet	Athlete	Mark
5/13	SEC Outdoor Championships	Natasha Dicks	6.10m   20-0 1/4 (2.8)
4/1	Florida Relays	Alexis Murphy	5.98m   19-7 1/2
4/8	Spec Towns Invitational	Chalese Davis	5.96m   19-6 3/4 (5.1)
4/8	Spec Towns Invitational	Makyla Stanley	5.80m   19-0 1/2 (2.9)
3/18	Shamrock Invite	Milan Parks	5.66m   18-7

## TRIPLE JUMP (School Record: 44' 7 1/2", Natasha Dicks, 2016)

Date	Meet	Athlete	Mark
5/28	NCAA East Regional	Natasha Dicks	13.60m   44-7 1/2 (2.1)
4/9	Spec Towns Invitational	Funlayo Oluwole	11.51m   37-9 1/4 (2.4)

## JAVELIN (School Record: 174' 8", Candy Mitchell, 2000)

Date	Meet	Athletes	Mark
5/13	SEC Outdoor Championships	Shelby Freedman	51.20m   168-0
5/13	SEC Outdoor Championships	Amy Suttmeier	43.78m   148-4
5/13	SEC Outdoor Championships	Sarah Graham	33.70m   110-7 - H

## SHOT PUT (School Record: 56' 8 1/2", Crystal Brownlee, 1997)

Date	Meet	Athletes	Mark
5/12	SEC Outdoor Championships	Sarah Graham	11.65m   38-2 1/2 - H

## HAMMER (School Record: 213' 3", Lisa Misipeka, 1998)

Date	Meet	Athletes	Mark
3/18	Shamrock Invite	Kierstin Williams	46.53m   152-8

## HEPTATHLON (School Record: 5664, Erin Narzinski, 1998)

Date	Meet	Athletes	Mark
4/7	Bulldog Multis	Sarah Graham	5,423

## 4X100 RELAY (School Record: 42.83, Ross, Whipple, Joyce, Bailey, 2003)

Date	Meet	Athletes	Mark
4/9	Spec Towns Invitational	Gray, Brockington, Murphy, Haith	44.28
4/2	Florida Relays	Gray, Haith, Murphy, Brockington	44.50
6/9	NCAA Championship	Gray, Brockington, Taylor, Johnson	44.70
5/14	SEC Outdoor Championships	Stanley, Brockington, Johnson, Gray	44.71
3/26	Yellow Jacket Invite	Brockington, Haith, Taylor, Dendy	44.88

## 4X200 RELAY (School Record: 1:30.73, Bailey, M. Barber, Joyce, Whipple, 2003)

Date	Meet	Athletes	Mark
3/18	Shamrock Invite	Abrams, Brockington, Haith, Dendy	1:33.37
4/2	Florida Relays	Brockington, Haith, Bellamy, Dendy	1:33.81
4/29	Penn Relays	Holmes, Abrams, Rucker, Bellamy	1:37.03

## 4X400 RELAY (School Record: 3:26.46, Washington, Ross, Bass, Demus, 2002)

Date	Meet	Athletes	Mark
5/28	NCAA East Regional	Abrams, Rucker, Brockington, Holmes	3:28.53
5/14	SEC Outdoor Championships	Abrams, Brockington, Rucker, Holmes	3:29.54
4/2	Florida Relays	Haith, Abrams, Brockington, Bellamy	3:31.14
4/30	Penn Relays	Abrams, Bellamy, Rucker, Holmes	3:31.51
4/16	Seminole Invite	Holmes, Bellamy, Evans, Abrams	3:34.40

# 2016 SOUTH CAROLINA WOMEN'S OUTDOOR TRACK & FIELD TOP FIVE PERFORMERS

## **4X800 RELAY** (School Record: 8:45.44, Demus, Shelton, Watkins, Ramonene, 2004)

<b>Date Meet</b>	<b>Athletes</b>	<b>Mark</b>
3/18 Shamrock Invite	Mueller, Vian, Miller, Evans	9:10.44
4/30 Penn Relays	Mueller, Vian, Evans, Miller	9:03.91

## **SHUTTLE HURDLE RELAY**

<b>Date Meet</b>	<b>Athletes</b>	<b>Mark</b>
4/2 Florida Relays	Davis, Taylor, Oluwole, Parks	56.82

## **SPRINT MEDLEY RELAY** (School Record: 3:46.44, Joyce, Carpenter, Martin, Shelton, 2005)

<b>Date Meet</b>	<b>Athletes</b>	<b>Mark</b>
4/2 Florida Relays	Holmes, Dendy, Evans, Mueller	3:58.39

Q - Qualifiers | F - Finals | H - Heptathlon

# 2016 SOUTH CAROLINA WOMEN'S OUTDOOR TRACK & FIELD PROGRESSIONS

## ALIYAH ABRAMS • FR. • GRAYSON, GA.

Date	Meet	Event	Finish	Time/Mark
March 19	Shamrock Invite	200m	3rd	23.92 (1.3)
March 26	Yellow Jacket Invite	400m	2nd	53.29
April 1	Florida Relays	400m	9th	53.33
April 9	Spec Towns Invitational	400m	1st	53.17
April 16	Seminole Invite	400m	4th	52.79
May 13	SEC Outdoors	400m	5th - Q	52.75
May 14	SEC Outdoors	400m	4th - F	52.04
May 26	NCAA East Regional	400m	5th - Q	52.35
May 27	NCAA East Regional	400m	9th - F	52.30
June 9	NCAA Championship	400m	8th - Q	52.33

## MARISA BELLAMY • JR. • YOUNGVILLE, N.C.

Date	Meet	Event	Finish	Time/Mark
March 26	Yellow Jacket Invite	200m	7th	24.29 (0.7)
March 19	Shamrock Invite	400m	4th	54.61
April 1	Florida Relays	400m	21st	54.40
April 9	Spec Towns Invitational	400m	4th	54.27
April 16	Seminole Invite	400m	13th	54.91

## TYLER BROCKINGTON • SR. • GREENSBORO, N.C.

Date	Meet	Event	Finish	Time/Mark
March 19	Shamrock Invite	400m Hurdles	2nd	58.14
April 1	Florida Relays	400m Hurdles	3rd	57.38
May 12	SEC Outdoors	400m Hurdles	6th - Q	56.96
May 14	SEC Outdoors	400m Hurdles	7th - F	58.06
May 26	NCAA East Regional	400m Hurdles	9th - Q	57.22
May 27	NCAA East Regional	400m Hurdles	10th - F	56.45
June 9	NCAA Championship	400m Hurdles	14th - Q	57.98

## BREANNA COLE • FR. • CHAPIN, S.C.

Date	Meet	Event	Finish	Time/Mark
March 18	Shamrock Invite	800m	3rd	2:20.92

## CHALESE DAVIS • SR. • HERCULES, CALIF.

Date	Meet	Event	Finish	Time/Mark
March 18	Shamrock Invite	100m Hurdles	4th - Q	13.95 (0.8)
March 19	Shamrock Invite	100m Hurdles	2nd - F	13.74 (0.8)
March 26	Yellow Jacket Invite	100m Hurdles	2nd	13.64 (0.9)
April 1	Florida Relays	100m Hurdles	24th	13.65 (1.4)
April 8	Spec Towns Invitational	100m Hurdles	5th	13.56 (1.4)
April 16	Seminole Invite	100m Hurdles	7th	14.03 (-0.9)
April 29	Penn Relays	100m Hurdles	7th - Q	13.82 (-0.1)
April 30	Penn Relays	100m Hurdles	8th - F	13.66 (-0.7)
May 13	SEC Outdoors	100m Hurdles	18th - Q	13.77 (1.5)
May 27	NCAA East Regional	100m Hurdles	32nd - Q	13.62 (1.0)
March 18	Shamrock Invite	Long Jump	3rd	5.89m   19-4 (1.2)
March 26	Yellow Jacket Invite	Long Jump	7th	5.94m   19-6
April 1	Florida Relays	Long Jump	9th	5.77m   18-11 1/4
April 8	Spec Towns Invitational	Long Jump	5th	5.96m   19-6 3/4 (5.1)
April 15	Seminole Invite	Long Jump	6th	5.89m   19-4 (0.0)
April 28	Penn Relays	Long Jump	12th	5.57m   18-3 1/4
May 13	SEC Outdoors	Long Jump	18th	5.94m   19-6 (1.9)

## MAIYA DENDY • FR. • MIDDLETON, DE.

Date	Meet	Event	Finish	Time/Mark
April 1	Florida Relays	100m	54th	11.98 (2.4)
March 26	Yellow Jacket Invite	200m	10th	24.37 (0.2)
March 19	Shamrock Invite	400m	9th	55.51

## NATASHA DICKS • JR. • AIKEN, S.C.

Date	Meet	Event	Finish	Time/Mark
March 26	Yellow Jacket Invite	Long Jump	10th	5.72m   18-9 1/4
April 1	Florida Relays	Long Jump	4th	5.87m   19-3 1/4
April 8	Spec Towns Invitational	Long Jump	3rd	6.06m   19-10 3/4 (3.1)
April 15	Seminole Invite	Long Jump	5th	6.01m   19-8 3/4 (0.0)
April 28	Penn Relays	Long Jump	3rd	5.89m   19-4
May 13	SEC Outdoors	Long Jump	11th	6.10m   20-0 1/4 (2.8)
March 26	Yellow Jacket Invite	Triple Jump	1st	12.69m   41-7 3/4
April 2	Florida Relays	Triple Jump	5th	12.99m   42-7 1/2
April 9	Spec Towns Invitational	Triple Jump	3rd	12.96m   42-6 1/4 (0.7)
April 16	Seminole Invite	Triple Jump	2nd	13.01m   42-8 1/4
April 30	Penn Relays	Triple Jump	8th	12.19m   40-0
May 14	SEC Outdoors	Triple Jump	3rd	13.46m   44-2
May 26	NCAA East Regional	Triple Jump	4th	13.60m   44-7 1/2
June 11	NCAA Championship	Triple Jump	6th	13.35m   43-9 3/4

## MAYA EVANS • JR. • WILSON, N.C.

Date	Meet	Event	Finish	Time/Mark
April 16	Seminole Invite	400m	18th	56.64
April 9	Spec Towns Invitational	800m	10th	2:17.85
April 15	Seminole Invite	800m	25th	2:28.10

## SARAH FALTA • JR. • SENECA, S.C.

Date	Meet	Event	Finish	Time/Mark
March 18	Shamrock Invite	Steeplechase	8th	12:05.62

## SHELBY FREEDMAN • SO. • DANVILLE, PA.

Date	Meet	Event	Finish	Time/Mark
March 19	Shamrock Invite	Javelin	4th	45.76m   150-1
March 26	Yellow Jacket Invite	Javelin	3rd	44.21m   145-0
April 1	Florida Relays	Javelin	13th	42.45m   139-3
April 9	Spec Towns Invitational	Javelin	3rd	47.32m   155-3
April 16	Seminole Invite	Javelin	1st	46.20m   151-7
April 28	Penn Relays	Javelin	4th	45.17m   148-2
May 13	SEC Outdoors	Javelin	6th	51.20m   168-0
May 26	NCAA East Regional	Javelin	8th	48.72m   159-10
June 9	NCAA Championship	Javelin	13th	50.02m   164-1

## SARAH GRAHAM • R-SR. • WAKE FOREST, N.C.

Date	Meet	Event	Finish	Time/Mark
March 17	Shamrock Invite	200m	4th - H	25.96
April 6	Bulldog Multis	200m	6th - H	25.78 (0.3)
May 12	SEC Outdoors	200m	9th - H	25.79 (0.5)
March 18	Shamrock Invite	800m	3rd - H	2:23.18
April 7	Bulldog Multis	800m	2nd - H	2:19.25
May 13	SEC Outdoors	800m	8th - H	2:22.40
March 17	Shamrock Invite	100m Hurdles	2nd - H	14.31
March 26	Yellow Jacket Invite	100m Hurdles	9th	14.24 (1.6)
April 6	Bulldog Multis	100m Hurdles	5th - H	13.93 (3.8)
April 16	Seminole Invite	100m Hurdles	13th	14.37 (-1.9)
May 12	SEC Outdoors	100m Hurdles	8th - H	14.06 (0.1)
March 18	Shamrock Invite	Long Jump	3rd - H	5.12m   16-9 3/4
March 26	Yellow Jacket Invite	Long Jump	19th	5.40m   17-8 3/4
April 7	Bulldog Multis	Long Jump	7th - H	5.53m   18-1 3/4
May 13	SEC Outdoors	Long Jump	10th - H	5.35m   17-6 3/4
March 17	Shamrock Invite	High Jump	1st - H	1.73m   5-8
March 26	Yellow Jacket Invite	High Jump	9th	1.66m   5-5 1/4
April 6	Bulldog Multis	High Jump	5th - H	1.78m   5-10
April 15	Seminole Invite	High Jump	3rd	1.69m   5-6 1/2
April 28	Penn Relays	High Jump	3rd	1.71m   5-7 1/4
May 12	SEC Outdoors	High Jump	5th - H	1.72m   5-7 3/4
May 14	SEC Outdoors	High Jump	12th	1.65m   5-5
May 26	NCAA East Regional	High Jump	t-21st	1.71m   5-7 1/4
March 18	Shamrock Invite	Javelin	6th - H	25.81m   84-8
April 7	Bulldog Multis	Javelin	6th - H	30.57m   100-3
May 13	SEC Outdoors	Javelin	8th - H	33.70m   110-7
March 17	Shamrock Invite	Shot Put	2nd - H	11.45m   37-6 3/4
April 6	Bulldog Multis	Shot Put	5th - H	11.61m   38-1 1/4
May 12	SEC Outdoors	Shot Put	8th - H	11.65m   38-2 3/4
March 18	Shamrock Invite	Heptathlon	2nd	5,023
April 7	Bulldog Multis	Heptathlon	4th	5,423
May 13	SEC Outdoors	Heptathlon	8th	5,298



# 2016 SOUTH CAROLINA WOMEN'S OUTDOOR TRACK & FIELD PROGRESSIONS

## GABBY GRAY • JR. • HIGH POINT, N.C.

Date	Meet	Event	Finish	Time/Mark
March 18	Shamrock Invite	100m	4th - Q	11.84 (1.1)
March 19	Shamrock Invite	100m	3rd - F	11.94 (0.4)
March 26	Yellow Jacket Invite	100m	5th	11.92 (-0.1)
April 9	Spec Towns Invitational	100m	10th	11.70 (1.8)
May 13	SEC Outdoors	100m	28th - Q	11.90 (-0.1)
March 19	Shamrock Invite	200m	13th	24.58 (1.8)
March 26	Yellow Jacket Invite	200m	9th	24.34 (1.5)

## BRIANA HAITH • JR. • DURHAM, N.C.

Date	Meet	Event	Finish	Time/Mark
March 19	Shamrock Invite	200m	2nd	23.65 (1.3)
March 26	Yellow Jacket Invite	400m	1st	53.25
April 1	Florida Relays	400m	7th	53.03

## MERI HENEAGE • JR. • LEXINGTON, S.C.

Date	Meet	Event	Finish	Time/Mark
April 9	Spec Towns Invitational	1500m	10th	4:55.35
April 16	Seminole Invite	1500m	8th	4:41.36
May 13	SEC Outdoors	1500m	26th - Q	4:36.23

## PRECIOUS HOLMES • R-SO. • NEW HAVEN, CT.

Date	Meet	Event	Finish	Time/Mark
March 19	Shamrock Invite	400m	8th	55.35
March 31	Florida Relays	400m	16th	55.23
April 9	Spec Towns Invitational	400m	3rd	54.06
April 16	Seminole Invite	400m	9th	54.55
May 13	SEC Outdoors	400m	13th - Q	53.61
May 26	NCAA East Regional	400m	29th - Q	53.54

## MORGAN HUBBARD • SO. • CONYERS, GA.

Date	Meet	Event	Finish	Time/Mark
March 19	Shamrock Invite	400m Hurdles	5th	1:01.02
March 26	Yellow Jacket Invite	400m Hurdles	10th	1:01.78
April 1	Florida Relays	400m Hurdles	22nd	1:01.36
April 16	Seminole Invite	400m Hurdles	8th	1:02.85

## AHTYANA JOHNSON • R-SR. • BAYSIDE, N.Y.

Date	Meet	Event	Finish	Time/Mark
April 16	Seminole Invite	100m	19th	12.07 (0.8)
May 13	SEC Outdoors	100m	33rd - Q	12.11 (0.5)
May 12	SEC Outdoors	200m	30th - Q	24.25 (1.5)

## CHRISTINE KENT • SR. • SAN DIEGO, CALIF.

Date	Meet	Event	Finish	Time/Mark
April 9	Spec Towns Invitational	1500m	7th	4:44.45
March 19	Shamrock Invite	3000m	4th	10:02.60
April 8	Spec Towns Invitational	3000m	4th	9:55.92
March 31	Florida Relays	5000m	13th	17:13.76
April 28	Penn Relays	5000m	25th	16:59.40
May 14	SEC Outdoors	5000m	28th	17:28.99
May 12	SEC Outdoors	10,000m	14th	36:28.20

## ALEXIS MALMBERG • FR. • NEWTOWN SQUARE, PA.

Date	Meet	Event	Finish	Time/Mark
April 16	Seminole Invite	1500m	5th	4:38.41
March 19	Shamrock Invite	Mile	13th	5:13.09

## MARTHA MCCOY • JR. • JOHNSON CITY, TENN.

Date	Meet	Event	Finish	Time/Mark
March 18	Shamrock Invite	5000m	9th	18:24.30

## ANNA MCELRATH • SO. • CHARLOTTE, N.C.

Date	Meet	Event	Finish	Time/Mark
March 19	Shamrock Invite	Mile	28th	5:28.93

## ASHLEY MILLER • SR. • NORTH MYRTLE BEACH, S.C.

Date	Meet	Event	Finish	Time/Mark
March 26	Yellow Jacket Invite	800m	25th	2:18.40
April 9	Spec Towns Invitational	800m	13th	2:20.43
May 12	SEC Outdoors	800m	26th - Q	2:20.48

## ALLIE MUELLER • FR. • BEAVERTON, ORE.

Date	Meet	Event	Finish	Time/Mark
March 19	Shamrock Invite	800m	13th	2:16.16
March 26	Yellow Jacket Invite	800m	14th	2:14.09
April 9	Spec Towns Invitational	800m	7th	2:15.22
April 15	Seminole Invite	800m	9th	2:15.00
May 12	SEC Outdoors	800m	24th - Q	2:14.73
April 16	Seminole Invite	1500m	10th	4:43.00
May 13	SEC Outdoors	1500m	30th - Q	4:40.35

## ALEXIS MURPHY • SR. • APEX, N.C.

Date	Meet	Event	Finish	Time/Mark
March 18	Shamrock Invite	100m	13th - Q	12.11 (-0.2)
March 26	Yellow Jacket Invite	100m	10th	12.05 (0.3)
April 1	Florida Relays	100m	45th	11.80 (2.4)
April 9	Spec Towns Invitational	100m	7th	11.62 (4.2)
April 16	Seminole Invite	100m	15th	12.01 (-0.3)
April 9	Spec Towns Invitational	200m	6th	24.41 (3.0)
March 18	Shamrock Invite	Long Jump	4th	5.79m   19-0 (0.8)
March 26	Yellow Jacket Invite	Long Jump	8th	5.88m   19-3 1/2
April 1	Florida Relays	Long Jump	10th	5.98m   19-7 1/2
April 8	Spec Towns Invitational	Long Jump	12th	5.63m   18-5 3/4 (0.0)
April 15	Seminole Invite	Long Jump	7th	5.87m   19-3 1/4 (0.0)

## FUNLAYO OLUWOLE • FR. • CHESAPEAKE, VA.

Date	Meet	Event	Finish	Time/Mark
March 18	Shamrock Invite	100m Hurdles	5th - Q	14.09 (0.9)
March 19	Shamrock Invite	100m Hurdles	5th - F	14.22 (0.8)
March 26	Yellow Jacket Invite	100m Hurdles	8th	14.05 (0.9)
April 1	Florida Relays	100m Hurdles	40th	13.92 (1.4)
April 8	Spec Towns Invitational	100m Hurdles	10th	13.91 (4.5)
April 16	Seminole Invite	100m Hurdles	16th	14.48 (-1.9)
April 30	Penn Relays	100m Hurdles	18th - Q	14.53 (-0.1)
May 13	SEC Outdoors	100m Hurdles	25th - Q	14.18 (0.4)
March 19	Shamrock Invite	Triple Jump	18th	11.47m   37-7 3/4
March 26	Yellow Jacket Invite	Triple Jump	9th	11.49m   37-8 1/2
April 9	Spec Towns Invitational	Triple Jump	8th	11.51m   37-9 1/4 (2.4)
April 16	Seminole Invite	Triple Jump	16th	11.09m   36-4 1/4
May 14	SEC Outdoors	Triple Jump	22nd	11.27m   36-11 3/4

## MILAN PARKS • FR. • SUFFOLK, VA.

Date	Meet	Event	Finish	Time/Mark
March 18	Shamrock Invite	100m Hurdles	13th - Q	14.69 (0.7)
April 8	Spec Towns Invitational	100m Hurdles	11th	13.95 (4.5)
April 16	Seminole Invite	100m Hurdles	20th	14.61 (-1.9)
April 30	Penn Relays	100m Hurdles	20th - Q	14.70 (-0.1)
May 13	SEC Outdoors	100m Hurdles	24th - Q	14.08 (1.5)
March 18	Shamrock Invite	Long Jump	6th	5.66m   18-7 (0.6)

## CAITLIN POTTER • SO. • LINCOLNTON, N.C.

Date	Meet	Event	Finish	Time/Mark
March 19	Shamrock Invite	Mile	32nd	5:38.02

## MARY REISER • JR. • ANNAPOLIS, MD.

Date	Meet	Event	Finish	Time/Mark
March 19	Shamrock Invite	3000m	3rd	9:57.94
April 8	Spec Towns Invitational	3000m	5th	9:56.49
March 31	Florida Relays	5000m	48th	18:18.25
April 15	Seminole Invite	5000m	2nd	17:07.22
April 28	Penn Relays	5000m	11th	16:47.24
May 14	SEC Outdoors	5000m	22nd	17:13.56
May 12	SEC Outdoors	10,000m	10th	35:41.08

## ERIKA RUCKER • R-SR. • FLOWERY BRANCH, GA.

Date	Meet	Event	Finish	Time/Mark
March 31	Florida Relays	400m	15th	54.84
May 13	SEC Outdoors	400m	12th - Q	53.51
May 26	NCAA East Regional	400m	23rd - Q	53.09
May 27	NCAA East Regional	400m	20th - F	53.46

# 2016 SOUTH CAROLINA WOMEN'S OUTDOOR TRACK & FIELD PROGRESSIONS

## ALLIE SPRAGUE • SO. • MARENGO, ILL.

Date	Meet	Event	Finish	Time/Mark
April 9	Spec Towns Invitational	1500m	8th	4:46.71
April 16	Seminole Invite	1500m	7th	4:40.18
May 13	SEC Outdoors	1500m	31st - Q	4:44.50
March 19	Shamrock Invite	3000m	13th	10:29.53
April 8	Spec Towns Invitational	3000m	16th	10:36.91
March 25	Yellow Jacket Invite	5000m	6th	18:04.35

## MAKYLA STANLEY • FR. • CHARLESTON, S.C.

Date	Meet	Event	Finish	Time/Mark
March 18	Shamrock Invite	100m	14th - Q	12.12 (-0.1)
March 26	Yellow Jacket Invite	100m	12th	12.10 (-0.1)
April 9	Spec Towns Invitational	100m	14th	11.92 (2.2)
April 16	Seminole Invite	100m	9th	11.91 (3.7)
May 13	SEC Outdoors	100m	31st - Q	12.06 (0.4)
March 18	Shamrock Invite	Long Jump	12th	5.53m   18-1 3/4 (0.0)
March 26	Yellow Jacket Invite	Long Jump	18th	5.42m   17-9 1/2
April 8	Spec Towns Invitational	Long Jump	8th	5.80m   19-0 1/2 (2.9)
April 15	Seminole Invite	Long Jump	10th	5.59m   18-4 1/4

## AMY SUTTMEIER • SO. • NEW BRUNSWICK, N.J.

Date	Meet	Event	Finish	Time/Mark
March 19	Shamrock Invite	Javelin	5th	43.78m   143-8
March 26	Yellow Jacket Invite	Javelin	5th	41.57m   136-5
April 1	Florida Relays	Javelin	16th	42.02m   137-10
April 9	Spec Towns Invitational	Javelin	8th	40.41m   132-7
April 16	Seminole Invite	Javelin	2nd	42.99m   141-0
April 30	Penn Relays	Javelin	11th	41.02m   134-6
May 13	SEC Outdoors	Javelin	17th	45.23m   148-4

## TARANISHA TAYLOR • JR. • PORTSMOUTH, VA.

Date	Meet	Event	Finish	Time/Mark
March 18	Shamrock Invite	100m	10th - Q	12.06 (1.0)
March 18	Shamrock Invite	100m Hurdles	1st - Q	13.85 (0.8)
March 19	Shamrock Invite	100m Hurdles	4th - F	14.02 (0.8)
March 26	Yellow Jacket Invite	100m Hurdles	7th	14.03 (0.9)
April 1	Florida Relays	100m Hurdles	56th	14.22 (2.5)
April 8	Spec Towns Invitational	100m Hurdles	13th	14.65 (1.4)
April 16	Seminole Invite	100m Hurdles	5th	13.84 (-1.9)

## IRENE VIAN • FR. • PADUA, ITALY

Date	Meet	Event	Finish	Time/Mark
March 19	Shamrock Invite	400m	42nd	1:01.21
April 9	Spec Towns Invitational	800m	9th	2:15.90
April 15	Seminole Invite	800m	9th	2:15.00
May 12	SEC Outdoors	800m	23rd - Q	2:14.57

## KAYLEE WESSEL • SO. • ST. CHARLES, ILL.

Date	Meet	Event	Finish	Time/Mark
April 8	Spec Towns Invitational	3000m	9th	10:15.22
March 18	Shamrock Invite	5000m	3rd	17:47.71
March 25	Yellow Jacket Invite	5000m	5th	17:59.13
April 15	Seminole Invite	5000m	6th	17:42.66
May 14	SEC Outdoors	5000m	37th	18:01.72

## KIERSTIN WILLIAMS • JR. • GOOSE CREEK, S.C.

Date	Meet	Event	Finish	Time/Mark
March 18	Shamrock Invite	Hammer	16th	46.53m   152-8
April 8	Spec Towns Invitational	Hammer	13th	42.52m   139-6
April 15	Seminole Invite	Hammer	11th	45.38m   148-11

## MONICA YORK • SO. • DEKALB, ILL.

Date	Meet	Event	Finish	Time/Mark
April 9	Spec Towns Invitational	1500m	9th	4:50.30
April 8	Spec Towns Invitational	3000m	13th	10:23.60
March 31	Florida Relays	5000m	26th	17:32
April 15	Seminole Invite	5000m	4th	17:24.63
April 28	Penn Relays	5000m	39th	17:15.11
May 14	SEC Outdoors	5000m	36th	18:01.44

## 4X100M RELAY

Date	Meet	Team	Finish	Time
March 19	Shamrock Invite	Brockington, Haith	2nd	44.93
March 19	Shamrock Invite	Abrams, Gray		
March 19	Shamrock Invite	Taylor, Murphy	4th	45.97
March 26	Yellow Jacket Invite	Oluwole, Dendy		
March 26	Yellow Jacket Invite	Brockington, Haith	1st	44.88
March 26	Yellow Jacket Invite	Taylor, Dendy		
March 26	Yellow Jacket Invite	Gray, Murphy	3rd	45.80
March 26	Yellow Jacket Invite	Oluwole, Stanley		
April 2	Florida Relays	Gray, Haith	9th	44.50
April 2	Florida Relays	Murphy, Brockington		
April 2	Florida Relays	Stanley, Taylor	20th	45.49
April 2	Florida Relays	Oluwole, Dendy		
April 9	Spec Towns Invitational	Gray, Brockington	2nd	44.28
April 9	Spec Towns Invitational	Murphy, Haith		
April 9	Spec Towns Invitational	Stanley, Taylor	4th	45.12
April 9	Spec Towns Invitational	Johnson, Parks		
April 16	Seminole Invite	Stanley, Taylor	3rd	45.31
April 16	Seminole Invite	Murphy, Johnson		
April 28	Penn Relays	Stanley, Johnson	11th - Q	46.69
April 28	Penn Relays	Taylor, Parks		
April 30	Penn Relays	Stanley, Taylor	2nd - F	46.36
April 30	Penn Relays	Parks, Johnson		
May 14	SEC Outdoors	Stanley, Brockington	8th	44.71
May 14	SEC Outdoors	Johnson, Gray		
May 28	NCAA East Regional	Gray, Brockington	14th	44.80
May 28	NCAA East Regional	Taylor, Johnson		
June 9	NCAA Championship	Gray, Brockington	18th - Q	44.70
June 9	NCAA Championship	Taylor, Johnson		

## 4X200M RELAY

Date	Meet	Team	Finish	Time
March 18	Shamrock Invite	Abrams, Brockington	1st	1:33.37
March 18	Shamrock Invite	Haith, Dendy		
April 2	Florida Relays	Brockington, Haith	4th	1:33.81
April 2	Florida Relays	Bellamy, Dendy		
April 30	Penn Relays	Holmes, Abrams	4th - Q	1:37.03
April 30	Penn Relays	Rucker, Bellamy		

## 4X400M RELAY

Date	Meet	Team	Finish	Time
March 19	Shamrock Invite	Abrams, Bellamy	1st	3:36.68
March 19	Shamrock Invite	Holmes, Brockington		
March 19	Shamrock Invite	Dendy, Hubbard	7th	3:49.10
March 19	Shamrock Invite	Taylor, Mueller		
March 26	Yellow Jacket Invite	Bellamy, Abrams	1st	3:35.22
March 26	Yellow Jacket Invite	Rucker, Haith		
April 1	Florida Relays	Holmes, Dendy	11th	3:42.20
April 1	Florida Relays	Evans, Hubbard		
April 2	Florida Relays	Haith, Abrams	3rd	3:31.14
April 2	Florida Relays	Brockington, Bellamy		
April 16	Seminole Invite	Holmes, Bellamy	2nd	3:34.40
April 16	Seminole Invite	Evans, Abrams		
April 28	Penn Relays	Holmes, Abrams	4th - Q	3:38.57
April 28	Penn Relays	Rucker, Bellamy		
April 30	Penn Relays	Abrams, Bellamy	4th - F	3:31.51
April 30	Penn Relays	Rucker, Holmes		
May 14	SEC Outdoors	Abrams, Rucker	2nd	3:29.54
May 14	SEC Outdoors	Brockington, Holmes		
May 28	NCAA East Regional	Abrams, Rucker	2nd	3:28.53
May 28	NCAA East Regional	Brockington, Holmes		
June 9	NCAA Championship	Abrams, Rucker	5th - Q	3:30.44
June 9	NCAA Championship	Brockington, Holmes		
June 11	NCAA Championship	Abrams, Rucker	3rd - F	3:29.03
June 11	NCAA Championship	Brockington, Holmes		

## 4X800M RELAY

Date	Meet	Team	Finish	Time
March 18	Shamrock Invite	Mueller, Vian	2nd	9:10.44
March 18	Shamrock Invite	Miller, Evans		
April 30	Penn Relays	Mueller, Vian	20th	9:03.91
April 30	Penn Relays	Evans, Miller		

# 2016 SOUTH CAROLINA WOMEN'S OUTDOOR TRACK & FIELD PROGRESSIONS

## SHUTTLE HURDLE RELAY

Date	Meet	Team	Finish	Time
April 2	Florida Relays	Davis, Taylor Oluwole, Parks	7th	56.82

## SPRINT MEDLEY RELAY

Date	Meet	Team	Finish	Time
April 2	Florida Relays	Holmes, Dendy Evans, Mueller	7th	3:58.39

*Q - Qualifiers | F - Finals | H - Heptathlon*